

The Zinc Taste Test

Zinc is essential to good health. Dozens of zinc dependent enzymes participate in a myriad of health defining metabolic functions. Zinc is also necessary for healthy mental function and mood, protein syntheses, nucleic acid and DNA metabolism, hormone production, prostate function, energy, response to stress, and taste acuity.

Zinc assessment is very important. Studies show even a mild deficiency of zinc affects clinical, biochemical and immunological functions adversely. Reports indicate that in the United States, marginal zinc deficiency is widespread. One study of over 15,000 people revealed that almost 70% were not consuming even RDA levels of zinc.

How do you know if you're zinc-deficient?

The initial symptoms of marginal zinc deficiency are dysfunctions of taste and smell. Studies have found that taste sensitivity may be a good indicator of the functional availability of zinc in the body and have led to the development of this **Zinc Taste Test**.

Mild to marginal deficiency includes: decreased muscle mass, neurosensory changes, inability to react, sluggishness, decreased immune system functions, decreased sperm count and decreased testosterone in males.

Moderate deficiency includes: growth retardation, delayed wound healing, neurosensory changes, immune dysfunction, rough skin, poor appetite, mental lethargy and sexual under-development in males.

Severe deficiency: delayed healing of ulcers, neurosensory disorders, infections due to immune dysfunction, weight loss, skin inflammation, baldness, diarrhea, sexual under-development in males and emotional disorders.

How is this test administered?

This **Zinc Taste Test** can be taken in the **convenience of your home or in our HealthQuest Clinic**. A small amount of zinc sulfate solution is taken and swirled around the mouth for ten seconds, then swallowed or spit out. From four key responses, you will be asked to describe your taste reaction. Appropriate zinc supplementation is administered upon the recommendation of our doctors. It's that simple!

*To get our comprehensive handout titled "Zinc...Essential to Good Health"
call our HealthQuest Radio Hotline at 1-800-794-1855.*

Schedule an appointment or ask about our In-Home Zinc Tally Kit