

**BALANCING
BODY CHEMISTRY
WITH NUTRITION
SEMINARS**



**A MANUAL FOR
METABOLIC/NUTRITIONAL
EVALUATION OF THE
SYMPTOM SURVEY
FORM**

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**BALANCING BODY CHEMISTRY
WITH NUTRITION SEMINARS**

FOR

DOCTORS LICENSED IN THE HEALING ARTS



The information recorded in the attached Symptom Survey Key sheets is the result of on-going clinical research conducted by doctors listed in the Balancing Body Chemistry With Nutrition Manual "A Manual for Metabolic/Nutritional Evaluation Of The SMA/25, CBC w/Differential and Related Tests". This information is restricted to professional use. Although Standard Process Labs products are suggested, the opinions expressed concerning the products are not those of Standard Process Labs. The information contained on the attached sheets should not be construed as a claim or representation that any procedure or product mentioned constitutes either a specific cure, palliative or ameliorative for any condition noted. The Symptom Survey Key Sheets are not for the purpose of diagnosing or treatment of disease. They are designed to assist the doctor in evaluation of the patient's metabolic status and to help determine those food and supplemental food factors that are either excessive or insufficient in their diet.

It is left to the discretion and is the sole responsibility of the user of this manual to determine if procedures and therapy described are appropriate for their patient. Neither information nor Balancing Body Chemistry With Nutrition Seminars can be held responsible for the enclosed, nor for any inadvertent errors or omissions in any of the information.

DOLORES S. DOWNEY
Managing Editor

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INSTRUCTIONS FOR USING THE SYMPTOM SURVEY KEY SHEETS

1. Insure the patient uses numbers (1, 2 or 3), to answer questions that apply. Symptoms that do not apply should be left blank. THE PATIENT SHOULD BE INFORMED NOT TO USE CHECK MARKS, Xs, ETC., TO IDENTIFY SYMPTOMS, they are of no value to you in assessment of the form.

2. To assess the Symptom Survey Form, the person completing the assessment must first count and mark with a colored marker pen the number of questions identified by the patient with a three (3). If the number of questions identified with a three (3) is 20 or more then only the questions identified with a three (3) need to be marked; however, if the number is less than 20, this procedure should be carried out for the questions identified with a two (2). If the total of questions marked with either a three (3) or a two (2) is less than 20, then the questions identified with a one (1) must also be marked.

3. After the procedure described in paragraph 2 above has been completed refer to page 3, 4 and 5, of this manual. These pages indicate the supplement(s) by supplement code number that apply to each question. The operator, using the key can now list on a separate sheet of paper the supplement code numbers listed next to each question previously identified by colored marker pen.

4. The supplement code numbers with their corresponding supplements are listed on the next to the last page of this manual. An example of a sheet that can be used to log the number of times a code number (supplement) is indicated is listed on the last page of this manual (copies of this page should be made so a work sheet can be filed with each Symptom Survey evaluated).

5. The procedures described in paragraphs 2 and 3 insures that the most serious metabolic problem(s) and patient complaints are addressed first (you can see now why it is most important for the patient to use numbers and not other indicators to identify symptoms). You will find upon serial evaluation of the patient that many of the secondary problems will resolve as the major problems are resolved.

6. After the evaluation process has been completed, total the number of times a specific code number (supplement) is indicated. The two products indicated most frequently should be considered as primary metabolic support and the following two, secondary support.

7. Insure postural blood pressures and pulse are taken. This information will assist you in determining adrenal fatigue, acid or alkaline mineral need, hypertension, parathyroid support, need for Vitamin B, etc. (see section in this manual covering blood pressures and pulse).

8. Insure the patient is reevaluated every 60 days or less to determine progress and efficacy of supplemental program.

9. Further information on each question on the Symptom Survey and supplemental support are listed in separate sections of this manual (see table of contents).

SYMPTOM SURVEY FORM
(Restricted to Professional Use)

F - Female

M - Male

PATIENT _____ DOCTOR _____ DATE _____

INSTRUCTIONS: Number the boxes which apply to you. Use (1) for MILD symptoms (occur once or twice a year), (2) for MODERATE symptoms (occur several times a year), and (3) for SEVERE symptoms (you are aware of it almost constantly).

GROUP ONE

- | | | |
|---|--|---|
| 1 <input type="checkbox"/> 63,83,95 | 8 <input type="checkbox"/> 5,95 | 15 <input type="checkbox"/> 19,21,109,116,119,131 |
| 2 <input type="checkbox"/> 9,16,19,35,83,95,102 | 9 <input type="checkbox"/> 120F/121M,83,95 | 16 <input type="checkbox"/> 62,95 |
| 3 <input type="checkbox"/> 5,95 | 10 <input type="checkbox"/> 9,12,16,19,35,59,102 | 17 <input type="checkbox"/> 23,95 |
| 4 <input type="checkbox"/> 5,95 | 11 <input type="checkbox"/> 2,13,95 | 18 <input type="checkbox"/> 12,95 |
| 5 <input type="checkbox"/> 8,21,95,116,131 | 12 <input type="checkbox"/> 9,16,19,35,95,102 | 19 <input type="checkbox"/> 95 |
| 6 <input type="checkbox"/> 120F/121M,83,95 | 13 <input type="checkbox"/> 5,12,95 | 20 <input type="checkbox"/> 95,132 |
| 7 <input type="checkbox"/> 23or25,70 | 14 <input type="checkbox"/> 63,83,95 | |

GROUP TWO

- | | | |
|---|--|--|
| 21 <input type="checkbox"/> 35,55,104 | 29 <input type="checkbox"/> 63,104 | 37 <input type="checkbox"/> 12,48,104 |
| 22 <input type="checkbox"/> 23or25,35,55 | 30 <input type="checkbox"/> 63,104 | 38 <input type="checkbox"/> 9,10,83,104,120F/121M |
| 23 <input type="checkbox"/> 63,104 | 31 <input type="checkbox"/> 24,44,104 | 39 <input type="checkbox"/> 23,48,70,104 |
| 24 <input type="checkbox"/> 8,21,62,104,116 | 32 <input type="checkbox"/> 26,104,127 | 40 <input type="checkbox"/> 9,16,19,35,102 |
| 25 <input type="checkbox"/> 62,104 | 33 <input type="checkbox"/> 12,102,104 | |
| 26 <input type="checkbox"/> 8,62,104,116,131 | 34 <input type="checkbox"/> 5,104 | 41 <input type="checkbox"/> 8,21,39,70,116,123,131 |
| 27 <input type="checkbox"/> 104,132 | 35 <input type="checkbox"/> 5,104 | |
| 28 <input type="checkbox"/> 5,46,48,102,104,109 | 36 <input type="checkbox"/> 21,32,78,116,130,131 | |

GROUP THREE

- | | | |
|--|---|---|
| 42 <input type="checkbox"/> 5,12,46,48,102,109 | 49 <input type="checkbox"/> 5,12,46,48,102,109 | 53 <input type="checkbox"/> 5,12,31,46,48,102,109 |
| 43 <input type="checkbox"/> 5,12,46,48,102,109 | | |
| 44 <input type="checkbox"/> 5,12,46,48,102,109 | 50 <input type="checkbox"/> 5,12,46,48,102,109 | 54 <input type="checkbox"/> 5,12,46,48,102,109 |
| 45 <input type="checkbox"/> 5,12,46,48,102,109 | 51 <input type="checkbox"/> 5,12,31,46,48,102,109 | |
| 46 <input type="checkbox"/> 5,12,46,48,102,109 | 52 <input type="checkbox"/> 5,12,46,48,102,109 | 55 <input type="checkbox"/> 5,12,31,46,48,102,109 |
| 47 <input type="checkbox"/> 5,12,46,48,102,109 | | |
| 48 <input type="checkbox"/> 5,12,46,48,102,109 | | |

GROUP FOUR

- | | | |
|---|--|---|
| 56 <input type="checkbox"/> 12,13,26,35,51,127 | 63 <input type="checkbox"/> 12,26,48,51,127 | 68 <input type="checkbox"/> 13,19,23or25,29,30,43,59,61,100 |
| 57 <input type="checkbox"/> 12,26,35,51,127 | 64 <input type="checkbox"/> 3,7,12,20,26,51,95,123,127 | 69 <input type="checkbox"/> 30,59,70,132 |
| 58 <input type="checkbox"/> 12,26,48,51,127 | 65 <input type="checkbox"/> 12,26,50,51,127,128 | 70 <input type="checkbox"/> 7,23or25,26,33,43,51 |
| | | 71 <input type="checkbox"/> 7,12,26,33,48,51,95 |
| 59 <input type="checkbox"/> 8,26,48,51 | 66 <input type="checkbox"/> 12,26,51,53,127 | 72 <input type="checkbox"/> 5,26,31,51,84 |
| 60 <input type="checkbox"/> 8,12,26,51 | 67 <input type="checkbox"/> 5,26,31,51,132 | |
| 61 <input type="checkbox"/> 23or25,39,48,70 | | |
| 62 <input type="checkbox"/> 5,12,26,46,48,102,109,127 | | |

GROUP FIVE

- | | | |
|---|--|---|
| 73 <input type="checkbox"/> 12, 26, 48, 78 | 83 <input type="checkbox"/> 5, 31, 84 | 91 <input type="checkbox"/> 5, 8, 21, 31, 131 |
| 74 <input type="checkbox"/> 23or25, 55, 78, 120F/121M | | 92 <input type="checkbox"/> 3, 8, 10, 21, 116, 131 |
| 75 <input type="checkbox"/> 5, 62, 78, 128 | 84 <input type="checkbox"/> 5, 31, 84 | |
| 76 <input type="checkbox"/> 73, 78 | 85 <input type="checkbox"/> 5, 31, 84 | 93 <input type="checkbox"/> 21, 30, 78, 116, 130, 132 |
| 77 <input type="checkbox"/> 19, 23or25, 55, 78 | 86 <input type="checkbox"/> 5, 31, 78 | 94 <input type="checkbox"/> 123, 130, 132 |
| 78 <input type="checkbox"/> 5, 9, 13, 19, 23or25, 35 | 87 <input type="checkbox"/> 5, 12, 31, 35, 43, 60, 84, 131 | 95 <input type="checkbox"/> 9, 10, 19, 55, 83, 120F/121M |
| 79 <input type="checkbox"/> 19, 23or25, 55, 78 | 88 <input type="checkbox"/> 21, 57, 78, 116, 130 | 96 <input type="checkbox"/> 21, 32, 116, 130, 131 |
| 80 <input type="checkbox"/> 5, 31, 78 | 89 <input type="checkbox"/> 8, 21, 32, 78, 116, 130, 131 | 97 <input type="checkbox"/> 5, 12, 31, 46, 48, 84, 102, 109 |
| 81 <input type="checkbox"/> 21, 57, 78, 116, 130 | 90 <input type="checkbox"/> 16, 34, 47, 104 | |
| 82 <input type="checkbox"/> 5, 12 | | |

GROUP SIX

- | | | |
|--|---|---|
| 98 <input type="checkbox"/> 46, 132 | 101 <input type="checkbox"/> 46, 132 | 104 <input type="checkbox"/> 8, 21, 30, 32, 63, 70, 116, 130, 131 |
| 99 <input type="checkbox"/> 5, 46, 132 | 102 <input type="checkbox"/> 5, 21, 30, 116, 130, 132 | |
| 100 <input type="checkbox"/> 3, 5, 46, 63, 104 | 103 <input type="checkbox"/> 5, 84, 46, 132 | 105 <input type="checkbox"/> 5, 84, 132 |
| | | 106 <input type="checkbox"/> 5, 84, 132 |

