

Deficient in Zinc?

How do I know if I'm deficient in zinc?

A deficiency in zinc changes your taste buds, which is why we do the Zinc Taste Test. It takes only a minute or so and can be done as part of a consultation. Ask me about it! Some people will get white spots on the fingernails if they are zinc deficient. Or you may have poor wound healing or poor sense of smell.

A deficiency of zinc is common in conditions such as depression, anxiety, acne, repeated colds and flu, allergies, intestinal parasites, colitis, diarrhea.

What type of zinc should I take?

Zinc sulphate is water soluble and very easy to absorb. Zinc oxides are not nearly as absorbable. Zinc supplementation needs to be measured as *elemental zinc*.

Dietary sources of zinc:

Lean meat, egg, and seafood, oysters, shellfish, sesame seeds, sunflower seeds, pumpkin seeds, walnuts.