✦ **Zinc** was first recognized as essential for human health over forty years ago.[1] As one of the most important trace elements, it plays a vital role in more than 300 enzymatic and biological processes,[2] and is considered a major element in assuring the correct functioning of an organism from the earliest embryonic stages to the last periods of life.[3] It is an essential element for growth and nervous system function, [4] and the relevance of zinc for immune efficiency has been well established.[5] Its supplementation has been demonstrated to increase the efficiency of the immune system in a number of study populations, ranging from those considered "healthy" to those with severe immune dysfunction.[6, 7] Within the immune system, zinc is crucial for development and function of neutrophils, NK cells, macrophages, T cells and B cells. It is a critical cofactor of Thymulin, a thymic hormone involved in T-cell maturation.[8] Zinc also plays an role in important oxidative modulating/antioxidant and balance of inflammatory processes,[9] thus reducing free-radical-induced cellular injury.[10]

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