



Medical Symptoms Questionnaire (MSQ) and Chronic Ailment Assessment Booklet (CAAB)

Please complete this booklet based upon your health profile over the last 30 days. Upon completion, return to your practitioner for evaluation. Your practitioner will review your responses and then discuss lifestyle changes and medical interventions as well as dietary supplements that may support those changes and interventions. Dietary supplements alone are not intended to diagnose, treat, or cure any disease.

Thank you.

Name: _____

Date: _____

Reassess Date: _____

MSQ AND CAAB HAVE BEEN CREATED BY AND USED WITH PERMISSION FROM THE INSTITUTE FOR FUNCTIONAL MEDICINE (IFM). MSQ HAS BEEN USED FOR 20 YEARS BY PRACTITIONERS TO IDENTIFY THE BODY'S BURDEN LEVEL FOR TOXICITY. IT IS AN EXCELLENT MEANS TO EVALUATE THE NEED FOR A COMPREHENSIVE DETOXIFICATION PROGRAM OF HEALTH.

CAAB HAS BEEN UTILIZED FOR OVER 15 YEARS AND ALLOWS FOR THE IDENTIFICATION OF CHALLENGES IN VARIOUS ORGAN SYSTEMS IN THE BODY AND HELPS PRACTITIONERS MAKE MORE TARGETED RECOMMENDATIONS TO SUPPORT THE BODY.



BRO-CAAB

Rev. 12/03/18



Medical Symptoms Questionnaire

Rate each of the following symptoms based upon your typical health profile for the past 30 days.

Point Scale:

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe

- 2 = Frequently have it, effect is not severe
- 3 = Occasionally have it, effect is severe
- 4 = Frequently have it, effect is severe

Digestive Tract	<input type="checkbox"/> Nausea or vomiting	Total _____	Lungs	<input type="checkbox"/> Chest congestion	Total _____
	<input type="checkbox"/> Diarrhea			<input type="checkbox"/> Asthma, bronchitis	
	<input type="checkbox"/> Constipation			<input type="checkbox"/> Shortness of breath	
	<input type="checkbox"/> Bloating Feeling			<input type="checkbox"/> Difficulty breathing	
	<input type="checkbox"/> Belching or passing gas				
	<input type="checkbox"/> Heartburn				
Ears	<input type="checkbox"/> Itchy ears	Total _____	Mind	<input type="checkbox"/> Poor memory	Total _____
	<input type="checkbox"/> Ear aches, ear infections			<input type="checkbox"/> Confusion, poor comprehension	
	<input type="checkbox"/> Drainage from ears			<input type="checkbox"/> Difficulty in making decisions	
	<input type="checkbox"/> Ringing in ears, hearing loss			<input type="checkbox"/> Stuttering or stammering	
Emotions	<input type="checkbox"/> Mood swings	Total _____	Mouth/Throat	<input type="checkbox"/> Slurred speech	Total _____
	<input type="checkbox"/> Anxiety, fear, or nervousness			<input type="checkbox"/> Learning disabilities	
	<input type="checkbox"/> Anger, irritability, or aggressiveness			<input type="checkbox"/> Chronic coughing	
	<input type="checkbox"/> Depression			<input type="checkbox"/> Gagging frequently; need to clear throat	
Energy & Activity	<input type="checkbox"/> Fatigue, sluggishness	Total _____	Nose	<input type="checkbox"/> Sore throat, hoarseness, loss of voice	Total _____
	<input type="checkbox"/> Apathy, lethargy			<input type="checkbox"/> Swollen/discolored tongue/gums/lips	
	<input type="checkbox"/> Hyperactivity			<input type="checkbox"/> Canker sores	
	<input type="checkbox"/> Restlessness			<input type="checkbox"/> Stuffy nose	
Eyes	<input type="checkbox"/> Watery or itchy eyes	Total _____	Skin	<input type="checkbox"/> Sinus problems	Total _____
	<input type="checkbox"/> Swollen, reddened or sticky eyelids			<input type="checkbox"/> Hay fever	
	<input type="checkbox"/> Bags or dark circles under eyes			<input type="checkbox"/> Sneezing attacks	
	<input type="checkbox"/> Blurred or tunnel vision			<input type="checkbox"/> Excessive mucus formation	
	<input type="checkbox"/> (does not include near or far sightedness)			<input type="checkbox"/> Acne	
Head	<input type="checkbox"/> Headaches	Total _____	Weight	<input type="checkbox"/> Hives, rashes, or dry skin	Total _____
	<input type="checkbox"/> Faintness			<input type="checkbox"/> Binge eating	
	<input type="checkbox"/> Dizziness			<input type="checkbox"/> Craving certain foods	
	<input type="checkbox"/> Insomnia			<input type="checkbox"/> Excessive weight	
Heart	<input type="checkbox"/> Irregular or skipped heartbeat	Total _____	Other	<input type="checkbox"/> Compulsive eating	Total _____
	<input type="checkbox"/> Rapid or pounding heartbeat			<input type="checkbox"/> Water retention	
	<input type="checkbox"/> Chest pain			<input type="checkbox"/> Underweight	
Joint & Muscles	<input type="checkbox"/> Pain or aches in joints	Total _____	Grand Total _____		
	<input type="checkbox"/> Arthritis				
	<input type="checkbox"/> Stiffness or limitation of movement				
	<input type="checkbox"/> Pain or aches in muscles				
	<input type="checkbox"/> Feeling of weakness or tiredness				

