

## Vitamin-Mineral Appraisal

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Instructions: Indicate with a check mark which circumstances apply to you now. If they applied to you previously but not now, mark "P."

- 1)**  Inability of eyes to adjust to darkness.  
 See poorly in dim light.  
 Eyes have lost luster: vision impaired: eyes dry and inflamed.  
 Skin is rough, scaly and dry, especially elbows, knees, and buttocks.  
 Unable to distinguish yellow and blue.  
 Eyelids "glue" together, especially in the 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 bladder or urinary tract.  
 Dryness of scalp (flakiness or dandruff).  
 Dryness of nose and throat.  
 Brittle nails (fingers or toes).  
 Ridges in nails (fingers or toes).  
 Frequent spells of fatigue.  
 Frequent spells of diarrhea.  
 Loss of hearing.  
 Known gall stones.  
 Known kidney stones.  
 Recurrent styes in eyes.  
 Known ulcers (stomach, duodenal, colon).  
 Frequent allergies (any kind).  
 Frequent canker sores.  
 Female: spontaneous abortion.  
 Frequently work in brightly lit area, especially fluorescent lighting.  
 Frequently work in dimly lit area.  
 Subject to constant stress, strain, tension.

**Total** \_\_\_\_\_

**Vitamin A (7)**

- 2)**  Twitching of eye muscles.  
 Swelling around eyes (puffiness).  
 Frequently bloodshot eyes.  
 Easily fatigued 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 unable to pinpoint area.  
 Tenderness of calf muscles.  
 Confusion and forgetfulness.  
 Gastric distress (abdominal pains, indigestion).  
 Constipation.  
 Diastolic blood pressure (bottom number) over 90.  
 Irregularities of the heartbeat.  
 Enlarged heart (diagnosed).  
 Delayed or slow reflexes.  
 Prickling sensation in lower extremities.

**Total** \_\_\_\_\_

**Vitamin B<sub>1</sub>  
(thiamin) (4)**

- 3)**  Cracks and sores in the corners of the mouth.  
 Red, sore tongue.  
 Shiny tongue.  
 Feeling of grit or sand in eyelids.  
 Eyes tire easily.  
 Burning or itching eyes.  
 Eyes sensitive to light.  
 Many blood vessels visible in whites of eyes.  
 Frequent sores on lips.  
 Female: itching of the vaginal area.  
 Male: itching of the scrotum.  
 Swelling or feeling of swelling of tongue.  
 Muscle cramps in lower legs and feet.  
 Scaling around nose, mouth, forehead and ears.  
 "Whiteheads," especially on bridge of nose and under eyelids.  
 Dizzy spells.  
 Oily skin or hair.  
 Excessive watering of eyes.  
 Cataracts.  
 Lack of stamina and vigour.  
 Unexplained weight loss.

**Total** \_\_\_\_\_

**Vitamin B<sub>2</sub>  
(riboflavin) (5)**

- 4)**  Ringing sounds in ears.  
 Sore lips, mouth and tongue.  
 Hair loss (thinning).  
 Numbness and cramps in arms or legs.  
 Muscular weakness.  
 Frequent nausea or dizziness.  
 Nervousness, irritability, or depression.  
 Confusion.  
 Painful joints on fingers or hands.  
 Swelling of hands, feet, or ankles.  
 Increase in urination.  
 Low blood sugar (hypoglycemia).  
 Convulsions (black-out spells).  
 Fainting spells.  
 Use of oral contraceptives.  
 Eczema.  
 Tooth decay.  
 Kidney stones.  
 High cholesterol.  
 Juvenile acne.  
 Frequent diarrhea.  
 Greenish tint to urine.  
 Burning sensations on feet.

**Total** \_\_\_\_\_

**Vitamin B<sub>6</sub>  
(pyridoxine) (5)**

## Vitamin-Mineral Appraisal (page 2)

- 5)** \_\_\_ 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.  
\_\_\_ Pain in facial muscles.  
\_\_\_ Hot or cold sensations.  
\_\_\_ Feel that you have lost interest in life.  
\_\_\_ Difficulty in walking (stumbling, shuffling).  
\_\_\_ Occasional stammering.  
\_\_\_ Jerking sensation of limbs.

**Total** \_\_\_\_\_

**Vitamin B<sub>+D221</sub> (3)**

- 6)** \_\_\_ Tongue often sore.  
\_\_\_ Frequent skin inflammations.  
\_\_\_ Insomnia.  
\_\_\_ Poor appetite.  
\_\_\_ Frequent nausea.

