

Identifying the Seven Possible Taste Responses

WHAT YOU NEED

- BodyBio Liquid Minerals
- Filtered water
- A glass
- Pen and paper, or digital notes

Taste testing-how to do it

1. SWEET
2. PLEASANT
3. NO TASTE
4. Hmm... TASTE SOMETHING
5. SO...SO
6. DON'T LIKE IT
7. PRETTY BAD

The Process --

Start with your liquid mineral of choice. Pour 2-4 oz. of water in a glass, add the standard dose of your liquid mineral as shown on the bottle. Take a sip, swish it around in your mouth, and swallow. Consider the flavor and aftertaste and choose the number that best fits how that mineral tastes. The taste may be very subtle.

Write down the score next to the corresponding mineral. It's a good idea to keep a journal or note on your phone with your mineral test scores alongside the date so that you can look back and see your progress as your body adjusts to higher mineral levels over time.

Understanding Your Score --

A score of 1 or 2 means that you need that mineral; you are deficient.

If you record a 3 — no taste, just plain water — that means you still need that mineral, but you're not quite as deficient as a 1 or 2.

A score of 4 means that you currently have some of that mineral, but you can add a bit more. A number 4 is the best score to have. That's the one we're shooting for.

A score of 5, 6 or 7 indicates you currently have too much of that mineral (at this time). You should not take any minerals that score a 5-7 — for now. However, you should continue to test every so often because leaving those minerals out from your daily intake will eventually induce a change in your taste response, especially as you bring deficient minerals into balance. Remember, many minerals work very closely together with each other in the body.

Repeat this process for each liquid mineral in your kit.

Test and record your numbers every month. If you are addressing a specific deficiency, we suggest testing at least once a week.

Taking Your Daily Liquid Mineral Drink

Whether you are taking all nine BodyBio Liquid Minerals or just a few, creating a daily liquid mineral concoction is simple and can easily be adjusted over time.

If your test says you need Liquid Mineral #1 Potassium, put in 13 drops as noted on the bottle. Then continue with each mineral that scored a 1, 2, 3 or 4 (following the suggested number of drops for each mineral). Next, add or juice and drink up!

To increase dosage: If you register a 1, 2 or 3 on the taste test, you can increase the number of drops up to 3x the standard dose. However, for the 4s, only take the standard dose as written on the bottle — do not increase the dose. And of course, leave out the 5, 6, and 7s.

TIP: We like to take our minerals all together using 1/2 juice and 1/2 water to reduce your sugar intake and still provide a bit of whole food vitamin C.

How to Take Liquid Mineral Iodine

Liquid Mineral Iodine (#9) is different. The recommended daily intake for iodine is 150 mcg per day, less than 3 drops of BodyBio Liquid Mineral Iodine. However, according to many researchers and practitioners, this dose is not enough to raise your base iodine needs so if you are in need of Iodine, we recommend working with a functional practitioner to determine the best course of action for you.

FAQs

Q: When testing, do I have to cleanse my palette in between minerals?

A: We recommend taking a few minutes between minerals to allow the taste of one mineral to subside prior to tasting the next.

Q: Do I need to refrigerate the minerals?

A: We recommend storing liquid minerals at room temperature.

Q: Do I have to add the minerals to water?

A: The minerals should be added to water when testing but you are not required to add them to water when taking them for supplementation.

Q: What if I don't taste anything immediately, but then there's an aftertaste?

A: You can use the aftertaste to rate the mineral.

Q: Do I have to drink the entire glass that I prepared for the test?

A: When testing, you only need to take a sip.

Q: When I test individually, I'm deficient but when I mix them together, they taste bad, what does that mean?

A: We recommend supplementing based on individual testing. Adding minerals into one concoction can alter the overall taste.

Q: Can I test when I'm sick?

A: Minerals can be supportive during illness, but we don't recommend taste testing if your taste is altered by illness.

NOTE:

Taste testing is a normal function we do naturally as we choose our foods (or should, since that's how we got here). However, some will feel more secure having their Health Care Professional help them through the steps of mineral testing, which is a very good idea. For others, self-management of health is an empowering feeling. BodyBio takes great pride in being able to provide you with the options to achieve your wellness goals.

Liquid Mineral Taste Test

Name _____

Date _____

Your Rating Score

YOUR LEVEL OF TASTE

Using the key, fill in the taste test chart below with your results. Be sure to use a different column for each day that you test.

- 1. SWEET
- 5. SO...SO
- 2. PLEASANT
- 6. DON'T LIKE IT
- 3. NO TASTE
- 7. PRETTY BAD
- 4. Hmm... TASTE SOMETHING

DATE										
1 Potassium										
2 Zinc										
3 Magnesium										
4 Copper										
5 Chromium										
6 Manganese										
7 Molybdenum										
8 Selenium										
9 Iodine										

→ **4.** is the goal. Your body is telling you that you are getting adequate amounts of this mineral.

Liquid Mineral Formula

Name _____

Date _____

PUT PRE-MIX LIQUID MINERAL DOSE IN AN EMPTY GLASS:				
Mineral+	1/4 oz	1/2 oz	3/4 oz	1 oz
Selenium #8 Liquid Mineral	3 drops ONCE daily			
Iodine #9 Liquid Mineral	0 Drops	3 Drops	6 Drops	9 Drops

Directions

Pour pre-mix liquid minerals into an empty glass. Add the separate liquid minerals.

Add a splash of fresh squeezed Orange or Grapefruit juice to water. You can also use lemon or lime juice + stevia or or blend with a few organic, frozen strawberries.

Drink your liquid mineral drink _____ times daily.

If mineral drink tests “metallic” or unpleasant, it is time to re-test and titrate your minerals taste test.

Taste and score liquid minerals weekly if taste varies.

General Liquid Mineral Dosing

Date _____ Physician's Name _____

Patient's Name _____ Physician's Phone _____

MINERAL (circle minerals per taste test results)	NO DOSE	SINGLE DOSE DOSE	DOUBLE DOSE	TRIPLE DOSE
Potassium #1 Liquid Mineral	0 Drops	13 Drops	26 Drops	39 Drops
Zinc #2 Liquid Mineral	0 Drops	7 Drops	14 Drops	21 Drops
Magnesium #3 Liquid Mineral	0 Drops	10 Drops	20 Drops	30 Drops
Chromium #5 Liquid Mineral	0 Drops	1 Drop	2 Drops	3 Drops
Manganese #6 Liquid Mineral	0 Drops	7 Drops	14 Drops	21 Drops
Molybdenum #7 Liquid Mineral	0 Drops	3 Drops	6 Drops	9 Drops
Selenium #8 Liquid Mineral	0 Drops	3 Drops		
Iodine #9 Liquid Mineral	0 Drops	3 Drops	6 Drops	9 Drops

Directions

Pour the serving of each mineral into an empty glass. Add water and drink.

You can also add a splash of fresh fruit juice and/or stevia. Another option is blending your mix with a few organic, frozen strawberries.