



Zinc Tally Test

Zinc is responsible for over 50 co-enzyme reaction in our body. That means it keeps many body circuits, our biochemistry, running smoothly. Zinc is an essential co-factor of the immune system, healing, and sexual hormone system.

The most deficient mineral in the American diet is zinc Over 90% of the population show signs of Zinc insufficiency. This test is designed to test and monitor your zinc status. By your reaction to the taste, you will know if your system needs zinc or not.

Instructions

Place 1 teaspoon of zinc sulfate, 7-hydrate solution in the mouth and swish around for 15-20 seconds. The taste response should fall into one of the following four categories.

1. No specific taste or other sensations noticed, even after the solution has been in the mouth for about ten seconds. You have a poor zinc status and should supplement.
2. No immediate taste is noted, but after a few seconds a slight taste variously describes as “dry”, “mineral”, “furry”, or (more rarely) “sweet” develops. You have a mild zinc status and should supplement.
3. A definite, though not strongly unpleasant taste is noted almost immediately and tends to intensify with time. You have moderately zinc status and should monitor yourself with the zinc tally test.
4. A strong and unpleasant taste is noted immediately. The person normally grimaces. You have a good zinc status and should continue what you are doing or stop zinc supplementation.

In our experience, responses in categories (1) and (2), especially the former, suggest the individual is zinc deficient and a favorable response to zinc supplementation may be expected.

Date															
Enter Response 1, 2, 3, or 4															

Ref: Bryce-Smith, Simpson RID. Anorexia, depression and zinc deficiency. Lancet 1984;1162.