**Total** \_\_\_\_\_

**Biotin (1)**

- 7)** \_\_\_ Eczema.  
\_\_\_ Arteriosclerosis (diagnosed).  
\_\_\_ High blood pressure (diagnosed).  
\_\_\_ Problems losing weight.  
\_\_\_ Myasthenia gravis (diagnosed).

**Total** \_\_\_\_\_

**Choline (1)**

- 8)** \_\_\_ Muscle pains.  
\_\_\_ Poor appetite.  
\_\_\_ Dry or peeling skin.  
\_\_\_ Lack of energy.  
\_\_\_ Sleeplessness.  
\_\_\_ Redness or inflammation of skin.  
\_\_\_ Depression.  
\_\_\_ Heavy use of sulfa drugs or antibiotics.  
\_\_\_ Bloating.  
\_\_\_ Flatulence (gas).  
\_\_\_ Loss of desire for meat.  
\_\_\_ Hungry at start of meal, but can only eat little.  
\_\_\_ Blood in urine.  
\_\_\_ Overweight.

**Total** \_\_\_\_\_

**Lipotropic factors (3)**

- 9)** \_\_\_ Early graying of hair.  
\_\_\_ Inflammation of the tongue.  
\_\_\_ Changes in bowel movements (alternating loose and hard stools).  
\_\_\_ Easily fatigued.  
\_\_\_ Chronically fatigued.  
\_\_\_ Shortness of breath.  
\_\_\_ Cleft palate.  
\_\_\_ Dizzy spells.  
\_\_\_ Macrocytic anemia (diagnosed).  
\_\_\_ Oral contraceptives.  
\_\_\_ Greyish-brown pigmentation of skin especially on the face.

**Total** \_\_\_\_\_

**Folic acid (4)**

- 10)** \_\_\_ Muscular weakness.  
\_\_\_ General fatigue.  
\_\_\_ Loss of appetite or desire for food.  
\_\_\_ Frequent indigestion or diarrhea.  
\_\_\_ Red skin across nose or under eyes.  
\_\_\_ Bad breath.  
\_\_\_ Frequent canker sores.  
\_\_\_ Difficulty getting to sleep or staying asleep.  
\_\_\_ Hands or feet go numb.  
\_\_\_ Irritable or easily upset.  
\_\_\_ Hands or feet hot.  
\_\_\_ Recurring headaches.  
\_\_\_ Subject to constant stress, strain, tension.  
\_\_\_ Deeply depressed.  
\_\_\_ Memory loss.  
\_\_\_ Dry, scaly patches where skin is exposed to sunlight.  
\_\_\_ Burning sensation on the tongue.  
\_\_\_ Tongue is dark red and mouth is sore.  
\_\_\_ Chronic skin inflammation.  
\_\_\_ Desire for alcohol.

**Total** \_\_\_\_\_

**Vitamin B<sub>+H104</sub> (niacin) (5)**

- 11)** \_\_\_ Sulfa therapy.  
\_\_\_ Extreme fatigue.  
\_\_\_ Anemia.  
\_\_\_ Irritability.  
\_\_\_ Depression.  
\_\_\_ Nervousness.  
\_\_\_ Headaches.  
\_\_\_ Constipation.  
\_\_\_ Early greying of hair.

**Total** \_\_\_\_\_

**PABA (2)**

## Vitamin-Mineral Appraisal (page 3)

- 12)** \_\_\_ Subject to constant stress, pressure, or tension.  
\_\_\_ Chronic headache.  
\_\_\_ Physically weak.  
\_\_\_ Abnormally tired.  
\_\_\_ Frequent colds or upper respiratory infections.  
\_\_\_ Sudden dizziness.  
\_\_\_ Physically or mentally overworked.  
\_\_\_ Lightheaded when standing up.  
\_\_\_ Loss of feeling in hands and feet.  
\_\_\_ Allergies.  
\_\_\_ Frequent gastric distress.  
\_\_\_ Periods of deep depression.  
\_\_\_ Abdominal cramps or pains.  
\_\_\_ Chronic constipation.  
\_\_\_ Hypoglycemia (low blood sugar)  
\_\_\_ Arthritic (diagnosed).  
\_\_\_ Vomiting.

**Total** \_\_\_\_\_

**Vitamin B<sub>5</sub> (4)**

- 13)** \_\_\_ Anemia.  
\_\_\_ Bleeding or inflamed gums.  
\_\_\_ Bruise easily.  
\_\_\_ Small pink or red spots just under the skin.  
\_\_\_ Susceptible to infections (including colds).  
\_\_\_ Shortness of breath.  
\_\_\_ Swollen or painful joints.  
\_\_\_ Frequent nosebleeds.  
\_\_\_ Smoker (cigarette, pipe, cigar).  
\_\_\_ Ruptured blood vessel in either eye.  
\_\_\_ Fleeting joint pain.  
\_\_\_ Metal poisoning.  
\_\_\_ Severe burns (including sunburn).

