

# SYMPTOM ASSESSMENT

“The first evidence of malnutrition is a conglomerate of non-specific complaints”

Please check ALL that apply to you. Your personal Wellness Educator will help you determine the BEST course of action

## Everyone's Foundation

### Vitalizer

#### 80 Bio-optimized Nutrients

Clinically proven to provide a foundation for a longer, healthier life. Ensures a good starting point for all programs.

### VIVIX

A Revolutionary Breakthrough in the Fight Against Cellular Aging.

- Protect & repair cellular DNA
- Positively impact genetic regulators
- Slow age protein formation
- Promote mitochondrial biogenesis

### B Complex

- \_\_\_ I am tired all the time
- \_\_\_ irritability
- \_\_\_ crave sweets/caffeine
- \_\_\_ headaches
- \_\_\_ stress! Stress, and more Stress!
- \_\_\_ PMS
- \_\_\_ rapid heartbeat/palpitations
- \_\_\_ ridges in nails
- \_\_\_ skin problems/hair loss
- \_\_\_ carpal tunnel syndrome

### Vita-C

- \_\_\_ I catch every virus around
- \_\_\_ chronic infections
- \_\_\_ bruise easily/heal slowly
- \_\_\_ varicose/spider veins
- \_\_\_ allergies/frequent colds
- \_\_\_ smoke
- \_\_\_ macular degeneration
- \_\_\_ take oral contraceptives
- \_\_\_ bleeding gums
- \_\_\_ iron deficiency

### Vita-E Complex

- \_\_\_ asthma
- \_\_\_ poor circulation
- \_\_\_ high blood pressure
- \_\_\_ diabetes
- \_\_\_ history of stroke
- \_\_\_ autoimmune disorders
- \_\_\_ cold hands and feet
- \_\_\_ family cancer history
- \_\_\_ Poor night vision
- \_\_\_ High cholesterol

### Energizing Soy Protein

- \_\_\_ no energy/always tired
- \_\_\_ poor muscle tone
- \_\_\_ difficulty concentrating
- \_\_\_ hormonal imbalance
- \_\_\_ osteoporosis, low bone density
- \_\_\_ low blood sugar
- \_\_\_ menopausal symptoms
- \_\_\_ thyroid problems
- \_\_\_ poor digestion
- \_\_\_ premature aging

### Building Blocks

#### OsteoMatrix (calcium)

- \_\_\_ muscle cramps/tension
- \_\_\_ insomnia, sleep problems
- \_\_\_ tooth decay
- \_\_\_ joint pain
- \_\_\_ weak fingernails
- \_\_\_ backaches
- \_\_\_ Headaches
- \_\_\_ Colon cancer history
- \_\_\_ low dairy intake
- \_\_\_ fibromyalgia

### Carotomax/Flavomax

- \_\_\_ respiratory infections
- \_\_\_ bronchitis or pneumonia
- \_\_\_ viruses or weak immune system
- \_\_\_ family history of cancer
- \_\_\_ exposure to toxins (cleaners)
- \_\_\_ high risk of heart disease
- \_\_\_ <5 servings/day of veggies/fruits

### Iron plus c complex

- \_\_\_ anemia
- \_\_\_ heavy menstruation
- \_\_\_ dark circles under eyes
- \_\_\_ vegetarian diet
- \_\_\_ low energy/fatigue/stress

### Lecithin

- \_\_\_ high cholesterol
- \_\_\_ poor memory
- \_\_\_ concentration problems
- \_\_\_ learning challenges

### Alfalfa

- \_\_\_ arthritis and joint pain
- \_\_\_ sinus infections
- \_\_\_ digestive problems
- \_\_\_ kidney/bladder infections
- \_\_\_ bad breath/body odor
- \_\_\_ excess fluid retention

### Women's Health

#### GLA Complex

- \_\_\_ PMS/menstrual irregularities
- \_\_\_ skin eruptions/dryness/eczema
- \_\_\_ fibrocystic disorders
- \_\_\_ arthritic pain & swelling
- \_\_\_ dry eye syndrome
- \_\_\_ fertility problems
- \_\_\_ menopausal symptoms

#### Menopause Balance Complex

- \_\_\_ hot flashes
- \_\_\_ sleep disturbances
- \_\_\_ mood swings
- \_\_\_ anxiety & mood swings
- \_\_\_ short tempered
- \_\_\_ depression/weepiness
- \_\_\_ heart pounding while resting

### Immune System

#### Nutriferon

- \_\_\_ repeated colds, infections, flu
- \_\_\_ weak immune system
- \_\_\_ Allergies
- \_\_\_ Hepatitis C
- \_\_\_ Fibroid tumors

#### Defend & Resist Complex

- \_\_\_ viral/bacterial infections
- \_\_\_ frequent sore throat
- \_\_\_ I want a quick fix at the first sign of a cold or flu

### Cardio Health

#### Omega-3 Complex

- \_\_\_ high triglycerides
- \_\_\_ high blood pressure
- \_\_\_ poor circulation, blood clots
- \_\_\_ migraine headaches
- \_\_\_ ADD
- \_\_\_ Autism, development disorders
- \_\_\_ Eczema, psoriasis
- \_\_\_ Ulcerative colitis
- \_\_\_ Bipolar disorder
- \_\_\_ Lupus/multiple sclerosis

