

SYMPTOM SURVEY SCORING SHEET

Client's Report

Client Name: Test, Mrs. Test

Calc: 08/11/2017

The information that is contained in the Nutritec Program is for educational use and is restricted to health care practitioners only. This evaluation is not intended for a diagnosis or treatment of disease. This program and manuals are a combination of over sixty years of nutritional research by health care practitioners using therapeutic whole foods and whole food concentrates. This research is based on objective clinical data, patient examinations, blood and urine testing.

| CALCULATED GROUP SCORES | | | | RAW SURVEY SCORES | | |
|---|----------------------------|-----------------------|--|-------------------|----------|----------|
| Src Grp# | Description | Weighted Mean Scoring | | 3s | 2s | 1s |
| S 3 | Sugar Handling | 22% nnnnnnn | | 1 | 0 | 1 |
| S 5 | Biliary and Liver | 15% nnnnn | | 3 | 0 | 0 |
| S 6 | Digestive | 13% nnnn | | 2 | 0 | 0 |
| S 7f | Endocrine - Hypoadrenal | 9% nnn | | 2 | 0 | 0 |
| S 2 | Parasympathetic Dominance | 9% nnn | | 2 | 0 | 1 |
| S 7b | Endocrine - Hypothyroid | 9% nnn | | 1 | 0 | 0 |
| S 7a | Endocrine - Hyperthyroid | 9% nnn | | 1 | 0 | 0 |
| S 8 | Foundational Issues | 5% nn | | 3 | 0 | 0 |
| S 4 | Cardiovascular | 3% n | | 0 | 1 | 0 |
| S 1 | Sympathetic Dominance | 2% n | | 0 | 0 | 0 |
| S Fe | Female | 2% n | | 0 | 0 | 0 |
| S 7d | Endocrine - Hypopituitary | 2% n | | 0 | 0 | 0 |
| S 7e | Endocrine - Hyperadrenal | 1% | | 0 | 0 | 0 |
| S 7c | Endocrine - Hyperpituitary | 1% | | 0 | 0 | 0 |
| Symptoms Totals: # of Responses = 18 | | | | 15 | 1 | 2 |

SYSTEM RECOMMENDATIONS AND SCORES

| Product Line | Functional Support | Score |
|-------------------------|--|-------|
| STANDARD PROCESS | | |
| CYROFOOD (TABLETS) | Chronic fatigue, long-term multi vitamin. | GEN |
| A-F BETAFOOD | Gall Bladder, liver, thyroid, hyper/hypotension. | 32% |
| PARAPLEX | Autonomic imbalance, pituitary, adrenal, pancreas | 20% |
| DIAPLEX | Elevated triglycerides, blood sugar, digestive. | 8% |
| CIRCUPLEX | Senility, circulation, osteoarthritis, hypothyroid | 7% |
| PROTEFOOD | Hypoglycemia, chronic fatigue, edema, muscular weakness. | 5% |
| TRACE MINERALS B12 | Thyroid, adrenal dysfunction, anemia, ligament. | 5% |
| ZYMEX (CAPSULES) | Gastrointestinal, toxemia, diarrhea, constipation | 3% |
| MIN-CHEX | Hyperirritability, hypertension, depression | 2% |

| Product Line | Functional Support | Score |
|-----------------------|--|-------|
| MEDI-HERB | | |
| LIVTON COMPLEX | Liver gallbladder function, digestive function, bo | 5% |
| DIGEST PHYTOSYNERGIST | Stimulate appetite, digestion and intestinal funct | 4% |
| GYMHEMA 4g | Blood sugar levels, cholesterol levels | 3% |
| VALERIAN COMPLEX | Nervous system health, relaxation and encourage sl | 2% |
| VITANOX | Antioxidant protection, circulation and vascular i | 2% |
| LICORICE 1:1 | Adrenal gland function, digestive and urinary trac | 1% |

BMI Client BMI: 29
 less than 18.5 Underweight
 18.5 - 24.9 Healthy
 25.0 - 29.9 Overweight
 30.0 or more Obese

