

Zinc Taste Test

Are you Zinc Deficient?

Common symptoms of zinc deficiency include acne, poor appetite, brittle nails, white spots on nails, poor growth, slow wound healing, immune impairment, night blindness, depression, irritability, fatigue, and hair loss.

How to Take the Test

Put 5 drops of New Beginnings Nutritionals [Liquid Zinc, Ionic Concentrate](#) in 2 teaspoons of purified water. Place in mouth and swish for approximately one minute before swallowing.

A strong metallic taste will occur if the body has a sufficient zinc status.

If it tastes like water or hydrogen peroxide, this may indicate low zinc levels. Additional supplementation may be needed as recommended by your healthcare practitioner.

Check out New Beginnings Nutritionals Zinc Selections