GROUP SEVEN

- | | | |
|---|--|--|
| (A) | | (E) |
| 107 <input type="checkbox"/> 9, 10, 82, 83, 120F/121M | | 150 <input type="checkbox"/> 12, 34, 48, 78 |
| 108 <input type="checkbox"/> 12, 62, 82, 83 | | 151 <input type="checkbox"/> 5, 46, 120F/121M |
| 109 <input type="checkbox"/> 9, 10, 21, 83, 116, 120F/121M | (C) | 152 <input type="checkbox"/> 52, 120F/121M |
| 110 <input type="checkbox"/> 9, 10, 23or25, 83, 104 | 137 <input type="checkbox"/> 33, 34, 35, 114 | 153 <input type="checkbox"/> 7, 33, 34, 46, 78, 110 |
| 111 <input type="checkbox"/> 12, 62, 82, 83 | 138 <input type="checkbox"/> 12, 48, 52, 120F/121M | |
| 112 <input type="checkbox"/> 9, 10, 83, 120F/121M | 139 <input type="checkbox"/> 52, 93M, 95, 99F, 120F/121M | 154 <input type="checkbox"/> 52, 61, 95, 120F |
| 113 <input type="checkbox"/> 62, 95 | 140 <input type="checkbox"/> 34, 71, 95, 120F/121M | 155 <input type="checkbox"/> 52, 120F/121M |
| 114 <input type="checkbox"/> 9, 10, 83, 120F/121M | 141 <input type="checkbox"/> 95, 120F/121M | 156 <input type="checkbox"/> 52, 61, 95, 120F |
| 115 <input type="checkbox"/> 12, 62, 83, 95 | | |
| 116 <input type="checkbox"/> 12, 62, 83, 95 | (D) | (F) |
| 117 <input type="checkbox"/> 9, 10, 83, 120F/121M | 142 <input type="checkbox"/> 52, 120F/121M | 157 <input type="checkbox"/> 12, 34, 48, 78 |
| 118 <input type="checkbox"/> 9, 10, 83, 95, 120F/121M | 143 <input type="checkbox"/> 5, 31, 84, 132 | 158 <input type="checkbox"/> 12, 48, 120F/121M |
| 119 <input type="checkbox"/> 9, 10, 83, 120F/121M | 144 <input type="checkbox"/> 52, 120F/121M | 159 <input type="checkbox"/> 8, 12, 21, 48, 116, 131 |
| 120 <input type="checkbox"/> 12, 62, 83, 95 | 145 <input type="checkbox"/> 30, 52, 61F, 70M, 93M, 120F/121M | 160 <input type="checkbox"/> 18, 48, 70 |
| 121 <input type="checkbox"/> 12, 62, 83, 95, 120F/121M | 146 <input type="checkbox"/> 21, 32, 38, 52, 63, 116, 120F/121M, 130 | 161 <input type="checkbox"/> 23or25, 48, 55 |
| (B) | 147 <input type="checkbox"/> 52, 120F/121M | 162 <input type="checkbox"/> 21, 48 |
| 122 <input type="checkbox"/> 9, 16, 19, 35, 40, 102, 109 | 148 <input type="checkbox"/> 52, 120F | 163 <input type="checkbox"/> 23or25, 48, 104 |
| 123 <input type="checkbox"/> 19, 21, 116, 119, 131 | 149 <input type="checkbox"/> 52, 120F | 164 <input type="checkbox"/> 5, 46, 78, 84 |
| 124 <input type="checkbox"/> 12, 120F/121M | | 165 <input type="checkbox"/> 9, 16, 19, 35, 102, 104 |
| 125 <input type="checkbox"/> 7, 12, 48, 95 | | 166 <input type="checkbox"/> 3, 7, 13, 48, 110 |
| 126 <input type="checkbox"/> 12, 120F/121M | | 167 <input type="checkbox"/> 21, 48 |
| 127 <input type="checkbox"/> 9, 16, 19, 35, 102 | | 168 <input type="checkbox"/> 34, 48, 78 |
| 128 <input type="checkbox"/> 9, 16, 19, 23or25, 35, 55, 102 | | 169 <input type="checkbox"/> 8, 21, 48, 116, 131 |
| 129 <input type="checkbox"/> 21, 57, 78, 116, 130 | | 170 <input type="checkbox"/> 21, 32, 48 |
| 130 <input type="checkbox"/> 120F/121M | | 171 <input type="checkbox"/> 48, 120F/121M |
| 131 <input type="checkbox"/> 9, 16, 19, 23or25, 35, 55, 70, 102 | | 172 <input type="checkbox"/> 8, 21, 48, 116, 131 |
| 132 <input type="checkbox"/> 5, 9, 12, 16, 19, 35, 46, 48, 102, 109 | | |
| 133 <input type="checkbox"/> 12, 120F/121M, 127 | | |
| 134 <input type="checkbox"/> 9, 16, 19, 35, 102 | | |
| 135 <input type="checkbox"/> 9, 16, 19, 35, 102 | | |
| 136 <input type="checkbox"/> 12, 120F/121M | | |

FEMALE ONLY

- 173 ☐ 12, 61, 120F 181 ☐ 19, 23or25, 61, 94, 97, 100, 102
 174 ☐ 5, 13, 19, 48, 79, 126 182 ☐ 19, 24, 43, 48, 61, 87, 94, 100, 102
 175 ☐ 13, 19, 79, 126 183 ☐ 19, 61, 120F, 128
 176 ☐ 5, 13, 19, 48, 79, 120F
 177 ☐ 23or25, 59, 61, 70, 100 184 ☐ 45, 61, 70, 120F
 178 ☐ 45, 78, 80, 116, 120F, 123, 130 185 ☐ 61, 92, 120F
 179 ☐ 23or25, 59, 61, 70, 100
 180 ☐ 7, 19, 104, 116, 130

MALE ONLY

- 186 ☐ 19, 25, 30, 55, 70, 108
 187 ☐ 19, 25, 30, 55, 70, 108
 188 ☐ 19, 25, 30, 55, 70, 108
 189 ☐ 30, 92, 121M
 190 ☐ 19, 25, 30, 55, 70, 108
 191 ☐ 19, 25, 30, 55, 70, 78, 108, 116, 130
 192 ☐ 12, 48, 121M
 193 ☐ 19, 25, 30, 55, 70, 98, 108, 113
 194 ☐ 12, 48, 121M
 195 ☐ 121M
 196 ☐ 23or25, 50, 55, 128
 197 ☐ 19, 25, 30, 55, 70, 93, 108, 121M

IMPORTANT

TO THE PATIENT: Please list below the five main complaints you have in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

(TO BE COMPLETED BY DOCTOR)

Postural Blood Pressure: Recumbent _____ Standing _____ Pulse _____

Hema-Combistix Urine readings: pH _____ Albumin per cent _____ Glucose per cent _____

Occult Blood _____ pH of Saliva _____ pH of Stool specimen _____ Weight _____

Hemoglobin _____ Blood Clotting Time _____

RECOMMENDATIONS AND SUMMARY:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

CASE RECORD

Name _____ Date _____ Telephone _____ () _____

Address _____ City _____ State _____ Zip _____

Age _____ Weight _____ Height _____ Sex _____

Occupation: _____ Married _____

History of Illness and Treatment _____

Operations, Accidents or Injuries: _____

Present Illness or Complaints: _____

Diagnostic Summary: _____

Treatment, Recommendations, and Progress: _____

EVALUATION OF QUESTIONS ON SYMPTOM SURVEY FORM

1. ACID FOODS UPSET: Primary indication - sympathetic dominance (gastric function under control of parasympathetic system with resulting reduced HCl production in sympathetic dominance). Secondary indication - gastric dysfunction. Supplemental support - primary - Min-Tran or Organic Minerals secondary - Gastrex. Note: in either cause indicated, gastric inflammation may be present requiring the use of Gastrex until inflammation abates.
2. GET "CHILLED" OFTEN: Primary indication - sympathetic dominance. Secondary indication - thyroid dysfunction. Supplemental support - primary - Min-Tran or Organic Minerals secondary - All Organic Trace Minerals, Black Currant Seed Oil, Paraplex, Betafood, Circuplex.
3. LUMP IN THROAT: Primary indication - sympathetic dominance. Secondary indication - biliary stasis (bile too thick). Supplemental support - primary - Organic Minerals, secondary - A-F Betafood.
4. DRY MOUTH-EYES-NOSE: Primary indication - sympathetic dominance. Secondary indication - side effect of some cardiac drugs and diuretics. Supplemental support - primary - Organic Minerals secondary - A-F Betafood.
5. PULSE SPEEDS AFTER MEALS: Primary indication - food sensitivity. Secondary indication - sympathetic dominance. Supplemental support - primary - remove offending food(s), Allerplex, Spanish Black Radish, Cal-Amo and Zymex II, secondary - Organic Minerals.
6. KEYED UP - FAIL TO CALM: Primary indication - thyroid - adrenal dysfunction. Secondary indication - sympathetic dominance. Supplemental support - primary - Symplex F or M and Organic Minerals, secondary - Min-Tran or Organic Minerals.

7. CUTS HEAL SLOWLY: Primary indication - immune insufficiency with a need for zinc. Secondary indication - need for calcium. Supplemental support - primary - Immuplex secondary - Calcium Lactate or Calsol.

8. GAG EASILY: Primary indication - biliary stasis. Secondary indication - sympathetic dominance. Supplemental support - primary - A-F Betafood, secondary - Organic Minerals.

9. UNABLE TO RELAX; STARTLES EASILY: Primary indication - thyroid-adrenal dysfunction. Secondary indication - sympathetic dominance. Supplemental support - primary - Symplex F or M and Organic Minerals, secondary - Min-Tran or Organic Minerals.

10. EXTREMITIES COLD, CLAMMY: Primary indication - reduced thyroid function. Secondary indication - need for Vitamin B or anemia. Supplemental support - primary - All Organic Trace Minerals, Black Currant Seed Oil, Paraplex, Betafood, Circuplex, secondary Cataplex B and-or Ferrofood.

11. STRONG LIGHT IRRITATES: Primary indication Sympathetic dominance. Secondary indication - Vitamin A or Vitamin B6 need. Supplemental support - primary - Organic Minerals, secondary Cataplex A-C and B6wNiacinamide.

12. URINE AMOUNT REDUCED: Primary indication - thyroid dysfunction. Secondary indication - sympathetic dominance. Supplemental support - primary - All Organic Trace Minerals, Black Currant Seed Oil, Paraplex, Betafood, Circuplex, secondary - Organic Minerals.

13. HEART POUNDS AFTER RETIRING: Primary indication - sympathetic dominance. Secondary indication - need for Vitamin B or biliary stasis. Supplemental support - primary - Organic Minerals, secondary - Cataplex B or A-F Betafood.

14. NERVOUS STOMACH: Primary indication - sympathetic dominance. Secondary indication - gastric dysfunction. Supplemental support - primary - Min-Tran or Organic Minerals, secondary - Gastrex.

15. APPETITE REDUCED: Primary indication - need for unsaturated fatty acids. Secondary indication - parasites. Supplemental support - primary - SuperEFF, Black Currant Seed Oil and Protefood (amino acids), secondary - Zymex II, Spanish Black Radish and Cal-Amo.

16. COLD SWEATS OFTEN: Primary indication - sympathetic dominance. Secondary indication - need for cholinesterase. Supplemental support - primary - Organic Minerals, secondary - Cataplex G.

17. FEVER EASILY RAISED: Primary indication - calcium need. Secondary indication - sympathetic dominance. Supplemental support - primary - Calcium Lactate, secondary Organic Minerals.

18. NEURALGIA-LIKE PAINS: Primary indication - Vitamin B need. Secondary indication - sympathetic dominance. Supplemental support - primary - Cataplex B, secondary - Organic Minerals.

19. STARING-BLINKS LITTLE: Primary indication - sympathetic dominance. Supplemental support - Organic Minerals.

20. SOUR STOMACH FREQUENT: Primary indication - HCl need. Secondary indication - sympathetic dominance. Supplemental support - primary - Zypan, secondary - Organic Minerals.

21. JOINT STIFFNESS AFTER ARISING: Primary indication - inability to use calcium (systemically). Secondary indication - parasympathetic dominance. Supplemental support - primary - Circuplex and Cataplex F Tablets, secondary - Phosfood.

22. MUSCLE-LEG-TOE CRAMPS AT NIGHT: Primary indication - calcium need. Secondary indication - parasympathetic dominance. Supplemental support - primary - Calcium Lactate or Calsol, secondary - Circuplex and Cataplex F Tablets.
23. "BUTTERFLY" STOMACH CRAMPS: Primary indication - parasympathetic dominance. Secondary indication - gastric dysfunction. Supplemental support - primary - Phosfood, secondary - Gastrex.
24. EYES OR NOSE WATERY: Primary indication - food or environmental sensitivity. Secondary indication - parasympathetic dominance. Supplemental support - primary - Spanish Black Radish, Allerplex, Cal-Amo and Zymex II, secondary - Cataplex G and Phosfood.
25. EYES BLINK OFTEN: Primary indication - parasympathetic dominance. Supplemental support - Phosfood and Cataplex G.
26. EYELIDS SWOLLEN, PUFFY: Primary indication - food or environmental sensitivity. Secondary indication - parasympathetic dominance, riboflavin need. Supplemental support - primary - Allerplex, Spanish Black Radish and Zymex II, secondary - Phosfood and Cataplex G.
27. INDIGESTION SOON AFTER MEALS: Primary indication - need for HCl. Secondary indication - parasympathetic dominance. Supplemental support - primary - Zypan, secondary - Phosfood.
28. EATS OFTEN OR GETS HUNGER PAINS: Primary indication - reactive hypoglycemia. Secondary indication - parasympathetic dominance. Supplemental support - primary - Diaplex, Paraplex, Protefood, Drenamin and A-F Betafood, secondary - Phosfood.

29. DIGESTION RAPID: Primary indication - parasympathetic dominance. Secondary indication - digestive dysfunction. Supplemental support - primary - Phosfood, secondary - Gastrex.

30. VOMITING FREQUENT: Primary indication - parasympathetic dominance. Secondary indication - excess HCl production. Supplemental support - primary - Phosfood, secondary - Gastrex. Note - in either case examination by a qualified doctor is indicated.

31. HORSENESS FREQUENT: Primary indication - parathyroid dysfunction. Secondary indication - parasympathetic dominance. Supplemental support - primary - CalMaPlus and Cataplex D, secondary - Phosfood.

