

Zinc Taste Test

Cost: \$5.00

Client Name: _____ Category: _____ Time Lapse: _____

Date: ____/____/____ Re-Test Date: ____/____/____

Client Instructions: Do not put anything in your mouth except plain water for at least an hour before your test.

You will be given a small amount of liquid zinc to gently swish and hold in your mouth for 10 seconds and then swallow. *You may notice a taste **after** you swallow the liquid zinc.* The taste may be an instant sour, bitter, mineral, or metallic. Or after a longer period of time you may notice a milder sensation of dryness, furriness, or fuzziness anywhere in your mouth. Your taste response will indicate any zinc deficiency according to the following categories / classifications:

- Category 1:** A strong, immediate, identifiable zinc taste. Means you have an adequate intake of zinc.
- Category 2:** Slightly strong, unpleasant taste is noted within 3 to 6 seconds. Means your intake of zinc can be supplemented well with normal full spectrum multi-vitamin mineral.
- Category 3:** A definite, though not strongly unpleasant taste is noted almost immediately (6 to 10 seconds), and tends to intensify with time. This means that it is a good idea to supplement zinc along with your full spectrum multi-vitamin mineral.
*Usual Dosage: Zinc Glycinate 20mg 1-2 daily.**
*Repeat Zinc Taste Test in 4 weeks.**
- Category 4:** Taste develops within 10 to 15 seconds described as “dry”, “mineral”, “furry”, or “sweet”. Means you are zinc deficient and definitely need to supplement with extra zinc.
*Usual Dosage: Zinc Glycinate 20mg 2 in the morning and 1 in the evening.**
*Repeat Zinc Taste Test in 4 weeks.**
- Category 5:** No specific taste or other sensation of zinc. This means that you have little or no zinc in your diet or do not metabolize zinc efficiently and must supplement individual zinc to stay strong and healthy.
*Usual Dosage: Zinc Glycinate 20mg 2 in the morning and 2 in the evening.**
*Repeat Zinc Taste Test in 4 weeks.**

* These dosages are typical but may not be appropriate for your particular health issues. Long-term, high dosage (80mg or more) of zinc is not always appropriate. The Clinical Nutritionist is available for additional information and recommendations. Please schedule an appointment.

Zinc Facts are on the next side of this page.

Keith D. Bishop, Clinical Nutritionist, B.Sc. Pharmacy

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Zinc Facts

- American diet is generally low in zinc Journal of the American Medical Association (JAMA).
- Perhaps 180 million or ¾ of all Americans lack sufficient zinc. (Granville Knight, president of Price Pottenger Foundation.)
- Zinc acts as a traffic policeman, directing and overseeing the efficient flow of body processes, the maintenance of enzyme systems and cells
- Essential for protein synthesis
- Governs the contractibility of muscles
- Helps in the formation of insulin
- Important in normal brain function, positive mental outlook, and treatment of schizophrenia
- Important for blood stability and in maintaining the body's acid-alkaline balance.
- Exerts a normalizing effect on the prostate and is important in the development of all reproductive organs
- New studies indicate its importance in brain function and the treatment of schizophrenia
- Strong evidence of its requirement for the synthesis of DNA
- The RDA, as set by the National Research Council, is 15 mg. for adults (slightly higher allowances for pregnant and lactating women)
- Excessive sweating can cause a loss of as much as 3 mg. of zinc per day
- Most zinc in foods is lost in processing, or never exists in substantial amounts due to nutrient-poor soil

Zinc Deficiency Signs and Symptoms:

- Frequent and/or severe infections
- Delayed wound healing
- Inflammatory bowel disease
- Malabsorption syndromes
- Growth retardation
- Delayed sexual maturation
- Impotence, infertility
- Abnormal menstruation
- Alcohol abuse
- Diuretic usage
- Decreased sense of taste or smell
- Testicular atrophy
- White coating on tongue
- Sleep and behavioral disturbances
- Psychiatric illness
- Impaired glucose tolerance
- Reduced appetite, anorexia
- Loss of sense of smell or taste
- Night blindness
- All dermatological disorders
- Dandruff and hair loss
- Connective tissue disease
- Rheumatoid arthritis
- Decreased night vision
- Mouth ulcers, Marked halitosis
- Low thyroid hormones

What Zinc Can Do For You:

- Accelerate healing time for internal and external wounds
- Help eliminate loss of taste
- Help avoid prostate problems
- Help decrease cholesterol deposits
- Get rid of white spots on fingernails
- Aid in the treatment of infertility
- Promote growth and mental alertness

(Zinc Taste Test information is on the other side of this form.)

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