

PERSONAL VITAMIN & MINERAL ANALYSIS

Name:

Date:

SYMPTOMS	A	E	C	B1	B2	B3	B5	B6	B12	EFA	Ca	Mg	Zn	Se	Cr
Acne	1					1							1		
Addicted to sweet foods					1	1	1	1			1	1	1		2
Anxiety / tension				1		1	1		1						
Apathy							1								
Arthritis										1	2				
Bleeding / tender gums			1			1									
Burning feet								2							
Burning / gritty eyes					2										
Cataracts	1				1									2	
Cold hands															1
Excessive sweating															2
Constipation									1	1		1			
Cracked lips				1	1										
Dandruff	1									1			1		
Depression						1		1	1	1		1	1		
Dermatitis					1			1	1	1					
Diarrhoea	1					1									
Dizziness without food					1	1	1	1							2
Dry eyes	1			1						1					
Dry skin	1									1					
Dull hair					1					1					
Easy bruising		2	1												
Eczema		1							1	1					
Excessive thirst					1	1	1	1		1					1
Exhaustion after light exercise		2		1			1								1
Eye pains	1														
Family cancer history	1	1	1	1									1	2	
Fits / convulsions													1		
Flaky skin								1		1			1		
Frequent colds	2		2										1		
Frequent infections	2		2							1			1	2	
Greasy skin													1		
Hair loss											1				
Headaches / migranes						1						1			
High blood pressure											2	1		2	
Hyperactivity										1		1			
Infertility		1								1			1		
Infrequent dream recall								1							
Insomnia						1					2	1			
Irregular heartbeat									1			1			
Irritability						1		1	1						
Joint pain / stiffness				1					1	2					
Lack of energy			1			1	1	2	2						
Lack of sex drive		1											1		
Loss of muscle tone		1										1	1		
Low fertility		1								1			1		
Mouth ulcers	2												1		
Mouth sensitive to hot / cold															
Muscle cramps		1					1	1			2	1			
Muscle tremors							1	1			2	2			
Muscle weakness												1			
Nausea							1								
Need excess sleep					1	1	1	1							1
Need frequent meals				1	1	1	1	1					1		1
Nervousness				1			1	1			2	1			
Nose bleeds			1												
Oily hair					1								1		
Pale skin									1						
PMS / breast pain								1		1		1			
Poor appetite													2		
Poor co-ordination							1								
Poor hair condition				1					1	1					
Poor memory						1				1					

