

# MINERAL TASTE TEST SYMPTOM SURVEY

## Instructions

Check symptoms that apply to you NOW or recently. If you are taking vitamins, herbs or other supplements; and the symptoms have gone away, ignore the question. Mark only those symptoms that are present now, not those you have had in the past.

Score: 0 = blank; 1 = occasional; 2 = often; 3 = always, persistent

Note: If you have been diagnosed with a disease by a physician = 3.

### CALCIUM

Muscle cramps, spasms, pain

Headaches

Stiff neck and/or shoulders

Insomnia, poor sleep

Early tooth decay, cavities

Brittle nails

Osteoporosis

Colon polyps or cancer

High blood pressure

Muscle tremors, twitching

Backaches

Headaches

Heart problems, palpitations

Craving for salt

Craving for sweets

Urination burning

### POTASSIUM

Edema

dry, rough skin

Palpitations

Constipation

Muscular weakness

Depression

### MAGNESIUM

Foot - leg cramps, spasms, pain

Aches and pains (anywhere)

Diabetes mellitus

High Blood Pressure

Muscle weakness

Headaches often

Constipation

Kidney stones, history of

Depressed, irritable

Osteoporosis

Insomnia

Body Odor

### IODINE

Goiter

Hypothyroidism

Cancer, history of

Diabetes

Breast Nods, Fibrocystic disease

Weakness, tire easily

Difficulty losing weight

High cholesterol

Sex drive decreased

Get cold(s) easily

Swelling, feet or hands

Cold Hands and/or Feet

Puffy neck, baggy eyes

Dislike fish, seafood

Frequent infections

### ZINC

Diabetes mellitus

Men- prostate problem

Nails- brittle, weak

Skin- stretch marks

Delayed sexual maturity

Prolonged healing wounds

White spots on finger nails

Fatigue easily

Decreased alertness

Frequent colds / flu

### MANGANESE

Poor muscle coordination

Childhood paralysis, history of

Poor vision, glasses or contacts

Attack of dizziness

Noises in the ears

Muscles stiff and ache

Overweight

High cholesterol

Sex drive, reduced

Convulsions, black outs, epilepsy

Sterility / Infertility

Osteoporosis

Skin eruptions

### CATEGORY VANADIUM

Diabetes

Elevated cholesterol and triglycerides

Hypoglycemia

Miscarraige, history of

Infertility

Obesity

Slow growth

### HEAVY METALS

Smoker (Cigarettes, Cigars)

Silver amalgam fillings in teeth

Parkinson's disease

Alzheimer's disease

Depression

Hypoglycemia

Sweaty palms

Sweaty feet

Burning sensations in the skin

Crawling sensations in the skin

Mental confusion, foggy thinking

Short term memory loss

Chronic fatigue

### CATEGORY HYDRATION

No. of glasses of water per day

No. of soda pops per day

No. cups of coffee

Score: