

Nutrient Assessment

Name: _____

Point Scale:

0 = No, Never/Rarely or almost never

2 = Moderate/Frequent

1 = Mild/Sometimes

3 = Yes, Severe/Daily

Vitamins Page 1 / Minerals Page 2 / EFAs Page 3 / Amino Acids Page 4	Score
Acne or other skin eruptions?	
Cold hands and feet?	
Chronic fatigue or low energy?	
Lack of focus?	
History of recurrent miscarriage?	
Thin hair or hair loss?	
Anxiety, depression, irritability or general moodiness?	
Poor immune function?	
Blood sugar imbalances?	
Insomnia?	
Muscle spasms?	
Water retention in the morning?	
Poor digestion like constipation, bloating or IBS?	
Shortness of breath?	
Abdominal gas?	
Constipation, diarrhea or irritable bowel?	
Do you have an autoimmune condition that you're aware of?	
Infertility?	
Hot flashes or night sweats?	
No menstrual cycle or heavy/long menstrual cycle?	
Do you get sick easily?	
Muscle pain?	
Total (66 possible points)	

Vitamins Page 1 / Minerals Page 2 / EFAs Page 3 / Amino Acids Page 4	Score
Insulin resistance?	
Blood sugar imbalances or Type II diabetes?	
Muscle pain or fibromyalgia?	
High blood pressure?	
Hunger shortly after eating?	
Cravings or prone to over-consume sweets?	
Depression, anxiety or irritability?	
Attention issues, lack of focus?	
Headaches, migraine headaches?	
Breast cysts?	
Cramps?	
Food/environmental allergies?	
Insomnia?	
Poor heat tolerance?	
Nervousness?	
Hot flashes or night sweats?	
Thinning hair or hirsutism?	
Acne?	
PMS, history of irregular menstrual cycles?	
Dandruff?	
Perception of chronic stress?	
Breaking nails?	
Elevated cholesterol?	
White spots on fingernails?	
Total (72 possible points)	

Vitamins Page 1 / Minerals Page 2 / EFAs Page 3 / Amino Acids Page 4	Score
Pain relief with NSAIDS like aspirin or Tylenol?	
Crave fatty or greasy foods?	
History of following a low or reduced fat diet?	
Muscle fatigue?	
Mood swings, irritability?	
Ridged, cracked or flaky nails?	
Joint or muscle pain?	
Dry flaky skin, or cracks in your heels?	
Acne?	
Breast cysts?	
Dry hair?	
Hair loss or hirsutism?	
History of infertility?	
History of PMS?	
Dry lips?	
Frequent urination?	
Diarrhea?	
Inflammation that's associated with pain, stiffness or poor healing?	
Poor healing?	
Allergies, including eczema, hay fever, hives, asthma?	
Arthritis?	
Cognitive issues like forgetfulness or ADD/ADHD?	
Elevated total cholesterol (above 225)?	
Total (69 possible points)	

Vitamins Page 1 / Minerals Page 2 / EFAs Page 3 / Amino Acids Page 4	Score
Afternoon or evening carb cravings?	
Obsessive thoughts?	
Low self-esteem?	
Controlling?	
Winter blues?	
Irritability, rage or PMS?	
Fibromyalgia, TMJ, other pain?	
Night owl, insomnia, disturbed sleep?	
Worry, anxiety, negativity or depression?	
Stressed or burned out?	
Unable to relax or loosen up?	
Stiff or tense muscles?	
Often feel easily overwhelmed?	
Alcohol cravings?	
Stimulating cravings like from chocolate or caffeine?	
Depression with apathy?	
Low energy, and/or low motivation?	
Easily bored, lack of focus or concentration?	
Total (54 possible points)	