Patient's Name _____

Date _____

MSQ Key and CAAB Key

Moderate to High scores indicate that formulas listed under Therapeutic Support may be considered. Always consider Liver Assessment scores even when GI Assessment scores are all Low.

MSQ				
	Section Total	Low Priority	High Priority	Nutritional Support
MSQ - Medical Symptoms Questionnaire	_____	10 - 29	30 - 90	Complete CAAB Test 6-Day Detox

CAAB

GI Assessment					
	Section Total	Low Priority	Moderate Priority	High Priority	Nutritional Support

5R - REMOVE PHASE*

I-A Candida/Bacteria	_____	1 - 20	21 - 50	51+	Candidal/ SacB DF Berbemycin/IgG2000CWP ProbioMax Plus DF
I-B Parasites	_____	1 - 20	21 - 50	51+	GarliX Berbemycin

5R - REPLACE PHASE*

II-A Hypoacidity	_____	1 - 8	9 - 11	12 - 14	GastrAcid
II-B Pancreas/ Small Intestine	_____	1 - 11	12 - 14	15 - 21	XymoZyme/PanXyme pH HistDAO**

5R - REINOCULATE PHASE*

II-C Colonic Dysbiosis	_____	1 - 8	9 - 11	12 - 14	ProbioMax IG 26 DF IgG 2000 CWP/IG 26 DF ProbioMax family
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5R - REPAIR PHASE*

II-D Gastric Inflammation	_____	1 - 7	8 - 10	11 - 13	PepciX GlutAloeMine MedCaps GI CurcuPlex-95
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Liver Assessment

5R - RESTORE PHASE*

	Section Total	Low Priority OptiCleanse GHI or Plus or i5 If BOTH sections are LOW, choose 1 svg i5/day or 1 svg OptiCleanse GHI or Plus/day	High Priority 6-Day Detox program or 28-Day Cleanse for any score in this range	Additional Support
III-A Liver/Gallbladder	_____	1 - 11	12 - 18	LipotropiX Liver Protect PhosphaLine CurcuPlex-95

The information above is based upon practitioners' input and is for educational purposes only. At no time should it take the place of individualized evaluation and treatment recommendations provided by a qualified and licensed healthcare practitioner in the context of a clinical relationship. Practitioners should evaluate the above information using their expertise coupled with each patient's individualized assessment.

**If you have tried enzymes but to little effect, consider using HistDAO with meals.

Rev. 09/26/18

5R Protocol

A Compilation Based on Practitioners' Expertise That May Be Used in Place of or in Conjunction with the CAAB Key

Remove: Eliminate offending foods, allergens, and any unnecessary OTC medications*

GI: Intestinal Support	Practitioners' Considerations and Insights†	Dosing
IG 26 DF	Top immunoglobulin recommendation	2 caps/BID or 1 scoop daily
IgG 2000 CWP (if not using IG 26 DF)	Utilize when IG 26 DF cannot be used	2 caps/BID or 1/2 tbsp daily
Berbermycin (anti-microbial support with berberine)	Broad spectrum removal/kill agent	1-2 caps/BID
Candidical (oregano oil, caprylic acid, olive leaf, turmeric, ginger)	Candida removal	1-2 caps/BID
ColonX (triphala extract, aloe, Mg citrate)	Bowel regularity	1-2 at bedtime
OptiFiber Lean	Bowel regularity, glucose/insulin/cardio-metabolic/weight	1-2 scoops/day or 3-6 caps/day

