

Vitamin profile – for each symptom you suffer from score 1 if you experience any symptoms *highlight the boxes*

VITAMIN A

- Mouth ulcers
- Poor night vision
- Acne
- Frequent colds or infections
- Dry flaky skin
- Dandruff
- Thrush or cystitis
- Diarrhoea

Your score _____

VITAMIN E

- Lack of sex drive
- Exhaustion after light exercise
- Easy bruising
- Slow healing
- Varicose veins
- Poor skin elasticity
- Loss of muscle tone
- Infertility

Your score _____

VITAMIN B1

- Tender muscles
- Eye pains
- Irritability
- Poor concentration
- ‘Prickly legs’
- Poor memory
- Stomach pains
- Constipation
- Tingling hands
- Rapid heartbeat

Your score _____

VITAMIN B2

- Bloodshot, burning or gritty eyes
- Sensitivity to bright light
- Sore tongue
- Cataracts
- Dull or oily hair
- Eczema or dermatitis
- Split nails
- Cracked lips

Your score _____

VITAMIN B3 (NIACIN)

- Lack of energy
- Diarrhoea
- Insomnia
- Headaches/migraines
- Poor memory
- Anxiety/tension
- Depression
- Irritability
- Bleeding or tender gums
- Acne

Your score _____

VITAMIN B5

- Muscle cramps, tremors, spasms
- Apathy
- Poor concentration
- Burning feet or tender hands
- Nausea or vomiting
- Lack of energy
- Exhaustion after light exercise
- Anxiety or tension
- Teeth grinding

Your score _____

VITAMIN B6

- Infrequent dream recall
- Water retention
- Tingling hands
- Depression or nervousness
- Irritability
- Muscle tremors, cramp or spasm
- Lack of energy

Your score _____

Vitamin B12

- Poor hair condition
- Eczema or dermatitis
- Mouth over-sensitive to hot or cold
- Irritability
- Anxiety or tension
- Lack of energy
- Constipation
- Tender or sore muscles
- Pale skin

Your score _____

VITAMIN C

- Frequent colds
- Lack of energy
- Bleeding or tender gums
- Easy bruising
- Nose bleeds
- Slow healing
- Red pimples on skin
- Frequent infections

Your score _____

Folic Acid

- Eczema
- Cracked lips
- Prematurely grey hair
- Anxiety or tension
- Lack of energy
- Depression
- Poor appetite
- Stomach pains

Your score _____

VITAMIN D

- Arthritis or osteoporosis
- Backache
- Tooth decay
- Hair loss
- Muscle twitching or spasm
- Joint pains or stiffness
- Weak bones

Your score _____

Biotin

- Dermatitis or dry skin
- Poor hair condition
- Prematurely greying hair
- Tender or sore muscles
- Poor appetite or nausea

Your score _____

MINERAL PROFILE**Calcium**

- Muscle cramps, tremors or spasm
- Insomnia or nervousness
- Joint pains or arthritis
- Tooth decay
- High blood pressure

Your score _____

Magnesium

- Muscle cramps, tremors or spasms
- Muscle weakness
- Insomnia, nervousness or hyperactivity
- High blood pressure
- Irregular or rapid heartbeat
- Constipation
- Fits or convulsions
- Breast tenderness or water retention
- Depression or confusion

Your score _____

Zinc

- Decline in sense of taste or smell
- White marks on more than two fingernails
- Frequent infections
- Stretch marks
- Acne or greasy skin

Your score _____

Iron

- Pale skin
- Sore tongue
- Fatigue or listlessness
- Loss of appetite or nausea
- Heavy periods or blood loss

Your score _____

Manganese

- Muscle twitches
- Childhood 'growing pains'
- Dizziness or poor sense of balance
- Fits or convulsions
- Sore knees

Your score _____

Selenium

- Family history of cancer
- Signs of premature aging
- Cataracts
- High blood pressure

Your score _____

Chromium

- Excessive or cold sweats
- Dizziness or irritability without food
- Need for frequent meals
- Cold hands
- Need for excessive sleep or drowsiness during the day.

Your score _____

OMEGA3 & 6

- Dry skin, eczema or dry eyes
- Dry hair or dandruff
- Inflammatory health problems e.g. arthritis
- Excessive thirst or sweating
- PMS or breast pain
- Water retention
- Frequent infections
- Poor memory or learning difficulties
- High blood pressure

Your score _____