How are you feeling today?? Assess your health!!

Check any symptoms that apply to you. The more checks under a given supplement, the greater the likelihood that you will benefit from adding this nutrient to your supplement program. In no way should this form be mistaken as a diagnosis of a disease, nor should supplements be expected to 'cure' any disease.

### The Basics

**Vita Lea**: a balanced multivitamin, multimineral supplement insures a good foundation for all programs!

**B-Complex**
- Help! I am tired all the time!
- irritability
- crave sweets/caffeine
- headaches
- Stress! Stress, and more stress!
- PMS
- mood swings
- rapid heartbeat, palpitations
- high homocysteine level
- ridges in nails
- skin problems/hair loss
- pregnancy/morning sickness
- carpal tunnel syndrome

### Soy Protein Drink Mix
- go to bed tired- wake up tired
- mood swings
- want convenient/good tasting way to get SOY in my diet!!
- poor muscle tone
- difficulty concentrating
- hormonal imbalances
- high cholesterol
- osteoporosis, low bone density
- cancer prevention
- low/fluctuating blood sugar
- menopausal symptoms
- thyroid problems
- poor digestion
- slow healing
- premature aging
- low immunity

### Vita E Complex
- heart disease
- asthma
- poor circulation
- high blood pressure
- diabetes
- slow to heal
- history of stroke
- cystic conditions
- PMS
- cold hands & feet
- scarring
- family cancer history
- autoimmune disorders
- poor night vision
- menopause/hot flashes
- high cholesterol

### Building Blocks

**OsteoMatrix and Vital Mag**
- muscle cramps/tension
- irritability
- insomnia, sleep problems
- tooth decay/cavities/grinding
- PMS/menstrual cramps
- fibromyalgia
- joint pains
- weak fingernails
- osteoporosis
- back aches
- irreg. heart beat/palpitations
- headaches
- colon cancer history
- low dairy intake

**Carotomax (beta-carotene)**
- asthma/allergies
- poor night vision
- skin issues
- respiratory infections
- bronchitis/pneumonia
- viruses/weak immune system
- family cancer history
- exposure to toxins
- heart disease
- <5 serv/day veggies/fruit

**Iron plus C complex**
- anemia
- heavy menstruation
- dark circles under eyes
- vegetarian diet
- low energy/fatigue/stress

### Lecithin
- high cholesterol
- poor memory
- concentration problems
- learning challenges
- trying to lose weight

### Alfalfa
- allergies/asthma
- arthritis/joint pain/gout
- sinus infections
- low fiber diet/constipation
- digestive problems
- kidney/bladder infections
- bad breath/body odor
- excess fluid retention

### Women’s Health

**GLA COMPLEX**
- PMS/menstrual irregularities
- skin eruptions/dryness/eczema
- fibrocystic disorders
- high cholesterol
- arthritis/pain & swelling
- multiple sclerosis
- dry eye syndrome
- fertility problems
- menopausal symptoms

### Menopause Balance Complex
- hot flashes
- sleep disturbances
- mood swings
- anxiety, jumpiness
- short-tempered
- depression/weepiness
- heart pounding while resting

### Immune System

**Nutriferon**
- repeated colds, infections, flu
- asthma
- allergies
- cancer prevention

**Defend & Resist Complex (DR)**
- viral/bacterial infections
- weak immune system
- frequent sore throat
- I want a quick fix at first sign of cold/flu!!
Cardio Health
Omega Guard Omega-3 Complex
- high cholesterol
- high triglycerides
- high blood pressure
- heart disease
- poor circulation, blood clots
- migraine headaches
- learning challenges, ADD
- autism, development disorders
- eczema, psoriasis
- ulcerative colitis
- lupus/multiple sclerosis
- bipolar disorder
- asthma, allergies

Garlic Complex
- high cholesterol
- high triglycerides
- high blood pressure
- blood clots, aneurysms
- viral, bacterial infections
- yeast infections/Candida
- sinus infection
- allergies/asthma
- colitis
- weakened immune system

CoQ Heart (CoQ10 enzyme)
- on cholesterol lowering meds
- congestive heart failure
- fatigue, lack of energy
- cold hands, feet
- irregular heart beat or rhythm
- fluid retention, edema
- gum disease
- Alzheimer's disease
- high cholesterol LDL
- poor circulation

Fiber Plan Drink Mix/Fiber Crunch
- high cholesterol
- diabetes
- constipation
- frequent headache/migraine
- acne
- body odor
- colon problems
- diet high in processed food
- heart disease

Mind & Spirit
Stress Relief Complex
- not enough hours in the day!
- feel stressed out often!
- time-pressure deadlines
- muscle tension
- angry outbursts
- difficulty concentrating

CorEnergy

Joint Health Complex

Pain Relief Complex
- I push my body to the limit.
  And my joints suffer!
- repetitive stress on joints
- arthritis pain

Joint & Muscle Pain Cream
- arthritis pain
- muscle strains
- neck/shoulder pain
- backaches
- sore joints
- I am a weekend warrior!!

Saw Palmetto Complex
- enlarged prostate gland
- troubled/slow urination
- kidney/urinary infections

Digestive Health
Optiflora Pre/Probiotic Complex
- frequent antibiotic/med. use
- repeat ear/throat infections
- Crohn's/Colitis/IBS
- sensitivity to odors/scents
- rashes/eczema/psoriasis
- recurrent sinus infections
- allergies/food sensitivities
- vaginal/bladder infections

Stomach Soothing Complex
- acid indigestion/gas/bloating
- morning sickness
- motion sickness

EZ Gest and/or Herb-Lax
- food intolerances (lactose)
- constipation/gas/bloating
- indigestion
- toxicity

Glucose Regulation Complex
- high blood sugar
- type II Diabetes
- disturbed carbohydrate
  Metabolism/overweight
  crave sweets, bread, pasta
  high triglycerides
  low HDL cholesterol
  >2 servings caffeine/day

Your Health is your WEALTH...
SPEND IT WISELY!

Our Guarantee--The ingredients, purity, safety, and performance of our products are 100% guaranteed. There is no risk to you—if our products are not all you expect them to be, simply return them for a full refund!