**Total** \_\_\_\_\_

**Vitamin C (3)**

- 14)** \_\_\_ Irregular heart rate (varies fast to slow).  
\_\_\_ Poor bone development.  
\_\_\_ Muscular numbness, tingling or spasms.  
\_\_\_ Rickets (bowlegs, knockknees, bone enlargement).  
\_\_\_ Flabby tissues.  
\_\_\_ Dull pain in lower back and thighs.  
\_\_\_ Abnormally high number of cavities.  
\_\_\_ Deep pains in the legs (bone ache).  
\_\_\_ Osteomalacia (softening of bones, diagnosed).  
\_\_\_ Vague aches and pains.  
\_\_\_ Arthritis (diagnosed).  
\_\_\_ Soreness or tenderness in ribs or breastbone.  
\_\_\_ Stomach or gastric ulcers.

**Total** \_\_\_\_\_

**Vitamin D (5)**

- 15)** \_\_\_ Disc problems (slipped disc in spine).  
\_\_\_ Irregular heart rate (varies fast to slow).  
\_\_\_ Heart weaknesses or problems.  
\_\_\_ Female: one or more miscarriages.  
\_\_\_ Use mineral oil for laxative purposes.  
\_\_\_ Have seen "fat" in your stool.  
\_\_\_ Gall bladder trouble.  
\_\_\_ Colon trouble (colitis).  
\_\_\_ Impaired circulation (cold spots or patchy skin).  
\_\_\_ Male: sterility or loss of sex drive.  
\_\_\_ Female: menstrual discomfort or hot flashes.  
\_\_\_ Varicose veins.  
\_\_\_ Chest pains or pain in left arm.  
\_\_\_ Blood clots.  
\_\_\_ Phlebitis (inflamed veins).

**Total** \_\_\_\_\_

**Vitamin E (3)**

- 16)** \_\_\_ Brittle or lustreless hair.  
\_\_\_ Brittle nails that break, peel, or crack (hands or feet).  
\_\_\_ Allergies.  
\_\_\_ Underweight and unable to gain weight.  
\_\_\_ Skin disorders.  
\_\_\_ Frequent diarrhea.  
\_\_\_ Dandruff.  
\_\_\_ Kidney trouble.

**Total** \_\_\_\_\_

**EFA (2)**

- 17)** \_\_\_ Intestinal malabsorption problems.  
\_\_\_ Colitis (colon irritation or inflammation).  
\_\_\_ Cuts bleed for a long time.  
\_\_\_ Large or frequent doses of antibiotics.  
\_\_\_ Gall bladder problems or disease.

**Total** \_\_\_\_\_

**Vitamin K (1)**

- 18)** \_\_\_ Numbness or tingling in arms and legs.  
\_\_\_ Frequent muscle cramps.  
\_\_\_ Vague pains in joints.  
\_\_\_ Heart palpitations (irregular beats).  
\_\_\_ Slow pulse rate.  
\_\_\_ Trouble getting to sleep or staying asleep.  
\_\_\_ Female: menstrual cramps.  
\_\_\_ Trembling fingers.  
\_\_\_ Dull backache.  
\_\_\_ Frequent tooth decay.

**Total** \_\_\_\_\_

**Calcium (2)**

## Vitamin-Mineral Appraisal (page 4)

- 19)** \_\_\_ High cholesterol (diagnosed).  
\_\_\_ Diabetes (diagnosed).  
\_\_\_ Alcohol intolerance.

**Total** \_\_\_\_\_

- 20)** \_\_\_ Weak hair and nails.  
\_\_\_ Fungal infections in nails.  
\_\_\_ Eyes sensitive to light.

**Total** \_\_\_\_\_

- 21)** \_\_\_ Anemia (diagnosed).  
\_\_\_ Pale fingernails.  
\_\_\_ Dizzy spells.  
\_\_\_ Easily tired or chronically fatigued.  
\_\_\_ Difficulty breathing.  
\_\_\_ Shortness of breath.  
\_\_\_ Cry easily without reason.  
\_\_\_ Poor appetite.  
\_\_\_ Fingernails flat and brittle.  
\_\_\_ Pain in the heels.  
\_\_\_ Pain in the fingertips.  
\_\_\_ Rapid heartbeat.  
\_\_\_ Painful shoulder joints.  
\_\_\_ Sleepy during the day and sleepless at night.  
\_\_\_ Spots before eyes.  
\_\_\_ Constipation.

