

TASTE N' SCORE MINERALS

Taste n' Score Minerals are formulated with no preservatives or artificial flavorings so you can use your sense of taste to take only the minerals your body is asking for! The Mineral Kit contains six or nine 2-ounce bottles of liquid minerals numbered 1 through 6 or 1 through 9.

QUICK START:

A STANDARD Mineral Drink uses ALL of the minerals. Add the number of drops listed on each bottle into a glass and add 6 or 8 ounces of your favorite juice or smoothie. If you like the taste – drink up - you have passed the first taste test and don't need to test further. If you don't like the taste or get an upset stomach OR if you'd like to personalize your Drink: Create a CUSTOM Mineral Drink.

CREATE YOUR CUSTOM MINERAL DRINK!

The Taste n' Score Minerals are numbered from 1-9. Taste n' Score each of the minerals **in order**- start with #1 - go through # 6 (or 9).



TASTE: Starting with Mineral 1: Potassium: Put the number of drops listed on the label (10 drops) into an empty 8 oz. glass. Fill with 8 oz. water. Sip and taste slowly. Once you know your score - toss the sample.

SCORE: Score the taste – from 'Good to 'No Thanks'

REPEAT for each mineral (use the number of drops listed on each label (2, 4, 6 or 10).

Use your scores to make YOUR custom Mineral Drink.

MAKE YOUR CUSTOM DRINK: Use the minerals that you scored 1 through 4 to make your Custom Mineral Drink. Add the number of drops listed on each bottle into a glass and fill with 6 or 8 oz. of your favorite juice or smoothie. (Do not add minerals that you Taste n' Score 5, 6 or 7.) You may double the number of drops for those minerals you score 1 & 2. e.g: Score of '2' (Pleasant) on Mineral 3 – use 20 drops rather than 10. For optimal results- Re-score every two to four weeks and adjust your drink accordingly!

TRACK YOUR PROGRESS

Record your scores on the **SENSEable** Tracker if you want to track your changes (form available on line at senseablesupplements.com) Re-score and update your Tracker to track your changes and progress.

WHAT DO MY SCORES MEAN?

Scores of 1-4 indicate the body has an appetite/need for those nutrients. Include these in your Custom Mineral Drink. **Scores of 5-7** indicate an adequate or excess amount. Your target should be scores in the **4-5** range. Your scores will change. This is normal. Your needs change due to diet, activity and stress.

More information? Need to order? Visit www.senseablesupplements.com or call 509-927-8004

QUESTIONS

Which minerals are in the Mineral Kit?

The Taste n' Score Mineral Kit contains highly absorbable liquid minerals considered essential to human health. The minerals are pure – mineral salts suspended in purified water with **no** preservatives or artificial colors. Minerals support all metabolic processes including heart function, enzyme production, regulating body temperature, and glucose management.

2 Electrolytes

- Potassium
- Magnesium

Up to 7 trace minerals

- Zinc
- Copper
- Chromium
- Manganese
- Molybdenum
- Selenium
- Iodine

How often should I test?

Re-score every two to four weeks to see which scores have changed and adjust your Custom Mineral Drink accordingly!

Can I stop testing a mineral that always tastes bad?

Don't assume. Taste scores will change depending on your diet, health, and activities.

Is there a simpler score system for my children?

Most children can use the standard score system-or this simpler version:

Good Taste-Add | No Taste-Add | Mild/OK-Add | Bad-Don't Add

Why juice?

The Vitamin C and carbohydrates in juice make the minerals more bio-available, providing optimal absorption. Orange, grapefruit, pineapple, grape, cranberry or tomato/vegetable juice are all good - any juice that contains Vitamin C. Juices with sugar are OK, but we recommend 100% juice with **no** added sugars. Using your juicer works too! Stay with non fortified juices (e.g. fortified with calcium) since you are making your **own** fortified drink. If you don't want to use juice or don't have it on hand, you can also use 6-8 ounces distilled or filtered water with Vitamin C powder OR if you are a purist—squeeze a lemon into your mineral drink.

When can I take my Mineral Drink?

Take your Mineral Drink with or right after a meal. The best time to take a Mineral Drink is during or after breakfast (unless otherwise directed).

How often can I take a Mineral Drink?

Once a day, or twice a day if you need more energy! Always follow **Taste n' Score** instructions!

Can I pre-mix the Mineral Drink and save it for later?

Not if you want optimal results - mix it and drink it! The minerals are best when consumed as soon after mixing as possible.

Can I double up on the mineral drops?

YES! Double the number of drops for each mineral (e.g. Mineral #1 – 20 drops instead of 10) and add 6-8 ounces of juice (in other words, double the drops in the same amount of juice). Taste - if the 'Double' tastes bad, go back to the standard. You can even triple the Mineral Drink- but **don't** do this at bedtime!

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