

Vitamin-Mineral Appraisal
(all patients age 13 and over)

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474-2727

Name: _____

Date: _____

Instructions: Indicate with a check mark which circumstances apply to you now, and indicate with a P symptoms or signs which you have had in the past.

- Inability of the eyes to adjust to darkness
- See poorly in dim light
- Eyes have lost luster; vision impaired; eyes dry & inflamed
- Skin is rough, scaly & dry, especially elbows, knees, buttocks
- Unable to distinguish yellow and blue
- Eyelids "glue" together, especially in morning
- Loss of sense of smell
- Loss of appetite or desire to eat
- Skin blemishes, including "liver spots" and skin rashes
- Repeated or frequent infections of the bladder or urinary tract
- Dryness of scalp (flakiness or dandruff)
- Dryness of nose and throat
- Brittle nails (fingers and toes)
- Ridges in nails (fingers and toes)
- Frequent spells of fatigue
- Frequent spells of diarrhea
- Loss of hearing
- Known gall stones
- Known kidney stones
- Recurrent styes in eyes
- Frequently work in brightly lit area, especially fluorescent Lighting
- Frequently work in dimly lit areas
- Female: have you had a spontaneous abortion
- Known ulcers (stomach, duodenal, colon)
- Frequent allergies (any kind)
- Frequent canker sores
- Subject to constant stress
- Total Vitamin A - 7**

- Twitching of eye muscles
- Swelling around eyes (puffiness)
- Frequent blood-shot eyes
- Fatigue easily or abnormally tired
- Loss of appetite or desire to eat
- Easily upset and irritable
- Loss of strength in the lower arms and legs
- Hurt all over but can't pinpoint area
- Tenderness of calf muscles
- Confusion and forgetfulness
- Gastric distress (abdominal pains, indigestion)
- Constipation
- Diastolic blood pressure over 90 (bottom number)
- Irregularities of the heart beat
- Told that you have a enlarged heart
- Delayed or slow reflexes
- Prickling sensation in lower extremities
- Total Vitamin B₁ (thiamine) - 4**

- Cracks & sores in the corners of the mouth
- Red, sore tongue
- Tongue is shiny
- Feeling of grit or sand in eyelids
- Burning or itching of the eyes
- Eyes sensitive to light
- See many blood vessels in whites of eyes
- Frequent sores on lips
- Female: itching of the vaginal area
- Male: itching of scrotum
- Swelling or feeling of swelling of tongue
- Muscle cramps in lower legs and feet
- Scaling around nose, mouth, forehead & ears
- "Whiteheads" especially on bridge of nose and under eyelids
- Spells of dizziness
- Oily skin and/or oily hair
- Excessive watering of eyes
- Have or had cataracts
- Lack of stamina and vigor
- Unexplained weight loss
- Total Vitamin B₂ (riboflavin) - 5**

- Ringing sounds in ears
- Sore lips, mouth and tongue
- Loss of hair (thinning)
- Numbness & cramps in arms and/or legs
- Muscular weakness
- Often nauseous or dizzy
- Nervousness, irritability, depression
- Often confused
- Painful joints of fingers and hands
- Swelling of hands, feet and ankles
- Increase in urination
- Known low blood sugar (hypoglycaemia)
- Convulsions (black-out spells)
- Fainting spells
- Use oral contraceptives (past or present)
- Skin condition known as eczema
- Require frequent dental visits for tooth decay
- Have or had kidney stones
- Known to have high cholesterol
- Skin condition known as juvenile acne
- Frequent attacks of diarrhea
- Urine sometimes has a greenish tint
- Burning sensations in feet
- Total Vitamin B₆ (pyridoxine) - 5**

- Known to be anemic or have had pernicious anemia
- Soreness or weakness in arms and legs
- Arm and shoulder pain
- Shooting pains in any part of the body
- Loss of appetite or desire to eat
- Sore tongue
- General muscular weakness
- Inability to concentrate
- Painful facial muscles
- Hot and cold sensation
- Feel you have lost your incentive in life
- Difficulty walking (stumbling, shuffling)
- Stammering occasionally
- Jerking sensation of limbs