Replace: Fortify the body to help support normal digestive function*

GI: Intestinal Support	Practitioners' Considerations and Insights†	Dosing
GastrAcid (HCl combo w/ herbal support)	Ideal to reset proper pH in digestive tract	1-2 with each meal
HistDAO	Reduce histamine burden on the body	1-2 with meals
XymoZyme (acid-resistant, vegan-suitable, digestive enzymes)	Works in broad pH range. Makes sense to use after first trying GastrAcid	1 before or with each meal
PepciX (if HCl cannot be utilized)	Powerful and easy formula to use instead of acid blockers	1 BID, after breakfast/dinner
IG 26 DF/IgG 2000 CWP	Follow points above for choosing	2 caps/BID or 1 scoop daily
OptiFiber Lean	Bowel regularity, glucose/insulin/cardio-metabolic/weight	1-2 scoops/day or 3-6 caps/day

Reinoculate: Provide additional bacteria to rebalance the microbiome of the intestinal tract*

GI: Intestinal Support	Practitioners' Considerations and Insights†	Dosing
ProbioMax IG 26 DF	Allows 2 top choices in one great formula for leaky gut	2 caps/BID
ProbioMax DF (100 Billion CFU)	Top selling XYMOGEN formula	1 daily
ProbioMax Daily DF (30 Billion CFU)	#2 selling XYMOGEN formula	1 daily
ProbioMax Plus DF (ProbioMax/Sb/Arabino)	Comprehensive powder formula	1 daily
ProbioMax 350 DF	Most potent and broad spectrum probiotic	Various, up to 2 daily
ProbioMax Sb DF	Combo of ProbioMax Daily DF with <i>Saccharomyces boulardii</i> (Sb)	1 daily
Saccharomycin DF	Top choice when antibiotics must be utilized	1 BID

Repair: Provide additional nutrients to support the epithelial cells and gut lining*

GI: Intestinal Support	Practitioners' Considerations and Insights†	Dosing
GlutAloeMine (L-Glutamine, Aloe, DGL)	Soothing and supportive	1 scoop daily
IG 26 DF/IgG 2000 CWP	See above for choice	2 caps/BID or 1 scoop daily
PepciX	Repairs damage to gut cell from NSAIDs and alcohol	1 BID, after breakfast/dinner

Rebalance: Consider solutions for long-term gut health*

GI: Intestinal Support	Practitioners' Considerations and Insights†	Dosing
Detox Renewal Micro-Kit (GHI, ProbioMax, ColonX, Drainage)		Follow guide booklet
OptiFiber Lean	Bowel regularity, glucose/insulin/cardio-metabolic/weight	1-2 scoops/day or 3-6 caps/day
OptiCleanse GHI	Gastrointestinal, hepatic, inflammatory	1 serving/day
FIT Food Lean Complete	Cost-effective daily meal replacement	1 serving/day
ProbioMax IG 26 DF	Long-term protective against future insults and leaky gut	2 caps/BID

Important Note: Most practitioners will utilize multiple formulas to cover multiple Rs at the same time. There is no need to separate Rs, but it is important not to ignore any section as it may play a critical role in long-term success. Practitioners are expected to use their own expertise as they evaluate patients on a case-by-case basis.

†These claims are not officially approved or endorsed by XYMOGEN for its products. However, practitioners may note specific benefits derived from their personal clinical experience, from their colleagues, or from discussions related to their expertise.

