

Clinical Questionnaire

This questionnaire is designed to help your clinician decide what type of testing might be appropriate for you.
Please ask your clinician if you are unsure about a question.

Do you have...

1. Use of antibiotics or immunosuppressant medications; inflammatory problems; autoimmune conditions; abdominal cramping, discomfort, or pain; nausea; gas; bloating; heartburn or GERD; bad breath; constipation or diarrhea; changes in bowel habits; abnormal appetite; bloody stools; irritable bowel syndrome; inflammatory bowel disease; malabsorption; chronic skin conditions; or chronic fatigue?
Yes ☐ Consider the [Expanded Gastrointestinal Health Panel with Calprotectin \(GI-02C\)](#) or [Expanded Gastrointestinal Health Panel with GP3x and Calprotectin \(GI-02xC\)](#)
2. History of food allergies, allergy-related symptoms (e.g., runny nose, congestion, sinusitis, ear infections), or symptoms associated with eating?
Yes ☐ Consider the [Food Panel \(FP\)](#) or the [Expanded Gastrointestinal Health Panel \(GI-02\)](#)
3. Low energy, weakness, anxiety, excessive stress, insomnia or other sleep disturbance, abnormal weight gain, difficulty losing weight, lightheadedness, dizziness, fainting, mental dullness, poor memory, depression, irritability, mood swings, high blood pressure, family history of diabetes, or history of abnormal glucose or insulin levels?
Yes ☐ Consider the [Adrenal Stress Index \(AASI\)](#) or the [Expanded Adrenal Stress Index \(AASI-5\)](#)
4. Joint and musculoskeletal pain; chronic fatigue; neurodegenerative disease (e.g., amyotrophic lateral sclerosis); metabolic disorder (e.g., diabetes); insulin resistance; difficulty losing weight; anemia; cognitive dysfunction (e.g., memory loss or "brain fog"); heart abnormalities (e.g., cardiomyopathy or abnormal heart beat); nervous system symptoms (e.g., numbness, tingling of hands and feet, or weakness); abdominal pain; nausea; vomiting; diarrhea; skin disorders (e.g., eczema or psoriasis); autoimmune disease (e.g., rheumatoid arthritis); hair loss; infertility; fibromyalgia; allergies; asthma; ADHD; anxiety; depression; high blood pressure; kidney disease; liver disease; thyroid disease; or cancer?
Yes ☐ Consider a [Toxic Metals & Elements Panel \(CMETALS or UMETALS\)](#)
5. Itching, rashes or irritation of skin crevices, mouth, or genital area?
Yes ☐ Consider the [Yeast Panel](#), the [GI-02](#), and the [AASI](#)
6. History of falls; prolonged drinking or smoking; low body weight; aching joints; abnormal findings on DEXA scan or other bone density tests; no screening for bone illness and over 54 years of age; family history of osteoporosis; high levels of thyroid, prolactin, growth, cortisol, or parathyroid hormones; or low levels of vitamin D, testosterone, or estrogen hormones?
Yes ☐ Consider the [Bone Health Panel \(BHP\)](#)

7. Scalp hair loss, low libido, excessive hair growth, depressed or apathetic mood, low metabolism, weight gain, aggressive behavior, or acne?

Yes ☐ Consider the **Expanded Male Hormone Panel (eMHP)** for men and **Expanded Female Hormone Panel* (eFHP)** for women

8. Current difficulty conceiving a child?

Yes ☐ Consider the **Expanded Male Hormone Panel (eMHP)** for men and the **Expanded Female Hormone Panel* (eFHP)** for women

MEN STOP HERE

Women Continue

9. Symptoms that come and go with menstrual cycling or with a monthly pattern?

Yes ☐ Consider the **Expanded Female Hormone Panel* (eFHP)**

10. Anovulatory menstrual cycles or amenorrhea (absent menstrual cycles) due to the use of hormonal birth control* or other underlying causes?

Yes ☐ Consider a customized **Flexi-Saliva** panel including the **Expanded Post Menopause Hormone Panel (ePHP1) with Androstenedione and DHT***

11. Any night sweats, hot flashes, headaches, mood swings, insomnia, weight gain, or other menopausal symptoms that may be associated with abnormal or absent cycling?

Yes ☐ Consider the **Expanded Post Menopause Hormone Panel (ePHP1)**

CONTINUE ONLY IF THE ANSWER TO #11 IS YES

12. Is there any chance of predictable menstruation this month or next month with a monthly cycle of less than 43 days? May answer “unsure”.

Yes ☐ Consider the **Expanded Female Hormone Panel (eFHP)**

Unsure ☐ Consider the **Expanded Peri Menopause Panel (ePHP2)**

For Clinicians

* Ordering the **Expanded Female Hormone Panel (eFHP)** for women on hormonal contraception is generally of limited usefulness due to the altered hormone production that results. Consider a customized Flexi-Saliva panel including the **Expanded Post Menopause Panel (ePHP1) with Androstenedione and DHT**, collected on days 19-22 to assess androgen production and to check if ovarian production of progesterone is adequately suppressed by the hormonal contraception.

Overall: Consider the **AASI** panel for a multi-system screen and the **GI-02xC** or **GI-02x** panel to uncover infections, especially if the patient is asymptomatic or symptoms are not easily communicated or described.

It is recommended that an **AASI** panel be ordered as a screening test when investigating reproductive hormones with the **Expanded Post Menopause Hormone Panel (ePHP1)** or the **Expanded Male Hormone Panel (eMHP)**.

Flexi-Saliva, **Flexi-Stool**, and **Flexi-Combo** customized panels can be used to combine test panels or individual tests. Reproductive hormone tests can be combined with adrenal hormone tests on a **Flexi-Saliva** customized test panel or with the **GI-02C** on a **Flexi-Combo** customized test panel.

If 3 or 4 foods on a **Food Panel** are positive, consider a **GI-02xC** to investigate possible causes of inflammation.