

## *Zinc Challenge*

Recommended Use: Take two teaspoons of this solution and hold it in your mouth for ten to thirty seconds. Refer to the taste categories below for results.

Taste Categories: One of the following categories should apply to your response to tasting two teaspoons of this solution:

- While holding the solution in your mouth, no specific taste indicates a very low zinc level.
- A slight taste or delayed, resembling hydrogen peroxide, indicates a low zinc level.
- A moderate unpleasant taste indicates mild deficiency zinc level.
- An immediate, more pungent, metallic taste indicates adequate zinc levels.

The sooner and the stronger the taste of this product is noticed; the more zinc is present in the body.

*“Zinc Test” - 2 fluid ounces. You will need 2 teaspoons per individual testing.*

**Instructions:** Hold 2 tsp. (10 ml.) of liquid (Zinc Sulphate) in mouth for 10 seconds.