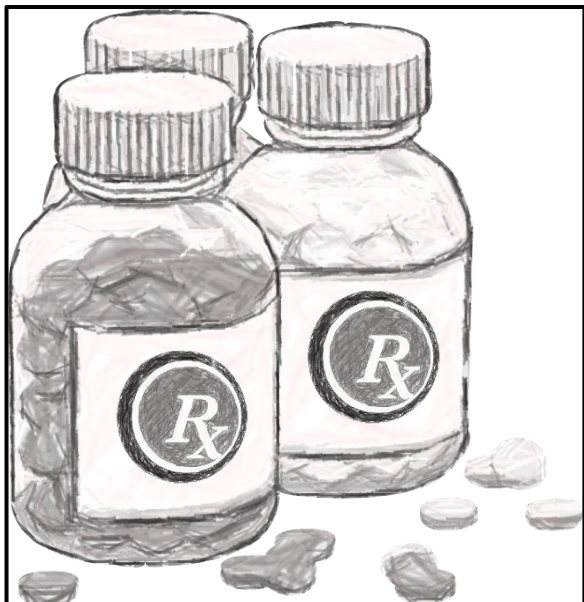


# Nutrition Depletion For Angiotensin-Converting Enzyme (ACE) Inhibitors



## Potential Health Problems:

- Captopril or enalapril used in patients with hypertension may lead to zinc deficiency.<sup>1</sup>
- Zinc depletion may weaken the immune system, promote hair loss, and cause sexual dysfunction.<sup>2</sup>

## Depleted Nutrient:

✓ Zinc

## Recommendations:

- Take a zinc supplement. Zinc strengthens your immune system and helps your body fight off bacteria and viruses. It helps your wounds heal faster and supports your senses of taste and smell.
- It is recommended to take 8mg daily of zinc for women and 11mg daily for men.<sup>2</sup>

**10% OFF ANY STRENGTH  
OF HEALTH MART ZINC**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

<sup>1</sup>Golik A, Zaidenstein R, Dishy V, et al. Effects of captopril and enalapril on zinc metabolism in hypertensive patients. J Am Coll Nutr. 1998 Feb; 17 (1): 75-8.

<sup>2</sup>Zinc Fact Sheet for Health Professionals. National Institute of Health Office of Dietary Supplements. Retrieved Jan 7, 2018, from <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>