

ZINC TASTE TEST:

Discover What Your Body Needs!

**Ready to
Check
Your Zinc
Levels?**

It's simple! Follow these steps to find out if your body needs more zinc.

How it works:

1. **Take a Shot:** We'll give you a small "shot" of liquid zinc. Don't worry—it's all about the taste, not the drink!
2. **Swish Around:** Swish it around in your mouth for about 30 seconds. Really let your taste buds experience it!
3. **Spit It Out:** After you've swished, spit it out into the cup provided.

The Results:

Metallic Taste?

If you notice a metallic or bitter taste, good news! Your zinc levels are likely on point —no need for extra zinc.

No Taste?

If the liquid tastes like nothing or just like water, that's your body's way of saying, "I need more zinc!"

What's Next?

Whether your body needs more zinc or not, we're here to help you take the next steps to stay balanced and energized. If you're low on zinc, we've got the supplements you need to support optimal health.