

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.

The Basics

VITA LEA: a balanced multivitamin, multimineral supplement ensures a good starting point for all programs!

B-COMPLEX

- I am tired all the time!
- irritability
- crave sweets/caffeine
- headaches
- Stress! Stress, and more stress!
- PMS
- mood swings
- rapid heartbeat, palpitations
- high risk of heart disease
- ridges in nails
- skin problems/hair loss
- pregnancy/morning sickness
- carpal tunnel syndrome

VITA-C

- I catch every virus around!!
- chronic infections
- bruise easily/slow healing
- varicose/spider veins
- allergies/frequent colds
- smoke cigarettes
- cancer prevention
- macular degeneration
- weakened teeth/enamel
- eat processed meats
- take oral contraceptives
- bleeding gums
- iron deficiency

VITA E COMPLEX

- heart disease
- asthma
- poor circulation
- high blood pressure
- diabetes
- slow to heal
- history of stroke
- cystic conditions
- PMS
- cold hands & feet
- scarring
- family cancer history
- autoimmune disorders
- poor night vision
- menopause/hot flashes
- high cholesterol

ENERGIZING SOY PROTEIN

- go to bed tired—wake up tired
- mood swings
- want convenient/good tasting way to get SOY in my diet!!
- poor muscle tone
- difficulty concentrating
- hormonal imbalances
- high cholesterol
- osteoporosis, low bone density
- cancer prevention
- low/fluctuating blood sugar
- menopausal symptoms
- thyroid problems
- poor digestion
- slow healing
- premature aging
- low immunity

Building Blocks

OSETOMATRIX (calcium+)

- muscle cramps/tension
- irritability
- insomnia, sleep problems
- tooth decay/cavities/grinding
- PMS/menstrual cramps
- fibromyalgia
- joint pains
- weak fingernails
- osteoporosis
- back aches
- irreg. heart beat/palpitations
- headaches

- colon cancer history
- low dairy intake

CAROTOMAX/FLAVOMAX (Antioxidant Team)

- asthma/allergies
- poor night vision
- respiratory infections
- bronchitis/pneumonia
- viruses/weak immune system
- family history of cancer
- exposure to toxins (cleaners)
- high risk of heart disease
- <5 servings/day 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
- trying to lose weight

ALFALFA

- allergies/asthma
- arthritis/joint pain/gout
- sinus infections
- low fiber diet/constipation
- 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
- high cholesterol
- arthritic pain & swelling
- multiple sclerosis
- dry eye syndrome
- fertility problems
- menopausal symptoms

MENOPAUSE BALANCE COMPLEX

- hot flashes
- sleep disturbances
- mood swings
- anxiety, jumpiness
- short-tempered
- depression/weepiness
- heart pounding while resting

Immune System

NUTRIFERON

- repeated colds, infections, flu
- asthma
- allergies
- cancer prevention

DEFEND & RESIST COMPLEX

- viral/bacterial infections
- weak immune system
- frequent sore throat
- I want a quick fix at first sign of cold/flu!!

Cardio Health

OMEGA-3 COMPLEX

- high cholesterol
- high triglycerides
- high blood pressure
- heart disease
- poor circulation, blood clots
- migraine headaches
- learning challenges, ADD
- autism, development disorders
- eczema, psoriasis

- ulcerative colitis
- lupus/ multiple sclerosis
- bipolar disorder
- asthma, allergies

GARLIC COMPLEX

- high cholesterol
- high triglycerides
- high blood pressure
- blood clots, aneurysms
- viral, bacterial infections
- yeast infections/Candida
- sinus infection
- allergies/asthma
- colitis
- weakened immune system

COQ HEART (COQ10 ENZYME)

- on cholesterol lowering meds
- congestive heart failure
- fatigue, lack of energy
- cold hands, feet
- irregular heart beat or rhythm
- fluid retention, edema
- gum disease
- Alzheimer's disease
- high cholesterol LDL
- poor circulation

FIBER PLAN DRINK MIX/DAILY MIX/

FIBER CRUNCH

- high cholesterol
- diabetes
- constipation
- frequent headache/migraine
- acne
- body odor
- 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 @ both ends!
- recurrent fatigue
- mental/physical exhaustion
- no initiative
- low blood pressure
- high levels of stress
- blood sugar irregularities
- depression
- poor appetite

MENTAL ACUITY COMPLEX

- trouble concentrating
- ADD
- poor memory
- Dementia, Alzheimer's
- vertigo/dizzy/ ringing in ears
- macular degeneration
- asthma
- headaches
- diabetic circulation problems
- cataracts, glaucoma

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
- eczema/psoriasis/hives

GLUCOSE REGULATION COMPLEX

- high blood sugar
- type II Diabetes
- disturbed carbohydrate
- Metabolism/overweight
- crave sweets, bread, pasta
- high triglycerides
- low HDL cholesterol
- >2 servings 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
- troubled/slow urination
- kidney/urinary infections

Digestive Health

OPTIFLORA SYSTEM

- frequent antibiotic/med. use
- repeat ear/throat infections
- Crohn's/Colitis/IBS
- sensitivity to odors/scents
- rashes/eczema/psoriasis
- recurrent sinus infections
- allergies/food sensitivities
- vaginal/bladder infections

STOMACH SOOTHING COMPLEX

- acid indigestion/gas/bloating
- Crohn's/Colitis/IBS
- morning sickness
- motion sickness

EZ GEST AND/OR HERB-LAX

- food intolerances (lactose)
- constipation/gas/bloating
- indigestion, heartburn
- feel ill after eating
- Crohn's/Colitis/IBS

Cinch

CINCH INCH-LOSS SYSTEM

- overweight or obese
- very difficult to lose weight
- difficult to keep weight off
- hunger & cravings when dieting
- want simple & effective solutions
- blood sugar issues
- sugar and/or salt "junkie"
- "yo-yo" dieter
- frequently eat fast or packaged foods

*Not intended to prevent or cure disease.