PROGRESS REPORT**Client's Report****Client Name: Test, Mrs. Test**

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Group Scores**Calc Current (08/11/2017)...**

| | | |
|----|----------------------------|-----|
| 3 | Sugar Handling | 22% |
| 5 | Biliary and Liver | 15% |
| 6 | Digestive | 13% |
| 7f | Endocrine - Hypoadrenal | 9% |
| 2 | Parasympathetic Dominance | 9% |
| 7b | Endocrine - Hypothyroid | 9% |
| 7a | Endocrine - Hyperthyroid | 9% |
| 8 | Foundational Issues | 5% |
| 4 | Cardiovascular | 3% |
| 1 | Sympathetic Dominance | 2% |
| Fe | Female | 2% |
| 7d | Endocrine - Hypopituitary | 2% |
| 7e | Endocrine - Hyperadrenal | 1% |
| 7c | Endocrine - Hyperpituitary | 1% |

| | |
|-----------------------|----|
| Total 3's | 15 |
| Total 2's | 1 |
| Total 1's | 2 |
| Total Symptoms | 18 |

| | | | |
|----------------------------------|-------------------|-----------|-----|
| Visit Date & Toxicity | 08/11/2017 | 0 | |
| Weight & BMI | 206 | 29.00 | |
| BP: Sitting | 0/0 | | |
| Lying | 0/0 | | |
| Standing | 0/0 | | |
| Pulse | 0 | | |
| pH | Oral | AM | 0.0 |
| | | PM | 0.0 |
| | Urine | AM | 0.0 |
| | | PM | 0.0 |
| Cuff Pressure | Before | 0 | |
| | After | 0 | |

PROVIDER RECOMMENDED SUPPLEMENTS**Current (08/11/2017)...**

SP A-F BETAFOOD
 SP PARAPLEX
 SP DIAPLEX
 SP CIRCUPLEX
 SP PROTEFOOD
 SP TRACE MINERALS B12
 SP ZYMEX (CAPSULES)
 SP MIN-CHEX

NUTRITIONAL PROGRAM

Mrs. Test Test

Date: 09/29/2017

| Support | Usage is Expressed in | Upon Rising | With Breakfast | Mid Morning | With Lunch | Mid Afternoon | With Dinner | Before Bedtime |
|--------------------------------------|---------------------------|-------------|----------------|-------------|------------|---------------|-------------|----------------|
| CYROFOOD (TABLETS) (General Daily... | Tablets with meal | | 2 | | 2 | | 2 | |
| A-F BETAFOOD | Tablets before meal | | 2 | | 2 | | 2 | |
| PARAPLEX | Tablets with meal | | 2 | | 2 | | 2 | |
| DIAPLEX | Capsules with meal | | 2 | | 2 | | 2 | |
| CIRCUPLEX | Capsules with meal | | 2 | | 2 | | 2 | |
| PROTEFOOD | Capsules every other day | | 1 | | | | | |
| TRACE MINERALS B12 | Tablets with meal | | 1 | | 1 | | 1 | |
| ZYMEX (CAPSULES) | Capsules with meal | | 2 | | 2 | | 2 | |
| MIN-CHEX | Capsules on empty stomach | | | 1-3 | | | 1-3 | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Products are listed in descending order of need.

Practitioner's Notes:

N/A

To Get The Most From The Whole Food Supplements Follow These Lifestyle Recommendations:

- When possible, use the Phase 1 or Phase 2 diet plans. Try not to substitute.
- Try eliminating processed flour, processed sugar, hydrogenated oils from your daily diet.
- Try eliminating carbonated beverages (even sugar free), coffee, and other caffeinated beverages.
- Remember: LOW FAT MEANS HIGH SUGAR
- Drink at least ten 8 ounce glasses or about 2 1/2 quarts of water per day.

Re-evaluation date: 11/28/2017

My Next Appointment is: _____

POST ON YOUR REFRIGERATOR!

