

Zincatest®

(Zinc in Solution)

Presentation

A clear solution of zinc sulphate.

Each 5ml provides:

Zinc (as Zinc Sulphate) 15mg

Suitable for vegetarians  and vegans 

quantity
100ml

type
liquid

code
8285

Uses

The refining of cereal grains, a major dietary staple in the UK, has been shown to remove up to 90% of the available zinc content of these foodstuffs. This, combined with the trend to eat less animal-derived protein, is likely to be one of the reasons why a staggering one out of three adults in the UK receives less than the Nutrient Reference Value (NRV) for this mineral.

Zincatest® is a simple non-invasive test, which gives an indication of zinc status. Zincatest® can also be given as a zinc supplement. Recommend to those who find zinc in tablet or capsule form difficult to swallow.

Usage and administration

This product may be used in one of two ways: (i) as a food supplement and (ii) as a taste test to indicate zinc status.

(i) As a food supplement: Take one 5ml spoonful of Zincatest® daily. You may wish to dilute this liquid in water or orange juice.

(ii) As a taste test to indicate zinc status: Take the test at least one hour after food or drink. Simply add 5ml of Zincatest® solution to 60ml of water and immediately swirl one 5ml spoonful of the diluted mixture around in the mouth for 10 seconds (this mixture can then be swallowed or spat out).

The taste sensation that results from this test provides an indication of zinc status:

1. Tasteless like water: Low.
2. Slightly dry, furry, mineral-like or even sweet taste develops after a few seconds: Marginally Low.
3. Definite taste, which intensifies with time: Marginally Positive.
4. Strong unpleasant taste noticed immediately: Positive.

If response corresponds to 1 or 2 above, use a zinc supplement or Zincatest® until response improves to 3 or 4. A 3-6 month course may be necessary.

A fresh solution should be made up each time a test is required.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

After opening, replace cap and store in a refrigerator. Use within 30 days.

Legal category

Food supplement.

