

Naturopathic\* Chiropractic \* Counselling \* Laboratory \*Natural Pharmacy

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## VITAMIN AND MINERAL APPRAISAL

**Instructions:** Indicate with a check mark which circumstances apply to you now. If they are not now present, but were previously, mark P.

<b>SECTION I</b>		<b>SECTION 9</b>		Frequent tooth decay	
Inability of eyes to adjust to darkness				Consume more than 3 soft drinks per week	
See poorly in dim light		Inflammation of the tongue		Female: stopped having menses cycles	
Eyeballs have lost luster; vision impaired; eyes dry or inflamed		Changes in bowel movements		Nails that are brittle or have longitudinal ridges	
Skin is rough, scaly & dry, especially the elbows, knees & buttocks		Easily fatigued		<b>TOTAL SECTION 18 Calcium ( 2)</b>	
Unable to distinguish yellow & blue		Chronic fatigue		<b>SECTION 19</b>	
Eyelids "glued" together especially in the morning		Shortness of breath		High cholesterol	
Loss of sense of smell		Cleft palate		Diabetes	
Loss of appetite or desire to eat		Spells of dizziness		Alcohol intolerance	
Skin blemishes, including "liver spots" & skin rashes		Macrocytic anemia		<b>TOTAL SECTION 19 Chromium(1)</b>	
Frequent infections of throat or lungs		Use of birth control pill for more than 6 months		<b>SECTION 20</b>	
Frequent urinary tract infections or bladder		Greyish-brown pigmentation of skin especially the face		Weak hair & nails	
Dryness of scalp( dandruff)		<b>TOTAL SECTION 9 Folic Acid(1)</b>		Fungus infections of nails	
Dryness of nose & throat		<b>SECTION 10</b>		Eyes sensitive to light	
Brittle nails		Muscular weakness		<b>TOTAL SECTION 20 Copper(1)</b>	
Ridges in nails		Generally fatigued		<b>SECTION 21</b>	
Frequent spells of fatigue		Loss of appetite or desire for food		Anemic	
Frequent spells of diarrhea		Frequent indigestion & or diarrhea		Fingernails pale in colour	
Loss of hearing		Red skin on nose ,under eyes		Dizzy spells	
Known gall stones		Bad breath		Tire easily or chronic fatigue	
Known kidney stones		Frequent canker sores		Difficulty breathing	
Recurrent styes in eye		Can't get to sleep or stay asleep		Shortness of breath	
Frequently work in brightly lit area		Hand & or feet go numb		Cry easily without reason	
Frequently work in dimly lit		Irritable , easily upset		Poor appetite	

area				
Ulcers		Hands or feet feel hot		Fingernails appear flat & brittle
Allergies		Recurring headaches		Pain in the heels
Canker Sores		Subject to constant stress, strain , tension		Pain in the fingertips
Subject to constant strain, stress, tension		Deeply depressed		Rapid heart beat
<b>SECTION 1 TOTAL Vitamin A ( 7)</b>		Loss of memory		Shoulder joints are painful
		Dry scaly patches where skin is exposed to light		Sleepy in daytime, sleepless at night
<b>SECTION 2</b>		Burning sensation of tongue		Sensation of spots before eyes
Twitching of eye muscle		Tongue is dark red, swollen or has cracks or mouth is sore		Constipation
Swelling around eyes		Chronic skin inflammation		<b>TOTAL SECTION 21 Iron(4)</b>
Frequent blood shot eyes		Desire for alcohol		<b>SECTION 22</b>
Fatigue easily or abnormally tired		<b>TOTAL SECTION 10 Vitamin B3(Niacin)</b>		Feeling of apprehension
Loss of appetite or desire to eat		<b>SECTION 11</b>		Easily irritable
Easily upset & irritable		Sulfa therapy.		Sore tongue
Loss of strength in lower arms & legs		Extreme fatigue.		Cracks or sores at the corner of the mouth
Hurt all over but can't pinpoint why		Anemia.		Spoon or concave shaped nails
Tenderness of calf muscles		Irritability		Suffer from frequent infections?
Confusion & Forgetfulness		Depression		Twitching muscles
Stomach upset or pain		Nervousness		Loose or sore teeth
Constipation		Headaches		Tremors of the hands
Diastolic blood pressure over 90		Constipation		Irregular pulse or heart beat
Irregularities in heart beat		Early greying of hair		Constantly cold
Enlarged heart		<b>TOTAL SECTION 11 PABA (2)</b>		Muscular weakness
Delayed or slow reflexes		<b>SECTION 12</b>		Frequent muscle cramps
Prickling sensation in lower extremities		Subject to constant stress, pressure, tension		Have convulsions or seizures
<b>TOTAL SECTION 2 Vitamin B1 ( Thiamine) ( 4)</b>		Chronic headaches		Easily confused
<b>SECTION 3</b>		Physically feel weak		Dimmed vision
Cracks & sores in the corner of the mouth		Abnormally tired		Feeling disoriented
Red sore tongue		Frequent colds or upper respiratory infections		Feeling depressed frequently
Tongue shiny		Suddenly feel dizzy		<b>TOTAL SECTION 22 Magnesium(3)</b>
Feeling of grit or sand in eyes		Physically & or mentally overworked or overactive		<b>SECTION 23</b>
Eyes tire easily		Feel lightheaded when getting up or standing up		Poor muscle coordination
Burning or itching of eyes		Loss of feeling in hands & feet		Prone to athletic injuries
Eyes sensitive to light		Suffer from allergies		As a child had partial paralysis of unknown cause

