

Zinc deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following	0	±	+	++	+++
1. Poor sense of smell	0	1	2	3	4
2. Impaired taste	0	1	2	3	4
3. Poorly flexible, elastic skin, prone to stretch marks	0	1	2	3	4
4. Acne	0	1	2	3	4
5. White spots on the nails	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible zinc deficiency		
	11 or more		Probable zinc deficiency		