32. BREATHING IRREGULAR: Primary indication - cardiac stress. Secondary indication - parasympathetic dominance. Supplemental support - primary - Cardio-Plus with elevated blood pressure, Vasculin with normal or low blood pressure, secondary - Phosfood. Note - with this indicator pulmonary dysfunction should also be considered.

33. PULSE SLOW; FEELS (IRREGULAR): Primary indication - need for Vitamin B. Secondary indication - parasympathetic dominance, adrenal-thyroid dysfunction. Supplemental support - primary - Cataplex B, secondary - Phosfood and Paraplex.

34. GAGING REFLEX SLOW: Primary indication - biliary stasis. Secondary indication - parasympathetic dominance. Supplemental support - primary - A-F Betafood, secondary - Phosfood.

35. DIFFICULTY SWALLOWING: Primary indication - biliary stasis. Secondary indication - parasympathetic dominance. Supplemental support - primary - A-F Betafood, secondary - Phosfood.

36. CONSTIPATION, DIARRHEA ALTERNATING: Primary indication - toxic bowel. Secondary indication - food sensitivity. Supplemental support - primary - Cholacol II, Spanish Black Radish, Livaplex, Cal-Amo and Zymex, secondary - remove offending foods, Cal-Amo, Spanish Black Radish and Zymex II.

37. (SLOW STARTER): Primary indication - adrenal fatigue. Secondary indication - parasympathetic dominance. Supplemental support - primary - Drenamin and Cataplex B, secondary - Phosfood.

38. GETS "CHILLED" INFREQUENTLY: Primary indication - parasympathetic dominance. Secondary indication - thyroid dysfunction. Supplemental support - primary - Phosfood, secondary - Antronex, All Organic Trace Minerals, Min-Tran and Symplex F or M.

39. PERSPIRE EASILY: Primary indication - parasympathetic dominance. Secondary indication - adrenal dysfunction. Supplemental support - primary - Calcium Lactate and Phosfood, secondary - Drenamin and Immuplex.

40. CIRCULATION POOR, SENSITIVE TO COLD: Primary indication - thyroid dysfunction. Secondary indication - parasympathetic dominance. Supplemental support - primary - All Organic Trace Minerals, Black Currant Seed Oil, Paraplex, Betafood, Circuplex, secondary - Circuplex.
Note - anemia should also be considered.

41. SUBJECT TO COLDS, ASTHMA, BRONCHITIS: Primary indication - immune insufficiency. Secondary indication - food or environmental sensitivity. Supplemental support - primary - Immuplex, Thymex, and Congaplex (Congaplex during acute phase only), secondary - Allerplex, Cal-Amo, Spanish Black Radish and Zymex II.

42. EAT WHEN NERVOUS: Primary indication - reactive hypoglycemia. Secondary indication - thyroid dysfunction. Supplemental support - primary - Diaplex, Drenamin, Protefood, Paraplex, Cataplex B, A-F Betafood, secondary - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

43. EXCESSIVE APPETITE: Primary indication - thyroid dysfunction. Secondary indication - reactive hypoglycemia. Supplemental support - primary - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M, secondary - Diaplex, Protefood, Paraplex, Cataplex B, A-F Betafood, Drenamin.

44. HUNGER BETWEEN MEALS: Primary indication - reactive hypoglycemia. Secondary indication - biliary-pancreatic insufficiency. Supplemental support - primary - Diaplex, Drenamin, A-F Betafood, Cataplex B, Protefood, Paraplex. secondary - A-F Betafood, Cholacol and Multizyme.

45. IRRITABLE BEFORE MEALS: Primary indication - reactive hypoglycemia. Supplemental support - Diaplex, Paraplex, Protefood, Drenamin, A-F Betafood and Cataplex B.

46. GET "SHAKY" IF HUNGRY: Primary indication - reactive hypoglycemia. Supplemental support - Diaplex, Drenamin, Betafood, Protefood, Paraplex and Cataplex B.

47. FATIGUE, EATING RELIEVES: Primary indication - reactive hypoglycemia. Supplemental support - Diaplex, Paraplex, Protefood, Drenamin, Cataplex B and A-F Betafood.

48. FAINTNESS IF MEALS DELAYED: Primary indication - reactive hypoglycemia. Supplemental support - Diaplex, A-F Betafood, Drenamin, Cataplex B, Paraplex and Protefood.

49. HEART PALPITATES IF MEALS MISSED OR DELAYED: Primary indication - reactive hypoglycemia. Supplemental support - Drenamin, Diaplex, A-F Betafood, Protefood, Paraplex, Cataplex B.

50. AFTERNOON HEADACHES: Primary indication - reactive hypoglycemia. Secondary indication - adrenal-thyroid dysfunction. Supplemental support - primary - Diaplex, Drenamin, A-F Betafood, Paraplex, Cataplex B, Protefood, secondary - Symplex F or M, and A-F Betafood.

51. OVEREATING SWEETS UPSETS: Primary indication - lactic acidosis and biliary insufficiency. Secondary indication - reactive hypoglycemia. Supplemental support - primary - Cataplex B, Cholacol, A-F Betafood and Organic Minerals, secondary - Diaplex, Drenamin, Protefood, Paraplex, A-F Betafood and Cataplex B.

52. AWAKEN AFTER A FEW HOURS SLEEP, HARD TO GET BACK TO SLEEP: Primary indication - reactive hypoglycemia. Secondary indication - alkaline mineral need. Supplemental support - primary - Diaplex, A-F Betafood, Drenamin, Cataplex B, Protefood and Paraplex, secondary - Min-Tran and Min-Chex.

53. CRAVE CANDY OR COFFEE IN AFTERNOONS: Primary indication - biliary insufficiency, pancreatic dysfunction. Secondary indication - reactive hypoglycemia, adrenal fatigue. Supplemental support - primary - A-F Betafood, Cholacol and Multizyme, secondary - Diaplex, Drenamin, Cataplex B, Protefood, Paraplex, and A-F Betafood.

54. MOODS OF DEPRESSION "BLUES" OR MELANCHOLY: Primary indication - reactive hypoglycemia. Secondary indication - hormonal imbalance. Supplemental support - primary - Diaplex, Drenamin, Protefood, Paraplex, Cataplex B, and A-F Betafood, secondary - Symplex F or M and Min-Chex.

55. ABNORMAL CRAVING FOR SWEETS OR SNACKS: Primary indication - biliary insufficiency, pancreatic dysfunction. Secondary indication - reactive hypoglycemia. Supplemental support - primary - A-F Betafood, Cholacol and Multizyme, secondary - Diaplex, Drenamin, A-F Betafood, Paraplex, Protefood and Cataplex B.

56. HANDS AND FEET GO TO SLEEP EASILY, NUMBNESS: Primary indication - reduced circulation, Vitamin B6 need. Secondary indication - cardiac stress. Supplemental support - primary - Circuplex and B6Niacinamide, secondary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if blood pressure is normal or reduced.

57. SIGH FREQUENTLY, "AIR HUNGER": Primary indicator - cardiac stress. Secondary indicator - parasympathetic dominance. Supplemental support - primary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if blood pressure is normal or reduced, secondary - Circuplex and Vasculin. Note - with this symptom, pulmonary dysfunction should also be considered.

58. AWARE OF "BREATHING HEAVILY": Primary indicator - cardiac stress. Secondary indicator - adrenal fatigue, parasympathetic dominance. Supplemental support - primary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if blood pressure is normal or reduced, secondary - Circuplex, Vasculin and Drenamin.

59. HIGH ALTITUDE DISCOMFORT: Primary indicator - cardiac stress. Secondary indicator - adrenal insufficiency, pulmonary dysfunction. Supplemental support - primary - CardioPlus and Cataplex E2, secondary - Allerplex and Drenamin.

60. OPEN WINDOWS IN CLOSED ROOMS: Primary indicator - cardiac stress. Secondary indicator - adrenal insufficiency, Vitamin B need. Supplemental support - primary - CardioPlus and Cataplex E2, secondary - Allerplex and Cataplex B.

61. SUSCEPTIBLE TO COLODS AND FEVERS: Primary indicator - immune insufficiency. Secondary indicator - adrenal insufficiency, need for calcium. Supplemental support - primary - Immuplex and Congaplex, secondary - Drenamin and Calcium Lactate or Calsol.

62. AFTERNOON "YAWNER": Primary indicator - reactive hypoglycemia, adrenal insufficiency. Secondary indicator - cardiac stress. Supplemental support - primary - Diaplex, Drenamin, Cataplex B, Protefood, Paraplex, and A-F Betafood, secondary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if blood pressure is normal or reduced.

63. GETS "DROWSY" OFTEN: Primary indicator - adrenal insufficiency. Secondary indicator - cardiac stress. Supplemental support - primary - Drenamin, secondary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if blood pressure is normal or reduced. Note - lactic acidosis of Vitamin B need should also be considered with this symptom.

64. SWOLLEN ANKLES, WORSE AT NIGHT: Primary indication - cardiac stress. Secondary indicator - renal dysfunction, reduced lymphatic drainage. Supplemental support - primary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if normal or reduced, secondary - Albaplex, Thymex, Cataplex C, A/C Carbamide, and Organic Minerals.

65. MUSCLE CRAMPS, WORSE DURING EXERCISE; GET "CHARLEY HORSES": Primary indication - Vitamin E need. Secondary indication - cardiac stress. Supplemental support - primary - Cataplex E and Wheat Germ Oil, secondary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if normal or reduced.

66. SHORTNESS OF BREATH ON EXERTION: Primary indication - cardiac stress. Secondary indication - pulmonary dysfunction. Supplemental support - primary - CardioPlus and Cataplex E2 if blood pressure is elevated, Vasculin and Cataplex B if normal or reduced, secondary - Emphaplex and Cataplex E2.

67. DULL PAIN IN CHEST OR RADIATING INTO LEFT ARM WORSE ON EXERTION: Primary indicator - angina. Secondary indicator - if pain occurs at rest - biliary stasis-insufficiency should also be considered. Supplemental support - primary - CardioPlus and Cataplex E2, secondary - A-F Betafood, Cholacol and Zypan. Note - immediate attention by a qualified doctor is needed for this condition.

68. BRUISE EASILY, "BLACK AND BLUE SPOTS": Primary indicator - capillary fragility, anemia. Secondary indication (if patient is female) - estrogen insufficiency. Supplemental support - primary - CyrutaPlus, Ferrofood, Calcium Lactate or Calsol and Chlorophyll Complex, secondary - Ovex, Black Currant Seed Oil, ForTil-B12, B6Niacinamide and Chezyn.

69. TENDENCY TO ANEMIA: Primary indication - HCl need, iron need. Secondary indication - iron synergist(s) need. Supplemental support - primary - Zypan and Ferrofood, secondary - Immuplex and Chlorophyll Complex.

70. NOSE BLEEDS FREQUENTLY: Primary indicator - capillary fragility, calcium need. Secondary indicator - elevated blood pressure. Supplemental support - primary - CyrutaPlus and Calcium Lactate or Calsol, secondary - Cholaplex, Albaplex, CardioPlus and Cataplex E2.

71. NOISES IN HEAD OR RINGING IN EARS: Primary indication - adrenal fatigue, need for Vitamin B. Secondary indication - potassium need, elevated blood pressure. Supplemental support - primary - Drenamin and Cataplex B, secondary - Cholaplex, Albaplex, CardioPlus, Cataplex E2 and Organic Minerals.

72. TENSION UNDER THE BREASTBONE, OR FEELING OF "TIGHTNESS", WORSE ON EXERTION: Primary indicator - cardiac stress (consider angina). Secondary indication - biliary stasis-insufficiency, pancreatic dysfunction. Supplemental support - primary - CardioPlus and Cataplex E2, secondary - A-F Betafood, Cholacol and Multizyme. Note - immediate attention by a qualified doctor is needed for this symptom.

73. DIZZINESS: Primary indicator - hypotension, adrenal fatigue, need for Vitamin B. Secondary indicator - liver congestion, elevated blood pressure. Supplemental support - primary - Drenamin and Cataplex B, secondary - Livaplex and CardioPlus.

74. DRY SKIN: Primary indicator - need for unsaturated fatty acids and calcium (consider thyroid dysfunction). Secondary indication - liver congestion. Supplemental support - primary - Calcium Lactate or Calsol, Cataplex F Tablets and Symplex F or M, secondary - Livaplex.

75. BURNING FEET: Primary indication - fat soluble vitamin need. Secondary indication - liver congestion. Supplemental support - primary - A-F Betafood, Cataplex G and Wheat Germ Oil, secondary - Livaplex.

76. BLURRED VISION: Primary indicator - eye strain. Secondary indication - liver congestion. Supplemental support - primary - Iplex, secondary - Livaplex. Note - food sensitivity should also be considered.

77. ITCHING SKIN AND FEET: Primary indication - need for unsaturated fatty acids and calcium. Secondary indication - liver congestion. Supplemental support - primary - Cataplex F Tablets, Black Currant Seed Oil and Calcium Lactate or Calsol, secondary - Livaplex.

