Unusual low plasma levels of zinc in non-pregnant Congolese women

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Abstract

Zn is an essential trace element required throughout the life cycle. Although suboptimal Zn status is thought to be common in many sub-Saharan countries, there is a paucity of data in the Democratic Republic of Congo. The objective of the study was to determine Zn status in non-pregnant Congolese women. We measured plasma Zn and indicators of nutritional status (albumin, prealbumin, retinol-binding protein) and inflammation (C-reactive protein (CRP), ceruloplasmin, α1-acid glycoprotein (AGP)) in seventy-seven lactating and thirty non-lactating women (mean age 28 and 31 years, respectively). Blood samples were collected in summer 1989 in rural Bas-Congo during a survey on Fe status. Mean lactation period was 8.3 months. Mean parity was higher in lactating (3.6) than in non-lactating (2.2) women (P<0.05). Mean biochemical indicators of nutritional status, CRP and ceruloplasmin were within normal range and not different between groups. Mean AGP concentrations were above normal (>1.2 g/l) and higher in lactating (1.365 g/l) than in non-lactating (1.178 g/l) women (P<0.05). Mean Zn concentration (540 μg/l) of the overall study population was below normal (700 μg/l); and the mean was lower in lactating (455 μg/l) than in non-lactating (759 μg/l) women (P<0.05). Multiple regression analysis suggested that parity (P<0.05), but not inflammation, was the most important factor associated with low Zn levels. Despite the lack of data on dietary intake, the results suggest that suboptimal Zn status may be common in the studied population.

Zinc: Lactation: Inflammation: Democratic Republic of Congo

Zn, an essential trace element involved in the metabolism of proteins, nucleic acids, lipids and carbohydrates, is required for immunity, growth and cognitive development of children1–3. The requirement of Zn is high during lactation because of secretion into milk4–8. In humans, although in general there is a poor correlation between maternal Zn status and milk Zn content, some animal studies suggest that maternal Zn supplementation may affect milk Zn levels9,10. A few human studies have also suggested that Zn supplementation during pregnancy and/or lactation was associated with a slower fall in milk Zn levels during lactation10. Marginal Zn deficiency is thought to be very common in many developing countries because of inadequate dietary intake and poor bioavailability12–14. In sub-Saharan Africa, it is estimated that 68% of the population is at risk of low Zn intake and therefore at risk of moderate Zn deficiency12. The diet of many Congolese individuals is composed of various vegetables, legumes such as beans and peas, and tubers and therefore is rich in phytates. Cassava, the staple food in the Democratic Republic of Congo (DR Congo), is relatively rich in Zn content (2.33–6.93 mg/100 g) compared with rice (1.60–1.73 mg/100 g), banana plantains (1.35–4.46 mg/100 g) and groundnuts (2.46–2.95 mg/100 g)11. However, because of the high phytate content (355–530 mg/100 g), Zn bioavailability is limited12.

Meat and fish intake of individuals who live in rural areas is limited.

Although marginal Zn status is expected in the DR Congo because of its geographical location, there is a paucity of data in Congolese lactating women. Considering the type of diet and the presence of factors that interfere with Zn metabolism, we hypothesise that marginal Zn status is common in women of reproductive age. The goal of the present cross-sectional preliminary study was to determine plasma Zn levels in non-pregnant Congolese women, especially lactating women, and whether low plasma Zn, if any, is due to inflammation.

Materials and methods

Study population, blood drawing and laboratory measurements

The 107 women included in the present study (seventy-seven lactating and thirty non-lactating women) were a part of a group of 213 non-pregnant women and their young children (aged 0–5 years) who were recruited in summer 1986 and 1989 for evaluation of Fe status and inflammation in the rural Bas-Congo state in the DR Congo. Conditions under which the blood samples were drawn and measurements of

Abbreviations: AGP, α1-acid glycoprotein; APP, acute-phase protein; CER, ceruloplasmin; CRP, C-reactive protein; DR Congo, Democratic Republic of Congo.

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Results

General information and nutritional status

The range, mean and median duration of lactation, which corresponded to the age of lactating women’s infants, were 0.25–25, 8.3 and 7 months, respectively. The range, mean and median age of non-lactating women’s children were 9–30, 19.38 and 22 months, respectively. Parity ranged from 1 to 10 with a median of 3 for lactating women and from 1 to 4 with a median of 2 for non-lactating women, respectively. Mean parity was higher in lactating than in non-lactating women (P<0.05). There were no significant differences regarding age between lactating and non-lactating women.

Based on the concentration of plasma proteins, in general, the studied women had adequate nutritional status, and the means of the various measurements were not statistically different between both study groups (Table 1). However, 11.8, 10 and 26 % of lactating women had albumin, prealbumin and retinol-binding protein below normal, respectively. The corresponding values for non-lactating women were 16, 9.7 and 22.6 %. Mean BMI was significantly lower in non-lactating than in lactating women (P<0.05).

