

# Thinking Zinc: a Study of Zinc Supplements on the Navajo Nation

NCT03908736

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of New Mexico
<b>Enrollment</b>	100 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Men or women between the ages of 21 and 64 years of age
- Lives in or near the participating communities of Blue Gap-Tachee Arizona or Red Water Pond Road Community New Mexico
- Willing to provide blood and urine samples
- Willing to attend study visits on scheduled dates
- Willing to take a daily zinc supplement

### Exclusion (5)

- Women who are pregnant or nursing or women who plan to become pregnant during the course of the study.
- Individuals who have self-reported diabetes, report that they are undergoing treatment for diabetes, or are currently taking medication for diabetes.
- Known or suspected allergy to zinc.
- Individuals previously diagnosed with syndromes of copper homeostasis (Menkes disease or Wilsons disease).
- Individuals consuming zinc supplements or multivitamins and are unwilling to stop for the duration of the study.

## Locations (1 total)

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University of New Mexico Health Sciences Center, Albuquerque, New Mexico, United States