78. EXCESSIVE FALLING HAIR: Primary indication - thyroid dysfunction. Secondary indication - zinc, calcium and unsaturated fatty acid need. Supplemental support - primary - All Organic Trace Minerals, Black Currant Seed Oil, Betafood, Paraplex, and Circuplex, secondary - Calcium Lactate or Calsol, All Organic Trace Minerals, Black Currant Seed Oil, B6Niacinamide and Cataplex F Tablets.

79. FREQUENT SKIN RASHES: Primary indication - calcium need, unsaturated fatty acid need. Secondary indication - liver congestion. Supplemental support - primary - Calcium Lactate or Calsol, Cataplex F Tablets and Black Currant Seed Oil, secondary - Livaplex.

80. BITTER, METALLIC TASTE IN MOUTH IN MORNINGS: Primary indication - biliary-liver congestion. Secondary indication - reaction to prescribed drugs. Supplemental support - primary - Cholacol and Livaplex, secondary - A-F Betafood.

81. BOWEL MOVEMENTS PAINFUL OR DIFFICULT: Primary indication - bowel-liver congestion. Secondary indication - need for chlorides in the diet. Supplemental support - primary - Zymex, Spanish Black Radish, Livaplex, secondary - Fen-Cho, Cal-Amo. Note - in either case a low level or lack of fiber in the diet must be considered.

82. WORRIER, FEELS INSECURE: Primary indication - Vitamin B need. Secondary indication - biliary insufficiency. Supplemental support - primary - Cataplex B, secondary - A-F Betafood.

83. FEELING QUEASY; HEADACHE OVER EYES: Primary indication - biliary insufficiency, pancreatic dysfunction. Supplemental support - A-F Betafood, Cholacol, Multizyme.

84. GREASY FOODS UPSET: Primary indication - biliary stasis. Secondary indication - excess fried-refined foods in the diet. Supplemental support (primary and secondary) - A-F Betafood, Cholacol, Multizyme, reduced refined and fried foods in the diet.

85. STOOLS LIGHT-COLORED: Primary indication - biliary insufficiency, pancreatic dysfunction. Secondary indication - excess fats and refined foods in the diet. Supplemental support (primary and secondary) - A-F Betafood, Cholacol, Multizyme, reduce refined foods, fried foods and hydrogenated fats in the diet.

86. SKIN PEELS ON FOOT SOLES: Primary indication - biliary insufficiency, liver congestion. Supplemental support - A-F Betafood, Cholacol, Livaplex.

87. PAIN BETWEEN SHOULDER BLADES: Primary indication - biliary stasis. Secondary indication - nerve irritation-inflammation. Supplemental support - primary - A-F Betafood, Cholacol, Multizyme, reduce refined and fried foods in the diet, secondary - Circuplex, Zymex II, CyrutaPlus, Cataplex B and Folic Acid-B12.

88. LAXATIVES USED OFTEN: Primary indication - liver-bowel congestion. Secondary indication - need for chlorides in the diet. Supplemental support - primary - Zymex, Spanish Black Radish, Livaplex, secondary - Fen-Cho, Cal-Amo. Note - in either case a low level or lack of fiber in the diet must be considered.

89. STOOLS ALTERNATE FROM SOFT TO WATERY: Primary indication - toxic bowel. Secondary indication - food sensitivity. Supplemental support - primary - Cholacol II, Spanish Black Radish, Zymex, Livaplex and Cal-Amo, secondary - Allerplex, Zymex II, Cal-Amo and Spanish Black Radish.

90. HISTORY OF GALLBLADDER ATTACKS OR GALLSTONES: Primary indication - gallstones-gallbladder inflammation. Supplemental support - Betafood, Choline and Phosfood or DiSodium Phosphate (use DiSodium Phosphate if constipation is present). Note - A-F Betafood should not be used if gallstones are known to be present.

91. SNEEZING ATTACKS: Primary indication - environmental sensitivity. Secondary indication - biliary stasis. Supplemental support - primary - Allerplex, Cal-Amo and Zymex II, secondary - A-F Betafood and Cholacol.

92. DREAMING, NIGHTMARE TYPE BAD DREAMS: Primary indication - histamine reactions, excess fluid in paracellular brain fluid. Secondary indication - food sensitivity. Supplemental support - primary - Antronex and A/C Carbamide, secondary - Allerplex, Zymex II, Cal-Amo and Spanish Black Radish.

93. BAD BREATH (HALITOSIS): Primary indication - need for HCl. Secondary indication - toxic bowel. Supplemental support - primary - Zypan, secondary - Chlorophyll Complex, Spanish Black Radish, Cal-Amo, Zymex and Livaplex.

94. MILK PRODUCTS CAUSE DISTRESS: Primary indication - milk (lactose) sensitivity. Secondary indication - need for HCl. Supplemental support - primary - Zymex and Thymex, secondary - Zypan.

95. SENSITIVE TO HOT WEATHER: Primary indication - thyroid dysfunction. Secondary indication - need for unsaturated fatty acids. Supplemental support - primary - All Organic Trace Minerals, Antronex, Black Currant Seed Oil, Min-Tran and Symplex F or M, secondary - Black Currant Seed Oil and Cataplex F Tablets.

96. BURNING OR ITCHING ANUS: Primary indication - abnormal pH in colon. Secondary indication - parasites. Supplemental support - primary - Zymex, Spanish Black Radish, Cholacol II and Cal-Amo, secondary - Zymex II, Spanish Black Radish and Cal-Amo. Note - hemorrhoids should also be considered as a possible cause for this symptom; if present support with - Collinsonia, A-F Betafood, Phosfood, Cataplex E2 and CyrutaPlus.

97. CRAVE SWEETS: Primary indication - biliary insufficiency. Secondary indication - reactive hypoglycemia. Supplemental support - primary - A-F Betafood, Cholacol, and Multizyme, secondary - Diaplex, Drenamin, Protefood, Paraplex, Cataplex B and A-F Betafood.

98. LOSS OF TASTE FOR MEAT: Primary indication - need for HCl. Supplemental support - Zypan and Diaplex.

99. LOWER BOWEL GAS SEVERAL HOURS AFTER EATING: Primary indication - biliary stasis. Secondary indication - HCl need, pancreatic dysfunction. Supplemental support - primary - A-F Betafood and Diaplex, secondary - Zypan and Diaplex.

100. BURNING STOMACH SENSATIONS, EATING RELIEVES: Primary indication - excess production of HCl. Secondary indication - biliary stasis, need for HCl. Supplemental support - primary - Gastrex, Phosfood and A/C Carbamide, secondary - A-F Betafood and Diaplex.

101. COATED TONGUE: Primary indication - general digestive dysfunction. Supplemental support - Diaplex and Zymex.

102. PASS LARGE AMOUNTS OF FOUL SMELLING GAS: Primary indication - toxic bowel, need for HCl. Secondary indication - biliary stasis, need for HCl. Supplemental support - primary - Zymex, Spanish Black Radish, Cal-Amo and Chlorophyll Complex, secondary - A-F Betafood and Zypan.

103. INDIGESTION ONE-HALF HOUR AFTER EATING, MAY BE UP TO THREE TO FOUR HOURS: Primary indication - HCL need, biliary stasis. Secondary indication - pancreatic dysfunction. Supplemental support - primary - Zypan and A-F Betafood, secondary - Multizyme and Diaplex.

104. MUCOUS COLITIS OR "IRRITABLE BOWEL": Primary indication - food sensitivity (grains, milk products, red meat, shell fish, etc.). Secondary indication - toxic bowel. Supplemental support - primary - Zymex II, Cal-Amo, Allerplex and Spanish Black Radish, secondary - Chlorophyll Complex, Cholacol II, Zymex, Gastrex, Cal-Amo, and Immuplex.

105. GAS SHORTLY AFTER EATING: Primary indication - HCl need. Secondary indication - biliary stasis, pancreatic dysfunction. Supplemental support - primary - Zypan, secondary - A-F Betafood and Multizyme.

106. STOMACH "BLOATING" AFTER MEALS: Primary indication - biliary stasis. Secondary indication - HCl need, pancreatic dysfunction. Supplemental support - primary - A-F Betafood, secondary - Zypan and Multizyme.

107. INSOMNIA: Primary indication - alkaline mineral need. Secondary indication - thyroid dysfunction. Supplemental support - primary - Min-Chex and Min-Tran, secondary - Antronex, All Organic Trace Minerals, Min-Tran, Symplex F or M.

108. NERVOUSNESS: Primary indication - alkaline mineral need. Secondary indication - need for Vitamin B. Supplemental support - primary - Min-Tran and Min-Chex, secondary - Cataplex B and Cataplex G.

109. CAN'T GAIN WEIGHT: Primary indication - thyroid dysfunction. Secondary indication - parasites. Supplemental support - primary - All Organic Trace Minerals, Antronex, MinTran, and Symplex F or M, secondary - Zymex II, Cal-Amo, and Spanish Black Radish.

110. INTOLERANCE TO HEAT: Primary indication - parasympathetic dominance. Secondary indication - thyroid dysfunction. Supplemental support - primary - Phosfood and Calcium Lactate or Calsol, secondary - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

111. HIGHLY EMOTIONAL: Primary indication - alkaline mineral need. Secondary indication - Vitamin B need. Supplemental support - primary - Min-Tran and Min-Chex, secondary - Cataplex B and Cataplex G.

112. FLUSH EASILY: Primary indication - thyroid dysfunction. Supplemental support - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

113. NIGHT SWEATS: Primary indication - need for cholinesterase. Secondary indication - sympathetic dominance. Supplemental support - primary - Cataplex G, secondary - Organic Minerals.

114. THIN, MOIST SKIN: Primary indication - thyroid dysfunction. Supplemental support - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

115. INWARD TREMBLING: Primary indication - need for Vitamin B. Secondary indication - need for alkaline minerals. Supplemental support - primary - Cataplex B and Cataplex G, secondary - Min-Tran and Organic Minerals.

116. HEART PALPITATES: Primary indication - sympathetic dominance, need for alkaline minerals. Secondary indication - need for Vitamin B. Supplemental support - primary - Min-Tran and Organic Minerals, secondary - Cataplex B and Cataplex G.

117. INCREASED APPETITE WITHOUT WEIGHT GAIN: Primary indication - thyroid dysfunction. Supplemental support - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

118. PULSE FAST AT REST: Primary indication - alkaline mineral need. Secondary indication - thyroid dysfunction. Supplemental support - primary - Min-Tran and Organic Minerals, secondary - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

119. EYELIDS AND FACE TWITCH: Primary indication - thyroid dysfunction. Supplemental support - All Organic Trace Minerals, Antronex, Min-Tran and Symplex F or M.

120. IRRITABLE AND RESTLESS: Primary indication - alkaline mineral need. Secondary indication - need for Vitamin B. Supplemental support - primary - Min-Tran and Organic Minerals, secondary - Cataplex B and Cataplex G.

121. CAN'T WORK UNDER PRESSURE: Primary indication - alkaline mineral need. Secondary indication - need for Vitamin B, general endocrine stress. Supplemental support - primary - Min-Tran and Organic Minerals, secondary - Cataplex B, Cataplex G and Symplex F or M.

122. INCREASE IN WEIGHT: Primary indication - diet high in refined foods, alcohol, fried foods, etc. Secondary indication - thyroid dysfunction. Supplemental support - primary - increase raw foods in diet, eliminated refined foods, etc., supplemental Protefood, Cyrofood, secondary - All Organic Trace Minerals, Black Currant Seed Oil, Circuplex, Betafood and Paraplex.

123. DECREASE IN APPETITE: Primary indication - need for unsaturated fatty acids. Secondary indication - parasites. Supplemental support - primary - SuperEFF and Black Currant Seed Oil, secondary - Zymex II, Cal-Amo and Spanish Black Radish.

124. FATIGUE EASILY: Primary indication - general endocrine stress. Secondary indication - need for Vitamin B. Supplemental support - primary - Symplex F or M, secondary - Cataplex B.

125. RINGING IN EARS: Primary indication - adrenal fatigue, need for Vitamin B. Secondary indication - need for alkaline minerals, consider elevated blood pressure. Supplemental support - primary - Drenamin and Cataplex B, secondary - Organic Minerals and Albaplex.

126. SLEEPY DURING THE DAY: Primary indication - general endocrine fatigue. Secondary indication - lactic acidosis of thiamine need. Supplemental support - primary - Symplex F or M, secondary - Cataplex B.

127. SENSITIVE TO COLD: Primary indication - thyroid dysfunction. Secondary indication - parasympathetic dominance. Supplemental support - primary - All Organic Trace Minerals, Betafood, Circuplex, Black Currant Seed Oil and Paraplex, secondary - Circuplex and Paraplex.

128. DRY OR SCALY SKIN: Primary indication - need for unsaturated fatty acids and calcium. Secondary indication - thyroid dysfunction. Supplemental support - primary - Cataplex F Tablets and Calcium Lactate and Calsol, secondary - All Organic Trace Minerals, Betafood, Circuplex, Black Currant Seed Oil and Paraplex.

129. CONSTIPATION: Primary indication - bowel-liver congestion. Secondary indication - thyroid dysfunction. Supplemental support - primary - Zymex, Livaplex, Cal-Amo, Fen-Cho, Spanish Black Radish, secondary - All Organic Trace Minerals, Betafood, Circuplex, Black Currant Seed Oil and Paraplex.

