

BODYBIO

LIQUID MINERAL TASTE TEST

Patient's Name _____

Doctor's Name _____

YOUR RATING SCORE

Your Level of Taste

Using the key below, 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 ② Pleasant ③ No Taste ④ Hmm...Taste Something
⑤ So...So ⑥ Don't Like ⑦ Pretty Bad

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.