

Do I Need A Reset?

Patient Name: _____ Date: _____

Check all symptoms that currently apply:

- | | |
|---|--|
| <input type="checkbox"/> Difficulty losing weight | <input type="checkbox"/> Unexplained muscle or joint pain |
| <input type="checkbox"/> Fatigue or low energy | <input type="checkbox"/> Hormone imbalances |
| <input type="checkbox"/> Headaches or migranes | <input type="checkbox"/> Mood swings, depression, anxiety |
| <input type="checkbox"/> Respiratory issues or allergies | <input type="checkbox"/> Skin issues, eczema, rashes, or acne |
| <input type="checkbox"/> Abdominal discomfort, gas, bloating
cramps, diarrhea, or constipation | <input type="checkbox"/> Frequent infections, low immune system |
| | <input type="checkbox"/> Difficulty going to sleep, staying asleep,
waking up |

Boxes Checked:	Interpretation:	Recommendation:
1	Mild Imbalance	Terra µBiomic & Terra Superfood
2-3	Moderate Imbalance	Terra µBiomic, Terra Superfood, & ImmuneGenic
4+	Significant Imbalance	Holobiome Roadmap recommended to restore balance across all 11 body systems



SYSTEMIC FORMULAS INC



ALIMENTUM LABS

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