

Name: _____
 Date: _____

Score	10	20	30	40	50	60	70	80	90
Macronutrients									
A.1 Water	24	Yellow							
A.2 Fibre	24	Yellow							
A.3 Essential Fatty Acids	35	Yellow							
A.4 Protein	24	Yellow							
A.5 Lysine	36	Yellow							
A.6 Methionine	24	Yellow							
A.7 Phenylalanine	42	Yellow							
A.8 Tryptophan	30	Yellow							
Digestive Imbalances									
B.1 Low stomach acid	60	Red							
B.2 High stomach acid	0								
B.3 Liver/Gallbladder	25	Yellow							
B.4 Malabsorption	40	Yellow							
B.5 Lactic bacteria	24	Yellow							
Excesses									
C.1 Sugar excess	25	Yellow							
C.2 Salt (Sodium) excess	14	Green							
C.3 Caffeine	18	Green							
C.4 Chlorine	16	Green							
C.5 Fluorine	12	Green							
C.6 Nicotine	36	Yellow							
Macro Minerals									
D.1 Calcium	28	Yellow							
D.2 Magnesium	45	Yellow							
D.3 Potassium	18	Green							
D.4 Iron	0								
D.5 Manganese	64	Red							
D.6 Zinc	12	Green							
D.7 Sulphur	32	Yellow							
D.8 Silicon	12	Green							
Micro Minerals									
E.1 Iodine	15	Green							
E.2 Chromium	10	Green							
E.3 Selenium	0								
Fat-soluble vitamins									
F.1 Vitamin A	9	Green							
F.2 Vitamin D	10	Green							
F.3 Vitamin E	20	Yellow							
Water-soluble vitamins									
G.1 Vitamin B1	27	Yellow							
G.2 Vitamin B2	9	Green							
G.3 Niacin/Niacinamide	8	Green							
G.4 Pantothenic acid	30	Yellow							
G.5 Vitamin B6	24	Yellow							
G.6 Biotin	30	Yellow							
G.7 Vitamin B12	24	Yellow							
G.8 Folic Acid	18	Green							
G.9 Vitamin C	6	Green							
Other nutrients									
H.1 Choline	10	Green							
H.2 Bioflavonoids	40	Yellow							
Toxic metals									
I.1 Aluminum	50	Red							
I.2 Cadmium	0								
I.3 Copper excess	24	Yellow							
I.4 Lead	12	Green							
I.5 Mercury	15	Green							
Glandular imbalances									
J.1 Underactive adrenals	42	Yellow							
J.2 Overactive adrenals	24	Yellow							
J.3 Gonads	8	Green							
J.4 Kidney/Bladder	18	Green							
J.5 Pancreas	27	Yellow							
J.6 Underactive thyroid	42	Yellow							
J.7 Overactive thyroid	44	Yellow							
J.8 Pituitary	28	Yellow							
J.9 Thymus	4	Green							
Metabolic/sytemic imbalances									
K.1 Allergies	34	Yellow							
K.2 Nervous system	32	Yellow							
K.3 Circulation	21	Yellow							
K.4 Hypoglycemia	57	Red							
K.5 Intestinal parasites	40	Yellow							
K.6 Premenstrual Syndrome	32	Yellow							
K.7 Candidiasis	42	Yellow							

Candidiasis
 10 = green
 20 = yellow
 30+ = red