

Zinc: The Most Important Mineral for Men

August 30, 2014 | 26 upvotes | by [wakethfkupneo](#)

<http://strengthbysonny.com/zinc-important-mineral-men/>

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Comments

gentandscholar • 7 points • 31 August, 2014 12:13 AM

I'm not saying his claims are false but this article would be way more useful if he included the studies that he is basing his claims on. To me it comes off as him beating off to himself about how manly he is and why it's all due to zinc (i.e. I only superset and never get injured).

wakethfkupneo[S] • 2 points • 31 August, 2014 09:43 AM

You're right about that. But then again the effects of Zinc (or lack thereof) are well documented and easily 'googlable'. Anyways, this is good friendly reminder of some other aspects of becoming a man: if someone is lacking important micro-nutrient, he'd be better off fixing that first before trying to discipline his will and change habits.

tornado28 • 5 points • 31 August, 2014 01:02 AM

<http://examine.com/supplements/Zinc/>

matrix_in_you • 2 points • 30 August, 2014 03:29 PM

Good read

drimadethistocomment • 2 points • 30 August, 2014 11:03 PM

Guess i should take zinc since i fap so much

Iupvoteforknowledge • 3 points • 31 August, 2014 04:26 AM

Zinc, vitamin A and D, fish oil and some (Timothy Ferris mainly) suggest selenium in Brazil nuts for maximum test over drive.

[deleted] • 2 points • 16 September, 2014 01:17 AM

Or just stop fapping.

InterNetting • 2 points • 23 October, 2014 01:15 AM

WHAAAAT!!??

Subcommandante_Khan • 2 points • 1 September, 2014 04:42 PM*

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2129161/>

this double-blind placebo study of 42 individuals seems to dismiss the OP's claims about ZMA.

Subcommandante_Khan • 2 points • 1 September, 2014 04:45 PM

<http://www.ncbi.nlm.nih.gov/pmc/?term=cordyceps>

cordyceps, however, has a lot of positive research indicating numerous physiological benefits.

[deleted] • 2 points • 14 September, 2014 02:31 PM

Mercola sells a zinc complex supplement which is really bad ass.