

# 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-D<sub>3</sub>

- \_\_\_ depressed/moody
- \_\_\_ rickets
- \_\_\_ hepatitis, cirrhosis
- \_\_\_ Weak immune system
- \_\_\_ take OTC prescription meds
- \_\_\_ Weak bones/teeth
- \_\_\_ blurred/tunnel vision
- \_\_\_ Heart problems
- \_\_\_ Dark circles/bags under eyes
- \_\_\_ spend most days indoors

### \*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

## Cardio Health

### \*OmegaGuard

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

### Blood Pressure

- \_\_\_ Blood pressure imbalance
- \_\_\_ Poor blood circulation
- \_\_\_ Family history of heart
- \_\_\_ Congestive heart failure
- \_\_\_ Heart attack
- \_\_\_ Stroke
- \_\_\_ Kidney damage
- \_\_\_ Erectile dysfunction
- \_\_\_ Vision loss

### Garlic Complex

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

### \*COQ Heart (COQ10 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

## 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

*\*These Nutrients are in the Vitalizer*

## 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

## Mind & Spirit

### Mind Works

- \_\_\_ Forgetful
- \_\_\_ Lack of mental focus
- \_\_\_ Lack of Sharpness
- \_\_\_ Keep forgetting where the keys are?
- \_\_\_ Circulation problems (Neuropathy)
- \_\_\_ Brain health (reduces brain shrinkage)
- \_\_\_ Mental decline
- \_\_\_ Alzheimer's
- \_\_\_ Memory
- \_\_\_ Stroke
- \_\_\_ Parkinson's

### 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

### Vivix -Anti Aging

- \_\_\_ Age spots
- \_\_\_ Diabetes
- \_\_\_ Stroke
- \_\_\_ Heart
- \_\_\_ MS
- \_\_\_ AGE protein build up
- \_\_\_ Lack of energy
- \_\_\_ Poor Diet
- \_\_\_ DNA damage

### 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

## Shaklee 180

### Weight loss & Maintenance

### Shaklee 180 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

### Rx for a Healthier Life-Autoship

#### Best Bargain

Order **Vitalizer,**  
**Vivix, Shaklee**  
**180 Smoothee,**  
**Nutriferon**



and you receive a coupon towards any products for \$10! - total \$229.65  
**Saves \$99.43 per month on Autoship**  
*(If your \$10 item is a Vivix)*



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