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Zinc Tally Test

Background

Gustin is a major protein in our saliva which contains **zinc**. Gustin is very important for our sense of taste.

The Test

A zinc tally test is a short in-office test that involves swishing a zinc solution in the patient's mouth for 5 -10 seconds. Depending on the amount of zinc in the body, the patient will experience different taste sensations over different periods of time.

Importance of the Test

This test can provide information on the health of your immune system as well as can be a factor in why some children or adults appear to be "picky" eaters. A zinc deficiency can make foods taste and feel "funny" in the mouth.