

# A Comparison of the Metabolic Effects of Zinc-Amino Acid (ZnAA) Versus Zinc Gluconate

NCT06348056

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Berkeley
Enrollment	30 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Apparently healthy men (i.e., have no current health issues requiring medications or a specific diet)
- to 50 years of age
- Body mass index between 18 and 30 kg/m<sup>2</sup>
- Willing to take zinc supplements provided by the study for a total of four weeks

### Exclusion (4)

- History of heart disease, any inflammatory disorder including inflammatory bowel syndrome or arthritis, or any cancer treatment, or previously diagnosed with HIV
- Smoking or alcohol abuse, use of illicit drugs
- Any contraindication to venipuncture such as bleeding disorders or use of blood thinners
- Those taking vitamins or supplements including minerals and omega oils, who cannot agree to stop taking the supplements two weeks prior to the study and for the duration of the study

## Locations (1 total)

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University of California, Berkeley, Berkeley, California, United States