

Name: _____

Date: _____

Notes:

Herb/ Vitamin	Before Breakfast	Breakfast	Lunch	Dinner	Bedtime	Total

Priorities:

1. _____
2. _____
3. _____

Miscellaneous:

Calcium _____	Magnesium _____
Iron _____	Protein _____
Sodium _____	Potassium _____
Iodine _____	Vitamin C _____
Omega 3 _____	Vitamin D _____
Omega 6 _____	Vitamin E _____

Level of Inflammation in the Body (1-10) _____

Digestive/Intestinal System:

Liver _____
 Gallbladder _____
 Parasites _____
 Worms _____
 Candida Albicans _____
 Acidophilus _____
 Bifidus _____
 Stomach _____
 Hiatal Hernia _____
 H.Pylori Bacteria _____
 Small Intestines _____
 Large Colon _____
 Pancreas _____
 Rectum _____

Glandular System:

Pituitary _____
Thyroid-O/U Temp _____
Over/Under Weight _____
R. Ovary _____
L. Ovary _____
Uterus _____
R. Adrenal _____
L. Adrenal _____
Prostate _____
R. Breast _____
L. Breast _____

Urinary System:

Bladder _____
R. Kidney _____
L. Kidney _____
Skin/Rashes _____

Immune System:

Upper Lymph _____
Lower Lymph _____
Spleen _____
Infections _____
Viruses _____
Malignant Tissue and/or Cells _____
Thymus _____

Circulatory System:

Heart _____
High/Low Blood Pressure _____
High/Low Cholesterol _____
Cold Extremities _____
Veins/Arteries _____
Brain/Headaches _____

Respiratory System:

R. Lung _____
L. Lung _____
R. Bronchial _____
L. Bronchial _____
Sinus/Nose/Smoking _____

Structural System:

Spine/Bones/Bone Loss _____
Inflammation _____
Muscles/Tendons _____
Ligaments/Joints _____
Hair/Scalp/Skin/Nails _____
Eyes _____

Name _____

Date _____

Trace minerals

Alfalfa _____

GreenZone _____

Spirulina _____

Herbal CA _____

Herbal Trace Minerals _____

B-Vitamins

B-complex _____

B-5 _____

B-3 _____

B-6 _____

B-12 _____

Folic Acid _____

Antioxidants

Vitamin A _____

Vitamin E _____

Vitamin D _____

Vitamin C _____

Digestive

Food enzyme _____

Proactazyme _____

Hi-Lipase _____

Lactase _____

Protease _____

Gastro-health _____

Spleen Activator _____

Minerals /Structural

Zinc _____

Selenium _____

Molybdeum _____

Iron _____

Calcium/mag _____

Magnesium _____

MSM _____

Yucca _____

IF-C _____

EverFlex _____

IF-Relief _____

Joint support _____

Fatty Acids

Omega 3 oils _____

Flax seed oil _____

Lecithin _____

Primrose oil _____

Lung/Sinus

Marshmallow _____

Mullein _____

Lung Support

ALJ _____

Burdock _____

Sinus Support _____

HistaBlock _____

Stress Support

Adrenal _____

AdaptoMax _____

MasterGland _____

Eleuthero _____

Energ-V _____

Licorice _____

Focus Attention _____

Brain protex _____

Melatonin _____

5 HTP _____

GABA _____

Pregnenolone _____

DHEA _____

Mood Elevator _____

Sugar Balance

Glyco-Essentials _____

SugarReg _____

Alpha Lipoic _____

Chromium _____

Pro Pancreas _____

Thyroid

Thyroid Activator _____

Thyroid Support _____

7-Keto _____

Thyroid 200 _____

Kidney

K-C _____

Kidney Activator _____

KB-C _____

Urinary Maintenance _____

Liver

Liver Balance _____

Blood Build _____

Liv-J _____

Liver Cleanse _____

Enviro-Detox _____

Milk Thistle _____

Heavy Metal Detox _____

Circulatory

COQ-!0 _____

Nervous fatigue _____

HSII _____

Hawthorn _____

Guggul Lipid _____

Blood PressureX

Choles-RegII _____

Cardio Assurance _____

Gingko _____

Nattozimes _____

Varigone _____

L-Arginine _____

Nervous System

Kava Kava _____

Stress Relief _____

Stress-J _____

Nerve formula _____

Herbal Sleep _____

Immune System

Echinacea _____

Lymph Cleanse _____

Goldenseal _____

Olive leaf _____

Trigger immune _____

Bifidophilus _____

Probiotic Eleven _____

L-Reuteri _____

Pau d' Arco _____

Yeast fungal _____

Noni _____

Garlic _____

Black Walnut _____

Herbal Pumpkin _____

Artemesia _____

Paw Paw _____

Colon

Bowel Detox _____

Gentle Move _____

LBSII _____

Slippery Elm _____

Hormones

Maca _____

Female Comfort _____

C-X _____

Flash-Ease _____

Wild Yam _____

Men's formula _____

Saw palmetto _____

X-A _____