

# Protocol Patient Questionnaire and Health History

Name \_\_\_\_\_  
 Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SSN \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Married? \_\_\_\_\_

Your Past and Family Medical History  
 Please indicate Yourself (Y), a Sibling (S), Maternal side (M), or Paternal side (P) of the family.

Cancer		Stroke	
Hypertension		Asthma	
Heart Disease		Auto-Immune Disorders	
Diabetes		Mental Illness	
Seizures		Alcoholism or Drug Addiction	
Allergies		High Cholesterol	

List all prescriptions, OTC drugs, and/or supplements you currently use:

Circle all that Apply. For Women's Health, please enter answers as appropriate.

### Cardiovascular System

High BP  
 Low BP  
 Irregular Heartbeat  
 Chest Pain  
 High Cholesterol  
 Varicose Veins  
 Blood Clots  
 Swelling Extremities  
 Cold Extremities  
 Shortness of Breath

### Endocrine System

Cold/Heat Intolerance  
 Extreme Fatigue  
 Increased Thirst  
 Increased Appetite  
 Prolonged Stress  
 High Blood Sugar  
 Sleep Irregularities  
 Mood Swings  
 Depression  
 Irritability

### Joint Health

Joint Pain  
 Joint Inflammation  
 Arthritis  
 Foot/Ankle Pain  
 Ankle  
 Back Problems

### Weight Management

Overweight  
 Underweight  
 P.M. Overeating  
 Drastic Changes in Weight  
 Central Obesity  
 Cravings for Sweets  
 Cravings for Salt

### Women's Health

Duration of Menses  
 Days Between Menses  
 Date of Last Menses  
 Menopause  
 HPV  
 Breakthrough Bleeding  
 Birth Control  
 Heavy Menses  
 PMS  
 Irregular Periods  
 Painful Periods  
 Unusual Discharge  
 Osteoporosis  
 Frequent UTIs

### Digestion

Indigestion  
 Gas/Bloating  
 Abdominal pain  
 Constipation  
 Diarrhea  
 Nausea  
 Frequent Antibiotic Use  
 Heartburn  
 Ulcers  
 Gastric Reflux

### Neuro-Psychological

Memory Problems  
 ADHD/ADD  
 Depression  
 Anxiety  
 Sleep Irregularities  
 Headaches  
 Mood Swings  
 Negative Thoughts  
 Psychiatric Treatment  
 Drug/Alcohol Abuse

### Immune System

Family History of Cancer  
 History of Cancer (self)  
 Frequent Cold/Flu  
 Auto-Immune Disorders  
 Allergies  
 Asthma

### Urinary Tract

Urinary Tract Infections  
 Pain on Urination  
 Frequent Urination  
 Urgency to Urinate  
 Decreased Flow  
 Odd Color or Odor  
 Blood in Urine  
 Kidney Stones

### Men's Health

BPH  
 Prostate Cancer  
 Wake Nights to Urinate  
 Frequent Urination  
 Low Libido  
 Impotence  
 Sterility

Allergies to medications:

Do you smoke or drink alcohol? If so, how much?

Do you exercise regularly? If so, how often?

Are you subject to any occupational stress (exposure to chemicals, physical labor, or psychological stress)?

What are your main health concerns today?

# protocols

## Arterial/Cholesterol Support

Omega-3  
Ortho E™  
Flush Free Niacin 500 mg  
Sytrinol® Cholesterol Formula  
CoQ10 600 mg Softgels

**additional support:** Curcumin, Red Yeast Rice & Pantethine

## Blood Sugar Support

True Balance™ Multi  
*Alpha*-Lipoic Acid  
Glucose Balance™

**additional support:** Pantethine, Fiber, Stevia & ChromeMate®

## Brain/Cognitive Support

Brain Regain™  
Acetyl-L-Carnitine 500 mg

**additional support:** Omega-3 Fish Oils, Glutamine, Taurine

## Cardiovascular Support

Ultra Omega-3 Mol-Distill. 500/250/gel  
Omega-3 Mol-Distill. Lemon Liquid  
Ortho E™  
CoQ10 600 mg Softgels

**additional support:** Nattokinase, Vein Integrity™ w/Trunorin®, *Alpha*-Lipoic Acid, CoEnzyme B Complex

## Cellular Immunity

AHCC® 500 mg  
Brocco Immune™  
N-Acetyl Cysteine 600 mg + Antiox  
*Alpha*-Lipoic Acid 250 mg  
Curcumin 700 95% + Extract

**additional support:** Selenium, EGCG, ProtoSorb-C

## Detox Support

Ortho Detox™  
Ortho Dophilus™ - Enteric Coated  
Liver Detox™  
Brocco Immune™

**additional support:** Ubiquinol, Fiber, Milk Thistle Extract, ALA, NAC

## Digestive Support

Pepzin GI® Soothe™  
BioCor® Enhanced Enzymes™  
Ortho Dophilus™ - Enteric Coated  
Aloe Vera 5,000 Softgels

**additional support:** Dairy Digestion™, Glutamine, Taurine, Peppermint Oil G.I™, A-Biotic™

## Immunity Balance

Omega-3  
Ortho Dophilus™ - Enteric Coated  
Immune Renew™ (Org. Mushrooms)  
Natural-D3 2,000 IU

**additional support:** Vitamin C, Borage Oil (GLA), BioCor® Enhanced Enzymes™

## Joint Support

Glucosamine & Chondroitin  
Omega-3 180/120  
Celadrin® Joint Liposome Lotion

**additional support:** Calcium & Magnesium, MSM, Curcumin, D-Flame™

## Men's Health

Ortho Multi™ for Men  
Lyc-O-Mato® 20 mg Lycopene  
Ortho Prostate™  
Omega-3 Ultra Molec. 500/250

**additional support:** Saw Prostetto™ 320 mg, Virility for Men, Ortho-E™

## Pain Management

Serrazimes® 33 mg/20,000 units  
Celadrin® Joint Liposome Lotion  
D-Flame™  
Omega-3 Ultra Molec. 500/250

**additional support:** Bromelain, BioCor® Enhanced Enzymes™, MSM, Curcumin

## Seasonal Immunity

Ortho Dophilus™  
Omega-3 Ultra Molec. 500/250  
ProtoSorb-C  
Natural-D3 2,000 IU

**additional support:** A-Biotic™, Aller-All™, Immune Renew™

## Sleep/Mood Support

Omega-3 Ultra Molec. 500/250  
5-HTP 200 mg + Tyrosine  
Taurine 1000 mg Caps  
Tryptophan

**additional support:** CoEnzyme B Complex, Melatonin, SAME, Magnesium, Adrenal Cortisol Support™

## Urinary Tract

D-Mannose  
Ortho Dophilus™

**additional support:** Bromelain, ProtoSorb-C, A - Biotic™

## Weight Management

Slimaluma® Plus  
C-Away™ w/Carnitine  
ChromeMate®  
MetaboEnergetics™ - Ephedra Free  
Carnitine 500 mg

**additional support:** Omega-3, 5-HTP, Ortho Thyroid™, Adrenal Cortisol Support™

## Women's Health

Ortho Multi™ for Women Caps  
Bone Strength™  
Borage Oil 1050/240 mg GLA  
Omega-3 Ultra Molec. 500/250

**additional support:** Progesterone Cream, D-Mannose



Practitioners' Choice for Quality & Value