Formula Descriptors

Medical Symptoms Questionnaire (MSQ) and Chronic Ailment Assessment Booklet (CAAB)

MSQ

6-Day Detox program: ProbioMax® Daily DF · OptiCleanse® GHI · ColonX™ · Drainage · See 6-Day Detox Guide and 6-Day Detox Micro Kit

CAAB

Berbemycin™: Oregon grape 4:1 extract provides berberine, which influences the activities of microorganisms in GI tract, supports immune function, and may influence cytokine balance · 4:1 extracts of bayberry bark and grapefruit seed support healthy microbial activity, stimulate circulation, and promote mucous membrane health · Zinc for immune-supportive effects*

Candidal™: Herbs, essential oils, and sodium caprylate, a naturally occurring fatty acid, to support the body's immune system and GI flora · Origanox™ WS, a GRAS, phenolic-rich ingredient extracted from the edible herb Origanum vulgare*

ColonX™: For GI regularity to assist in eliminating toxins · Magnesium citrate supports muscle relaxation and bowel elimination · Cape Aloe for normal GI transit time and stool bulk · Triphala, a blend of astringent fruits used in Ayurveda, for the support of all phases of digestion, assimilation, and elimination*

CurcuPlex-95™: Features BCM-95®, a patented, standardized turmeric extract—86% curcuminoids and approx. 9% volatile oils · Antioxidant and cytokine balancing activities · Demonstrated superior bioavailability compared to other forms*

Drainage: Homeopathic · For symptoms associated with toxicity such as fatigue, headaches, and sluggish elimination*

GarliX™: Standardized extract of garlic (*Allium sativum*) provides a high yield of the sulfur-containing bioactive compound allicin · Supports immune function, antioxidant activity, and cardiovascular system · May also support healthy blood pressure and cholesterol levels already within the normal range*

GastrAcid™: L-glutamic acid, betaine HCl, and pepsin, a proteolytic enzyme, assist protein digestion · Gentian root, an herbal bitter, promotes normal secretion of saliva and gastric acid for digestive support · HCl (hydrochloric acid) supports nutrient absorption and helps maintain a healthy gastric pH*

GlutAloeMine®: Four specialized ingredients for GI support · Glutamine, fuel and nitrogen source for mucosal lining of the GI tract · Arabinogalactan, a naturally occurring polysaccharide, to promote gut microflora and may increase beneficial short-chain fatty acid production · Deglycyrrhizinated licorice root extract for its soothing effects · Aloe vera leaf extract, well-known for healing damaged epithelial tissue, including the bowel lining, has been processed to remove the bitter principles and prevent a laxative effect*

HistDAO™: Patented enzyme formula containing diamine oxidase (DAO) and vitamin C · Clinically tested and found to break down food-derived histamine in the digestive tract · Is not absorbed and does not have systemic activity · Does not manage or address IgE-related food allergies*

i5™: Functional food to support biotransformation in individuals whose health is constantly challenged · Promotes overall GI health · Supports detoxification mechanisms and cytokine balance in the body · Patented and proprietary ingredients · 21 g of non-GMO, vegetable-based protein · IgG 2000 CWP™ · OncoPLEX™ (glucoraphanin) · Arabinogalactan (prebiotic) · Best when combined with a modified elimination diet*

IG 26 DF: Self-affirmed GRAS IgY Max™ · Specifically immunized chicken egg · IgY immunoglobulins and immunoregulating molecules impart passive immunity and cytokine modulation*

IgG 2000 CWP™: Immunoglobulin concentrate derived from colostrum whey peptides · Natural immunoglobulins (standardized to a minimum of 40% IgG), bioactive proteins, and growth factors support immune function, healthy cytokine activity, gut barrier function, and GI health and tissue repair*

LipotropiX™: Liver support · Choline, taurine, and methionine to support fat metabolism · Dandelion and celandine to support bile flow and healthy liver function · Guggul extract and inositol hexanicotinate support healthy blood lipid levels already within the normal range*

Liver Protect™: Contains amino acid **N-acetyl-L-cysteine**, a key component of glutathione—a tripeptide that plays a significant role in detoxification and antioxidant support · **Alpha-lipoic acid**, **milk thistle**, and **selenium** support antioxidant activity, regenerate other antioxidants, and promote healthy immune function*

MedCaps GI™: **L-glutamine**, **zinc**, and **pantothenic acid** nutritionally support the GI mucosa · Prebiotic **inulin** nourishes GI mucosa cells · **Aloe vera leaf extract**, traditionally used for optimal GI function*

OptiCleanse® GHI: Low-allergy-potential, vegan-suitable functional food · Supports GI function, cytokine and eicosanoid balance, and detoxification · **VegaPro™**, XYMOGEN's proprietary amino acid and pea/rice protein blend · **Aminogen®** facilitates protein absorption · **Phytonutrients** · **Mineral amino acid chelates** · **Activated B vitamins**, including **Quatrefolic®** and **methylcobalamin***

