

# Mineral Taste Test Record



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Rating/Results	Bottle	Mineral
	1	Potassium
	2	Zinc
	3	Magnesium
	4	Copper
	5	Chromium
	6	Manganese
	7	Molybdenum
	8	Selenium

## Rating:

- 1 Pleasant
- 2 Sweet
- 3 No taste
- 4
- 5 Taste something
- 6

- ✓ If the mineral has no taste other than plain water; you should include that mineral in your daily mineral drink. If it tastes metallic or has a strong lingering taste – your body is saying, “No I do not want that right now.” Do not put that in your daily dose. Omit but test for it again.
- ✓ You can test daily if you are undergoing stress, endurance athletics or a Detox. If not, then test regularly, i.e., weekly.
- ✓ Minerals change in taste as your body builds up the store for that mineral. Tomorrow or next week your taste will change. It depends on you, what is happening in your body and your lifestyle. Stay tuned in.
- ✓ The kit enables you to test your like or dislike for up to 8 Body-Bio Liquid Minerals. We do not have a test for #9 Iodine (I), however, #9 is essential. The maximum dose for #9/per day is 3 drops.
- ✓ To refill the larger taste test bottle when empty put a daily dose of the relevant mineral into the bottle and fill with distilled or pure water. Daily Dose is identified with each mineral.

## Taking Your Daily Liquid Minerals

- ✓ Add in the suggested drops for each mineral that scored under 4 (1-3). Mix the minerals together. Add in Iodine, 3 drops. It is best to take the mixture with some Vitamin C; add in Orange, Grapefruit or Pineapple. Dilute with water.
- ✓ Keep a journal to keep track of any changes in your energy and stamina. Very often you are meeting increased demands and only notice it as you look back or through your journal. Changes are subtle.

**Live your life WELL!**

[info@vibranttradianthealth.com](mailto:info@vibranttradianthealth.com)

[www.Vibranttradianthealth.com](http://www.Vibranttradianthealth.com)

[www.transformyourself.com](http://www.transformyourself.com)