

1. Increased zinc requirement

- Infections, burns, stress
- Pregnancy
- Surgical procedures
- Tumour disease

2. Insufficient alimentary supply of zinc

- Abuse of laxatives
- Alcoholism
- Nutrition poor in zinc

3. Reduced intestinal absorption

- Colitis, Crohn's disease
- Inhibition of absorption by starch, phosphate and calcium as well as by phytic acid (in the case of a vegetarian diet)
- Intestinal bypass
- Sprue, pancreatic insufficiency
- Wilson's disease

4. Altered zinc distribution

- Acute and chronic hepatitis
- Alcoholic liver disease
- Autoimmune diseases
- Inflammatory processes, infections
- Liver cirrhosis
- Malignant diseases
- Pharmacons (glucocorticoids, contraceptives, antimetabolites, chelate formers)

5. Increased zinc excretion

- Alcoholism, alcoholic liver diseases
- Diabetes mellitus
- Diarrhoea
- Liver cirrhosis
- Pharmacons
- Renal diseases, diuretics
- Severe hepatitis
- Surgical procedures