Total Vitamin B₁₂ (Cobalmin) – 3

- Tongue often sore
- Frequent skin inflammations
- Suffer from insomnia
- Have poor appetite
- Frequently nauseated

Total Biotin - 1

- Have eczema
- Diagnosed as having arteriosclerosis
- Told you have high blood pressure
- Have a problem losing weight
- Diagnosed as having myasthenia gravis

Total Choline – 1

- Muscle pains
- Poor appetite
- Dry and/or peeling skin
- Lack of energy
- Sleeplessness
- Redness or inflammation of skin
- Mental depression
- Have used sulfa drugs or antibiotics
- Bloating
- Flatulence
- Loss of desire for meat
- Hungry at start of meal but can eat very little
- Known to have blood in urine
- Overweight

Total Lipotropic Factors – 3

- Early graying of hair
- Inflammation of the tongue
- Changes in bowel movements (alternating loose and hard stools)
- Easily fatigued
- Chronically fatigued
- Shortness of breath
- History of cleft palate
- Spells of dizziness
- Had diagnosis of macrocytic anemia
- Use of oral contraceptives
- Grayish-brown pigmentation of the skin, especially the face

Total Folic Acid – 1

- Muscular weakness
- Generally fatigued
- Loss of appetite or desire for food
- Frequent indigestion and/or diarrhea
- Red skin across the nose & under eyes
- Bad breath
- Frequent canker sores
- Can't get to sleep or stay asleep
- Hands and/or feet feel hot
- Irritable, easily upset
- Recurring headaches
- Subject to constant stress, strain, tension
- Deeply depressed feeling
- Loss of memory
- Dry, scaly skin patches where exposed to sunlight
- Burning sensation of the tongue
- Tongue is dark red and mouth is sore
- Chronic skin inflammation
- Have desire for alcohol

Total Vitamin B₃ (niacin) – 5

- Have had sulfa therapy
- Extreme fatigue
- Irritable
- Known to be anemic
- Depressed
- Nervous
- Headaches
- Constipation
- Early graying of hair

Total PABA

- Subject to chronic stress, pressure, tension
- Chronic headaches
- Physically feel weak
- Abnormally tired
- Frequent colds or upper respiratory infections
- Suddenly feel dizzy
- Physically and/or mentally overworked
- Feel light headed when getting up or standing
- Loss of feeling in hands or feet
- Suffer from allergies
- Frequent gastric distress
- Have periods of deep depression
- Abdominal cramps and pains
- Chronic constipation
- Known to have low blood sugar (hypoglycemia)
- Diagnosed as arthritic
- Attacks of vomiting

Total Vitamin B₅ – 4

- Known to have anemia
- Bleeding or inflamed gums
- Easy-bruising
- Small red or pink spots just under skin
- Susceptible to infections, including colds
- Shortness of breath
- Swollen or painful joints
- Frequent nosebleeds
- Smoke (cigar, cigarettes, or pipe)
- Ruptured blood vessels in either eye
- Have "fleeting joint pain"
- Known metal poisoning
- History of severe burns (including sunburn)
- Total Vitamin C – 3**

- Unusual heart beat (varies fast to slow)
- Poor bone development
- Muscular numbness, tingling or spasms
- Had rickets (bow legs, knock-knees, and bone enlargement)
- Tissues are flabby
- Dull pains in lower back and thighs
- Have you had an abnormal number of cavities
- Deep pains in lower back and thighs
- Had a diagnosis of osteomalacia (softening of bones)
- Vague aches and pains
- Had a diagnosis of arthritis
- Feeling of soreness or tenderness in ribs or breast bone
- Stomach or gastric ulcers
- Total Vitamin D – 5**

- Have now or ever had "disc" problems
- Changes in heart rate (fast to slow)
- Known heart weakness or problems
- Female: one or more miscarriages
- Use mineral oil for laxative purposes
- Have seen "fat" in your stool, or stool floats
- Known gallbladder problems
- Known colon trouble (colitis)
- Impaired circulation (cold spots or patchy skin)
- Male: known sterility or loss of sex drive
- Female: menstrual discomfort or heat flushes
- Varicose veins
- Chest pain in the left arm
- History of blood clot
- History of phlebitis (inflamed veins)
- Total Vitamin E – 3**

