



Ultra Premium Nutritional Supplements
Vidagenix Nutritional Deficiency Questionnaire
 For more information or to order, contact us at **1-800-973-1016**.

Part One: Lifestyle Factors and Clinical Indicators of Vitamin and Mineral Deficiency.
 Please Indicate Yes or No for each question.

Question		Response		Feedback For Yes answers
1	On average, do you eat fewer than five fruit and vegetable servings per day?	No	Yes	Insufficient intake of fruits and vegetables (less than five servings per day) deprives the body of many necessary nutrients including antioxidants, B vitamins, and phyto-nutrients.
2	Do you often experience a scaly, flaky, Seborrheic condition at the outer nose margins above the lips?	No	Yes	Flaky seborrheic conditions on the face are associated with deficiencies in vitamins B2 and B6.
3	Do you have soft nails or nails that chip, crack, or peel easily, and/or are brittle or contain ridges (rather than being smooth)?	No	Yes	Soft nails or nails that chip, crack or peel easily, and/or are brittle or contain ridges (not smooth), often are caused by deficiencies in calcium and other minerals.
4	Are there white spots under your fingernails?	No	Yes	White spots under fingernails often are a sign of zinc deficiency.
5	Have you noticed small red spots under your skin?	No	Yes	Red spots under the skin often are an indicator of Vitamin C deficiency.
6	On average, do you consume more than three alcoholic beverages per week?	No	Yes	Consuming more than three alcoholic beverages per week, on average, is associated with depletion of the following nutrients: vitamin A beta-carotene and other carotenoids vitamin B1 vitamin B2 vitamin B3 vitamin B6 vitamin B12 pantothenic acid vitamin C vitamin D vitamin E potassium Alcohol consumption also produces increased exposure to free radicals.
7	On average, do you drink more than two cups of coffee or caffeinated tea (of any kind) per day?	No	Yes	Drinking more than two cups of coffee or caffeinated tea (or any kind) per day, on average, deplete the body of vitamin C, many B vitamins, and minerals
8	Do you smoke?	No	Yes	Smoking cigarettes increases free-radical exposure and depletes the body of antioxidants, B vitamins, and minerals.
9	Has your skin been damaged by	No	Yes	Damage to the skin from sunlight and tanning

	sunlight and/or do you use a tanning bed more than once per month?			beds results in the production of free radicals and depletion of antioxidants that protect the skin from future ultraviolet light exposure.
10	On a scale of one to five, is the daily stress level in your life three or greater, if one is a low level of stress and five e is a high level of stress?	No	Yes	A score of three or greater may mean stress is at a level sufficient to create hormonal imbalances that can lead to the depletion of vitamin C, many B vitamins, and minerals.
11	Do you often experience cracks at the margins of your lips?	No	Yes	Cracks at the margins of the lips often are associated with vitamin B2 deficiency
12	Do you often experience a sore or burning tongue?	No	Yes	A sore or burning tongue often is caused by deficiencies in vitamins B2, B6, and B12.
13	Have you experienced a reduced ability to taste food?	No	Yes	A reduced ability to taste food often is caused by a zinc deficiency.
14	Do your gums bleed easily?	No	Yes	Gums that bleed easily often signal vitamin C deficiency.
15	Do you bruise easily?	No	Yes	Skin that bruises easily often is associated with a deficiency in vitamin C, calcium, and/or vitamin K?
16	Are you a slow healer from bruises and cuts?	No	Yes	Slow healing capabilities often indicate suboptimal vitamin C status.
17	Do you feel chronically tired?	No	Yes	Feeling chronically fatigued in the absence of disease often is associated with multiple vitamin and mineral deficiencies.
18	Do you have irregular eating patterns?	No	Yes	Irregular eating patterns tend to contribute to inadequate intake of essential vitamins and minerals, which often leads to at least marginal deficiencies.
19	Are you on a weight-loss or calorie-restricted Diet?	No	Yes	Calorie-restricted diets cannot provide optimal intake levels of all vitamin and minerals, thereby continuing to marginal deficiency states. Individuals on calorie-restricted diets (less than 2000-2500 calories per day) are advised to derive the missing nutrients from a multiple vitamin/mineral.
20	Do you feel run down and/or are you experiencing a weakened state of immunity?	No	Yes	Feeling run down and/or in a weakened state of immunity suggests multiple nutrient deficiencies might be a factor. Studies reveal that supplementation with certain antioxidant vitamins, as well as zinc and selenium; can bolster immune function in older subjects and in those with certain types of compromised immune function.
21	Does your hair fall out easily, and/or is it dry and brittle, and/or does it lack optimal luster and sheen?	No	Yes	Hair that falls out easily, dry and brittle hair, and/or lackluster hair that is dull in appearance are all associated with multiple vitamin and mineral deficiencies.



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Part Two: Drugs Causing Nutrient Depletion.
 Please indicate Yes or No for each question.

