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2. Zinc

Zinc

Generic name: [zinc sulfate](#) [ZINK-SUL-fate]

Brand names: Orazinc 110, Orazinc 220, Zinc, [Zinc-220](#)



[Medically reviewed](#) by Drugs.com on Jun 12, 2024. Written by [Cerner Multum](#).

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What is Zinc?

Zinc is a naturally occurring mineral. Zinc is important for growth and for the development and health of body tissues.

Zinc is used to treat and to prevent [zinc deficiency](#) and it also helps in the immune system function.

Zinc may also be used for purposes not listed in this medication guide.

Zinc side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Common side effects of Zinc may include:

- [nausea](#); or
- [upset stomach](#).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[Zinc side effects](#) (more detail)

Related/similar drugs

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Warnings

Follow all directions on the label and package. Use exactly as directed.

Before taking this medicine

Ask a doctor or pharmacist before using Zinc if you have health problems or use other medications, or if you are pregnant or breastfeeding.

How should I take Zinc?

Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended.

The recommended daily dose of [zinc sulfate](#) changes with age. Follow your healthcare provider's instructions. You may also consult the Office of Dietary Supplements of the NIH, or the USDA Nutrient Database of recommended daily allowances for more information.

Take Zinc with a full glass of water.

Take Zinc with food if it upsets your stomach.

Store at room temperature away from moisture and heat.

 [Detailed Zinc dosage information](#)

What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

Overdose symptoms may include nausea, severe [vomiting](#), [dehydration](#), and restlessness.

What should I avoid while taking Zinc?

Avoid taking this medication with foods that are high in calcium or phosphorus, which can make it harder for your body to absorb Zinc. Foods high in calcium or phosphorus include milk, cheese, yogurt, ice cream, beans or peas, lentils, nuts, peanut butter, beer, cola soft drinks, and hot cocoa.

What other drugs will affect Zinc?

Other drugs may affect Zinc, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

 [Zinc drug interactions](#) (more detail)

Does Zinc interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Zinc

+

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What are the best zinc-rich foods to eat?



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More about Zinc (zinc sulfate)

- [Check interactions](#)
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- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Support group](#)
- [En español](#)

Patient resources

Other brands

[Orazinc](#), [Zinc-220](#)

Professional resources

- [Zinc product monographs](#)
- [Zinc Sulfate Injection \(FDA\)](#)

Related treatment guides

- [Vitamin/Mineral Supplementation and Deficiency](#)
- [Dietary Supplementation](#)

Further information


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

Guide to Weight Loss Drugs

Find out everything you need to know about weight loss drugs in our prescription [weight loss drug guide](#).

DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug



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