

GI Health Assessment Scoring

Evaluating the complex gastrointestinal (GI) health in order to recommend a therapeutic support program can be a difficult undertaking in a busy practice. The score chart below provides a quick scoring system for GI health as assessed by the GI Health Assessment (next page).

The GI system's main functions are to digest nutrients for absorption and to defend the body from unwanted substances such as harmful bacteria. Discomfort may result from reduced ability to harvest nutrients or defend against bacteria or toxins due to several factors such as:

1. Impaired gastric function such as low digestive factors
2. Compromised intestinal barrier resulting in absorption of toxins, undesirable bacteria, and food components
3. Reduced digestion due to reduced production of pancreatic enzymes
4. Malabsorption due to undesirable bacteria in the inappropriate location in the GI tract
5. Reduced intestinal cell health

The GI Health Assessment aids the physician in identifying the priorities (low, moderate, high) for the patient's overall health through the gut, organized into four sections (A, B, C, D). The key provides recommended nutritional formulas in each of the sections. The sections scoring in the "high priority" range should be addressed first with a nutritional protocol, retesting using the GI Health Assessment after one month. Using the retest score, the physician may determine continuance of the nutritional protocol or modifications as necessary.

After an additional month of the nutritional protocol, the next assessment will help the physician identify if the patient needs further support. If symptoms reoccur after the nutritional protocol is completed, it could suggest that the patient will benefit from remaining on the protocol long-term.

Must check box to acknowledge disclaimer to proceed

DISCLAIMER

The GI Health Assessment is designed to identify minor symptoms that can be addressed by nutritional modification. If symptoms are related to severe pain or major discomfort, it is advisable to seek medical attention. GI symptoms may be related to serious illness and should not be ignored.

GI Health Assessment Score Chart

	LOW PRIORITY			MODERATE PRIORITY				HIGH PRIORITY				INITIAL TEST SCORE	RETEST SCORE	RETEST 2 SCORE	
Section A Low gastric function	1	2	3	4	5	6	7	8	20	32	44	56			
Section B Stomach acidity	1	2	3	4	5	6	7	8	24	40	56	72			
Section C Small intestine	2	4	6	8	10	12	14	16	32	48	64	80			
Section D Colon	2	4	6	8	10	12	14	16	30	44	58	72			

GI Health Assessment

Name _____ Date _____

This questionnaire asks you to assess how you have been feeling **during the last four months**. This information will help you keep track of how your physical, mental, and emotional states respond to changes you make in your eating habits, priorities, supplement program, social and family life, level of physical activity, and time spent on personal growth. All information is held in strict confidence. Take all the time you need to complete this questionnaire.

For each question, circle the number that best describes your symptoms. Some questions require a YES or NO response.

0 = No or rarely—You have never experienced the symptom, or the symptom is familiar to you, but you perceive it as insignificant (monthly or less)

1 = Occasionally—Symptom comes and goes and is linked in your mind to stress, diet, fatigue, or some other identifiable trigger

4 = Often—Symptom occurs 2-3x/week and/or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently—Symptom occurs > 4x/week and/or you are aware of the symptom every day, or it occurs with regularity on a monthly or cyclical basis

SECTION A

- | | | | | |
|---|---|---|---|---|
| 1. Indigestion; food repeats on you after you eat | 0 | 1 | 4 | 8 |
| 2. Excessive burping, belching, and/or bloating following meals | 0 | 1 | 4 | 8 |
| 3. Stomach spasms and cramping during or after eating | 0 | 1 | 4 | 8 |
| 4. A sensation that food just sits in your stomach creating uncomfortable fullness, pressure, and bloating during or after a meal | 0 | 1 | 4 | 8 |
| 5. Bad taste in your mouth | 0 | 1 | 4 | 8 |
| 6. Small amounts of food fill you up immediately | 0 | 1 | 4 | 8 |
| 7. Skip meals or eat erratically because you have no appetite | 0 | 1 | 4 | 8 |

TOTAL POINTS

SECTION B

- | | | | | |
|--|---------|--------|---|---|
| 1. Strong emotions or the thought or smell of food aggravates your stomach or creates discomfort | 0 | 1 | 4 | 8 |
| 2. Feel hungry an hour or two after eating a good-sized meal | 0 | 1 | 4 | 8 |
| 3. Stomach discomfort and/or aching over a period of 1-4 hours after eating | 0 | 1 | 4 | 8 |
| 4. Stomach discomfort and/or aching relieved by eating food; drinking carbonated beverages, cream, or milk; or taking antacids | 0 | 1 | 4 | 8 |
| 5. Uncomfortable sensation in the lower part of your chest, especially when lying down or bending forward | 0 | 1 | 4 | 8 |
| 6. If digestive problems are present, these subside with rest and relaxation | (0) YES | (8) NO | | |
| 7. Eating spicy and fatty (fried) foods, chocolate, coffee, alcohol, citrus, or hot peppers causes your stomach to ache | 0 | 1 | 4 | 8 |
| 8. Feel a sense of mild nausea when you eat | 0 | 1 | 4 | 8 |
| 9. Difficulty or discomfort when swallowing food or beverage | 0 | 1 | 4 | 8 |

