



Every symptom below can be traced to an imbalance in the body. This tool helps pinpoint areas of imbalance as they relate to vitamins and minerals.

This assessment is not meant for diagnosis or treatment purposes.

1. Read each statement and evaluate it in terms of whether it applies to you on a scale of 0–5.

If the statement does NOT RING TRUE for you, insert a 0 in the column to the right of the statement. If the statement RINGS VERY TRUE for you, then apply 5. Use the numbers 1, 2, 3, and 4 as a sliding scale between these two poles.

2. Once you have completed the form, save it as “YOUR NAME Nutrients”.

3. Create a return email with the subject title “My Scores” and please send it as an attachment.

Name:

Poor mental focus, brain fog	
Issues related to co-ordination, drop items	
Memory issues, forgetfulness or confusion	
Easily startled	
Slurred speech or stammer	
Anxiety or abnormal apprehension	
Feeling low or apathetic	
Hyperactivity	
Frequently impatient, annoyed or angry/nervous	
Feel emotionally imbalanced	
Inability to recall dreams	
Slow to react mentally	
Intense or urgent desire for chocolate	
Intense or urgent desire to eat ice	
Craving for sweet	
Exceptionally sensitive to alcohol	
Loss of sense of smell or taste	
Difficulty losing weight	
Do not feel like eating, loss of appetite	
Weigh more than ideal weight	
Hair that is greying	
Hair dry, thin or falling out	
Hair/nails grow slowly	
Excessively oily hair	
Flaky scalp	
Lightheadedness or dizziness	
Headaches	
Nosebleeds	
Face bloated or puffy	
Accelerated aging	
Narrowing of upper lip	
Eyelids red, scaly or dry	
Itchy or burning red eyes	

Inside of lower eyelid appears to be pale	
Cataracts	
Pink eye or prone to eye infections	
Dimmed vision	
Eye pupil large or dilated	
Eyes sensitive to light, glare or sunlight	
Eyes slow to adjust when entering the dark	
Poor vision when light is dim or dark	
Poor vision in general	
Spots before eyes	
Eyes dry or lacking tears	
Eye inflamed, discharge, swollen	
Feeling of sand in eyes	
Unpleasant smelling breath	
Dry mouth	
Burning sensation in mouth or throat	
Corners of mouth cracked or sore	
Sores inside mouth	
Mercury/silver coloured dental fillings	
Loose or sensitive teeth	
Tooth or gum sensitivity	
Teeth prone to decay, frequent toothaches	
Gums inflamed or bleeding	
Lips, fingers or toes tingle	
Irritated lips, white, scaly, swollen or chapped	
Tongue coated (white coating)	
Tongue particularly red	
Tongue sore or swollen	
Cracked tongue	
Abscesses in ears or mouth	
Throat dry	
Choking feeling, difficulty swallowing or breathing	
Thyroid gland enlarged, goiter	
Skin inflammations related to acne	
Eczema/Psoriasis	
Itchy, red or inflamed skin	
Inconsistent skin pigment (light, dark or red)	
Excess skin pigmentation	
Loss of skin pigmentation	
Palms of hands appear to be pale	
Skin has little pink spots or areas	
Scaliness on skin near nose, mouth, eyes	
Rough, dry, flaky or scaly skin	
Need lotion to avoid dry skin	
Oily skin	
Skin bruises easily	
Skin lacks elasticity - pinch back of hand	
Skin sensitive to sun, burn easily	
Wounds heal poorly	

Intense body odour	
Rapid heartrate or rapid heartbeat on exertion	
Heart related issues or incidents	
Heart palpitations or irregular heartbeat	
High blood pressure	
Cholesterol noted as high	
Loose, frequent stools	
One or fewer bowel movements per day	
Indigestion or pain in stomach area	
Feeling as though may vomit	
Bleeding stomach ulcer	
Full or heavy feeling after eating	
Urinary tract infections	
Excessive thirst	
Green tint to urine	
Prostate issues or prostate surgery (M)	
Long, painful periods (F)	
Menstrual issues (pms, irregularity, heaviness etc.), past or present (F)	
PMS, cramps etc (F)	
Infertility or impotence	
Decreased libido	
Cramps in calf muscle	
Hard bumps on back of arms	
Involuntary muscular movement of limbs	
Restless legs, particularly at night	
Hands or feet have peculiar sensations, burning, numbness or tingling	
Rings or shoes tight due to swelling	
Chapping of backs of hands	
Cold hands or feet	
Cramping feet or toes	
Thumb muscle weak, tender or sore	
Fingernails easily break or crack	
Finger cuticles rip easily	
Fingernails flat or have spoonlike shape (up at end)	
Fingernails light in colour	
White spots on nails	
Slow growing hair or nails	
Back pains	
Stiffness or achy joints	
Poor leg reflexes, knee or ankle	
Loss of muscle tone or strength, ligaments	
Achy or cramping muscles	
Difficulty building firm muscle	
Involuntary muscular movement, twitching or tremors	
Osteoporosis	
Poor bone development	
Tendency to become injured	
Long lasting stiffness or soreness after exercise	

Exhaustion	
Fatigue, tiredness, lack of energy	
Broad, unspecific body weakness	
Poor quality sleep, restlessness	
Lack of ability to persist and endure, stamina	
Notably slow metabolism	
Tire easily, lack endurance	
Sinuses clogged or general sinus issues	
Anemic, pale or low iron level	
Sick frequently, catch infections easily	
Syndrome X, hypoglycemia, diabetes	
Rickets	
Warts	