Acute-phase proteins

Mean AGP concentrations were significantly higher in lactating than in non-lactating women (Table 1; P<0.05) and those of CRP and CER were not different. While the mean CRP and CER concentrations were within the normal range, those of AGP were above normal (>1.2 g/l) in lactating, but not in non-lactating women. A higher percentage of lactating

Table 1. General characteristics and nutritional status of the study population

<table>
<thead>
<tr>
<th></th>
<th>All women (n 107)</th>
<th>Lactating women (n 77)</th>
<th>Non-lactating women (n 30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)†</td>
<td>29±2</td>
<td>28.3±7.4</td>
<td>31±10</td>
</tr>
<tr>
<td>Parity‡</td>
<td>3.3±2</td>
<td>3.6±2.3</td>
<td>2.2±0.9</td>
</tr>
<tr>
<td>Weight (kg)§</td>
<td>62.9±11</td>
<td>65.9±8.6</td>
<td>58.5±6</td>
</tr>
<tr>
<td>Height (cm)§</td>
<td>153.4±6.7</td>
<td>152.9±5.9</td>
<td>154±5.6</td>
</tr>
<tr>
<td>BMI (kg/m²)§</td>
<td>27.65±6.86</td>
<td>29.12±5.9</td>
<td>25.12±7.7</td>
</tr>
<tr>
<td>Albumin (g/l)</td>
<td>45.99±7.5</td>
<td>45.91±1.0</td>
<td>46.02±1.72</td>
</tr>
<tr>
<td>Prealbumin (mg/l)</td>
<td>252.4±7.24</td>
<td>248.79±7.4</td>
<td>261.60±7.9</td>
</tr>
<tr>
<td>Retinol-binding protein (mg/l)</td>
<td>35.05±1.00</td>
<td>34.09±1.00</td>
<td>37.27±1.15</td>
</tr>
<tr>
<td>Transferrin (g/l)</td>
<td>3.21±0.56</td>
<td>3.17±5.5</td>
<td>3.31±0.6</td>
</tr>
<tr>
<td>α1-Acid glycoprotein (g/l)</td>
<td>1.31±0.49</td>
<td>1.37±0.44</td>
<td>1.18±0.6</td>
</tr>
<tr>
<td>C-reactive protein (mg/l)</td>
<td>6.96±1.12</td>
<td>7.90±13.65</td>
<td>4.27±0.12</td>
</tr>
<tr>
<td>Ceruloplasmin (mg/l)</td>
<td>492.83±14.87</td>
<td>494±15.5</td>
<td>484.90±15.70</td>
</tr>
</tbody>
</table>

*Mean value was significantly different from that of the lactating women (P<0.05).
†For age, the sample sizes were 82, 52 and 30 for the overall study population, lactating women and non-lactating women, respectively. Age could not be confirmed in twenty-five lactating women because of lack of identification.
‡For parity, the sample sizes were 74, 61 and 13 for the overall study population, lactating women and non-lactating women, respectively.
§For weight, height and BMI, the sample sizes were 78, 52 and 26 for the overall study population, lactating women and non-lactating women, respectively.

Biochemical indicators of nutritional status and APP as independent variables, and plasma Zn as the dependent variable, and Pearson correlation were also performed. The level of significance was set at P<0.05.
women than of non-lactating women had AGP levels above normal (64·9 v. 38·7%; \( \chi^2 5·588; P = 0·01 \)) and CRP above normal (16·9 v. 3·3%; \( \chi^2 3·485; P < 0·05 \)). CER concentration was above normal in 35% lactating and 38·7% of non-lactating women. Approximately 33% of lactating women and 13% of non-lactating women had two to three APP concentrations suggestive of inflammation.

**Plasma zinc**

Mean Zn levels of lactating women were significantly lower than those of non-lactating women; in general, differences between both groups persisted after taking into account inflammation (Table 2; \( P < 0·05 \)). In the group of lactating women, although those with inflammation tended to have lower mean plasma Zn levels than those without inflammation, the differences were not significant. The same trend was observed with non-lactating women without and those with inflammation. Approximately 78% of the overall study population had Zn levels below 700 g/l. As expected, the percentage of women in the overall population with Zn levels <700 g/l increased with the number of APP in the levels suggestive of inflammation (72% (18/25), 83% (44/53), 83% (20/24) and 100% (5/5) for no, one, two and three APP above normal, respectively).

Plasma Zn poorly correlated with indicators of nutritional status, APP and age \((r 0·03\) to 0·1495; \( P > 0·05 \)). However, in women in whom parity was known, albumin \((r 0·312)\) and parity \((r = 0·278)\) were significantly correlated with plasma Zn \((P < 0·05)\). Multiple regression analysis suggested that parity was the most important variable that was negatively and significantly associated with low plasma Zn \((P < 0·05)\). Albumin \((P = 0·026)\) and prealbumin \((P = 0·021)\) also had some predictive effect on plasma Zn. In contrast to indicators of nutritional status, no single APP had a significant association with plasma Zn levels.