Descriptions of recommended supplements

Client Name: Test, Mrs. Test

CYROFOOD (TABLETS)

Cyrofood is our most economical multiple supplement. Instead of using wheat germ extract, for example, whole wheat germ is used. Instead of using peanut bran extract, whole peanut bran is used. So the advantage of Cyrofood is that it contains a lot of cellulose, a lot of fiber, and also one-third raw veal bone flour. It contains all the vitamins and known trace minerals, plus the phosphorous, calcium and protein from veal bone. This product is excellent for seniors, if you want to build bone this is what you use for building bones and teeth, it will also be more effect if for those who have constitutional problems than other multiple vitamins.

A-F BETAFOOD

In most cases this product is used to support the gallbladder, fatty acid absorption and sugar handling issues. The Betafood helps thin the bile and the A and F help the bile duct contract. . This product gets bile moving. This is a combination of vitamin A and special fatty acids. Bile is made in the liver and stored in the gallbladder. It has several functions in the body. One is to break down the fat in food. It is an emulsifier that promotes the absorption of good fat just like soap acts as a detergent for cutting grease. If dietary lipids are not absorbed they will bind up minerals (soap is calcium and tallow) leading not only to an irritated GI tract (remember when you had to eat soap) and mineral deficiency. Bile is also a way the body eliminates toxins. If bile gets too thick, it does not flow smoothly and impairs fat absorption. A person with poor gallbladder function cannot digest fat and when he/she eats a meal that contains fat, he/she will burp immediately. Other symptoms of gallbladder trouble are nausea, gas, and bloating. Bile is also involved in converting blood fat to sugar. Good gallbladder function is one of your first lines of defense to maintain health.

PARAPLEX

To better appreciate how unique and beneficial this product is, a little background is warranted. In an attempt to support a gland or tissue, in this case the glands of the parasympathetic nervous system, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. Protomorphogens (PMG for short) are another way to help the gland balance itself. A protomorphogen is a patented tissue extract intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will calm an overactive organ or support a weakened one without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no over-dosage except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a protomorphogen directed specifically toward the pituitary, thyroid, adrenals, and pancreas.

DIAPLEX

Is extremely helpful for patients with sugar handling problems. Diaplex is designed to work with the root issues that are causing sugar handling problems not the symptoms. This product is a combination of A-F Betafood which supports gallbladder function, Arginex which supports kidney function, Cataplex GTF supports cellular receptivity of insulin, enhancing glucose utilization, Zypan helps with digestion and Hydrochloric acid production, Betacol, Pancreatrophin PMG, Pituitrophin PMG are supportive of overall sugar handling.

Note: If you are on insulin watch your blood sugar levels carefully, for many patients find they can reduce their insulin dosages.

CIRCUPLEX

This product is a combination of Phosfood, Niacinamide B6, and Ribonucleic Acid (RNA). Circuplex provides support for circulation.

PROTEFOOD

This product the essential amino acids that are most likely to be deficient in your diet. Getting all of these amino acids you need is essential, because if you are missing just one, you can not make protein for repair and metabolism. In effect, Protefood makes the protein in your diet more useful to you. It is often chosen for states of debility, fatigue, water retention, weakness, and high or low protein diets.

TRACE MINERALS B12

Because only minerals in an organic state are utilized by the body, this product supplies the essential trace

Descriptions of recommended supplements

Client Name: Test, Mrs. Test

minerals of manganese, zinc, iodine, copper, and cobalt for supporting the endocrine system, ligaments, key enzyme systems, and iodine metabolism. Chelated minerals may be absorbed but may not be used by the body. Trace mineral deficiency is common and is difficult to identify clinically - Allorganic Trace Minerals is often chosen to complete a basic nutritional program.

ZYMEX (CAPSULES)

The label on Zymex doesn't really help you understand this product's actions. The ingredient list is merely how they derived the product, none of the listed items remain in the Zymex you are taking. Zymex rehabilitates the intestinal tract by creating an ideal acidic environment for beneficial bacteria and friendly yeast protective. This acidic environment not only becomes immune to the candida type growth and bacteria that cause gas, cramps, diarrhea and irritation, but it also helps your colon breakdown carbohydrates to produce lactic acid, thereby maintaining the acidity that the gastrointestinal tract operates best in. The health of the colon can not be over-emphasized. After all the colon is by far the largest source of immune cells in the body, it secretes many chemicals into the blood stream which act on mood and nervous function, it is a major exit for chemicals, hormones, heavy metals, etc. inside the body, and supplies blood directly to the liver, which has it's plate full as the major processing unit in detoxification and metabolism. It has been observed that many people with post-nasal drip, sinus and nasal mucus and congestion, and chest congestion improve when Zymex is added. It makes sense when you realize that the nervous connections in the gut and the respiratory tract work in parallel as they are derived from the same origin. Mucus in the respiratory tract may be a clue to mucus (usually caused by irritation) in the intestines. As you can see Zymex is an essential part of every detoxification program.

