**Clinical Study DA**1 – Measurement of symptom improvement and balance ratio test

**Name:**

**Email:**  **Mobile:**

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| **Part 1: Familial History** |  |
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| Did either of your parents have any of the following health issues: |  |
| High or low blood pressure |  |
| Stroke |  |
| High cholesterol |  |
| Heart disease / heart attack |  |
| Diabetes |  |
| Dementia |  |
| Cancer |  |
| Parkinsons disease |  |
| Arthritis |  |
| Other |  |
| Were they smokers? |  |
|  |  |
| **Part 2: Your health** |  |
| Do you suffer from any of the following: |  |
| High or low blood pressure |  |
| Stroke |  |
| High cholesterol |  |
| Heart disease / heart attack |  |
| Diabetes |  |
| Dementia |  |
| Cancer |  |
| Parkinsons disease |  |
| Arthritis |  |
|  |  |
| **Part 3: Lifestyle questions** |  |
| Are you a smoker? |  |
| Do you drink alcohol? |  |
| If yes how many units per week? |  |
| How often do you exercise? |  |
| How many glasses of water do you drink per day? |  |
| How many hours of sleep do you get on average? |  |
| How do you feel when you wake up?  |  |
| How often do you eat oily fish (salmon, sardines, mackerel, tuna, anchovies)? |  |
| Are you vegetarian? |  |
| Do you take any supplements? |  |
| **Part 4:Areas for Improvement** |  |
| What are the top 3 areas you would like to improve? |  |
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| **Part 5: Resources** |  |
| If there was a test that you could take that would help identify the level of chronic inflammation\* in your body, would you take it?*\*Chronic inflammation can cause any of the top five chronic diseases discussed above* |  |
| If the test showed that you were missing vital nutrients in your body, would you be willing to take additional nutrients to help you reduce the risk of chronic disease and help you improve your health? |  |
| **Part 6 Recommendations** |  |
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| Balance oil – bring your body back into balance to improve cell absorption levels and reduce chronic inflammation.  |  |
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| Zinobiotic – to improve your gut health and reduce intolerance to food types and reduce allergic reactions.  |  |
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| X-Tend – to boost your immune system and fight viruses. |  |
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| Viva+ -to help reduce anxiety and improve sleep |  |
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| **Part 7: Clinical study review** |  |
| Are you happy to participate in this study so we can measure your improvements in 4 months time? |  |
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| Product order date: |  |
|  |  |
| Date of first blood test: |  |
|  |  |
| Date of second blood test: |  |
|  |  |
| Next appointment: |  |