## **Zinc Taste Test Patient History**

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ok u p p p p p p p p p p p p p p p p p p	ZINC TASTE TEST PROTOCOL  Patient should refrain from eating, drinking or smoking for at least a half-hour. Have the patient place 1 to 2 tsp. of Aqueous Zinc in their mouth swirling it for 30 seconds and then swallow it or spit it out. After 30 seconds the patient is asked to describe the taste and their response should be graded based on the following parameters:  1) Optimal zinc levels -An immediate, unpleasant, obviously adverse taste, at which the patient normally grimaces.  2) Adequate Zinc Levels -A definite but not strongly unpleasant taste is noted immediately and tends to intensify with time.  3) Quite Zinc Deficient -No taste noted initially, but develops in 10-15 seconds.		SUPPLEMENTATION Level 3 or 4 failure - Aqueous Zinc at 3 - 6 tsp daily until patient begins to taste it (One bottle equals 12 servings). Then begin supplementation with Zn Zyme Forte at 3 tablets daily for 60 days. At this time redo ZTT.  For patients presenting a level 3 or 4 failure, we recommend evaluating vitamin B6 and magnesium status, and if indicated supplementing with B6 Phosphate at 3 tablets daily and Mg Zyme at 4 tablets daily.  Remember that too much zinc can drive down copper so you may want to switch to 1 tablet daily later on when/if that is a concern.			
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