

NUTRITIONAL SURVEY

1. Are you currently taking nutritional supplements? Yes No
2. If yes, where are they purchased? _____
Which brand? _____
How many times a day? _____
3. What supplements are you using?
 multivitamin antioxidants fish oils calcium others:

4. Where do you obtain information on nutritional supplements?
 The news media friends and family your doctor internet
 other: _____
5. Are you currently taking prescription medication? Yes No
Please list: _____
6. How would you classify this statement:
All vitamins/nutritional supplements are created equal.
 True False Don't know

CARDIOVASCULAR HEALTH SURVEY

1. Do you have a family history of heart disease or diabetes? Yes No
2. Have you been diagnosed with heart disease or diabetes? Yes No
3. Do you take cholesterol-lowering medications? Yes No
4. Have you been diagnosed with Metabolic Syndrome? Yes No
5. Are you overweight? Yes No
6. Do you have low HDL – good cholesterol? Yes No
7. Do you have high LDL – the bad cholesterol? Yes No
8. Do you have high triglycerides? Yes No

DO YOU CURRENTLY EXPERIENCE ANY OF THE FOLLOWING CONDITIONS

- | | | |
|--|--|---|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Skin conditions | <input type="checkbox"/> Digestive problems |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Sleep problems |
| <input type="checkbox"/> Loss of weight/appetite | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Numbness |
| <input type="checkbox"/> Tingling of hands or feet | <input type="checkbox"/> Bruising | <input type="checkbox"/> Muscle weakness |
| <input type="checkbox"/> Muscle cramping | <input type="checkbox"/> Reduced muscle mass | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Heart spasms | <input type="checkbox"/> Hair loss | <input type="checkbox"/> Slow wound healing |



MicroNutrient
Testing



SPECTRACELL LABORATORIES
ADVANCED CLINICAL TESTING

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