**Zinc Taste Test and Zinc Challenge**

Name:_____________________________________     Date:___________________

The Zinc Taste Test is an excellent test for assessing zinc deficiency. The zinc challenge will help us determine how zinc deficient you are and what type of therapy you may need. 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.

**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 marked **Initial test**.

<table>
<thead>
<tr>
<th>Time to taste solution</th>
<th>Describe Strength of Taste or After-Taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial Test</td>
<td>[ ] Immediate taste. Strong metallic.</td>
</tr>
<tr>
<td></td>
<td>[ ] Not so strong taste. Delayed metallic</td>
</tr>
<tr>
<td></td>
<td>[ ] No taste noted initially. Sweet or bitter.</td>
</tr>
<tr>
<td></td>
<td>[ ] Tasteless or tastes like water.</td>
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</tbody>
</table>

**Zinc Challenge**
The Zinc Challenge is used to assess how zinc deficient you may be.

**Directions**
1. Follow the same directions for doing the Zinc Taste Test.
2. Repeat the test successively, resting 30 seconds between tests.
3. Note on the form below the time it took to taste the solution, and the strength of taste.
4. Repeat this process until you have a strong immediate taste, or you perform 6 successive tests with no taste noted. At this point discontinue the testing.