



# NeuRA

Discover. Conquer. Cure.

SCHIZOPHRENIA LIBRARY

Zinc

## SCHIZOPHRENIA Factsheet

March 2019

### What is zinc?

Zinc is a trace element that is involved in aspects of cellular metabolism. It plays a role in immune function, protein synthesis, wound healing, DNA synthesis, and cell division. It also supports normal growth and development during pregnancy, childhood, and adolescence. Daily intake of zinc is required to maintain required levels.

### What is the evidence for zinc levels in people with schizophrenia?

Moderate to low quality evidence suggests a large effect of reduced zinc levels in Asian people with schizophrenia compared to people without schizophrenia.

For more information see the technical table



## NeuRA

Discover. Conquer. Cure.

*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).

NeuRA (Neuroscience Research Australia) Foundation  
T 1300 888 019 F +61 2 9399 1082  
ABN 57 008 429 961

**Margarete Ainsworth Building**  
Barker Street, Randwick NSW 2031  
PO Box 1165 Randwick Sydney NSW 2031 Australia

[neura.edu.au](http://neura.edu.au)