

www.BlockChiropractic.com Nutritional Assessment

Name: _____

Date: _____

Instructions: Please check yes or no for each of the following questions and present it to your chiropractor on your next visit for review.

Questions	Responses	Results of a Yes	Recommended Block Chiropractic Products
Do you eat less than 5 servings of fruits and Vegetables?	Yes or NO	Depletion of antioxidants, B Vitamins and Phytonutrients	Nanogreens, Multivitamin
Do you Drink more than 3 alcoholic beverages per week?	Yes or NO	Depletion of B vitamins, C, D, Potassium and Betacarotene	B-complex, Ester-C, Multivitamin, Vit D3
Are you a smoker?	Yes or NO	Causes free-radicals, depletes antioxidants, B-Vitamins and mineral.	Multivitamin, Vitamin C, B-complex and Nanogreens
On a scale of 1-5, is your daily stress levels 3 or greater?	Yes or NO	Depletion of C, B vitamins and minerals	B-Complex, Multivitamin, Ester C
Are there white spots under your nails?	Yes or NO	Zinc deficiency	Multivitamin
Do you have soft, brittle nails?	Yes or NO	Calcium and Mineral Deficiency	Calcium, Multivitamin
Do you experience cracks in the corner of your lips?	Yes or NO	Often associated with B2 deficiency	B-complex
Do you bruise easily?	Yes or NO	Often associated with C, K or Calcium deficiency	Multivitamin, Calcium, Ester C
Are you a slow healer from cuts and bruises?	Yes or NO	Often indicate suboptimal vitamin C status	Ester C, Nanogreens, Vitamin D3
Do you feel chronically tired?	Yes or NO	Often associated with multiple vitamin and mineral deficiency	Nanogreens, Vitamin D3, Multivitamin
Do you feel run down or have weakened immunity?	Yes or NO	Studies show supplementation with zinc, C, selenium and certain Herbs can boost your immunity	Ester C, Multivitamin, Drinking purified Vitamin D3water,
Does your hair fall out easy, is brittle or dry?	Yes or NO	Associated with multiple vitamin and mineral deficiency and chlorinated bathing water	Shower filter, Multivitamin, Nanogreens, Fish Oil
Do you take Cholesterol lowering drugs?	Yes or NO	Depletion of Vit. A, B12, folic acid, D, K, E ,iron and beta-carotene	Fish Oil, Multivitamin, Nanogreens
Aspirins or non-steroidal anti-inflammatory drugs	Yes or NO	Depletion of Vit. C, D, calcium, folic acid, magnesium and zinc	Calcium, Multivitamin, Fish Oil, Ester C, Vit D3
Long Term Antibiotic Therapy	Yes or NO	Depletion of Vit. A, B12, D, E, K biotin, potassium, magnesium, zinc, pantothenic acid	B-Complex, Calcium, Multivitamin, Vit D3, Probiotics
Antacids, Tums, Mylanta, Roloids etc..	Yes or NO	Depletion of Vit. A, B1, B12, folic acid, chromium and iron	B-Complex, Probiotics, Nanogreens
Yo-Yo Dieting	Yes or NO	SLOW METABOLISM	B-Compelx

Oral Contraceptive	Yes or NO	Depletion of Vit B1, B6, B12, C, Beta carotene, folic acid, biotin, Magnesium, Zinc	B-Complex, Multivitamin, EsterC
Antidepressants	Yes or NO	Depletion of Vit B2, B6, Calcium, Coenzyme Q10, magnesium	CoQ10, B-6, Multivitamin, Fish Oil
High Blood pressure beta-Blockers	Yes or NO	Depletion of CoQ10	CoQ10, Fish Oil, Vitamin D3
Estrogen Replacement	Yes or NO	Depletion of Vit B1, B2, B12, C, folic acid, biotin, pantothenic acid, magnesium and zinc	B-Complex, Multivitamin
Caffeine	Yes or NO	Depletion of Vit B1, Potassium and zinc	Multivitamin
Sedatives	Yes or NO	Depletion of Vit. B2, C, D, B12, folic acid and pantothenic acid	Multivitamin, VitaminC
High Cholesterol Statin Drugs	Yes or NO	Depletion of CoQ10	CoQ10, Fish Oil
Anti-Convulsants	Yes or NO	Depletion of Folic acid, biotin, Vit D and E with zinc	Multivitamin, Vitamin D3

If you answered yes to any of the above please discuss with your chiropractor the best nutritional supplementation for your health.

Please make your health a priority visit www.BlockChiropractic.com for all your wellness products.

Ask about our 3 month supply discount of 15%.

To have your entire family surveyed please ask the front desk for extra copies.

Recommendation: _____