PanXyme pH™: Digestive enzymes · **Biodiastase** contains amylase to support carbohydrate digestion, **protease** to support protein digestion, and cellulase to break down vegetable fiber · **Lipase** helps break down fats · **Newlase** contains protease and lipase to support healthy and complete digestion · Effective across a broad spectrum of pH ranges*

PepciX™: Elemental **zinc** and **L-carnosine** · Carnosine forms stable complexes (ligands) with ion minerals like zinc · Zinc L-carnosine ligand protects and enhances integrity of gastric lining · Re-establishes a healthy balance of flora within stomach in relatively short time*

PhosphaLine™: 2.7 g of **polyenylphosphatidylcholine** (PPC) per serving · High concentration of **1,2-dilinoleoylphosphatidylcholine** (DLPC) · No other phospholipids, aside from PPC and DLPC, that compete for absorption · Phospholipid availability is important in cellular protection and repair and membrane fluidity · PPC may help maintain healthy liver function and gastric mucosal protection*

ProbioMax® DF/ProbioMax® Daily DF: **100 billion CFU+/30 billion CFU+** · Four researched strains of bacteria · **Bifidobacterium lactis HN019®** · **Lactobacillus acidophilus La-14®** · **Bifidobacterium longum BI-05™** · **Lactobacillus plantarum Lp-115®** · Live microorganisms have proven health benefits and well-established safety · Demonstrated epithelial cell adhesion · Gastro-resistant strains and capsules (vegetarian) support resistance to low pH for more targeted delivery and release to small intestine · Protected by nitrogen-purged blister packaging*

ProbioMax® IG 26 DF: **1 billion spores** of a strain of L (+) **lactic acid-producing bacteria** **Bacillus coagulans MTCC5856** (LactoSpore®) · Inhibits the action of putrefactive organisms by competitive inhibition, generation of non-conductive acidic environments, and production of antibiotic-like substances · **IG 26 DF** (IgY Max™), specifically immunized egg powder, provides immunoglobulins and immune cofactors to support the body's natural defenses by limiting non-beneficial microbial adhesion*

ProbioMax® Plus DF: **40 billion CFU+** · Four well-researched probiotic strains (see **ProbioMax® DF/ProbioMax® Daily DF**) · **Saccharomyces boulardii**, a non-pathogenic yeast · **Arabinogalactan**, a prebiotic · Supports intestinal ecology, cellular health, and immunity*

ProbioMax® Sb DF: **35 billion CFU+** · Four researched strains of bacteria (see **ProbioMax® DF/ProbioMax® Daily DF**) and **Saccharomyces boulardii (Sb)**, a non-pathogenic yeast · Supports a healthy balance of intestinal flora, cellular health, and immune health · Gastro-resistant strains and capsules (vegetarian) support resistance to low pH for more targeted delivery and release to small intestine · Protected by nitrogen-purged blister packaging*

ProbioMax® 350 DF: **350 billion CFU+** · 18 strains (including HOWARU®) from 13 different species of three different genera · Strains are well-researched, identity-verified, genetically characterized, and properly classified for safety and assurance · Strains are selected for their health benefits, complementary actions, viability, and stability · Flavoring- and sweetener-free powder*

Saccharomycin® DF: Lactose-free, stomach acid-resistant, stable, European patent-pending, DNA-verified **Saccharomyces boulardii** probiotic yeast · 5 billion organisms per serving · Supports other probiotic organisms, intestinal barrier function and integrity, and normal immune responses*

XymoZyme®: Broad-spectrum enzyme suitable for vegans · Supports digestion of fats, proteins, carbohydrates, fiber, and lactose · Contains lipase, **proteases**, **alpha-galactosidase**, **hemicellulase**, **papain**, **lactase**, and other key digestive enzymes · Works in a wide pH range unlike porcine pancreatin, which works in a narrow pH range*

28-Day Cleanse (see 28-Day Cleanse booklet)

‡colony-forming units

It is the concern of the Department of Health and Human Services that no nutritional supplement be used to replace established, conventional medical approaches, especially in cases of emergencies or serious or life-threatening diseases or conditions. XYMOGEN shares in this concern as replacing conventional treatment with nutritional supplements, especially in serious cases, may deprive the client of necessary treatment thereby causing harm and could also pose a major legal liability for the healthcare professional involved.

