

# Optimum Nutrition Questionnaire

## Symptom Analysis

For each symptom that you experience often, score 1 point. Many symptoms occur more than once because they can be the result of many nutrient deficiencies. If you experience any of the symptoms in **bold** type, score 2 points. The maximum score for each nutrient is 10 points. **Put your score for each nutrient in the box.**

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### Vitamin Profile

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#### Vitamin A

- \_\_\_ Mouth ulcers
- \_\_\_ Poor night vision
- \_\_\_ Acne
- \_\_\_ **Frequent colds or infections**
- \_\_\_ Dry flaky skin
- \_\_\_ Dandruff
- \_\_\_ Thrush or cystitis
- \_\_\_ Diarrhea

YOUR SCORE

#### Vitamin D

- \_\_\_ **Arthritis or osteoporosis**
- \_\_\_ Backache
- \_\_\_ Tooth decay
- \_\_\_ Hair loss
- \_\_\_ **Muscle twitching or spasms**
- \_\_\_ **Joint pain or stiffness**
- \_\_\_ Weak bones

YOUR SCORE

#### Vitamin E

- \_\_\_ Lack of sex drive
- \_\_\_ **Exhaustion after light exercise**
- \_\_\_ **Easy bruising**
- \_\_\_ Slow wound healing
- \_\_\_ Varicose veins
- \_\_\_ Poor skin elasticity
- \_\_\_ Loss of muscle tone
- \_\_\_ Infertility

YOUR SCORE

#### Vitamin B2

- \_\_\_ **Bloodshot, burning or gritty eyes**
- \_\_\_ **Sensitivity to bright lights**
- \_\_\_ Sore tongue
- \_\_\_ Cataracts
- \_\_\_ Dull or oily hair
- \_\_\_ Eczema or dermatitis
- \_\_\_ Split nails
- \_\_\_ Cracked lips

YOUR SCORE

#### Vitamin C

- \_\_\_ **Frequent colds**
- \_\_\_ Lack of energy
- \_\_\_ **Frequent infections**
- \_\_\_ Bleeding or tender gums
- \_\_\_ Easy bruising
- \_\_\_ Nose bleeds
- \_\_\_ Slow wound healing
- \_\_\_ Red pimples on skin

YOUR SCORE

#### Vitamin B3 (Niacin)

- \_\_\_ Lack of energy
- \_\_\_ Diarrhea
- \_\_\_ Insomnia
- \_\_\_ Headaches or migraines
- \_\_\_ Poor memory
- \_\_\_ Anxiety or tension
- \_\_\_ Depression
- \_\_\_ Irritability
- \_\_\_ Bleeding or tender gums
- \_\_\_ Acne

YOUR SCORE

#### Vitamin B1

- \_\_\_ Tender muscles
- \_\_\_ Eye pains
- \_\_\_ Irritability
- \_\_\_ Poor concentration
- \_\_\_ "Prickley" legs
- \_\_\_ Poor memory

#### Vitamin B5

- \_\_\_ Muscle tremors, cramps or spasms
- \_\_\_ Apathy
- \_\_\_ Poor concentration
- \_\_\_ **Burning feet or tender heels**
- \_\_\_ Nausea or vomiting

#### Vitamin B6

- \_\_\_ **Infrequent dream recall**
- \_\_\_ **Water retention**
- \_\_\_ Tingling hands
- \_\_\_ Depression or nervousness
- \_\_\_ Irritability

- Stomach pains
  - Constipation
  - Tingling hands
  - Rapid heartbeat
- YOUR SCORE

- Lack of energy
  - Exhaustion after light exercise
  - Anxiety or tension
  - Teeth grinding
- YOUR SCORE

- Muscle tremors, cramps or spasms
  - Lack of energy
- YOUR SCORE

**Folic Acid**

- Eczema
  - Cracked lips
  - Prematurely graying hair
  - Anxiety or tension
  - Poor memory
  - Lack of energy
  - Depression
  - Poor appetite
  - Stomach pains
- YOUR SCORE

**Vitamin B12**

- Poor hair condition
  - Eczema or dermatitis
  - Mouth over-sensitive to hot or cold
  - Irritability
  - Anxiety or tension
  - Lack of energy
  - Constipation
  - Tender or sore muscles
  - Pale skin
- YOUR SCORE

**Biotin**

- Dermatitis or dry skin
  - Poor hair condition
  - Prematurely graying hair
  - Tender or sore muscles
  - Poor appetite or nausea
- YOUR SCORE

**Mineral Profile**

**Calcium**

- Muscle cramps, tremors or spasms
  - Insomnia or nervousness
  - Joint pain or arthritis
  - Tooth decay
  - High blood pressure
- YOUR SCORE

**Iron**

- Pale skin
  - Sore tongue
  - Fatigue or listlessness
  - Loss of appetite or nausea
  - Heavy periods or blood loss
- YOUR SCORE

**Magnesium**

- Muscle cramps, tremors or spasms
  - Muscle weakness
  - Insomnia, nervousness or hyperactivity
  - High blood pressure
  - Irregular or rapid heartbeat
  - Constipation
  - Fits or convulsions
  - Breast tenderness or water retention
  - Depression or confusion
- YOUR SCORE

**Manganese**

- Muscle twitches
  - Childhood "growing pains"
  - Dizziness or poor sense of balance
  - Fits or convulsions
  - Sore knees
- YOUR SCORE

**Zinc**

- Decline in sense of taste or smell
  - White marks on more than two finger nails
  - Frequent infections
  - Stretch marks
  - Acne or greasy skin
- YOUR SCORE

**Chromium**

- Excessive or cold sweats
- Dizziness or irritability after six hours without food
- Need for frequent meals
- Cold hands
- Need for excessive sleep or

drowsiness during the day  
**YOUR SCORE**

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### Essential Fatty Acid Profile

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#### Omega 3 Omega 6

- \_\_\_\_\_ Dry skin, eczema or dry eyes
- \_\_\_\_\_ Dry hair or dandruff
- \_\_\_\_\_ Inflammatory health problems,  
e.g., arthritis
- \_\_\_\_\_ Excessive thirst or sweating
- \_\_\_\_\_ PMS or breast pain
- \_\_\_\_\_ Water retention

- \_\_\_\_\_ Frequent infections
- \_\_\_\_\_ Poor memory or learning  
difficulties
- \_\_\_\_\_ High blood pressure or high  
blood lipids

**YOUR SCORE**

Source: The Optimum Nutrition Bible, by Patrick Holford  
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[www.healthyatwork.com](http://www.healthyatwork.com)