CLAIMS:

1. A composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, wherein the composition is a lingual delivery form which is an orally disintegrating tablet having a disintegration time in the range of from about 30 seconds to about 5 minutes.

2. A composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, wherein the at least one form of zinc is selected from zinc acetate, zinc carbonate, zinc chloride, zinc citrate, zinc gluconate, zinc sulfate, zinc hydrosulfite, zinc bisulfate, zinc oxide, zinc halide, zinc hydride, zinc carbide, and combinations thereof.

3. The composition of claim 2, wherein the at least one form of zinc is zinc gluconate.

4. A composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, wherein the at least one form of gymnemic acid is present in the range of from about 1 to about 10 mg.

5. The composition of claim 4, wherein the at least one form of gymnemic acid is present in the range of from about 1 to about 5 mg.

6. A composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, further comprising mint.

7. A lingual delivery form comprising at least one form of gymnemic acid and at least one form of zinc, wherein the at least one form of gymnemic acid is present in the range of from about 0.1 mg to about 10 mg and the at least one form of zinc is present in the range of about 1 mg to about 10 mg.

8. The lingual delivery form of claim 7, wherein the at least one form of zinc is zinc gluconate.

9. The lingual delivery form of claim 7, wherein the delivery form is an orally disintegrating tablet.

10. The lingual delivery form of claim 7, wherein the at least one form of gymnemic acid is present in the range of from about 1 mg to about 5 mg.

11. The lingual delivery form of claim 8, wherein the zinc gluconate is present in the range of about 7 mg to about 9 mg.

12. The lingual delivery form of claim 11, wherein the at least one form of gymnemic acid is present in the range of from about 2 mg to about 4 mg.

13. The lingual delivery form of claim 12, further comprising mint.

14. A method of reducing calorie intake, comprising administering a composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, wherein the composition is an orally disintegrating tablet.

15. A method of reducing calorie intake, comprising administering a composition comprising at least one form of gymnemic acid and at least one form of zinc, wherein a weight ratio of the at least one form of gymnemic acid to zinc ion in the at least one form of zinc is less than 5.1, wherein the composition further comprises mint.