Do not use any of these products as replacements for conventional medical treatment as they are not intended to diagnose, treat, cure, or prevent any disease. All of the listed formulas are intended for nutritional use and health maintenance only and should not replace or delay use of any medication or change in lifestyle.



Chronic Ailment Assessment Booklet

CIRCLE the number which best describes the frequency of your symptoms. If you do not know the answer to the question, leave it blank. When you are finished, please add the number of points in each section and enter the number in the Total Point box. The score for YES is the number inside the parentheses ().

Key

- (0) never or rarely
- (1) twice a week or less
- (2) three to six times a week
- (3) daily or several times a day

PART I Section A			
1)	Have you taken a broad spectrum antibiotic drug:		
	A) in the last 6 months	N	Y (10)
	B) If the response to A is no, have you ever taken antibiotics?	N	Y (5)
2)	Have you had recurrent infections requiring prolonged antibiotic use?	N	Y (20)
3)	Have you taken birth control pills?	N	Y (5)
4)	Have you taken prednisone?	N	Y (5)
5)	Have you had athlete's foot, ringworm, jock itch, or other chronic fungus infections of the skin or nails?	N	Y (5)
6)	Do you crave sugar?	N	Y (5)
7)	Do you crave breads?	N	Y (5)
8)	Do you crave alcoholic beverages?	N	Y (5)
9)	Have you ever had candida/yeast?	N	Y (10)
10)	Endometriosis or infertility	N	Y (5)
11)	Symptoms worse on damp, muggy days or in moldy places	0	1 2 3
12)	Fatigue or lethargy	0	1 2 3
13)	Poor memory	0	1 2 3
14)	Depression	0	1 2 3
15)	Muscle and or joint aches or weakness	0	1 2 3
16)	Abdominal pain	0	1 2 3
17)	Constipation	0	1 2 3
18)	Diarrhea	0	1 2 3
19)	Bloating, belching, or intestinal gas	0	1 2 3
20)	Vaginal burning, itching, or discharge	0	1 2 3
21)	Premenstrual tension	0	1 2 3
22)	Irritability	0	1 2 3
23)	Inability to concentrate	0	1 2 3
24)	Frequent mood swings	0	1 2 3
25)	Recurrent rashes or itching	0	1 2 3
26)	Rectal itching	0	1 2 3
27)	Urgency or urinary frequency	0	1 2 3
28)	Burning while urinating	0	1 2 3
Total Points			

Section B			
1)	Have you traveled outside the USA?	N	Y (5)
2)	Since traveling abroad, have you had an elevated white blood count, intestinal problems, night sweats, or unexplained fever?	N	Y (5)
3)	Do you drink untested or unfiltered water?	N	Y (5)
4)	Do you use a microwave oven for cooking (instead of reheating) beef, fish, or pork?	N	Y (5)
5)	Do you prefer fish or meat that is under cooked, i.e., rare or medium rare?	N	Y (5)
6)	At home, do you use the same cutting board for chicken, fish, and meat as you do for vegetables?	N	Y (5)
7)	Have you lived with, or do you currently live with or handle pets?	N	Y (5)
8)	Do you work or have children in a day care center?	N	Y (5)
9)	Do you garden or work in a yard to which cats and dogs have access?	N	Y (5)
10)	Have you ever had parasites?	N	Y (10)
11)	Red blood in stool	0	1 2 3
12)	Abdominal pain and cramps	0	1 2 3
13)	Lower back pain	0	1 2 3
14)	Gas, bloating	0	1 2 3
15)	Fever	0	1 2 3
16)	Chronic fatigue	0	1 2 3
17)	Constipation	0	1 2 3
18)	Diarrhea	0	1 2 3
19)	Foul smelling stools	0	1 2 3
20)	Anal itching	0	1 2 3
21)	Bad breath	0	1 2 3
22)	Grind teeth	0	1 2 3
23)	Lethargic	0	1 2 3
24)	Mucus in stool	0	1 2 3
25)	Lack of stamina	0	1 2 3
Total Points			

