

THE COACH'S PLAN

The Zinc Dose Plan

For anyone taking a zinc supplement daily without knowing what number is on the label.

40mg

The daily ceiling

The tolerable upper intake level for adults

11mg

What adults need

The RDA for men; 8mg for women

50mg

Where trouble starts

Doses at this level for weeks block copper

Zinc is genuinely useful and genuinely easy to overdo. The gap between what you need and what a lozenge aisle sells you is the whole problem, and copper is what quietly pays for it.

What the evidence actually says

- 1 NIH Office of Dietary Supplements: the tolerable upper intake level for adults is 40mg a day from all sources.
- 2 NIH Office of Dietary Supplements: 50mg or more over weeks can inhibit copper absorption and lower HDL cholesterol.
- 3 Mayo Clinic: long term high dose zinc by mouth can lead to copper deficiency.
- 4 Mayo Clinic: low copper can cause numbness and weakness in the arms and legs.
- 5 Mayo Clinic: zinc can interfere with quinolone and tetracycline antibiotics.

Your 3-step plan

1 Step 1: Read every label you already own

Add up the zinc across your multivitamin, any immune blend, any lozenge and any standalone bottle. The upper limit counts all of them together, not one at a time. Most people who go over do it by stacking, not by taking one big pill.

2 Step 2: Pick a maintenance number, not a megadose

The adult RDA is 11mg for men and 8mg for women, and the ceiling is 40mg. A single ingredient capsule in the low teens covers the gap with a wide margin under the limit. Bigger is not stronger here; it is just closer to the copper problem.

3 Step 3: Keep short high dose use short

Lozenge protocols for a few sick days are a different thing from a daily habit. If you use one, use it for days and then stop. Take zinc with food if it upsets your stomach, and keep it hours apart from quinolone or tetracycline antibiotics.

The safety line

This plan is education, not medical advice. Zinc interacts with quinolone and tetracycline antibiotics and with some other medicines, and long term high doses can cause copper deficiency with neurological symptoms. Do not use high dose zinc long term without medical supervision. Talk to your clinician before starting anything new if you are pregnant, nursing, taking prescription medication, or managing a medical condition.

Read the full article: <https://www.agelesscoach.com/articles/your-zinc-supplement-may-be-draining-another-mineral>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.