### Your top 3 health concerns:

1. 
2. 
3. 

### Medication / Supplements you are taking:

(exclude Neuroscience products)

<table>
<thead>
<tr>
<th>Product name</th>
<th>morning</th>
<th>afternoon</th>
<th>evening</th>
<th>bedtime</th>
<th>Not at all</th>
<th>Somewhat</th>
<th>Very often</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

### Menstrual Status:

(women only)

- Date last period started: / / 
- Avg. number of days in your cycle: 
- Regular cycles: 
- Irregular cycles: 

### Are you or a housemate taking hormones:

- Estradiol (E2)  
- Estriol (E3)  
- Progesterone  
- Testosterone  
- DHEA  
- Melatonin

### NeuroScience products you are taking:

(capsules or sprays)

<table>
<thead>
<tr>
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<th>afternoon</th>
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<th>Very often</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

### General

In the past two weeks have you experienced:

- Anxiety 
- Feeling panicked or frightened 
- Irritability 
- Feeling hyper or revved up 
- Feeling fidgety or restless 
- Sadness 
- Feeling worthless or hopeless 
- Loss of interest in things you enjoyed 
- Lack of energy or endurance 
- Feeling unrefreshed or tired 
- Low sexual desire 
- Sexual issues 
- Hot flashes 
- Night sweats 
- Headaches or migraines 
- Pain or stiffness 
- Achy joints 
- Diarrhea 
- Gas or bloating 
- Intestinal pain or cramping 
- Constipation 
- Heartburn or acid reflux 
- Inability to lose weight 
- Weight gain 
- Food cravings 
- Difficulty falling asleep 
- Difficulty staying asleep 
- Restless sleep 
- Dizziness 
- Brain fog 
- Lack of focus 
- Forgetfulness or poor memory 
- Disruptions to your routine by others 
- Restless legs syndrome

### Test-Specific

In the past two weeks have you experienced:

- Stress or worry 
- Feeling frightened or nervous 
- Feeling wound up 
- Making mistakes 
- Racing thoughts 
- Anger 
- Guilt 
- Feeling isolated and alone 
- Feeling hopeless 
- Mood swings 
- Cold spells 
- Generalized pain 
- Sore or painful muscles 
- Skin rash 
- Confusion 
- Inability to recall recent events 
- Unable to focus on what is being said 
- Sloppiness or carelessness 
- Binge eating 
- Impulsive behavior 
- Repetitive behavior 
- Needing to check things over and over again 
- Eating because you feel stressed 
- Feeling overwhelmed 
- Inability to stay on top of things 
- Other people's expectations 
- Having too much responsibility 
- Your health issues being physical 
- Your health issues being stress-related

### Medical History

Have you ever been diagnosed with:

- ADD / ADHD 
- Allergies (Pet, Seasonal, Food, etc.) 
- Alzheimer's Disease 
- Anxiety / Obsessive Compulsive 
- Arthritis 
- Asthma 
- Autism / Asperger's Syndrome 
- Bacterial/Viral/Fungal Infection 
- Cardiovascular issues 
- Celiac Disease 
- Depression 
- Fibromyalgia 
- High Blood Pressure 
- IBS / IBD / Crohn's Disease 
- Insomnia 
- Lyme Disease 
- Metabolic Syndrome 
- Migraines 
- Parkinson's Disease 
- Prostate Cancer 
- Restless legs syndrome 
- Thyroid Disorder 
- Type II Diabetes 
- Other:

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