

## Tin - A Protective Nutrient Throughout The Body - By: Tom Parker

Tin is an essential nutrient which offers protection throughout the body. It can prevent cancer, digestive problems, skin problems and sleep problems. In addition to this it can boost your energy levels, your mood and your reflexes. In this article I will be discussing this nutrient in greater detail and providing you with a summary of its main functions, the best food sources, the recommended daily allowances (RDAs) and the potentially adverse effects of consuming too much or too little.

### 1) DISCOVERY:

Tin has been around since biblical times with this element being mentioned in the Old Testament numerous times. Early alchemists (an ancient practice which attempted to convert other metals into gold) were also aware of tin and gave the element an alchemical symbol. Tin was first extracted at the start of the Bronze Age around 3000 B.C.

### 2) FUNCTION:

Whilst the exact role of tin in the body is unclear, early research suggests that it can help prevent cancer, digestive problems and sleep problems. In addition to this, tin can boost your energy levels, your reflexes and your mood. Finally, it can support healthy growth, hearing and the adrenal gland (which releases hormones related to stress).

### 3) RDA:

Tin currently has no official RDA. However, an average person's diet contains between 1mg and 3mg of tin and this is thought to be enough to meet the body's needs. The unofficial tolerable upper limit (TUL) for tin is 13 milligrams (mg) per day.

### 4) FOOD SOURCES:

Fresh fruits, meats and vegetables all contain some tin. The exact amount found in these foods depends on the soil concentration of tin in the area where the animals or plants were raised. However, on average these foods contain 0.1mg of tin per 100 grams (g). Tinned foods also contain some tin. Legally they can contain a maximum of 20mg per 100g but in most cases they contain much less than this.

### 5) OVERDOSE SYMPTOMS:

There are no reported overdose symptoms associated with consuming up to 13mg of tin each day. However, exceeding this limit can lead to a variety of negative symptoms including the destruction of red blood cells, diarrhea, headaches, nausea and skin rashes.

#### 6) DEFICIENCY SYMPTOMS:

At the time of writing, there are no official deficiency symptoms associated with tin. However, early research suggests not consuming enough of this nutrient can lead to a number of negative symptoms including asthma, depression, hair loss, headaches and insomnia.

#### 7) SUMMARY:

Whilst little information is currently available on tin, it is still a very important nutrient. So make sure your diet contains good amounts of fresh, natural, unprocessed foods to supply your body with the tin it needs.

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Tom Parker owns Free Fitness Tips - a fantastic source of free, impartial fitness advice. You can learn more about [tin](#) and the other [microminerals](#) by visiting his website.

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