TOTAL POINTS

SECTION C

- | | | | | |
|--|---|---|---|---|
| 1. When massaging under your rib cage, there is tenderness | 0 | 1 | 4 | 8 |
| 2. Indigestion, fullness, or tension in your abdomen is delayed, occurring 2-4 hours after eating a meal | 0 | 1 | 4 | 8 |
| 3. Lower abdominal discomfort is relieved with the passage of gas or with a bowel movement | 0 | 1 | 4 | 8 |
| 4. The consistency or form of your stool changes (e.g., from narrow to loose) within the course of a day | 0 | 1 | 4 | 8 |
| 5. Specific foods/beverages aggravate indigestion | 0 | 1 | 4 | 8 |
| 6. Stool odor is embarrassing | 0 | 1 | 4 | 8 |
| 7. Undigested food in your stool | 0 | 1 | 4 | 8 |
| 8. Three or more large bowel movements daily | 0 | 1 | 4 | 8 |
| 9. Frequent loose, watery stool | 0 | 1 | 4 | 8 |
| 10. Bowel movement shortly after eating (within 1 hour) | 0 | 1 | 4 | 8 |

TOTAL POINTS

SECTION D

- | | | | | |
|---|--------|---------|---|---|
| 1. Discomfort or cramps in your colon (lower abdominal area) | 0 | 1 | 4 | 8 |
| 2. Emotional stress and/or eating raw fruits and vegetables causes abdominal bloating, cramps, or gas | 0 | 1 | 4 | 8 |
| 3. Occasionally constipated (or straining during bowel movements) | 0 | 1 | 4 | 8 |
| 4. Stool is small, hard, and dry | 0 | 1 | 4 | 8 |
| 5. Pass mucus in your stool | 0 | 1 | 4 | 8 |
| 6. Alternate between occasional constipation and diarrhea | 0 | 1 | 4 | 8 |
| 7. Rectal itching or cramping | 0 | 1 | 4 | 8 |
| 8. No urge to have a bowel movement | (0) NO | (8) YES | | |
| 9. An almost continual need to have a bowel movement | (0) NO | (8) YES | | |

TOTAL POINTS

GI Health Assessment Key

The GI Health Assessment identified that Section _____ is the greatest priority to provide support. In the respective section below, the recommendation is to select one to three nutritional approaches based on intensity and type of symptoms.*

Section A. Gastric function symptoms due to indigestion, low stomach acid*

Remove/regenerate—protect stomach lining and address zinc deficiency*

- Zinlori 75® (zinc carnosine)

Replace—support stomach acid and gastric enzymes to address indigestion*

- SpectraZyme® Metagest® (betaine HCl, pepsin)

CAUTION: If stomach discomfort occurs after administration, discontinue use and consult practitioner.
Do not use if there is a prior history of or a current peptic or duodenal ulcer.

Section B. Regenerate and protect gastric lining*

Remove/regenerate—provide zinc for improvement in barrier function*

- Zinlori 75 (zinc carnosine)

Replace—provide digestive enzymes for improvement in barrier function*

- SpectraZyme Complete (broad-spectrum, non-animal-derived digestive enzymes)

Regenerate—support the integrity of GI lining and bacterial production of short-chain fatty acids*

- Glutagenics® (glutamine, deglycyrrhizinated licorice, aloe)
AND
Endefen® (plantain, arabinogalactans, green tea, lecithin, astaxanthin)
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Section C. Small intestine & pancreas, liver—support digestion, absorption, and detoxification*

Remove—support detoxification and removal of undesirable microbes with herbal blends*

- CandiBactin-BR® (berberine, coptis root, Chinese herbs)
 CandiBactin-AR® (thyme, oregano, sage, lemon balm)

Remove—resolve occasional diarrhea induced by changes in environment*

- UltraFlora® Acute Care (*Saccharomyces boulardii*, *Bifidobacterium lactis* HN019, *Lactobacillus rhamnosus* HN001)

Replace—provide additional pancreatic enzymes to support digestion*

- SpectraZyme Pan 9x ES (porcine pancreatic enzymes)
 SpectraZyme Complete (broad-spectrum, non-animal-derived digestive enzymes)

Replace—provide lipotropic nutrients to support healthy liver and gallbladder function*

- Lipo-Gen™ (choline, myo-inositol, betaine HCl)

Regenerate—support bacterial production of short-chain fatty acids*

- Endefen (plantain, arabinogalactans, green tea, lecithin, astaxanthin)

GI Health Assessment, Continued

Section D. Colonic motility, intestinal integrity, and microbial environment*

Remove—support detoxification and removal of undesirable microbes with herbal blends*

- CandiBactin-BR (berberine, coptis root, Chinese herbs)
- CandiBactin-AR (thyme, oregano, sage, lemon balm)

Remove—resolve occasional diarrhea induced by changes in environment*

- UltraFlora Acute Care (*Saccharomyces boulardii*, *Bifidobacterium lactis* HN019, *Lactobacillus rhamnosus* HN001)

Reinoculate—support the GI and immune health with probiotics*

- UltraFlora BiomePro (a blend of clinically effective doses of 8 probiotic strains)

Regenerate—support the integrity of GI lining and bacterial production of short-chain fatty acids*

- Glutagenics (glutamine, deglycyrrhizinated licorice, aloe)
AND
Endefen (plantain, arabinogalactans, green tea, lecithin, astaxanthin)

Regenerate—help maintain tight junctions between intestinal cells*

- UltraFlora Integrity (*Lactobacillus salivarius* UCC118)

Retain—support motility with antispasmodic herbs*

- Intesol® (peppermint, lavender, chamomile)

Retain—support motility by adding bulk for regularity*

- MetaFiber® (oat hull, apple fiber)

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