Question		Response		Feedback For Yes Answers
1	Laxatives	No	Yes	Regular use of laxatives is associated with depletion of the following nutrients: vitamin A vitamin D vitamin E calcium
2	Long-term antibiotic therapy	No	Yes	Long-term use of antibiotics is associated with depletion of the following nutrients: vitamin B1 vitamin B2 biotin pantothenic acid vitamin C vitamin E vitamin K potassium magnesium zinc
3	Cholesterol-lowering drugs: cholestyramine, Colestipol, Questran, Colestid, Atromid-S	No	Yes	Regular use of cholesterol-lowering drugs is associated with depletion of the following nutrients: vitamin A vitamin D vitamin B12 folic acid iron
4	Anti-gout drug: Colchicine	No	Yes	Regular use of Colchicine to treat gout is associated with depletion of the following nutrients: vitamin A vitamin D vitamin B12 folic acid iron
5	Steroid hormones: cortisone, prednisone, etc.	No	Yes	Regular use of certain steroid drugs is associated with depletion of the following nutrients: folic acid vitamin D zinc magnesium vitamin C

				calcium
6	Aspirins for arthritis or any other reason (or other nonsteroidal anti-inflammatory drugs: ibuprofen, naproxen, etc.)	No	Yes	Regular use of nonsteroidal anti-inflammatory drugs is associated with depletion of the following nutrients: folic acid vitamin C vitamin K iron
7	Antacids: Maalox, Tums, Mylanta, Rolaids, Diovol, etc.	No	Yes	Regular use of antacid drugs is associated with depletion of the following nutrients: vitamin A vitamin B1 folic acid vitamin B12 chromium iron
8	Oral contraceptives	No	Yes	Regular use of oral contraceptive drugs is associated with depletion with depletion of the following nutrients: beta-carotene vitamin B1 vitamin B6 folic acid vitamin B12 biotin pantothenic acid vitamin C magnesium Zinc
9	Sedatives/barbiturates	No	Yes	Your regular use of sedative and/or barbiturate drugs is associated with depletion of the following nutrients: vitamin B2 vitamin C vitamin D folic acid vitamin B12 pantothenic acid
10	Estrogen replacement drugs	No	Yes	Regular use of estrogen replacement therapy is associated with depletion of the following nutrients: vitamin B1 vitamin B2 folic acid vitamin B12 biotin pantothenic acid vitamin C magnesium zinc
11	Caffeine: caffeinated coffee, tea, espresso, etc.	No	Yes	Your regular intake of caffeine is associated with depletion of the following nutrients: vitamin B1 potassium zinc
12	Smoking	No	Yes	Smoking is associated with depletion of the following nutrients: vitamin B1

				folic acid vitamin B12
13	Antidepressants: Prozac, Paxil, Zoloft, Celexa, amitriptyline, etc.	No	Yes	Regular use of antidepressant drugs is associated with depletion of the following nutrients: vitamin B2 vitamin B6 calcium magnesium coenzyme Q10
14	Amphetamines: Adderall, Cylert, Ritalin, Benedrine, Dexedrine, etc.	No	Yes	Your regular use of amphetamines is associated with depletion of the following nutrients: vitamin B1
15	Levodopa	No	Yes	Your regular use of Levodopa is associated with depletion of the following nutrients: vitamin B6
16	Anticonvulsants: Dilantin, Celontin, Zorontin, carbamazepine, phenobarbital, etc.	No	Yes	Regular use of anticonvulsant drugs is associated with depletion of the following nutrients: folic acid biotin vitamin D vitamin E zinc
17	Heart medications: digoxin or Digitalis	No	Yes	Regular use of digoxin is associated with depletion of the following nutrients: vitamin B1
18	Inflammation/pain medications: indomethacin	No	Yes	Regular use of indomethacin is associated with depletion of the following nutrients: vitamin B1
19	Diuretics: thiazide drugs, hydrochlorothiazide, Moderet, apotrizide, Midamor, etc.	No	Yes	Regular use of diuretic drugs is associated with depletion of the following nutrients: vitamin B1 calcium potassium (thiazide) magnesium zinc
20	High blood pressure, ACE-inhibitor drugs: Captopril, Capoten, Lotensin, Vasotec, Ramipril, Altace, Prinivil	No	Yes	Regular use of ACE-inhibitor drugs for high blood pressure is associated with depletion of the following nutrients: zinc
21	High blood pressure, beta-blockers: atenolol, metoprolol, propranolol, acebutolol	No	Yes	Regular use of beta-blocker high blood pressure drugs is associated with depletion of the following: coenzyme Q10
22	High cholesterol, statin drugs: Lipitor, Crestor, Mevacor, Zocor, Lescol Pravachol	No	Yes	Regular use of statin drugs for high cholesterol is associated with depletion of the following nutrients: coenzyme Q10