

# Why have I got a metallic taste in my mouth?



PIC: GETTY IMAGES

## Symptoms

Your mouth tastes like old coins. You've been depressed recently and are taking an antidepressant, which has given you a dry mouth.

**It could be** The antidepressant. A metallic taste in the mouth, dysgeusia, can be a side effect of antidepressants. The taste happens often because the drug shuts down your taste buds, affecting your sense of taste. Other drugs that cause a metallic taste are antibiotics, gout medicines, blood pressure medicines and drugs to treat glaucoma.

**Stop it** Speak to your doctor about changing your medication.

## Symptoms

You have a metallic taste in your mouth and you pop multivitamins every day because your diet isn't very healthy. You eat a lot of junk food.

**It could be** The multivitamins, some of which contain metals like copper, chromium and zinc, come out in the saliva and can cause a metallic taste in your mouth.

**Stop it** Ditch the multivitamins and concentrate on eating a well-balanced diet with plenty of fruit, vegetables and fibre.

## Symptoms

You've just had a positive pregnancy test and you can't get rid of an unpleasant metallic taste in your mouth, no matter what you eat or drink.

**It could be** Pregnancy hormones. Dysgeusia is especially common in early pregnancy and accounts for expectant mothers' craving for pickled, vinegary food.

**Stop it** Dysgeusia is usually worst in the first trimester (the first three months of pregnancy). As your pregnancy progresses and your hormones settle down, the metallic taste should fade.

— Daily Mirror