### Garlic Complex

- \_\_\_ blood clots, aneurysms
- \_\_\_ viral, bacterial infections
- \_\_\_ yeast infections/candida
- \_\_\_ sinus infection
- \_\_\_ colitis

### COO Heart

#### (COO10 Enzyme)

- \_\_\_ congestive heart failure
- \_\_\_ fatigue, lack of energy
- \_\_\_ cold hands, feet
- \_\_\_ irregular heart beat or rhythm
- \_\_\_ fluid retention, edema
- \_\_\_ gum disease

### Fiber Plan Drink/Tabs

- \_\_\_ diabetes
- \_\_\_ constipation
- \_\_\_ frequent headaches/migraine
- \_\_\_ acne
- \_\_\_ colon problems
- \_\_\_ diet high in processed food
- \_\_\_ heart disease

### Mind & Spirit

#### Stress Relief Complex

- \_\_\_ not enough hours in the day
- \_\_\_ feel stressed out often
- \_\_\_ time-pressure deadlines
- \_\_\_ muscle tension
- \_\_\_ angry outbursts
- \_\_\_ difficulty concentrating

### Corenergy

- \_\_\_ I burn the candle at both ends
- \_\_\_ recurrent fatigue
- \_\_\_ mental/physical exhaustion
- \_\_\_ no initiative
- \_\_\_ low blood pressure
- \_\_\_ blood sugar irregularities
- \_\_\_ poor appetite

### Mental Acuity Complex

- \_\_\_ trouble concentrating
- \_\_\_ vertigo/dizzy/ringing in ears
- \_\_\_ macular degeneration
- \_\_\_ diabetic circulation problems
- \_\_\_ cataracts, glaucoma
- \_\_\_ dementia, Alzheimer's

### Moodlift Complex

- \_\_\_ depression
- \_\_\_ melancholy
- \_\_\_ loss of interest in life
- \_\_\_ lack of initiative
- \_\_\_ sleep disorders
- \_\_\_ emotional distress/stress

### Gentle Sleep Complex

- \_\_\_ insomnia
- \_\_\_ TMJ/muscle tension
- \_\_\_ headaches/anxiety
- \_\_\_ rapid heartbeat
- \_\_\_ hyperactivity

### Advanced Health

#### Liver DTX Complex

- \_\_\_ liver damage
- \_\_\_ hepatitis cirrhosis
- \_\_\_ take OTC, prescription meds
- \_\_\_ blurred/tunnel vision
- \_\_\_ food allergies/intolerances
- \_\_\_ dark circles/bags under eyes
- \_\_\_ canker sores/acne
- \_\_\_ candida/yeast overgrowth
- \_\_\_ hives

### Glucose Regulation

#### Complex

- \_\_\_ high blood sugar
- \_\_\_ type II diabetes
- \_\_\_ crave sweets, bread, pasta
- \_\_\_ overweight
- \_\_\_ high triglycerides
- \_\_\_ low HDL
- \_\_\_ >2 servings of caffeine/day

### Joint Health Complex

- \_\_\_ osteoarthritis
- \_\_\_ sports injuries
- \_\_\_ decreased mobility
- \_\_\_ cartilage degeneration

### Pain Relief Complex

- \_\_\_ I push my body to the limit and my joints suffer
- \_\_\_ repetitive stress on joints
- \_\_\_ arthritis and joint pain

### Joint & Muscle Pain

#### Cream

- \_\_\_ arthritis pain
- \_\_\_ muscle strains
- \_\_\_ neck & shoulder pain
- \_\_\_ backaches
- \_\_\_ sore joints
- \_\_\_ I am a weekend warrior

### Saw Palmetto Complex

- \_\_\_ enlarged prostate gland
- \_\_\_ slow/trouble urinating
- \_\_\_ kidney/urinary infections

### Digestive Health

#### Optiflora System

- \_\_\_ frequent antibiotic/med use
- \_\_\_ ear & throat infections
- \_\_\_ crohn's disease, colitis, IBC
- \_\_\_ sensitivity to odors or scents
- \_\_\_ rashes
- \_\_\_ recurring sinus infections
- \_\_\_ vaginal or bladder infections

### Stomach Soothing

#### Complex

- \_\_\_ acid indigestion/gas/bloating
- \_\_\_ morning sickness
- \_\_\_ motion sickness
- \_\_\_ cramping

### EZ Gest and/or Herb-Lax

- \_\_\_ food intolerances (lactose)
- \_\_\_ constipation
- \_\_\_ gas or bloating
- \_\_\_ indigestion or heartburn
- \_\_\_ feel ill after eating
- \_\_\_ crohns disease
- \_\_\_ colitis or IBS

### Cinch

#### Cinch Inch-Loss System

##### Energy Shake Mix

\*Complete Meal Replacement

\* Protein Energy Drink

- \_\_\_ overweight
- \_\_\_ difficult to lose weight
- \_\_\_ trouble keeping weight off
- \_\_\_ hunger & craving when dieting
- \_\_\_ want simple & effective plan
- \_\_\_ blood sugar issues
- \_\_\_ sugar and/or salt "junkie"
- \_\_\_ "yo-yo" dieter
- \_\_\_ frequently eat fast or packaged foods