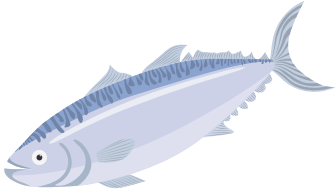
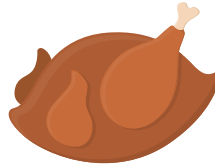




SOURCES OF ZINC



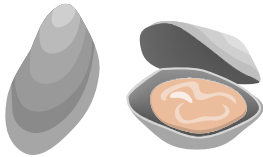
FISH



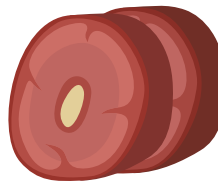
CHICKEN



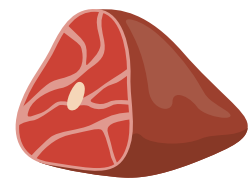
LENTILS



OYSTERS



PORK



BEEF



CASHEWS



SPINACH



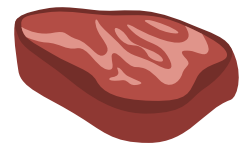
SHRIMP



HUMMUS



PUMPKIN SEEDS



LIVER