130. MENTAL SLUGGISHNESS: Primary indication - general endocrine fatigue. Supplemental support - Symplex F or M.

131. HAIR COURSE, FALLS OUT: Primary indication - zinc, calcium and unsaturated fatty acid need. Secondary indication - thyroid dysfunction. Supplemental support - primary - Cataplex F Tablets, Calcium Lactate or Calsol, Black Currant Seed Oil and Immuplex, secondary - All Organic Trace Minerals, Betafood, Circuplex, Paraplex and Black Currant Seed Oil.

132. HEADACHES UPON ARISING WEAR OFF DURING DAY: Primary indication - thyroid dysfunction. Secondary indication - reactive hypoglycemia. Supplemental support - primary - All Organic Trace Minerals, Betafood, Paraplex, Circuplex and Black Currant Seed Oil, secondary - Diaplex, Paraplex, A-F Betafood, Drenamin, Protefood and Cataplex B.

133. SLOW PULSE, BELOW 65: Primary indication - Vitamin B need. Secondary indication - general endocrine stress. Supplemental support - primary - Cataplex B and Vasculin, secondary - Symplex F or M and Phosfood.

134. FREQUENCY OF URINATION: Primary indication - thyroid dysfunction (female), prostatic hypertrophy (male). Secondary indication - renal dysfunction. Supplemental support - primary - All Organic Trace Minerals, Betafood, Paraplex, Circuplex and Black Currant Seed Oil (female), Immuplex, Prost-X, Chlorophyll Complex and Cataplex F Tablets (male), secondary - Renafood and Albaplex.

135. IMPAIRED HEARING: If hearing loss due to age, nerve damage, etc., is considered and ruled out, primary indication then would be thyroid dysfunction. Supplemental support - All Organic Trace Minerals, Betafood, Circuplex, Black Currant Seed Oil and Paraplex.

136. REDUCED INITIATIVE: Primary indication - general endocrine fatigue. Secondary indication - Vitamin B need. Supplemental support - primary - Symplex F or M, secondary - Cataplex B.

137. FAILING MEMORY: Primary indication - reduced blood flow to and through brain. Supplemental support - Circuplex, Senaplex, Cholaplex and Choline.

138. LOW BLOOD PRESSURE: Primary indication - need for Vitamin B and adrenal dysfunction. Secondary indication - anterior pituitary dysfunction. Supplemental support - primary - Cataplex B, Vasculin and Drenamin, secondary E Manganese and Symplex F or M.

139. INCREASED SEX DESIRE: Primary indication - gonadal dysfunction. Secondary indication - dysfunction of the anterior pituitary. Supplemental support - primary - Symplex F or M, Ovatrophin (female), Orchic (male) and Organic Minerals, secondary - Symplex F or M, E Manganese and Organic Minerals.

140. HEADACHES " SPLITTING OR RENDERING" TYPE: Primary indication - dysfunction of anterior pituitary. Secondary indication - need for Choline. Supplemental support - primary - Symplex F or M and Organic Minerals, secondary - Choline and Inositol.

141. DECREASED SUGAR TOLERANCE: Primary indication - dysfunction of anterior pituitary. Supplemental support - Symplex F or M and Organic Minerals.

142. ABNORMAL THIRST: Primary indication - after diabetes has been ruled-out, dysfunction of the anterior pituitary should be considered. Supplemental support - E Manganese and Symplex F or M.

143. BLOATING OF INTESTINES: Primary indication - biliary stasis-insufficiency. Secondary indication - need for HCl-pancreatic dysfunction. Supplemental support - primary - A-F Betafood and Cholacol, secondary - Zypan and Multizyme.

144. WEIGHT GAIN AROUND HIPS AND WAIST: After lack of exercise and poor diet have been ruled-out, the primary indication would be dysfunction of the anterior pituitary. Supplemental support - E Manganese and Symplex F or M.

145. SEX DESIRE REDUCED OR LACKING: Primary indication - gonadal dysfunction. Secondary indication - dysfunction of anterior pituitary. Supplemental support - primary - Symplex F, Ovatrophin and ForTilB12 (female), Symplex M, Orchic, Immuplex and Chlorophyll Complex (male), secondary - E Manganese and Symplex F or M.

146. TENDENCY TO ULCERS, COLITIS: Primary indication - toxic bowel, food sensitivity. Secondary indication - dysfunction of the anterior pituitary. Supplemental support - primary - Comfrey Pepsin, Gastrex, Spanish Black Radish, Cholacol II, Cal-Amo and Zymex, secondary - E Manganese and Symplex F or M.

147. INCREASED SUGAR TOLERANCE: Primary indication - after sugar handling problems have been investigated and ruled-out, dysfunction of the anterior pituitary should be considered. Supplemental support - E Manganese and Symplex F or M.

148. WOMEN: MENSTRUAL DISORDERS: Primary indication - after gonadal problems, anemia, and reduced body fat have been investigated and ruled-out, dysfunction of the anterior pituitary should be considered. Supplemental support - E Manganese and Symplex F.

149. YOUNG GIRLS, LACK OF MENSTRUAL FUNCTION: Primary indication - after gonadal problems, anemia, and reduced body fat have been investigated and ruled-out, dysfunction of the anterior pituitary should be considered. Supplemental support - E Manganese and Symplex F.

150. DIZZINESS: Primary indication - hypotension-adrenal dysfunction. Secondary indication - liver congestion. Supplemental support - primary - Cataplex B and Drenamin, secondary - Livaplex and Choline.

151. HEADACHES: Primary indication - digestive dysfunction-biliary insufficiency. Secondary indication - general endocrine fatigue. Supplemental support - primary - Diaplex and A-F Betafood, secondary - Symplex F or M.

152. HOT FLASHES: Primary indication - after gonadal problems and adrenal hyperfunction have been considered and ruled-out, dysfunction of the anterior pituitary should be considered. Supplemental support - E Manganese and Symplex F or M.

153. INCREASED BLOOD PRESSURE: Primary indication - portal congestion, renal dysfunction. Secondary indication - elevated blood fats. Supplemental support - primary - Livaplex, Albaplex and Renafood, secondary - Cholaplex, Choline and Diaplex.

154. HAIR GROWTH ON FACE OR BODY (FEMALE): Primary indication - gonadal hyperfunction, dysfunction of the anterior pituitary. Supplemental support - E Manganese, Organic Minerals, Symplex F and ForTilB12.

155. SUGAR IN URINE (NOT DIABETES): Primary indication - gonadal hyperfunction, dysfunction of the anterior pituitary. Supplemental support - E Manganese and Symplex F or M.

156. MASCULINE TENDENCIES (FEMALE): Primary indication - gonadal hyperfunction, dysfunction of the anterior pituitary. Supplemental support - E Manganese, Symplex F, Organic Minerals and ForTilB12.

157. WEAKNESS, DIZZINESS: Primary indication - hypotension, adrenal dysfunction. Secondary indication - liver congestion. Supplemental support - primary - Cataplex B and Drenamin, secondary - Livaplex and Choline.

158. CHRONIC FATIGUE: Primary indication - general endocrine fatigue, adrenal dysfunction. Secondary indication - need for Vitamin B. Supplemental support - primary - Symplex F or M, and Drenamin, secondary - Cataplex B.

159. LOW BLOOD PRESSURE: Primary indication - adrenal dysfunction, need for Vitamin B. Secondary indication - possible food sensitivity. Supplemental support - primary - Cataplex B and Drenamin, secondary - Allerplex, Zymex II, Cal-Amo and Spanish Black Radish.

160. NAILS WEAK, RIDGED: Primary indication - mineral need (zinc, iron, calcium). Secondary indication - adrenal dysfunction. Supplemental support - primary - Immuplex and Bio-Dent, secondary - Drenamin.

161. TENDENCY TO HIVES: Primary indication - calcium need, need for unsaturated fatty acids. Secondary indication - adrenal dysfunction. Supplemental support - primary - Calcium Lactate or Calsol and Cataplex F tablets, secondary - Drenamin.

162. ARTHRITIC TENDENCIES: Primary indication - after both rheumatoid arthritis and osteoarthritis have been considered and ruled-out, adrenal dysfunction should be considered. Supplemental support - Drenamin and Cal-Amo.

163. PERSPIRATION INCREASE: Primary indication - parasympathetic dominance. Secondary indication - adrenal dysfunction. Supplemental support - primary - Calcium Lactate or Calsol and Phosfood, secondary - Drenamin.

164. INTESTINAL TROUBLE: Primary indication - biliary stasis-insufficiency, liver congestion. Secondary indication - HCl need, pancreatic dysfunction. Supplemental support - primary - A-F Betafood and Livaplex, secondary - Diaplex and Multizyme.

165. CIRCULATION POOR: Primary indication - thyroid dysfunction. Secondary indication - parasympathetic dominance. Supplemental support - primary - All Organic Trace Minerals, Betafood, Circuplex, Paraplex and Black Currant Seed Oil, secondary - Paraplex and Phosfood.
Note - elevated blood fats should also be ruled out.

166. KIDNEY TROUBLE (EDEMA): Primary indication - renal dysfunction. Secondary indication - adrenal dysfunction. Supplemental support - primary - Albaplex, Renafood, A-C Carbamide and B6Niacinamide, secondary - Drenamin.

167. CRAVE SALT: Primary indication - adrenal dysfunction. Secondary indication - habit. Supplemental support - Drenamin and Cal-Amo.

168. BROWN SPOTS OR BRONZING OF SKIN: Primary indication - liver congestion. Secondary indication - adrenal dysfunction. Supplemental support - primary - Livaplex and Choline, secondary - Drenamin.

169. ALLERGIES, TENDENCY TO ASTHMA: Primary indication - adrenal dysfunction, need for HCl. Secondary indication - food sensitivity. Supplemental support - primary - Cal-Amo and Drenamin, secondary - Allerplex, Zymex II, Cal-Amo and Spanish Black Radish.

170. WEAKNESS AFTER COLDS, INFLUENZA: Primary indication - adrenal dysfunction. Secondary indication - toxic bowel. Supplemental support - primary - Drenamin and Cal-Amo, secondary - Cholacol II.

171. EXHAUSTION - MUSCULAR AND NERVOUS: Primary indication - general endocrine fatigue. Secondary indication - adrenal dysfunction. Supplemental support - primary - Symplex F or M, secondary - Drenamin.

172. RESPIRATORY DISORDERS: Primary indication - adrenal dysfunction, need for HCl. Secondary indication - food sensitivity. Supplemental support - primary - Drenamin and Cal-Amo, secondary - Allerplex, Cal-Amo, Zymex II and Spanish Black Radish.

173. FEMALE - VERY EASILY FATIGUED: Primary indication - general endocrine fatigue, need for Vitamin B. Supplemental support - Symplex F, ForTilB12, and Cataplex B.

174. FEMALE - PREMENSTRUAL TENSION: Primary indication - uterine congestion, B6, magnesium, unsaturated fatty acid need. Secondary indication - refined food handling problems. Supplemental support - primary - B6Niacinamide, Magnesium Lactate, Utrophin and Black Currant Seed Oil, secondary - reduce refined foods in the diet, Drenamin and A-F Betafood.

175. FEMALE - PAINFUL MENSES: Primary indication - uterine congestion, need for B6, magnesium and unsaturated fatty acids. Secondary indication - investigate and rule-out possible pathology. Supplemental support - Black Currant Seed Oil, B6Niacinamide, Utrophin and Magnesium Lactate.

176. FEMALE - DEPRESSED FEELINGS BEFORE MENSTRUATION: Primary indication - endocrine fatigue, need for B6, magnesium and unsaturated fatty acids. Secondary indication - refined food handling problems. Supplemental support - primary - Symplex F, Black Currant Seed Oil, B6Niacinamide, and Magnesium Lactate, secondary - reduce refined foods in the diet, Drenamin and A-F Betafood.

177. FEMALE - MENSTRUATION EXCESSIVE AND PROLONGED: Primary indication - hormonal imbalance. Supplemental support - Ovex, ForTilB12, Immuplex, Calcium Lactate or Calsol and Ferrofood.

178. FEMALE - PAINFUL BREASTS: Primary indication - portal congestion, lymphatic congestion. Secondary indication - hormonal imbalance, excess xanthene oxidase (coffee, tea, colas, chocolate) in diet. Supplemental support - primary - Thymex, Zymex, Mammary, Livaplex and Dermatrophin, secondary - Symplex F, Black Currant Seed Oil, eliminate xanthene oxidase foods from diet, Thymex and Zymex.

179. FEMALE - MENSTRUATE TOO FREQUENTLY: Primary indication - hormonal imbalance. Secondary indication - investigate possibility of female pathology. Supplemental support - primary - Ovex, ForTilB12, Calcium Lactate or Calsol, Ferrofood, and Immuplex, secondary - examination by a qualified doctor.

180. FEMALE - VAGINAL DISCHARGE: Primary indication - G-UT non-specific infection. Secondary indication - yeast. Supplemental support - primary - Albaplex, Phosfood, and Zymex, secondary - Black Currant Seed Oil, Spanish Black Radish and low carbohydrate diet with fermented foods removed.