Total Points

Part II
Section A

1) Indigestion	0	1	2	3
2) Belching, burping	0	1	2	3
3) Gas immediately following a meal	0	1	2	3
4) Sense of fullness during meals	0	1	2	3
5) Poor appetite, picky eater	0	1	2	3
6) Difficult bowel movements	0	1	2	3
7) Difficulty swallowing	0	1	2	3
8) History of anemia, unresponsive to iron	0	1	2	3
9) Vegetarian (no eggs, dairy)	0	1	2	3
10) Spoon-shaped nails	0	1	2	3
11) Unintentional weight loss	0	1	2	3
12) Partial loss of taste or smell	0	1	2	3

Total Points

Section B

1) Indigestion and fullness lasts 2-4 hours after eating	0	1	2	3
2) Pain, tenderness, soreness on left side under rib cage	0	1	2	3
3) Bloating	0	1	2	3
4) Excessive passage of gas	0	1	2	3
5) Abdominal cramps, aches	0	1	2	3
6) Nausea and/or vomiting	0	1	2	3
7) Specific foods/beverages aggravate indigestion	0	1	2	3
8) Roughage and fiber causes constipation	0	1	2	3
9) Three or more large bowel movements daily	0	1	2	3
10) Alternating constipation and diarrhea	0	1	2	3
11) Undigested food in stool	0	1	2	3
12) Mucus in stool	0	1	2	3
13) Dry, flaky skin; dry-brittle hair	0	1	2	3
14) Difficulty gaining weight	0	1	2	3

Total Points

Section C

1) Lower abdominal pain, cramping and/or spasms.	0	1	2	3
2) Lower abdominal pain relief by passing stool or gas	0	1	2	3
3) Raw fruits, vegetables, and stress aggravate bowel pain	0	1	2	3
4) Diarrhea (loose watery stool)	0	1	2	3
5) More than three bowel movements a day	0	1	2	3
6) Excessive gas and bloating	0	1	2	3
7) Painful, difficult, straining during bowel movements	0	1	2	3
8) Hard, dry, or small stools	0	1	2	3
9) Alternating diarrhea/constipation	0	1	2	3
10) Mucus, pus in stool	0	1	2	3
11) Feeling that bowels do not empty completely	0	1	2	3
12) Bright red blood following bowel movement	0	1	2	3
13) Anal itching	0	1	2	3

Total Points

Section D

1) Stomach pain, burning, aching 1-4 hours after eating	0	1	2	3
2) Feeling hungry an hour or two after eating	0	1	2	3
3) Stomach discomfort, pain in response to strong emotions, thoughts, smell of food	0	1	2	3
4) Heartburn, especially when lying down, bending forward	0	1	2	3
5) Heartburn due to spicy and fatty foods, chocolate, peppers, citrus, alcohol, caffeine	0	1	2	3
6) Difficulty or pain when swallowing	0	1	2	3
7) Chest pain or infections, difficulty breathing	0	1	2	3
8) For relief from carbonated beverages, cream/milk/food	0	1	2	3
9) Constipation	0	1	2	3
10) Black, tarry stool	0	1	2	3

Total Points

PART III
Section A

1) Moderate to severe pain under right side of rib cage	0	1	2	3
2) Abdominal pain worsens with deep breathing	0	1	2	3
3) Regurgitate bitter fluid	0	1	2	3
4) Bloating, full feeling	0	1	2	3
5) Belching, heartburn, gas	0	1	2	3
6) Fatty foods cause indigestion	0	1	2	3
7) Nausea or vomiting	0	1	2	3
8) Feel restless, agitated	0	1	2	3
9) Unexplained itchy skin worse at night	0	1	2	3
10) Stool color alternates from clay colored to normal brown	0	1	2	3

11) Feeling of poor health	0	1	2	3
12) Fatigue, weakness, exhaustion	0	1	2	3
13) Unable to concentrate, irritable, confused	0	1	2	3
14) Swollen feet and/or legs	0	1	2	3
15) Easy bruising	0	1	2	3
16) Feeling of extreme dryness	0	1	2	3
17) Reddened skin, especially palms	0	1	2	3
18) Dark urine, diminished flow	0	1	2	3
19) Dry, flaky skin, hair	N	Y	(3)	
20) Yellowish cast to skin, eyes	N	Y	(3)	

Total Points