**Total** \_\_\_\_\_

- 22)** \_\_\_ Feelings of apprehension.  
\_\_\_ Eaily irritable.  
\_\_\_ Sensitive teeth.  
\_\_\_ Twitching muscles.  
\_\_\_ Loose teeth.  
\_\_\_ Tremors in the hands.  
\_\_\_ Irregular pulse or heartbeat.  
\_\_\_ Constantly cold.  
\_\_\_ Muscular weakness.  
\_\_\_ Frequent muscle cramps.  
\_\_\_ Convulsions or seizures.  
\_\_\_ Easily confused.  
\_\_\_ Dimmed vision.  
\_\_\_ Feelings of disorientation.  
\_\_\_ Frequent depression.

**Total** \_\_\_\_\_

**Chromium (1)**

**Copper (1)**

**Iron (4)**

**Magnesium (3)**

- 23)** \_\_\_ Poor muscle coordination.  
\_\_\_ Prone to athletic injuries (strained knees, etc.).  
\_\_\_ As a child, partial paralysis of unknown cause.  
\_\_\_ As a child, poor or failing eyesight.  
\_\_\_ As a child, poor or failing hearing.  
\_\_\_ Myasthenia gravis or multiple sclerosis (diagnosed).  
\_\_\_ Diabetes (diagnosed).  
\_\_\_ Allergies (diagnosed).  
\_\_\_ Dizziness.  
\_\_\_ Bone deformities.  
\_\_\_ Noises in the ears.

**Total** \_\_\_\_\_

- 24)** \_\_\_ Pyorrhea (gum disease).  
\_\_\_ Often physically and mentally fatigued.  
\_\_\_ Often feel your breathing is irregular.

**Total** \_\_\_\_\_

- 25)** \_\_\_ Swelling of ankles and hands.  
\_\_\_ Unexplained rapid heartbeat.  
\_\_\_ Sensation that muscles are too weak.  
\_\_\_ Irregular heartbeat.  
\_\_\_ Diabetic tendency (diagnosed).  
\_\_\_ Preference for meats over vegetables and starches.  
\_\_\_ Preference for summer over winter.  
\_\_\_ Preference for seaside over mountains.  
\_\_\_ Skin of face is more red than white.  
\_\_\_ Body disorders usually occur on right side.

**Total** \_\_\_\_\_

- 26)** \_\_\_ Cancer (diagnosed).  
\_\_\_ Family history of cancer.  
\_\_\_ Birth defects in you or your children.

**Total** \_\_\_\_\_

- 27)** \_\_\_ Dry tongue and shrunken, loose skin (dehydration).  
\_\_\_ Feel exhausted all the time.  
\_\_\_ Preference for vegetables and starches over meats.  
\_\_\_ Preference for winter over summer.  
\_\_\_ Preference for mountains over seaside.  
\_\_\_ Skin of face is more white than red.  
\_\_\_ Body disorders usually occur on left side.

**Total** \_\_\_\_\_

**Manganese (3)**

**Phosphorus (1)**

**Potassium (2)**

**Selenium (2)**

**Sodium (2)**

## Vitamin-Mineral Appraisal (page 5)

- 28)** \_\_\_ Wounds heal slowly.  
\_\_\_ Loss of sense of smell.  
\_\_\_ Loss of sense of taste.  
\_\_\_ Diabetes (diagnosed).  
\_\_\_ More tired than usual.  
\_\_\_ Acne.  
\_\_\_ Male: prostatitis (diagnosed).

**Total** \_\_\_\_\_

- 30)** \_\_\_ Indigestion.  
\_\_\_ Excessive belching and intestinal gas.  
\_\_\_ Extreme discomfort in hot weather.  
\_\_\_ Hyperventilation (over breathing).  
\_\_\_ Unexplained nervousness.  
\_\_\_ Diabetes or diabetic tendency.  
\_\_\_ Low salt diet.

**Zinc (2)**

**Total** \_\_\_\_\_

**Chloride (2)**

- 29)** \_\_\_ Feel cold even in warm weather.  
\_\_\_ Low blood pressure.  
\_\_\_ Gain weight easily.  
\_\_\_ Dull pain under shoulder blades.  
\_\_\_ Sluggish metabolism.  
\_\_\_ Dry hair.  
\_\_\_ Brittle nails.  
\_\_\_ Eyes sensitive to bright light.  
\_\_\_ Recurrent styes.  
\_\_\_ High cholesterol (diagnosed).  
\_\_\_ Decreased sexual interest.  
\_\_\_ Dull headaches.  
\_\_\_ Swelling of the eyes, hands and feet.  
\_\_\_ Goiter.  
\_\_\_ Alternating fast and slow pulse.

**Total** \_\_\_\_\_

**Iodine (3)**

