

# HEALTH ASSESSMENT

- Check all symptoms that apply to you. Your wellness consultant will guide you to the supplement program that will benefit you. This is not to be mistaken as a diagnosis of a disease or as a "cure".

## FOUNDATION

### VITALIZER & SOY

**Vita Lea:** a balanced multivitamin, multimineral supplement insures a good foundation for all programs!

### B-Complex

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

### Soy Protein Drink Mix

- 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

### Vita-C

- I catch every virus around!!
- chronic infections
- bruise easily/slow healing
- varicose/spider veins
- allergies/frequent colds
- smoke cigarettes
- stress!
- 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

### Carotomax/Flavomax-antioxidants

- asthma/allergies
- poor night vision
- skin issues
- respiratory infections
- bronchitis/pneumonia
- viruses/weak immune system
- family cancer history
- exposure to toxins
- heart disease
- <5 serv/day veggies/fruit

### OmegaGuard

- 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

### Optiflora Pre/Probiotic Complex

- 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

## BUILDING BLOCKS

### OsteoMatrix

- 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

### 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 (DR)

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

## CARDIO HEALTH

### 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 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

### Stomach Soothing Complex

- \_\_\_ acid indigestion/gas/bloating
- \_\_\_ morning sickness
- \_\_\_ motion sickness

### EZ Gest and/or Herb-Lax

- \_\_\_ food intolerances (lactose)
- \_\_\_ constipation/gas/bloating
- \_\_\_ indigestion
- \_\_\_ toxicity

## WEIGHT

### 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

### Your Wellness Consultant:

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