



Dr HERTOGHE CLINIC

### ZINC DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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