- Brittle or lustreless hair
- Finger or toenails: break, peel, crack, brittle
- Have allergies (any type)
- Underweight and cannot gain
- Have skin disorders
- Frequent attacks of diarrhea
- Dandruff
- Known to have kidney trouble
- Total EFA's – 2**

- Known intestinal malabsorption problems
- Known colitis (colon irritation or inflammation)
- Cuts bleed a long time
- Have used antibiotic treatment (frequently/large doses)
- Known gallbladder problems or disease
- Total Vitamin K – 1**

- Numbness and/or tingling in arms & legs
- Frequent muscle cramps
- Vague pains in joints
- Heart palpitations
- Slow pulse rate
- Can't get to sleep or stay asleep
- Female: menstrual cramps
- Trembling fingers
- Dull backache
- Frequent tooth decay
- Total Calcium – 2**

- Told you have high cholesterol
- Told you have diabetes
- Have alcohol intolerance
- Total Chromium – 1**

- Have weak hair or nails
- Have fungal infections of nails
- Eyes sensitive to light
- Total Copper**

- Told you are anemic
- Fingernails pale in colour
- Dizzy spells
- Tire easily or chronic fatigue
- Difficult breathing
- Shortness of breath
- Cry easily without reason
- Poor appetite
- Fingernails appear flat and brittle
- Pain in the heels
- Pain in the fingertips
- Rapid heart beat
- Shoulder joints are painful
- Sleepy in the daytime, sleepless at night
- Sensation of spots before eyes
- Constipation
- Total Iron – 4**

- Feeling of apprehension
- Easily irritable
- Teeth sensitive
- Twitching muscles
- Loose teeth
- Tremors of the hands
- Irregular pulse or heartbeat
- Constantly cold
- Muscular weakness
- Frequent muscle cramps
- Have convulsions or seizures
- Easily confused
- Dimmed vision
- Feeling disoriented
- Feel depressed frequently
- Total Magnesium – 3**

- Poor muscular co-ordination
- Prone to athletic injuries
- As a child, had partial paralysis of unknown cause
- As a child, had poor and/or failing eyesight
- As a child, had poor and/or failing hearing
- Diagnosed as having myasthenia gravis
- Diagnosed as diabetic
- Have diagnosed allergies
- Attacks of dizziness
- Have bone deformities
- Noises in the ears
- Total Manganese – 3**

- Have pyorrhoea (gum disease)
- Often feel both physically and mentally fatigued
- Often feel as if your breathing is irregular
- Total Phosphorus – 1**

- Swelling of ankles and hands
- Occasional rapid heart beat for no reason
- Feel as if muscles are “too weak”
- Have irregular heartbeat
- Told you have a diabetic tendency
- Prefer meat to vegetables & starches
- Prefer seaside to mountains
- Skin of face is more red than white
- Body disorders are usually on right side
- Total Potassium – 2**

- Been diagnosed as having cancer
- Have a family history of cancer
- Have or children have birth defects
- Total Selenium - 2**

- Have dry tongue and shrunken, loose skin (dehydration)
- Feel exhausted all the time
- Prefer vegetables and starches to protein
- Prefer winter to summer
- Prefer mountains to seaside
- Skin of face is more white than red
- Body disorders are usually on the left side
- Total Sodium – 2**

- Wound heal slowly
- Loss of sense of smell
- Loss of sense of taste
- Diagnosed as diabetic
- Feel more tired than usual
- Have acne
- Male: have diagnosed prostatitis
- Total Zinc – 2**

- Feeling of coldness even in warm weather
- Known low blood pressure
- Tendency to gain weight
- Dull pain under the shoulder blades
- Sluggish metabolism
- Dry hair
- Brittle nails
- Eyes sensitive to bright light
- Have recurrent styes
- Diagnosed as having high cholesterol
- Decreased sexual interest
- Dull headaches
- Swelling of the eyes, hands & feet
- Known goiter
- Alternating fast and slow pulses
- Total Iodine – 3**

- Have indigestion
- Have excessive belching & intestinal gas
- Suffer in hot weather
- You over breathe (hyperventilate)
- Nervous without obvious cause
- Have diabetes or tendency
- Currently on a low sodium diet
- Total Chloride – 2**