# TEST OF VITAMINS QUESTIONS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Yes** | **Sometimes** | **No** |
| 1. | Do you have dandruff? |  |  |  |
| 2. | Is your tongue bright red? |  |  |  |
| 3. | Are you quickly short of breath? |  |  |  |
| 4. | At night, are you subject to insomnia? |  |  |  |
| 5. | Do you bruise easily when you “bump” yourself? |  |  |  |
| 6. | Are you blinded for awhile, after being hit by a sudden and bright light? |  |  |  |
| 7. | Are you prone to nosebleeds difficult to stop? |  |  |  |
| 8. | Are you bronchitis or asthmatic? |  |  |  |
| 9. | Do you have nails that break easily? |  |  |  |
| 10. | Do you suffer from heart disease? |  |  |  |
| 11. | Are your muscles painful? |  |  |  |
| 12. | Did you have to lose weight? |  |  |  |
| 13. | Do you have warts? |  |  |  |
| 14. | Do you have high cholesterol? |  |  |  |
| 15. | Do you often suffer from a throat? |  |  |  |
| 16. | Do you suffer from arthritis? |  |  |  |
| 17. | Are you always tired even without any effort? |  |  |  |
| 18. | Do you suffer from impotence or sterility? |  |  |  |
| 19. | Do you regularly suffer from a cold or the flu? |  |  |  |
| 20. | Are you subject to nervousness? |  |  |  |
| 21. | Do you have visual disturbance, "spots" or "flies" dancing in your eyes? |  |  |  |
| 22. | Do you feel weak? |  |  |  |
| 23. | Do you ever happen to have cramps in your calves? |  |  |  |
| 24. | Do you have diabetic problems? |  |  |  |
| 25. | Do you have dark circles around the eyes? |  |  |  |
| 26. | Do you have problems with your sinuses? |  |  |  |
| 27. | Are your gums swollen and bleeding? |  |  |  |
| 28. | Is your hair falling out? |  |  |  |
| 29. | Do you have the high blood pressure? |  |  |  |
| 30. | Do you have any problems with allergies? |  |  |  |
| 31. | Do you have traces of seborrhea on the nose, around ears, close to the eyes? |  |  |  |
| 32. | Are your teeth loose? |  |  |  |
| 33. | Do you get dizzy? |  |  |  |
| 34. | Do you have memory lapses? |  |  |  |
| 35. | Do you have menstrual pains? |  |  |  |
| 36. | Are you blinded by the sun if you do not wear sunglasses? |  |  |  |
| 37. | Are you timid or indecisive? |  |  |  |
| 38. | Does pollution make you uncomfortable? |  |  |  |
| 39. | Do you have problems with your gall bladder? |  |  |  |
| 40. | Do you suffer from constipation? |  |  |  |
|  | TOTAL  |  |  |  |

If YES and SOMETIMES outweigh the NO, it may be that you lack vitamins.
Watch your food and make sure you eat the right foods that you are required to render your body balanced and allow it to defend itself; better still, absorb regularly the dietary supplements of vitamins.
If you want to know which vitamins you lack in particular, see the following table:

The YES corresponds to numbers ... Indicates a deficiency...

1-6-15-26-36 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Vitamin A
2-3-4-17-20-21-22-31-33-34-40 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Vitamin B
5-11-19-27-32 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vitamin C
10-13-18-24-35-38 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vitamin E
7\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vitamin K
8-12-16-30-37 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alfalfa

9-23-28 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Calcium
14-25-29-39 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Lecithin

To obtain the best vitamins in the world see ***Shaklee Life Plan*** at the following site:
[www.massageplus.myshaklee.com](http://www.massageplus.myshaklee.com) or contact me at gilles@canbec101.com cell:(514) 452-9605



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