MIN-CHEX

Mineral balance is as important to the body as the battery is to your car to keep it running efficiently. The endocrine glands require this mineral balance to work in harmony. This product is a special formulation that combines Min-Tran and Orchex as a physiological tranquilizer. Min-Chex contains calcium, magnesium, kelp, orchic cellular extract and Niacinamide B6 that combine to help calm the body

FINAL

Client Name: Test, Mrs. Test

Your primary area of concern from the Symptom Survey is Group 3 - Sugar Handling.

The over consumption of refined sugars and processed carbohydrates (white bread, cookies, bagels, soda, fruit juice, alcohol, etc.) leads to a variety of problems in the body's ability to metabolize glucose efficiently into energy. Because the standard diet for most people living in developed countries like our own contains so much processed food, hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) are rampant. In hypoglycemia, excessive insulin or an inability to convert liver glycogen into glucose drives the blood glucose down and signals the adrenals to secrete epinephrine and glucocorticoids. Consequently, the features of sympathetic hyperactivity occur. Over time, the adrenals can fatigue causing exhaustion and symptoms of adrenal insufficiency. In hyperglycemia, there is insufficient insulin produced by the pancreas or a resistance by the tissue to insulin. Without insulin (either in quantity or response), blood glucose levels rise. This can lead to frequent urination, thirst, and unusual hunger. If severe, fatigue and impaired resistance to infections occurs.

Dietary change is mandatory at this point. Limitation of simple and processed carbohydrate intake is almost always required for blood sugar imbalances. Nutritional therapy only helps to support and regulate the body's blood sugar mechanisms. The use of Dr. Page's Phase 1 and 2 Food Plan is extremely helpful for long term support.

The symptoms that relate to your primary area of concern are: (in order of importance)

- 52. Awaken after few hours sleep--hard to get back to sleep
- 55. Abnormal craving for sweets or snacks

Your secondary area of concern from the Symptom Survey is Group 5 - Biliary and Liver.

Many of the fats that we consume are either highly processed with low nutrient co-factors or are rancid. The liver and the gallbladder work to correct or compensate for this, which results in stress to them. It is very important for the patient to understand the difference between good and bad fats so they can minimize this burden. The liver, along with the kidneys, acts to clear the blood of toxins that would otherwise accumulate in the body. Among the many functions of the liver, it filters the blood, metabolizes hormones, and processes metabolic toxins by making them more water soluble for excretion (just like detergent does for grease). A healthy liver is an important part of the body's defense system against the everyday toxins that assault your body from the environment as well as the day-to-day by-products of normal metabolism. Since the intestines provide the vast majority of blood flow into the liver, they must operate without bacterial or candida overgrowth, maldigestion, etc. if the liver is to focus on the day-to-day metabolic needs. The liver also produces bile salts and acids, which are stored in the gallbladder and released. When fat is eaten, the gallbladder contracts, releasing bile salts into the duodenum to help make the fat easier to absorb. Bile salts emulsify fat, allowing it to be absorbed in the small intestine. Because fat is an important energy source for the body, fat malabsorption forces the body to look to carbohydrates for energy. Symptoms of needing to eat frequently or carbohydrate craving may be the result of impaired gallbladder function. The liver is also important in sugar metabolism, as mentioned previously in Group 3, and is important in the metabolism of thyroid and female hormones.

The symptoms that relate to your secondary area of concern are: (in order of importance)

- 76. Blurred vision
- 79. Frequent skin rashes
- 97. Crave sweets

Patient Complaints

- 1. sciatic nerve pain