See many blood vessels in whites of eyes		Frequent gastric distress		As a child, had poor & or failing eyesight	
Frequent sores on lips		Have periods of deep depression		Poor & or failing hearing	
Female: Itching in Vaginal Area		Abdominal cramps or pain		Have myasthenia gravis or multiple sclerosis	
Male: Itching of scrotum		Chronic constipation		Diagnosed as diabetic	
Swelling or feeling of swelling tongue		Low blood sugar( hypoglycaemia)		Allergies	
Muscle cramps in lower legs & feet		Arthritis		Attacks of dizziness	
Scaling around nose, mouth, forehead & ears		Attacks of vomiting		Bone deformities	
“Whiteheads” especially on bridge of nose & under eyelids		<b>TOTAL SECTION 12 Vitamin B5(Pantothenic Acid)(4)</b>		Noises in the ears	
Spells of dizziness		<b>SECTION 13</b>		<b>TOTAL SECTION 23 Manganese(3)</b>	
Oily skin & or hair		Anemia		<b>SECTION 24</b>	
Excessive watering of eyes		Bleeding or inflamed gums		Pyorrhoea( inflammation of gums & teeth)	
Cataracts		Easy bruising		Mentally or physically fatigued	
Lack of stamina & vigour		Small red or pink spots just under skin		Often feel that breathing is irregular	
Unexplained loss of weight		Susceptible to infections, including colds		<b>TOTAL SECTION 24 Phosphorus(1)</b>	
<b>TOTAL SECTION 3 Vitamin B2(Riboflavin)(5)</b>		Shortness of breath		<b>SECTION 25</b>	
<b>SECTION 4</b>		Swollen or painful joints		Swelling of the ankles	
Ringin g in ears		Frequent nose bleeds		Occasional rapid heart beat for no reason	
Sore lips, mouth , tongue		Smoke		Feel as if muscles are too weak	
Loss of hair or thinning		Ruptured blood vessel in either eye		Have irregular heart beat	
Numbness & cramps in arms & or legs		Joint pain that comes & goes		Diabetic	
Muscular weakness		Known metal poisoning		Prefer meat to vegetables & grains	
Nausea or dizziness		History of severe burns including sunburn		Prefer summer to winter	
Nervous, irritable or depression		<b>TOTAL SECTION 13 Vitamin C(3)</b>		Prefer seaside to mountains	
Confused often		<b>SECTION 14</b>		Skin of face is more red than white	
Painful joints of fingers & hands		Burning sensation in mouth & throat		Body disorders are usually on right side	
Swelling of hands, feet & ankles		Weight loss or loss of appetite		<b>TOTAL SECTION 25 Potassium(2)</b>	
Increase in urination		Vision problems		<b>SECTION 26</b>	
Known low blood sugar		Unusual heart beat		Have or had cancer	
Convulsions		Poor bone development		Family history of cancer	
Fainting spells		Muscular numbness, tingling or spasms		Birth defects	
Birth Control use greater than 6 months		Rickets ( bowlegs, knock-knees, bone enlargements)		Frequent diarrhea	
Eczema		Flabby tissues		<b>TOTAL SECTION 26 Selenium(2)</b>	