181. FEMALE - HYSTERECTOMY/OVARIES REMOVED: Supplemental Support - Ovex, Black Currant Seed Oil, ForTilB12, Organic Iodine, Paraplex, Calcium Lactate or Calsol and Ostogen.

182. FEMALE - MENOPAUSAL HOT FLASHES: Primary indication - gonadal dysfunction. Secondary indication - thyroid, pituitary dysfunction, inability of adrenal function to compensate for loss of ovarian function. Supplemental support - primary - Paraplex, Ovex, Black Currant Seed Oil, Organic Iodine and ForTilB12, secondary - Neuroplex, Drenamin
CyrutaPlus, and CalMaPlus.

183. FEMALE - MENSES SCANTY OR MISSED: Primary indication - after anemia and reduced body fat have been ruled-out as a problem, gonadal dysfunction should be considered. Supplemental support - Symplex F, Black Currant Seed Oil, Wheat Germ Oil and ForTilB12.

184. FEMALE - ACNE, WORSE AT MENSES: Primary indication - hormonal imbalance. Secondary indication - zinc need, refined food handling problems, immune stress. Supplemental support - primary - Dermatrophin, Symplex F, and ForTilB12, secondary - Immuplex, reduce refined foods in the diet.

185. FEMALE - DEPRESSION OF LONG STANDING: Primary indication - hormonal imbalance. Supplemental support - Symplex F, Orchex and ForTilB12.

186. MALE - PROSTATE TROUBLE: Supplemental support - Immuplex, Prost-X, Cataplex F Tablets, Chlorophyll Complex, Calsol and Black Currant Seed Oil.

187. MALE - URINATION DIFFICULT OR DRIBBLING: Primary indication - benign prostate hypertrophy. Supplemental support - Immuplex, Prost-X, Cataplex F Tablets, Chlorophyll Complex, Calsol and Black Currant Seed Oil. Rule-out infection.

188. MALE - NIGHT URINATION FREQUENT: Same as question 187.

189. MALE - DEPRESSION: Primary indication - hormonal imbalance. Supplemental support - Symplex M, Orchex, and Chlorophyll Complex.

190. MALE - PAIN ON INSIDE OF LEGS OR HEELS: Primary indication - after low back ligament, muscle or disc problems have been evaluated and ruled-out, benign prostatic hypertrophy should be ruled out. Supplemental support - Immuplex, Prost-X, Cataplex F Tablets, Chlorophyll Complex, Calsol and Black Currant Seed Oil. Rule-out infection.

191. MALE - FEELING OF INCOMPLETE BOWEL EVACUATION: Primary indication - benign prostate hypertrophy. Secondary indication - bowel, liver congestion. Supplemental Support - primary - Immuplex, Prost-X, Cataplex F Tablets, Chlorophyll Complex, Calsol and Black Currant Seed Oil, secondary - Livaplex, Spanish Black Radish, and Zymex.

192. MALE - LACK OF ENERGY: Primary indication - general endocrine fatigue. Secondary indication - need for Vitamin B, adrenal dysfunction. Supplemental support - primary - Symplex M, secondary - Cataplex B and Drenamin.

193. MALE - MIGRATING ACHES AND PAINS: Primary indication - abnormal calcium metabolism in osteoblast. Secondary indication - benign prostate hypertrophy. Supplemental support - primary - Ostrophin, Prost-X, and Rumaplex, secondary - Immuplex, Prost-X, Calsol, Chlorophyll Complex, Cataplex F Tablets, and Black Currant Seed Oil.

194. MALE -TIRE TOO EASILY: Primary indication - general endocrine fatigue. Secondary indication - need for Vitamin B,adrenal dysfunction. Supplemental support - primary - Symplex M, secondary - Cataplex B and Drenamin.

195. MALE - AVOIDS ACTIVITY: Primary indication - general endocrine fatigue. Supplemental support - Symplex M.

196. MALE - LEG NERVOUSNESS AT NIGHT: Primary indication - need for calcium and unsaturated fatty acids. Secondary indication - need for Vitamin E. Supplemental support - primary - Calcium Lactate or Calsol and Cataplex F Tablets, secondary - Cataplex E and Wheat Germ Oil.

197. MALE - DIMINISHED SEX DRIVE: Primary indication - hormonal imbalance. Secondary indication - benign prostate hypertrophy. Supplemental support - primary - Symplex M, Orchic, Chlorophyll Complex and Immuplex, secondary - Prost-X, Calsol, Cataplex F Tablets, Chlorophyll Complex, and Black Currant Seed Oil.

BLOOD PRESSURE INDICATORS

1. If the systolic blood pressure is below 110, suspect both a need for Cataplex B and adrenal hypofunction (Drenamin). Add Adrenal, Desiccated if systolic blood pressure is below 100.
2. If overall systolic blood pressure is below 110, consider food-environmental sensitivity, low blood pressure is common with sensitivities.
3. If the standing systolic blood pressure is less than the recumbent systolic blood pressure, adrenal hypofunction is probable (Drenamin or Adrenal, Desiccated).
4. If the overall diastolic blood pressure is below 65, suspect parathyroid dysfunction (CalMaPlus and Cataplex D).
5. If the systolic blood pressure is elevated consider the following - portal congestion, renal dysfunction, endocrine hyperfunction, food-environmental sensitivity, elevated blood fats. Use questions on the Symptom Survey Form and blood chemistries as needed to help determine locus problem.
6. If diastolic blood pressure is elevated above 90 consider the following - portal congestion, renal dysfunction, heavy metal body burdens, food-environmental sensitivity. Use questions on the Symptom Survey Form to help determine problem (order blood chemistries as needed).

PULSE INDICATORS:

1. If pulse is below 60 consider the following as locus to the problem - need for Cataplex B, excess calcium in the blood, adrenal hypofunction, parasympathetic dominance, endocrine hypofunction, food-environmental sensitivity.
2. If pulse rate is over 90 consider the following as locus to the problem - endocrine hyperfunction, sympathetic dominance, need for calcium or other alkaline ash minerals, elevated blood fats (cardiac stress).

INDICATIONS FOR USE, AVERAGE NEED AND TIMES TO BE TAKEN

1. Cataplex A: Thyroid dysfunction, renal-bladder dysfunction, digestive inflammation, night blindness, skin disorders, zinc synergist. 2 tablets 3 times per day with meals.
2. Cataplex A-C: Colds, flu, fever, skin disorders, digestive inflammations, renal-bladder problems, glandular disorders (thyroid-adrenal). 2 tablets 3 times per day with meals (increase to 2-3 tablets per hour with high fever).
3. A-C Carbamide: Inflamed or swollen disc(s) (spine or TMJ), water balance (fluid retention), low BUN as seen with low protein diets or renal dysfunction, pressure in eye, gastritis (excess HCl production). $\frac{1}{4}$ to $\frac{1}{2}$ tsp. in warm water 3 times per day.
4. Cataplex A-C-P: Capillary fragility, colds, flu, fever, skin disorders, lymph node swelling, glandular disorders (thyroid-adrenal), renal-bladder problems. 2 tablets 3 times per day with meals.
5. A-F Betafood: Gall bladder symptoms (gas, bloating, intolerant to fats, light colored stools), liver dysfunction, hypo and hyperglycemic problems, history of liver or gall bladder problems, thyroid dysfunction, elevated blood fats. 2 tablets 3 times per day at 10, 3 and 7. Increase dose with significant refined food handling problems (reactive hypoglycemia).
6. Adrenal, Desiccated: Significant adrenal stress as seen with very low systolic blood pressure, asthma, inflammatory problems, food and-or environmental sensitivity, lack of ligament integrity. 1-2 tablets per day with meals. Note - if product causes gastric upset, a probable need for HCl exists.
7. Albaplex: Elevated diastolic blood pressure, G-UT infection, general liver-renal support. 3 capsules 3 times per day with meals (increase to 3 capsules per hour in acute G-UT problems).
8. Allerplex: Food and-or environmental sensitivity, asthma, lung problems (except emphysema), low blood pressure (histamines). 3 capsules 3 times per day with meals.
9. All Organic Trace Minerals: General trace mineral support, joint pain, lack of ligament integrity, cyclic fever, anemia, thyroid dysfunction, homocystinuria, immune insufficiency. 1-2 tablets 3 times per day with meals.
10. Antronex: Hypertension, insomnia, hyperthyroidism, food and-or environmental sensitivity (histamines), toxemia, liver dysfunction, histamine reactions (poison ivy, oak, reactions to food, etc.). 2 tablets 3 times per day with meals, increase to 12 tablets per day with severe histamine reactions.

11. Arginex: Renal dysfunction, elevated diastolic blood pressure, G-UT infection, prostatic hypertrophy, free radical problems, water retention, renal protein overload. 3 tablets 3 times per day with meals (increase in acute problems to 3 tablets per hour).

12. Cataplex B: Low systolic blood pressure, fatigue immediately after eating (lactic acidosis), low CO₂, elevated Anion Gap, poor muscle tone (pain after exercise), edema, slow heart rate, slow pulse, general lack of energy, fear of impending doom (unwarranted), hears noises, chronic need for HCl products, synergist to Cataplex G. 3 tablets 3 times per day with meals (increase in acute problems).

13. B6-Niacinamide: Carpal tunnel syndrome, synergist to zinc, water retention, PMS, joint pain, homocystinuria, sensitive to light, burning or tingling sensation in arms or legs, thyroid dysfunction. 2 tablets 3 times per day with meals.

14. Cataplex B12: Anemia, chronic fatigue, digestive inflammation, low uric acid, elevated MCV-MCH, chronic debilitating problems, diabetes, neuro-muscular disorders. 1 tablet 3 times per day with meals.

15. Betacol: Liver dysfunction-disease, arthritic symptoms (joint pain), inflammation with pain, portal congestion, elevated blood pressure, general liver support, hepatitis-mono. 1 capsule per day with a meal, increasing to 3 capsules per day.

16. Betafood: Gall bladder symptoms (gas, bloating, intolerant to fats, light colored stools, pain over eyes, pain between shoulder blades) with a history of gall stones, thyroid dysfunction, homocystinuria. Use in lieu of A-F Betafood in cases where gall stones are suspect or known to be present. 2 tablets 3 times per day with meals, increase to 15 tablets per day in acute cases.

17. Betaine HCl: Need for HCl as seen with gas, bloating, bad breath, body odor, loss of taste for meat, anemia, pregnancy, stress, low mineral values as seen on hair-tissue mineral analysis. Begin with 1 tablet per meal and increase 1 tablet per meal every three days until symptoms are controlled and then begin to reduce. Note - a chronic need for HCl products may be an indication of need for zinc and Vitamin B (production of HCl).

18. Bio-Dent: Dental problems (loose teeth, caries, tender-sore gums, loss of bone), protein-amino acid need, arthritic problems, osteoporosis, chronic fatigue, bone calcium-amino acid need. 3-4 tablets 3 times per day with meals.

19. Black Currant Seed Oil: Source of GLA, inflammation, hypertension due to vasoconstriction, uterus constriction (PMS), thyroid dysfunction, homocystinuria, muscle cramps, skin conditions. 2 perles 3 times per day for 21 days then 1 perle 3 times per day with meals.

20. Cataplex C: Adrenal fatigue, inflammation, need for copper, immune insufficiency, water retention, healing. 2 tablets 3 times per day with meals. For water retention, use 7 tablets 3 times per day with 2 Organic Mineral tablets per day.

21. Cal-Amo: Hyperventilation, adrenal fatigue, bursitis, need for HCl and chloride, most cases of food and environmental sensitivity, edema, radiation therapy, low salt diets, systemic alkalinity. 2-3 tablets per day with meals. For bursitis, increase to 3 tablets per hour with 3 tablets per hour of Cataplex E, Cataplex A-C-P (or A-C) and 3 capsules of Prost-X, until symptoms begin to abate and then reduce.

22. Calcifood: Dental problems (loose teeth, caries, tender-sore gums, loss of bone), spinal disc lesions, protein-amino acid need, bone calcium need, chronic fatigue, osteoporosis, joint degeneration. 1-2 wafers 3 times per day with meals.

23. Calcium Lactate: Muscle cramps, fever, increased secretions, autonomic imbalance, glandular hyperactivity, low blood calcium, skin conditions (itching, sores), excess bleeding (nose, menses). 2-6 tablets in the morning and at night on an empty stomach. With high fever or muscle cramps increase to 3-6 tablets per hour until problem abates.

24. CalMaPlus: Parathyroid dysfunction, blood calcium to phosphorus ratio weighted to the phosphorus side, joint stiffness, joint pain, TMJ pain, muscle nervousness, tissue tenderness. 1-2 tablets in the morning and at night on an empty stomach.

25. Calsol: Balanced calcium-phosphorus tablet for long term calcium need, tissue calcium need, sphincter spasm. 3-6 tablets in the morning and at night on an empty stomach.

26. CardioPlus: Cardiac fatigue, elevated blood pressure, muscle weakness, muscle atrophy. 2 tablets 3 times per day with meals.

