

Name: _____ Age: _____ Sex: _____ Date: _____

Please list the 5 major health concerns in your order of importance:

1 _____
2 _____
3 _____
4 _____
5 _____

Please circle the appropriate number "0-3" on all questions below. 0 as the least/never to 3 as the most/always

Category 1: Colon

4 R Program

Remove: MycoZyme (Z-13) 1-2 tablets 3 times per day

H.PLR (K-32), 2 capsules 3 times per day with meals

Re-Inoculate: Pro biotic

Replace: HCLProzyme (Z-26) 1-4 tables 3 times per day

Bilemin (K-11) 1-2 capsules, 3 times per day

SuperDigestzyme (Z-22) 1-2 tablets, 3 times per day

Repair: LGS-Zyme (Z-12) 1-2 tablets, 3 times per day

Clearvite (K-21)

Category 2: Hypochlorhydria

Hypochlorhydria:

HCLProzyme (Z-26) 1-4 tablets or as needed with meals

ProteoZyme (Z-19) 1-4 tablets or as needed with meals

Hyperacidity with H.Pylori Infection

HCLProzyme (Z-26) 1-4 tablets or as needed with meals

H.PLR (K-32), 2 capsules 3 times per day for 30 days

Category 3: Hyperacidity (Ulcer)

Hyperacidity Secondary to Hypochlorhydria:

HCLProzyme (Z-26) 1-4 tablets or as needed with meals

Gastro-ULC (K-29) 2-3 tablets, with meals or as needed

Hyperacidity with Ulcer or Pre-Ulcer

Gastro-ULC (K-29) 2-3 tablets, with meals or as needed

H.PLR (K-32), 2 capsules 3 times per day for 30 days

Hyperacidity with H.Pylori Infection

HCLProzyme (Z-26) 1-4 tablets or as needed with meals

H.PLR (K-32), 2 capsules 3 times per day for 30 days

Hyperacidity due to Stress

Adrenacalm (K-16) as directed on label 2-3 times per day

Gastro-ULC (K-29) 2-3 tablets, with meals or as needed

Category 4: Small Intestine (Pancreas)

Pancreatic Insufficiency

SuperDigestZyme 1-3 tablets with or between meals

Pancreatic Insufficiency Secondary to Hypochlorhydria

SuperDigestZyme 1-3 tablets with or between meals

HCLProzyme (Z-26) 1-4 tablets or as needed with meals

Category 5: Biliary Insufficiency/Stasis

Bilemin (K-11) 1-2 capsules with meals

Methyl SP (K-14) 1-2 capsules with meals

Category 6: Hypoglycemia

ProglycoSP (K-13) 1-2 capsules 3 times per day

Adrenastim (K-15) apply as directed morning and noon

Adaptocrine (K-2) 2-3 capsules 3 times per day

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

Category 7: Insulin Resistance

Glysen (K-1) 2-4 capsules, 3 times a day with meals

OmegaoCo3 (K-7) 1-2 tablespoons 2-3 times per day

Adrenacalm (K-16) apply as directed 2-3 times per day

Adaptocrine (K-2) 2-3 capsules 3 times per day

Protoglysen (K-28) 2 capsules 3 times per day

Fibromin (K-25) 2-3 capsules 3 times per day

Category 8: Adrenal Hypofunction

ProglycoSP (K-13) 1-2 capsules 3 times per day

Adrenastim (K-15) apply as directed morning and noon

Adaptocrine (K-2) 2-3 capsules 3 times per day

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

Category 9: Adrenal Hyperfunction

Glysen (K-1) 2-4 capsules, 3 times a day with meals
OmegaCo3 (K-7) 1-2 tablespoons 2-3 times per day
Adrenacalm (K-16) apply as directed 2-3 times per day
Adaptocrine (K-2) 2-3 capsules 3 times per day
Protoglysen (K-28) 2 capsules 3 times per day
Fibromin (K-25) 2-3 capsules 3 times per day

Category 10: Hypothyroid

For Patients with Stress Response or High Salt Diet

Thyroxal (K-12) 1-2 capsules, 3 times per day

Thyroid Underconversion

Thyro-CNV (K-9) 1-2 capsules, 3 times per day

Oxicell (K-22) as directed on label

General Thyroid Support

Thyroxal (K-12) 1-2 capsules, 3 times per day

Thyro-CNV (K-9) 1-2 capsules, 3 times per day

Category 11: Thyroid Hyperfunction

Adjunct Support for Overactive Thyroid

Testanex (K-17) apply 1/4-1/2 teaspoon 3 times per day
to vascular areas

MethoOxyZyme (Z-25) 3-5 tablets, 3 times per day

Category 12: Pituitary Hypofunction

Thyraxis-PT (K-30) 1-2 tablets, 3 times per day

Category 13: Pituitary Hyperfunction

Pituitary (R-7) 10 drops 3 times per day

Category 14 (Male Only) Prostate Hypertrophy

Prosta-DHT(K-6) 1-2 capsules 3 times per day
Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day
Estravite (K-5) 1 capsule 3 times per day
Fibromin (K-25) 2-3 capsules 3 times per day

Category 15 (Males Only) Andropause

To Increase Low Testosterone

Opticrine (K-3) 1-2 capsules 3 times per day

Support for Elevated Estrogen

Testanex (K-17) apply 1/4-1/2 teaspoon 3 times per day
into body fat

Gllysen (K-1) 2-4 capsules, 3 times a day with meals

OmegaCo3 (K-7) 1-2 tablespoons 2-3 times per day

Fibromin (K-25) 2-3 capsules 3 times per day

Category 16 (Menstruating Females Only)

To Improve Progesterone Function

Progestaid (K-4) 1-2 capsules 3 times per day

Sublingual Progesterone (K-20) as directed or needed

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

To Improve Estrogen Function

Estravite (K-5) 1-2 capsules 3 times per day

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

To Support Adrenal Hypofunction

ProglycoSP (K-13) 1-2 capsules 3 times per day

Adrenastim (K-15) apply as directed morning and noon

Adaptocrine (K-2) 2-3 capsules 3 times per day

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

Category 17 (Menopausal Females Only)

To Improve Progesterone Function

Progestaid (K-4) 1-2 capsules 3 times per day

Sublingual Progesterone (K-20) as directed or needed

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

To Improve Estrogen Function

Estravite (K-5) 1-2 capsules 3 times per day

Super EFA Complex (K-8) 1-2 tablespoons 2-3 times per day

How many alcoholic beverages to you consume per week?

How many caffeinated beverages do you consumer per day?

How many times do you eat out per week?

How many times a week to you work out?

How many times a week to you eat fish?

How many times a week do you eat raw nuts or seeds?

List the three worst foods you eat during the average week

/ /

List the three healthiest foods you eat during the average week

/ /

Rate your stress levels on a scale of 1-10 during the average week

Circle any of the following medications you are currently taking:

- | | | | | | |
|----------------------|---------------------|-----------------|---------------------|------------------|---------------------|
| Antacids | Antibiotics | Antidepressants | Antifungals | Antihistamines | Anti-Inflammatory |
| Anxiety Medications | Aspirin/Tylenol | Diuretics | High Blood Pressure | High Cholesterol | Hormone Replacement |
| Hydrocortisone Cream | Oral Contraceptives | Thyroid Hormone | Other: | | |