

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-C

- I catch every virus around!!
- chronic infections
- bruise easily/slow healing
- varicose/spider veins
- allergies/frequent colds
- smoke cigarettes
- stress!
- cancer prevention
- macular degeneration
- weakened teeth/enamel
- eat processed meats
- take oral contraceptives
- bleeding gums
- iron deficiency

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

Super Calcium/Mag Plus

- 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
- arthritic 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-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/Daily 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

- ___ I burn the candle @ both ends!
- ___ recurrent fatigue
- ___ mental/physical exhaustion
- ___ no initiative
- ___ low blood pressure
- ___ high levels of stress
- ___ blood sugar irregularities
- ___ depression
- ___ poor appetite

Mental Acuity Complex

- ___ trouble concentrating
- ___ ADD
- ___ poor memory
- ___ Dementia, Alzheimer's
- ___ vertigo/dizzy/ ringing in ears
- ___ macular degeneration
- ___ asthma
- ___ headaches
- ___ diabetic circulation problems
- ___ cataracts, glaucoma

Moodlift Complex

- ___ depression
- ___ melancholy
- ___ loss of interest in life
- ___ lack of initiative
- ___ sleep disorders
- ___ emotional distress/stress

Gentle Sleep Complex

- ___ insomnia
- ___ TMJ/muscle tension
- ___ headaches/anxiety
- ___ rapid heartbeat
- ___ hyperactivity

Advanced Health

Liver DTX Complex

- ___ liver damage
- ___ hepatitis, cirrhosis
- ___ take OTC, prescription meds
- ___ blurred/tunnel vision
- ___ food allergies/intolerances
- ___ dark circles/bags under eyes
- ___ canker sores/acne
- ___ Candida/yeast overgrowth
- ___ eczema/psoriasis/hives

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

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Joint Health Complex

- ___ osteoarthritis
- ___ sports injuries
- ___ decreased mobility
- ___ cartilage degeneration

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

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!