

HEALTH QUESTIONNAIRE
Vitamin and Mineral Deficiencies

Part One: Lifestyle Factors and Clinical Indicators of Vitamin and Mineral Deficiency

<i>Indicate yes or no for each question.</i>			
#	Question	Response	Feedback for Yes Answers
1	On average, do you eat fewer than five fruit and vegetable servings per day?	Yes No	Insufficient intake of fruits and vegetables (less than five servings per day) deprives the body of many necessary nutrients including antioxidants, B vitamins, and phytonutrients.
2	Do you often experience a scaly, flaky, seborrheic condition at the outer nose margins above the lips?	Yes No	Flaky seborrheic conditions on the face are associated with deficiencies in vitamins B2 and B6.
3	Do you have soft nails or nails that chip, crack, or peel easily, and/or are brittle or contain ridges (rather than being smooth)?	Yes No	Soft nails or nails that chip, crack or peel easily, and/or are brittle or contain ridges (not smooth), often are caused by deficiencies in calcium and other minerals.
4	Are there white spots under your fingernails?	Yes No	White spots under your fingernails often are a sign of zinc deficiency.
5	Have you noticed small red spots under your skin?	Yes No	Red spots under the skin often are an indicator of vitamin C deficiency.
6	On average, do you consume more than three alcoholic beverages per week?	Yes No	Consuming more than three alcoholic beverages per week, on average, is associated with depletion of the following nutrients: <i>vitamin A</i> <i>beta-carotene and other carotenoids</i> <i>vitamin B1</i> <i>vitamin B2</i> <i>vitamin B3</i> <i>vitamin B6</i> <i>vitamin B12</i> <i>pantothenic acid</i> <i>vitamin C</i> <i>vitamin D</i> <i>vitamin E</i> <i>potassium</i> <i>Alcohol consumption also produces increased exposure to free radicals.</i>
7	On average, do you drink more than two cups of coffee or caffeinated tea (of any kind) per day?	Yes No	Drinking more than two cups of coffee or caffeinated tea (or any kind) per day, on average, deplete the body of vitamin C, many B vitamins, and minerals.
8	Are you a smoker?	Yes No	Smoking cigarettes increases free-radical exposure and depletes the body of antioxidants, B vitamins, and minerals.
9	Has your skin been damaged by sunlight and/or do you use a tanning bed more than once per month?	Yes No	Damage to the skin from sunlight and tanning beds results in the production of free radicals and depletion of antioxidants that protect the skin from future ultraviolet light exposure.
10	On a scale of one to five, is the daily stress level in your life three or greater, if one is a low level or stress and five e is a high level of stress?	Yes No	It appears your stress is at a level sufficient to create hormonal imbalances that can lead to the depletion of vitamin C, many B vitamins, and minerals.
11	Do you often experience cracks at the margins of your lips?	Yes No	Cracks at the margins of the lips often are associated with vitamin B2 deficiency.
12	Do you often experience a sore or burning tongue?	Yes No	A sore or burning tongue often is caused by deficiencies in vitamins B2, B6, and B12.

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#	Question	Response	Feedback for Yes Answers
13	Have you experienced a reduced ability to taste food?	Yes No	A reduced ability to taste food often is caused by a zinc deficiency.
14	Do your gums bleed easily?	Yes No	Gums that bleed easily often signal vitamin C deficiency.
15	Do you bruise easily?	Yes No	Skin that bruises easily often is associated with a deficiency in vitamin C, calcium, and/or vitamin K?
16	Are you a slow healer from bruises and cuts?	Yes No	Slow healing capabilities often indicate suboptimal vitamin C status.
17	Do you feel chronically tired?	Yes No	Feeling chronically fatigued in the absence of disease often is associated with multiple vitamin and mineral deficiencies.
18	Do you have irregular eating patterns?	Yes No	Irregular eating patterns tend to contribute to inadequate intake of essential vitamins and minerals, which often leads to at least marginal deficiencies.
19	Are you on a weight-loss or calorie-restricted diet?	Yes No	Calorie-restricted diets cannot provide optimal intake levels of all vitamin and minerals, thereby continuing to marginal deficiency states. Individuals on calorie-restricted diets (less than 2000-2500 calories per day) are advised to derive the missing nutrients from a multiple vitamin/mineral.
20	Do you feel run down and/or are you experiencing a weakened state of immunity?	Yes No	Feeling run down and/or in a weakened state of immunity suggests multiple nutrient deficiencies might be a factor. Studies reveal that supplementation with certain antioxidant vitamins, as well as zinc and selenium, can bolster immune function in older subjects and in those with certain types of compromised immune function.
21	Does your hair fall out easily, and/or is it dry and brittle, and/or does it lack optimal lustre and sheen?	Yes No	Hair that falls out easily, dry and brittle hair, and/or lacklustre hair that is dull in appearance are all associated with multiple vitamin and mineral deficiencies.

Part Two: Drugs Causing Nutrient Depletion

Do you regularly use any of the following medications or agents? Indicate yes or no for each question.

