



The Bryce-Smith Zinc Taste Test

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This simple test can help evaluate whether your body has sufficient zinc.

Zinc is a critical mineral and one of the most important trace elements in the body. Over 200 enzyme systems require zinc, and it is an essential part of immune function, regulating inflammation, skin and wound healing, cardiovascular function, mineral absorption, body temperature control, fertility and more.

Zinc deficiency can result in many symptoms, including loss of appetite, growth retardation, diarrhea, tremor, hair loss, dandruff, dry skin rash, white fingernail spots, allergies, menstrual problems, slow wound healing, loss of taste or smell, dyslexia, poor night vision, light sensitivity, depression, sleep problems, hyperactivity, reduced fertility, loss of sex drive, pre-eclampsia of pregnancy, and postpartum depression. Zinc insufficiency is also associated with autoimmune and inflammatory conditions. Good research supports the benefits of zinc supplementation in people with depression who are zinc-deficient.

Derek Bryce-Smith, PhD, (1926–2011) was a Professor of Biochemistry at the University of Reading, and developed this test. He was an established authority on zinc and numerous other biochemical topics.

Directions: Hold 2 tsp Standard Process Zinc Test in your mouth for 30 seconds, then swallow.

- In zinc sufficiency, you will have an immediate foul or metallic taste.
- If the taste is delayed, mild or absent, then you likely have some degree of zinc deficiency.

Here are the four general categories of what you will experience. The first two indicate deficiency.

Highly Deficient: Tasteless, like water.

Borderline: Slightly dry, mineral, furry or even sweet taste, develops after a few seconds.

Good: Definite taste that intensifies with time.

Optimal: Strong unpleasant taste noticed immediately.

If you are deficient, your practitioner will recommend the appropriate Standard Process supplementation to correct it. Please repeat the test monthly until you achieve sufficiency. Most patients will feel better in various ways as their zinc deficiency is corrected.

For a complete evaluation of your nutritional mineral status and heavy metal toxicity, we recommend a tissue (hair) mineral analysis with Analytical Research Labs at least once each year. Ask your practitioner for more information, and visit arltma.com for more information.

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