



## Nutrition Detective Questionnaire

Center for Better Bones

Name:

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Please check the symptom(s) that you experience:

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|--|--|
| 1. Black and blue easily               | 19. Periodontal disease                      |
| 2. Gums bleed                          | 20. Eyes sensitive to light                  |
| 3. Slow wound healing                  | 21. Callous on inner surface of heel         |
| 4. Poor night vision                   | 22. Varicose veins                           |
| 5. White spots on nails for no reason  | 23. Poor dream recall                        |
| 6. Cracked skin behind ears            | 24. Tend to grind teeth                      |
| 7. Loss of sense of taste              | 25. Slow growth (children)                   |
| 8. Cracks in skin of fingertips        | 26. Vaginal yeast infections                 |
| 9. Yellow cast to face and skin        | 27. Nails horizontally ridged                |
| 10. Muscle cramps or tremors           | 28. Nails soft or brittle                    |
| 11. Enlarged thyroid gland             | 29. Dry skin and/or scalp                    |
| 12. Burning feet                       | 30. Excessive ear wax                        |
| 13. Crave sweets                       | 31. Bumpy skin on back of arms and/or thighs |
| 14. Anemic                             | 32. Stool that sinks                         |
| 15. Pale tongue and pale inner eye lid | 33. Sensitive to cold, easily chilled        |
| 16. Break bones easily                 | 34. Cracks or sores in corner of mouth       |
| 17. Nocturnal leg cramps               | 35. Elevated Blood Pressure                  |
| 18. Receding gums                      |  |

**Circled Answers Indicate Possibility of a Deficiency in the Following Nutrients:**

**1, 2:** Vitamin C, Rutin; **3:** Zinc, Vitamin A; **4, 5, 6, 7, 8:** Zinc; **9:** B<sub>12</sub> and B Complex; **10:** Magnesium, Potassium; **11:** Iodine; **12:** Pantothenic Acid; **13:** Chromium; **14, 15:** Iron, possibly B<sub>12</sub>, Copper or B<sub>6</sub>; **16, 17, 18, 19:** Calcium, Magnesium, possibly Zinc; **20:** B Vitamins; **21:** Vitamin A; **22:** Fiber, Vit. E, Bioflavonoids, Magnesium; **23:** B<sub>6</sub>; **24:** Calcium, Magnesium; **25:** Zinc; **26:** Lactobacillus Acidophilus; **27, 28:** Calcium, Magnesium, Minerals; **29, 30, 31:** Essential Fatty Acids; **32:** Fiber, Water; **33:** Iron; **34:** Riboflavin, B Complex; and **35:** Magnesium, possibly Calcium.