	Question	response	Feedback for Yes Answers
1	Laxatives	Yes No	Your regular use of laxatives is associated with depletion of the following nutrients: <i>vitamin A</i> <i>vitamin D</i> <i>vitamin E</i> <i>calcium</i>
2	Long-term antibiotic therapy	Yes No	Your regular use of antibiotics is associated with depletion of the following nutrients: <i>vitamin B1</i> <i>vitamin B2</i> <i>biotin</i> <i>pantothenic acid</i> <i>vitamin C</i> <i>vitamin E</i> <i>vitamin K</i> <i>potassium</i> <i>magnesium</i> <i>zinc</i>
3	Cholesterol-lowering drugs: cholestyramine, Colestipol, Questran, Colestid, Atromid-S	Yes No	Your regular use of cholesterol-lowering drugs is associated with depletion of the following nutrients: <i>vitamin A</i> <i>vitamin D</i> <i>vitamin B12</i> <i>folic acid</i> <i>iron</i>
4	Anti-gout drug: Colchicine	Yes No	Your regular use of colchicine to treat gout is associated with depletion of the following nutrients: <i>vitamin A</i> <i>vitamin D</i> <i>vitamin B12</i> <i>folic acid</i> <i>iron</i>
5	Steroid hormones: cortisone, prednisone, etc.	Yes No	Your regular use of certain steroid drugs is associated with depletion of the following nutrients: <i>folic acid</i> <i>vitamin D</i> <i>zinc</i> <i>magnesium</i> <i>vitamin C</i> <i>calcium</i>
6	Aspirins for arthritis or any other reason (or other nonsteroidal anti-inflammatory drugs: ibuprofen, naproxen, etc.)	Yes No	Your regular use of nonsteroidal anti-inflammatory drugs is associated with depletion of the following nutrients: <i>folic acid</i> <i>vitamin C</i> <i>vitamin K</i> <i>iron</i>

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#	Question	Responses	Feedback for Yes Answers
7	Antacids: Maalox, Turns, Mylanta, Roloids, Diovol, etc.	Yes No	Your regular use of antacid drugs is associated with depletion of the following nutrients: <i>vitamin A</i> <i>vitamin B1</i> <i>folic acid</i> <i>vitamin B12</i> <i>chromium</i> <i>iron</i>
8	Oral contraceptives	Yes No	Your regular use of oral contraceptive drugs is associated with depletion with depletion of the following nutrients: <i>beta-carotene</i> <i>vitamin B1</i> <i>vitamin B6</i> <i>folic acid</i> <i>vitamin B12</i> <i>biotin</i> <i>pantothenic acid</i> <i>vitamin C</i> <i>magnesium</i> <i>zinc</i>
9	Sedatives/barbiturates	Yes No	Your regular use of sedative and/or barbiturate drugs is associated with depletion of the following nutrients: <i>vitamin B2</i> <i>vitamin C</i> <i>vitamin D</i> <i>folic acid</i> <i>vitamin B12</i> <i>pantothenic acid</i>
10	Estrogen replacement drugs	Yes No	Your regular use of estrogen replacement therapy is associated with depletion of the following nutrients: <i>vitamin B1</i> <i>vitamin B2</i> <i>folic acid</i> <i>vitamin B12</i> <i>biotin</i> <i>pantothenic acid</i> <i>vitamin C</i> <i>magnesium</i> <i>zinc</i>
11	Caffeine: caffeinated coffee, tea, espresso, etc.	Yes No	Your regular intake of caffeine is associated with depletion of the following nutrients: <i>vitamin B1</i> <i>potassium</i> <i>zinc</i>

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Do you regularly use any of the following medications or agents? Indicate yes or no for each question.

		Response		Feedback for Yes Answers
12	Smoking	Yes	No	Your regular habit of smoking is associated with depletion of the following nutrients: <i>vitamin B1</i> <i>folic acid</i> <i>vitamin B12</i>
13	Antidepressants: Prozac, Paxil, Zoloft, Celexa, amitriptyline, etc.	Yes	No	Your regular use of antidepressant drugs is associated with depletion of the following nutrients: <i>vitamin B2</i> <i>vitamin B6</i> <i>calcium</i> <i>magnesium</i> <i>coenzyme Q10</i>
14	Amphetamines: Adderall, Cylert, Ritalin, Benedrine, Dexedrine, etc.	Yes	No	Your regular use of amphetamines is associated with depletion of the following nutrients: <i>vitamin B1</i>
15	Levodopa	Yes	No	Your regular use of Levodopa is associated with depletion of the following nutrients: <i>vitamin B6</i>
16	Anticonvulsants: Dilantin, Celontin, Zorontin, carbamazepine, phenobarbital, etc.	Yes	No	Your regular use of anticonvulsant drugs is associated with depletion of the following nutrients: <i>folic acid</i> <i>biotin</i> <i>vitamin D</i> <i>vitamin E</i> <i>zinc</i>
17	Heart medications: digoxin or Digitalis	Yes	No	Your regular use of digoxin is associated with depletion of the following nutrients: <i>vitamin B1</i>
18	Inflammation/pain medications: indomethacin	Yes	No	Your regular use of indomethacin is associated with depletion of the following nutrients: <i>vitamin B1</i>
19	Diuretics: thiazide drugs, hydrochlorothiazide, Moderet, apotrizide, Midamor, etc.	Yes	No	Your regular use of diuretic drugs is associated with depletion of the following nutrients: <i>vitamin B1</i> <i>calcium</i> <i>potassium (thiazide)</i> <i>magnesium</i> <i>zinc</i>
20	High blood pressure, ACE-inhibitor drugs: Captopril, Capoten, Lotensin, Vasotec, Ramipril, Altace, Prinivil	Yes	No	Your regular use of ACE-inhibitor drugs for high blood pressure is associated with depletion of the following nutrients: <i>zinc</i>
21	High blood pressure, beta-blockers: atenolol, metoprolol, propranolol, acebutolol	Yes	No	Your regular use of beta-blocker high blood pressure drugs is associated with depletion of the following <i>coenzyme Q10</i>
22	High cholesterol, statin drugs: Lipitor, Crestor, Mevacor, Zocor, Lescol Pravachol	Yes	No	Your regular use of statin drugs for high cholesterol is associated with depletion of the following nutrients: <i>coenzyme Q10</i>