

Zinc and iron interaction: Concepts and perspectives in the developing world

Solomons, Noel W.

Ruz, Manuel

This paper reviews research published in recent years concerning the effects of zinc and iron interaction in both animal and humans. The information is discussed with particular emphasis on those situations relevant to the realities of less-industrialized countries. A clear need for a shift from the naked concept of 'deficiency' or 'excess' to a global perspective of 'balance' emerges from the analysis performed. The conceptual considerations made here may have application beyond these two nutrients when approaching solutions for the correction of nutritional disorders.