

## Zinc Taste Test Instructions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Zinc Taste Test is an excellent test for assessing zinc deficiency. Zinc is one of the most important trace minerals. It is essential for tissue growth, skin integrity, immunity, blood sugar control, and essential fatty acid regulation. Unfortunately, zinc deficiency is widespread and can lead to a number of problems including infertility and lowered immunity. The zinc taste test is an easy method of assessing your zinc levels.

Please follow the instructions below with the bottle of Zinc Taste Test provided by your healthcare practitioner. Once you have done the test, please get the results back to your provider so they can get you on a good course of zinc supplementation.

### Instructions:

1. Make sure your mouth is free of strong tastes, such as mint. Have a stopwatch, timer, or watch with a second hand on it, because you will be timing how soon you taste the Zinc Taste Test solution.
2. Measure out 1 tablespoon of the Aqueous Zinc (the Zinc Taste Test solution), put it into your mouth, hold and swish around your mouth, but do not swallow.
3. Start timing as soon as the solution is in your mouth and note when you first taste the solution.
4. Swallow after 30 seconds.
5. On the form below note the time it took to first taste the solution and describe the strength of taste or presence of an after taste in the column below.

	Time to taste solution	Indicate Strength of Taste or After-Taste			
<b>Zinc Taste Test</b>		<input type="checkbox"/> Immediate taste. Strong metallic.	<input type="checkbox"/> Not so strong taste. Delayed metallic	<input type="checkbox"/> No taste noted initially. Sweet or bitter.	<input type="checkbox"/> Tasteless or tastes like water.