

Sirikorn Phothijak. (2022, January), Increased zinc to prevent falling immune system from staying up late : Chewajit 24 (558) : 18

### Increased zinc to prevent falling immune system from staying up late

If sleep deprivation continues, such as having to do projects for months, another common problem among people of working age is low immunity, easy to get cold, which Dr. Suracha added that Must supplement both protein and the key mineral is zinc.

Eating enough protein has a beneficial effect on white blood cell production. make the immune system work well The daily protein requirement is 1 g per kg of body weight, so if you weigh 60 kg, you need to eat 60 g of protein a day.

The recommended mineral is zinc, found in seeds such as sesame seeds, flax seeds, pumpkin seeds, seafood such as shrimp, crabs, oysters, green leafy vegetables such as spinach, and tomatoes, brown rice, nuts, and fruits such as apples. l mango, pineapple

Zinc is an antioxidant. Helps insulin function at its full potential. When the body is sick, it needs zinc to help restore and repair the body. If you want to be healthy, you must not forget zinc.

