

ASSESS YOUR ZINC STATUS

Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of nearly 200 enzymes. Zinc supports a healthy immune system and wound healing. Zinc is essential for cell growth and replication, and for the synthesis of DNA, RNA, proteins and insulin. It is also vitally important to males for prostate health, growth and development during pregnancy, childhood, and adolescence. Zinc is also necessary for the senses of taste and smell, and is related to melatonin production.

Zinc supplementation is important when zinc intake is inadequate and/or when zinc is poorly absorbed. Zinc is found in a wide variety of foods including oysters, red meat, poultry, beans, nuts, whole grains, and dairy products. Due to lower absorption of zinc from plant foods, vegetarians may need as much as 50% more zinc than non-vegetarians.

To evaluate your zinc status take approximately two teaspoons of zinc test liquid and hold it in your mouth for a minimum of 30 seconds. You can swallow the liquid and then report your experience. Ideally, you should experience an immediate metallic taste. If that taste is delayed or is not noticed at all you are clearly deficient in zinc and should supplement appropriately. Re-test after approximately 60-90 days.

Result (circle):

Immediate Taste Taste Delayed Zero Taste