27. Cardiotrophin PMG: Heart conditions, fatigue, lack of muscletone, loss of muscle integrity. 1 tablet 3 times per day with meals for 10 days then 2 tablets 3 times per day.

28. Catalyn: (Formerly Cyroplex), high-concentration multiple vitamin, long-term illness, use with highly refined diets, synergist for most supplemental programs, lowered resistance. 2 tablets 3 times per day with meals.

29. Chezyn: Physiologically balanced source of zinc, copper, and iron. Chronic need for HCl, loss of desire to eat, low Alk. Phos., GGTP, SGPT, or SGOT, PMS symptoms, slow healing, synergist to Vitamin B6, immune insufficiency, connective tissue problems, prostatic hypertrophy. 1-2 tablets, 3 times per day with meals.

30. Chlorophyll Complex: Healing (ulcers, inflammation), toxemia associated with ICV problems, arthritis, sex hormone precursor, source of fat soluble vitamins, anemia, antagonist of guanidine, increase prothombin, low platlet count. 2-3 perles, 3 times per day with meals.

31. Cholacol: Source of purified bile salts, light colored stools, constipation, inability to correctly digest fats, gall bladder removed, craving for sweets. 1-3 tablets 3 times per day with meals. It is best to begin with 1 tablet per meal and increase daily to a maximum of 3 per meal and then return to 1 tablet per meal. The cyclic dose prevents biliary dependence upon the bile salts. Product should always be used with either A-F Betafood or Betafood.

32. Cholacol II: Diarrhea, food-environmental sensitivity, ICV problems, toxic bowel, post flu symptoms, long-term illness. 3-4 tablets 3 times per day just before meals.

33. Cholaplex: Elevated systolic blood pressure, elevated blood fats. 3 capsules 3 times per day with meals.

34. Choline: Elevated blood fats, synergist to Inositol, fatty liver, excess cholesterol in bile, neuro-muscular degeneration, synaptic dysfunction. 2 tablets 3 times per day with meals.

35. Circuplex: Senility, reduced circulation, a.m. joint stiffness, polycythemia, hypothyroidism, osteoarthritis. 2 capsules 3 times per day with meals.

36. Collagen-C: Spinal disc lesions, TMJ ligament weakness, spinal ligament weakness, source of ascorbic acid. 3 tablets 3 times per day with meals.

37. Collinsonia: Hemorrhoids, varicose veins, source of magnesium, capillary fragility. 2 capsules 3 times per day with a full glass of water (between meals).

38. Comfrey Pepsin E3: Gastric inflammation, ulcers, colitis, G.I. Mucous, digestive aid. 2 capsules 3 times per day with meals.

39. Congaplex: Colds, flu, fever, virus, non-specific infection. 3 capsules 3 times per day with meals. Increase to 4 capsules per hour in acute stages.

40. Cyrofood Tablets: Chronic fatigue, long-term illness, highly refined diets, excellent long-term multiple vitamin. 2 tablets 3 times per day with meals.

41. CyroYeast: A combination of Lactic Acid Yeast and Catalyn. Use where a multiple vitamin is needed in conjunction with an agent to improve digestive function as in constipation, foul stools, diarrhea, body-breath odors, gas, etc. 1 wafer 3 times per day with meals.

42. Cyruta: Hypertension, morning headaches, vertigo, chronic fatigue, circulatory disorders due to arteriosclerosis, tinnitus, loss of memory. 1 tablet 3 times per day with meals increasing weekly to a maximum dose of 3 tablets 3 times per day with meals. Note - A-F Betafood should be used with Cyruta to help remove fats through the biliary system.

43. CyrutaPlus: Capillary fragility, gingivitis, radiation, migraine headaches due to capillary fragility, virus, spinal disc lesions. 3 tablets 3 times per day with meals. For virus and acute spinal disc lesions, increase to 7 tablets 3 times per day with meals.

44. Cataplex D: Diastolic hypotension, parathyroid dysfunction, bone disorders, avoidance of sun, low blood calcium, endometriosis, fibroids. 1 tablet 3 times per day with meals, increase to 3 tablets 3 times per day with endometriosis and fibroids.

45. Dermatrophin PMG: Breast tenderness, lumps in breast, skin lesions, ovarian cysts, ovarian dysfunction, digestive inflammation, acne, dry skin, alopecia. 1 tablet 3 times per day with meals for a week then 2 tablets 3 times per day with meals.

46. Diaplex: Elevated and-or reduced blood sugar, elevated triglycerides, general digestive support. 3 capsules 3 times per day with meals.

47. DiSodium Phosphate: Constipation, adrenal insufficiency, biliary dysfunction, liver purge. 1 tsp, in warm water in the morning and at night.

48. Drenamin: Chronic fatigue, food and-or environmental sensitivity, hypoglycemia, abnormal craving for salt, lowered resistance due to long-term illness, flu, etc., low blood pressure-postural hypotension, ligament weakness. 2 tablets 3 times per day at 10, 3 and 7, increase in severe adrenal fatigue.

49. Drenatrophin PMG: Chronic fatigue, food and-or environmental sensitivity, abnormal craving for salt, ridged finger nails, lowered resistance, ligament weakness, low blood pressure-postural hypotension. 1 tablet 3 times per day with meals for 1st week then 2 tablets 3 times per day (use at 10, 3 and 7 for hypoglycemia).

50. Cataplex E: Muscular weakness, leg cramps under exercise, ligament weakness, skin conditions(acne,etc.), viral problems, cardiac stress. 2 tablets 3 times per day with meals for 1st week then 1 tablet 3 times per day with meals.

51. Cataplex E2: Angina, adrenal stress, nervous stomach, hypertension, cardiac stress, nutritional tranquilizer. 2 tablets, 3 times per day with meals.

52. E Manganese: Pituitary apron, hyperadrenia, pituitary dysfunction. 1 tablet per day with a meal for a week, increasing weekly to a maximum dose of 3 tablets per day (with three meals).

53. Emphaplex: Emphysema. 3 capsules 3 times per day with meals.

54. e-Poise: Left-right brain dominance, dyslexia, excellent one-a-day multiple vitamin with iron. 1-2 capsules per day with a meal.

55. Cataplex F Perles: Hypothyroid symptoms, scanty menses, falling hair, elevated blood fats. 2 perles 3 times per day with meals.

56. Cataplex F Tablets: Skin conditions, thyroid dysfunction, prostate conditions, calcium utilization, falling hair, zinc synergist. 2 tablets 3 times per day with meals.

57. Fen-Cho: Constipation, bowel mucous, stool softener, source of bile salts and okra. 3 capsules 3 times per day with meals.

58. Fen-Gre: Lung conditions, mucous, source of tryptophan, chronic lung problems. 5 tablets twice per day with a full glass of water.

59. Ferrofood: Anemia, pregnancy, cold hands and feet due to anemia, blue tint to white's of eyes. 1 capsule 3 times per day with meals.

60. Folic Acid-B12: Anemia, chronic fatigue, digestive inflammation, zinc synergist, low uric acid, elevated MCV-MCH, debilitating diseases, immune insufficiency, nerve inflammation-degeneration. 2 tablets 3 times per day with meals.

61. ForTil-B12: Female hormone precursor, senility, chronic fatigue-anemia, source of chlorophyll, impotency, lack of breast development in females under 18 years of age. 2 capsules 3 times per day with meals.

62. Cataplex G: Night sweats, burning feet, redness of hands or eyes, digestive distress, cracks in corners of mouth, red tongue, cracks in tongue, anti-spasmodic, redness and swelling of eyes, nutritional tranquilizer. 2 tablets 3 times per day with meals.

63. Gastrex Capsules: Ulcers, gastritis, hyperchlorhydria, heartburn, sour stomach, colitis. 2 capsules 3 times per day with meals.
64. Gastrex Powder: Ulcers. 2 tablespoons in hot water 3 times per day just before meals.
65. Cataplex GTF: Organic chromium, hyper and hypoglycemia, morning sickness, co-factor for zinc, low high density lipoproteins (HDL). 2 tablets 3 times per day with meals for 30 days then 1 tablet 3 times per day with meals.
66. Heart, Desiccated: Cardiac stress, tachycardia, general cardiac support. 1 tablet 3 times per day with meals.
67. Hepatrophin PMG: Portal congestion, decreased serum albumin, liver dysfunction, chronic liver disease, water balance. 1 tablet 3 times per day for 10 days then 2 tablets 3 times per day.
68. Hypothalamus PMG: Insomnia, epilepsy, anorexia, inability to gain or lose weight, thyroid-pituitary dysfunction, neuro-muscular dysfunction. 1 tablet 3 times per day with meals.
69. Hypothalmex: Insomnia, epilepsy, anorexia, inability to lose or gain weight, thyroid-pituitary dysfunction. 1 tablet 3 times per day with meals.
70. Immuplex: Suppressed immune function, chronic viral problems, source of zinc, copper, iron and other iron synergists (folic acid, B12, B6). 1 capsule 3 times per day with meals for 30 days and then 1 capsule per day.
71. Inositol: Elevated blood fats, elevated blood sugar, synergist to choline, lymphatic congestion, neuro-muscular disorders, iron synergist, muscular pain. 2 tablets 3 times per day with meals.
72. Iodomere: Source of iodine, thyroid dysfunction, hot flashes, diminished secretions, virus, fibroids. 1 tablet 3 times per day with meals.
73. Iplex: Eye conditions except glaucoma. 2 capsules 3 times per day with meals.
74. Lactic Acid Yeast: Constipation, diarrhea, foul stools, body-breath odor, infant G.I. problems. 1 wafer 3 times per day with meals.
75. Ligaplex I: Ligament-disc pain. 3 capsules 3 times per day with meals.

76. Ligaplex II: Muscle spasm (use with Calcium Lactate), overall muscle, bone, ligament support, athletic injuries, long term preventive support for athletes. 2 capsules 3 times per day with meals, increase to 2-3 capsules per hour in acute muscle or ligament injuries.

77. Linum B6: Source of unsaturated fatty acids with synergist Vitamin B6, calcium metabolism, low blood fats, immune insufficiency, diet high in refined foods with resulting elevated salivary pH. 2 perles 3 times per day with meals.

78. Livaplex: General liver support, non-hepatitis, toxic liver conditions, allergy alcoholism. 2-3 capsules 3 times per day with meals.

79. Magnesium Lactate: Tissue injury, muscle cramps, inflammation, PMS, calcium synergist, cardiac stress. 3 capsules 2 times per day in the morning and night on an empty stomach.

80. Mammary PMG: Cystic breasts, pain in breasts at menses, inability to lactate or stop lactating, PMS. 1 tablet 3 times per day with meals.

81. Manganese B12: Manganese support for ligament injury, disc problems, cyclic fever, goiter, immune insufficiency, B Vitamin synergist, hypoglycemia-hyperglycemia. 2 tablets 3 times per day with meals.

82. Min-Chex: Hyperirritability, melancholia (depression), hypertension, nutritional tranquilizer, personality disorders. 2 capsules 3 times per day with meals, 4 capsules at bedtime.

83. Min-Tran: Tachycardia, hyperthyroidism, insomnia, menses cramps, low back pain associated with muscle fatigue, trace mineral source, sympathetic dominance. 3 tablets 3 times per day on an empty stomach, tablets at bedtime.

84. Multizyme: Pancreatic support, hyperglycemia, intestinal parasites, tissue trauma, mucous, fibroids. 3 capsules 3 times per day on an empty stomach (just before meals).

85. MyoPlus: Muscle weakness, elevated blood sugar, general muscle support. 2 tablets 3 times per day with meals.

86. Myotrophin PMG: Muscle weakness, muscle damage, neuro-muscular disorders. 2 tablets 3 times per day with meals.

87. Neuroplex: Epilepsy, undefined weight gain or loss, insomnia, neuro-muscular disorders, anorexia. 1 capsule twice per day with meals.

88. Neurotrophin PMG: Slowness of thought, loss of memory, nightmares, epilepsy, dementia, diabetes, other brain disorders. 1 tablet 3 times per day with meals.
89. NiacinamideB6: Dermatitis, melancholia, parasthesia, diarrhea, loss of appetite, synergist to unsaturated fatty acids. 2 capsules twice per day with meals.
90. Nutrimere: Source of dietary protein. 2 capsules 3 times per day with meals.
91. Oculotrophin PMG: Eye strain and fatigue, aging process. 1 tablet 3 times per day with meals.
92. Orchex: Hyperirritability, melancholia (depression), hypertension, elevated blood fats, loss of appetite, nutritional tranquilizer, personality disorders, change of life. 2 capsules 3 times per day with meals.
93. Orchic PMG: Orchitis, infertility, male climateric, gynecomastia, cryptorchism, testicular atrophy, lack of sexual desire. 1 tablet 3 times per day with meals.
94. Organic Iodine: Menopausal hot flashes, thyroid dysfunction, mucous too thick, diminished secretions, virus, fibroids, tremors, ligament weakness. 1 tablet per day with a meal until symptoms abate then 1 tablet 3 times per week for 60 days. Supplement should be taken with meals.
95. Organic Minerals: Source of organic potassium, sympathetic dominance, frequent sighing, breathlessness, dry mouth, gaging, tachycardia, acidosis, endocrine hyperfunction. 2 tablets 3 times per day with meals.
96. Ostarplex: Osteoarthritis, calcium carbonate spurs, systemic alkalinity. 2 capsules 3 times per day with meals.
97. Ostogen: Source of bone phosphatase, arthritis, gum and tooth disease, bone repair (fractures-healing), calcium utilization, low WBC, low segmented neutrophils, carpal tunnel syndrome. 2 tablets 3 times per day with meals.
98. Ostrophin PMG: Source of bone phosphatase, arthritis, gum and tooth disease, bone repair (fractures-healing), calcium utilization, low WBC, low segmented neutrophils, carpal tunnel syndrome. 2 tablets 3 times per day with meals.
99. Ovatrophin PMG: Amenorrhea, delayed puberty, menses problems (infrequent periods, scanty flow). 1 tablet 3 times per day with meals.
100. Ovex: Menopausal hot flashes, menses too frequent, heavy menses flow, frigidity, menses cramps. 1 tablet 3 times per day with meals.