Frequent tooth decay		Dull pains in lower back & thighs		<b>SECTION 27</b>	
Kidney stones		Have you had an abnormal number of cavities?		Have dry tongue & shrunken loose skin( dehydration)	
High cholesterol		Deep pains in the legs ( bone pains or aches)		Feel exhausted all the time	
Juvenile acne		Osteomalacia ( softening of the bones)		Prefer vegetables & starches to protein ( meat)	
Diarrhea		Vague aches & pains		Prefer winter to summer	
Urine slightly greenish tint		Arthritis		Prefer mountains to seaside	
Burning sensation on feet		Soreness or tenderness in ribs or breast bone		Skin of face is more white than red	
<b>TOTAL SECTION 4 Vitamin B6(Pyridoxine)(5)</b>		Stomach or gastric ulcers or diarrhea		Body disorders are usually on left side	
<b>SECTION 5</b>		<b>TOTAL SECTION 14 Vitamin D (5)</b>		<b>SECTION 27 Sodium( 2)</b>	
Anemia		<b>SECTION 15</b>		<b>SECTION 28</b>	
Soreness or weakness in arms & legs		Have now or had “disc” problems ( slipped disc in spine)		Skin blemishes or dry, scaly skin	
Arm & shoulder pain		Changes in heart rate ( fast or slow)		Wounds heal slowly	
Shooting pains		Known heart weakness or problem		Loss part of sense of smell	
Loss of appetite or desire to eat		Use mineral oil for laxative purposes or digestion problems or malabsorption		Lost part of sense of taste	
Sore tongue		Have seen “ fat” in your stool		Diabetic	
General muscular weakness		Known gall bladder trouble		Feel more tired than usual	
Inability to concentrate		Known colon trouble “ colitis”		Acne	
Painful facial muscles		Impaired circulation ( cold spots or patchy skin)		White spots on nails	
Hot & cold sensations		Male: known sterility or loss of sex drive		<b>TOTAL SECTION 28 Zinc(2)</b>	
Feel like you have lost your incentive in life		Female: menstrual discomfort ( PMS) or hot flashes		<b>SECTION 29</b>	
Difficulty walking ( stumbling, shuffling)		Varicose veins		Feeling coldness even in warm weather	
Stammer occasionally		Chest pains & or pain in left arm		Known low blood pressure	
Jerking sensation in limbs		History of blood clot		Tendency to gain weight easily	
<b>TOTAL SECTION 5 Vitamin B12( Cyanocobalamin ( 3)</b>		History of phlebitis( inflamed veins)		Dull pain under the shoulder blades	
<b>SECTION 6</b>		<b>TOTAL SECTION 15 Vitamin E ( 3)</b>		Sluggish metabolism	
Tongue often sore		<b>SECTION 16</b>		Dry hair	
Often skin inflammations		Brittle or lustreless hair		Brittle nails	
Insomnia		Finger or toe nails break, peel, crack, brittle		Eyes sensitive to bright light	
Poor appetite		Allergies		Recurrent styes	
Frequently nauseated		Underweight & can’t gain		High cholesterol	
<b>TOTAL SECTION 6 Biotin(1)</b>		Skin disorders		Decreased sexual interest	
<b>SECTION 7</b>		Frequent attacks of diarrhea		Dull headaches	
Eczema		Dandruff		Swelling of the eyes, hands & feet	

Arteriosclerosis		Known to have kidney trouble		Goiter ( Enlarged Thyroid)	
High cholesterol		<b>SECTION 17</b>		Alternating fast & slow pulse	
High blood pressure		Intestinal malabsorption or digestion problems		<b>TOTAL SECTION 29 Iodine(3)</b>	
<b>TOTAL SECTION 7 Choline(1)</b>		Known colitis ( colon irritation or inflammation)		<b>SECTION 30</b>	
<b>SECTION 8</b>		Cuts or gums bleed easily and or a long time		Indigestion	
Muscle pains		Have had need of long term antibiotic therapy ( knocks out intestinal flora)		Excessive belching & intestinal gas	
Poor appetite		Gall bladder disease or difficulty digesting fatty foods		Suffer in hot weather	
Dry & peeling skin				Does your child over breathe? ( hyperventilate)	
Lack of energy				Nervous without obvious cause	
Sleeplessness				Have diabetes or tendency?	
Redness or inflammation of the skin		<b>TOTAL SECTION 17 Vitamin K(1)</b>		Are you on a low salt diet?	
Mental depression		<b>SECTION 18</b>		<b>TOTAL SECTION 30 Chloride(2)</b>	
Have used sulfa drugs or antibiotics more than once in the last 5 years		Numbness & or tingling in arms & legs		<b>SECTION 31</b>	
Bloated		Frequent muscle cramps		Lackluster hair	
Flatulence ( gas)		Vague pains in joints		Hair that falls out easily	
Loss of desire for meat		Heart palpitations ( irregular beats)		Enlarged parotid glands	
Hungry at the start of a meal but can eat very little		Slow pulse rate		Impaired wound healing	
Known to have blood in the urine		Can't get to sleep or stay asleep		Edema	
Overweight		Female: menstrual cramps		Decreased muscle mass	
<b>TOTAL SECTION 8 Lipotropic Factor ( 3)</b>		Trembling fingers		Fatigue	
		Dull back ache		<b>TOTAL SECTION 31 Protein (2) Wt(lbs)X2.2/.8=day</b>	