**Discussion**

Plasma Zn is the most commonly used index of Zn status at the population levels \((17)\). Although it represents only 0·1% of the total body pool, and 12–22% of the overall blood pool, it is sensitive to dietary depletion \((3)\). Unfortunately, plasma Zn levels below 700 μg/l are not always indicative of suboptimal status since values can also decrease following infections, inflammation and trauma, in part because of body redistribution \((3,18)\). The mean plasma Zn levels of the overall study population and lactating women are below normal for published standards for healthy adults from Western countries \((3,17)\). However, they are not very different from those that have been reported in women from other African countries \((19,20)\). Additionally, they are similar to those reported for pregnant women \((21)\).

There are several possible causes of low plasma Zn levels in the studied population: dietary intake, Zn bioavailability, acute and/or chronic inflammation, infection, diurnal variations, use of oestrogen-containing compounds such as oral contraceptives, and hypoalbuminaemia \((3)\). All blood samples were drawn between 09.00 and 12.00 hours; therefore diurnal variation cannot explain the low levels in the studied population. Although information on oral contraceptive use was not collected, the practice is very uncommon because of availability and cost. Although inflammation may have some influence on low plasma Zn levels, it does not fully explain the suboptimal status (Table 2). Low plasma Zn levels were not due to hypoalbuminaemia because mean plasma Zn levels of thirteen women with albumin levels below normal (469 (SD 204) μg/l) were not lower than those of women with normal levels (524 (SD 356) μg/l). We therefore speculate that low plasma Zn levels in the studied women are due to inadequate intake and/or bioavailability due to factors such as phytates that are common in cassava and other foods usually consumed by Congolese.

The negative association between parity and plasma Zn levels suggests that the cycle of frequent pregnancies and lactation very probably contributes to the low plasma Zn levels in the studied population. Normally, Zn absorption increases during lactation; however, this adaptation alone may not be enough to maintain Zn homeostasis \((6,22)\). Despite the limited sample size, lack of information on dietary intake and/or other indices of Zn status, our preliminary data suggest that suboptimal Zn status may be very common in the studied population and that elevated

### Table 2. Plasma zinc levels (μg/l) in women without and with inflammation

<table>
<thead>
<tr>
<th></th>
<th>All women</th>
<th></th>
<th>Lactating women</th>
<th></th>
<th>Non-lactating women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n Mean</td>
<td>SD</td>
<td>n Mean</td>
<td>SD</td>
<td>n Mean</td>
</tr>
<tr>
<td>All women</td>
<td>107 540</td>
<td>398</td>
<td>77 455</td>
<td>203</td>
<td>30 759</td>
</tr>
<tr>
<td>Women with Zn &lt;700 g/l (%)</td>
<td>83 77-6</td>
<td>65</td>
<td>64 84-4</td>
<td>18</td>
<td>60-0</td>
</tr>
<tr>
<td>AGP ≤1·2 g/l</td>
<td>45 581</td>
<td>467</td>
<td>27 446</td>
<td>165</td>
<td>18 785</td>
</tr>
<tr>
<td>AGP &gt;1·2 g/l</td>
<td>62 510</td>
<td>341</td>
<td>50 460</td>
<td>224</td>
<td>12 720</td>
</tr>
<tr>
<td>CRP ≤10 mg/l</td>
<td>93 554</td>
<td>418</td>
<td>64 458</td>
<td>203</td>
<td>29 767</td>
</tr>
<tr>
<td>CRP &gt;10 mg/l</td>
<td>14 447</td>
<td>210</td>
<td>13 440</td>
<td>217</td>
<td>1 533</td>
</tr>
<tr>
<td>CER ≤500 mg/l</td>
<td>69 566</td>
<td>395</td>
<td>49 480</td>
<td>223</td>
<td>16 797</td>
</tr>
<tr>
<td>CER &gt;500 mg/l</td>
<td>38 494</td>
<td>406</td>
<td>27 413</td>
<td>161</td>
<td>14 693</td>
</tr>
<tr>
<td>Number of acute-phase proteins above normal†</td>
<td>25 613</td>
<td>413</td>
<td>15 497</td>
<td>174</td>
<td>10 788</td>
</tr>
<tr>
<td>None</td>
<td>53 563</td>
<td>463</td>
<td>37 450</td>
<td>218</td>
<td>16 823</td>
</tr>
<tr>
<td>One</td>
<td>29 436</td>
<td>197</td>
<td>25 437</td>
<td>208</td>
<td>4 429</td>
</tr>
<tr>
<td>Two to three</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>174</td>
</tr>
</tbody>
</table>

AGP, α-1-acid glycoprotein; CRP, C-reactive protein; CER, ceruloplasmin.

* Mean value was significantly different from that of the lactating women \((P < 0·05)\).

† As defined in Materials and methods.
plasma levels of APP and/or hypalbuminaemia do not explain the suboptimal Zn status. Given the importance of Zn in health, specifically immunity, cognition and physical development of children, and pregnancy outcome, more studies should be conducted in this population.

Acknowledgements

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S. K. designed the study, participated in blood drawing, measured biochemical indicators of inflammation and plasma Zn, analysed data and wrote the manuscript. The senior author M. V., a physician at Nsundi-Lutete Hospital, coordinated subject recruitment.

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There is no conflict of interest to declare.

References