101. Pancreatrophin PMG: Diabetes, wasting diseases, pancreatitis, most refined food handling problems. 1 tablet 3 times per day with meals.

102. Paraplex: Parasympathetic dominance, multiple glandular support for thyroid, pituitary, adrenal and pancreas, hyper and hypoglycemia. 2 tablets 3 times per day with meals.

103. Parotid PMG: Thyroid dysfunction, iodine sensitivity, salivary disorders, inner-ear infections, congestion in inner ear, mumps, infertility. 2 tablets 3 times per day with meals.

104. Phosfood: Joint-muscle stiffness in the a.m., parasympathetic dominance, nausea, hyperchlorhydria, cramps, reduced circulation, elevated RBC, HGB or HCT, excessive secretions, thyroid dysfunction, bradycardia, severe cases of morning sickness (buffer with calcium). 10-15 drops in water 3 times per day.

105. Pituitrophin PMG: Pituitary dysfunction, gastric hyperacidity, acidosis, arthritic symptoms, ulcers, flu, virus, hyperadrenia. 1 tablet 3 times per day with meals.

106. Pneumotrophin PMG: Respiratory problems, pulmonary involvement of adrenal and cardiac stress, acid-base imbalance. 1 tablet per day for a week then increase to 2 tablets per day for a week and 3 tablets per day thereafter. Take with meals. If histamine reactions occur reduce dose and supplement with Antronex.

107. Prostate PMG: Prostate hypertrophy resulting in nocturia, dribbling, low back pain, pain inside heels, loss of libido and-or constipation. 1 tablet 3 times per day with meals.

108. Prost-X: Source of phosphatase, calcium metabolism, bone pain, symptoms or prostate hypertrophy, loss of libido, source of zinc. 2 capsules 4 times per day with meals-snack.

109. Protefood: Source of amino acids, hypoglycemia, debilitation, chronic fatigue, low protein diets, elevated total globulin, edema, muscular weakness, weight loss, synergistic to programs designed to build muscle mass. 1 capsule with meals for a week then 2 per day with meals for a week then 1 per day thereafter until symptoms-problem is resolved.

110. Renafood: Elevated diastolic blood pressure, edema, general renal support, renal protein overload. 3 tablets 3 times per day with meals.

111. Renatrophin PMG: Edema, renal dysfunction, severe systolic hypotension, toxemia, anemia. 1 tablet 3 times per day with meals.

112. RNA: Hypothyroid symptoms, emaciation, senility, loss of memory, lowered resistance, synergist to glandular support. 2 tablets 3 times per day with meals.

113. Rumaplex: Long term calcium support, bone healing, osteoporosis, general support for rheumatoid arthritis. 3 capsules 3 times per day with meals.

114. Senaplex: Geriatric multiple vitamin. 2 capsules 3 times per day with meals.

115. Soy Bean Lecithin: Joint stiffness, some types of adrenal hypofunction, hypertension, source of organic phosphorus, fatigue, elevated blood pressure, elevated blood fats. 2 perles 3 times per day with meals.

116. Spanish Black Radish: Toxic bowel, parasites, liver congestion, some types of adrenal hypofunction, virus, constipation, diarrhea. 2 tablets 3 times per day with meals.

117. Spleen PMG: Infections, some types of anemia, allergic reactions, swelling of lymph nodes, polycythemia, edema. 2 tablets 3 times per day with meals.

118. Spleen, Desiccated: Source of SOD, support for free radical problems, infection, immune insufficiency. 2 tablets 3 times per day with meals.

119. SuperEFF: Source of phospholipids, reduced HDL, inability to hold minerals in colloidal suspension in blood, loss of appetite, anemia, morning sickness, tachycardia, neuro-muscular disorders. 2 capsules in the morning and 2 at night on an empty stomach.

120. Symplex F: Glandular support (female) for thyroid, adrenal, pituitary, ovaries, fatigue, menses problems, general female glandular support. 2 tablets 3 times per day with meals.

121. Symplex M: Glandular support (male) for thyroid, adrenal, pituitary, orchic, fatigue, male climateric, general male glandular support. 2 tablets 3 times per day with meals.

122. Cataplex T: Low blood platelets, free radical problems, low gamma globulin, low total globulin-protein, virus, chronic immune problems-sensitivities, mental problems, histamine reactions. 1 perle 3 times per day with meals.

123. Thymex: Immune insufficiency, low gamma globulin, skin conditions, infections, allergy to milk, croup, inflammation, hyperthyroid conditions, healing, some cases of constipation. 3 tablets 3 times per day with meals, increase in acute states to 7 tablets 3 times per day.

124. Thymus PMG: Immune insufficiency, myasthenia gravis, chronic immune problems in children, hyperthyroidism, synergist to Thymex. 2 tablets 3 times per day with meals.

125. Thytrophin PMG: Thyroid dysfunction. 2 tablets 3 times per day with meals.

126. Utrophin PMG: History of abortion-threatened abortion, cervicitis, endometriosis, uterine displacement, menses symptoms, uterine congestion. 1 tablet 3 times per day with meals.

127. Vasculin: Congestive cardiac problems, hypotension, capillary fragility, some adrenal hypofunction, muscle fatigue, poor circulation. 2-3 tablets 3 times per day with meals.

128. Wheat Germ Oil: Reduced oxygen carrying capacity of blood, source of fat soluble vitamins, hot flashes, low blood fats, endocrine hyperfunction, muscle cramps, sex hormone precursor. 2 perles 3 times per day with meals.

129. Wheat Germ Oil Perles Fortified: Same as Wheat Germ Oil with extra tocopherols.

130. Zymex: Gastrointestinal symptoms, toxemia, diarrhea, constipation, free radical problems, immune insufficiency, liver-portal congestion, yeast problems. 1 capsule 3 times per day with meals.

131. Zymex II: Symptoms of parasites, mucous, pancreatic support, tissue trauma, virus, infant digestive problems. 3 capsules twice per day on an empty stomach, increase if symptoms are severe.

132. Zypan: Chronic indigestion, need for HCL-pancreatic support, inability to absorb minerals (calcium, iron, zinc), body odor, bad breath. 2-3 tablets 3 times per day with meals. Increase as need to control symptoms, hold at level that controls symptoms until rebound occurs and then begin to reduce.

SUPPLEMENT CODE NUMBERS WITH CORRESPONDING SUPPLEMENTS

| | | |
|-------------------------|-------------------------|------------------------|
| 1. Cataplex A | 52. E Manganese | 105. Pituitrophin PMG |
| 2. Cataplex A-C | 53. Emphaplex | 106. Pneumotrophin PMG |
| 3. A-C Carbamide | 54. e-Poise | 107. Prostate PMG |
| 4. Cataplex A-C-P | 55. Cataplex F Tablets | 108. Prost-X |
| 5. A-F Betafood | 56. Cataplex F Perles | 109. Protefood |
| 6. Adrenal, Desiccated | 57. Fen-Cho | 110. Renafood |
| 7. Albaplex | 58. Fen-Gre | 111. Renatrophin PMG |
| 8. Allerplex | 59. Ferrofood | 112. RNA |
| 9. All Organic | 60. Folic Acid-B12 | 113. Rumaplex |
| Trace Minerals | 61. ForTil-B12 | 114. Senaplex |
| 10. Antronex | 62. Cataplex G | 115. Soy Bean Lecithin |
| 11. Arginex | 63. Gastrex Capsules | 116. Spanish Black |
| 12. Cataplex B | 64. Gastrex Powder | Radish |
| 13. B6Niacinamide | 65. Cataplex GTF | 117. Spleen PMG |
| 14. Cataplex B12 | 66. Heart, Desiccated | 118. Spleen, |
| 15. Betacol | 67. Hepatrophin PMG | Desiccated |
| 16. Betafood | 68. Hypothalamus PMG | 119. SuperEFF |
| 17. Betaine HCl | 69. Hypothalmex | 120. Symplex F |
| 18. Bio-Dent | 70. Immuplex | 121. Symplex M |
| 19. Black Currant | 71. Inositol | 122. Cataplex T |
| Seed Oil | 72. Iodomere | 123. Thymex |
| 20. Cataplex C | 73. Iplex | 124. Thymus PMG |
| 21. Cal-Amo | 74. Lactic Acid Yeast | 125. Thytrophin PMG |
| 22. Calcifood Wafers | 75. Ligaplex I | 126. Utrophin PMG |
| 23. Calcium Lactate | 76. Ligaplex II | 127. Vasculin |
| 24. CalMaPlus | 77. Linum B6 | 128. Wheat Germ Oil |
| 25. Calsol | 78. Livaplex | 129. Wheat Germ Oil |
| 26. CardioPlus | 79. Magnesium Lactate | (Fortified) |
| 27. Cardiutrophin PMG | 80. Mammary PMG | 130. Zymex |
| 28. Catalyn (Cyroplex) | 81. Manganese B12 | 131. Zymex II |
| 29. Chezyn | 82. Min-Chex | 132. Zypan |
| 30. Chlorophyll Complex | 83. Min-Tran | 133. _____ |
| 31. Cholacol | 84. Multizyme | 134. _____ |
| 32. Cholacol II | 85. MyoPlus | 135. _____ |
| 33. Cholaplex | 86. Myotrophin PMG | 136. _____ |
| 34. Choline | 87. Neuroplex | 137. _____ |
| 35. Circuplex | 88. Neurotrophin PMG | 138. _____ |
| 36. Collagen-C | 89. NiacinamideB6 | 139. _____ |
| 37. Collinsonia | 90. Nutrimere | 140. _____ |
| 38. Comfrey Pepsin E3 | 91. Oculotrophin PMG | 141. _____ |
| 39. Congaplex | 92. Orchex | 142. _____ |
| 40. Cyrofood Tablets | 93. Orchic PMG | 143. _____ |
| 41. CyroYeast | 94. Organic Iodine | 144. _____ |
| 42. Cyruta | 95. Organic Minerals | 145. _____ |
| 43. CyrutaPlus | 96. Ostarplex | 146. _____ |
| 44. Cataplex D | 97. Ostogen | 147. _____ |
| 45. Dermatrophin PMG | 98. Ostrophin PMG | 148. _____ |
| 46. Diaplex | 99. Ovatrophin PMG | 149. _____ |
| 47. DiSodium Phosphate | 100. Ovex | 150. _____ |
| 48. Drenamin | 101. Pancreatrophin PMG | 151. _____ |
| 49. Drenatrophin PMG | 102. Paraplex | 152. _____ |
| 50. Cataplex E | 103. Parotid PMG | 153. _____ |
| 51. Cataplex E2 | 104. Phosfood | 154. _____ |

WORK SHEET

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|-----|-----|-------|------|
| 1. | 38. | 75. | 112. |
| 2. | 39. | 76. | 113. |
| 3. | 40. | 77. | 114. |
| 4. | 41. | 78. | 115. |
| 5. | 42. | 79. | 116. |
| 6. | 43. | 80. | 117. |
| 7. | 44. | 81. | 118. |
| 8. | 45. | 82. | 119. |
| 9. | 46. | 83. | 120. |
| 10. | 47. | 84. | 121. |
| 11. | 48. | 85. | 122. |
| 12. | 49. | 86. | 123. |
| 13. | 50. | 87. | 124. |
| 14. | 51. | 88. | 125. |
| 15. | 52. | 89. | 126. |
| 16. | 53. | 90. | 127. |
| 17. | 54. | 91. | 128. |
| 18. | 55. | 92. | 129. |
| 19. | 56. | 93. | 130. |
| 20. | 57. | 94. | 131. |
| 21. | 58. | 95. | 132. |
| 22. | 59. | 96. | |
| 23. | 60. | 97. | |
| 24. | 61. | 98. | |
| 25. | 62. | 99. | |
| 26. | 63. | 100. | |
| 27. | 64. | 101. | |
| 28. | 65. | 102. | |
| 29. | 66. | 103. | |
| 30. | 67. | 104. | |
| 31. | 68. | 105. | |
| 32. | 69. | 106. | |
| 33. | 70. | 107. | |
| 34. | 71. | 108.. | |
| 35. | 72. | 109. | |
| 36. | 73. | 110. | |
| 37. | 74. | 111. | |