

Medical Symptoms Questionnaire (MSQ) Booklet

Please complete this booklet based upon your health profile over the last 30 days. Upon completion, return to your practitioner for evaluation. Your practitioner will review your responses and then discuss lifestyle changes and medical interventions as well as dietary supplements that may support those changes and interventions. Dietary supplements alone are not intended to diagnose, treat, or cure any disease.

Thank you.

Name _____

Data _____

Reassess Date _____

The content of this Aduco – provided questionnaire is intended solely for healthcare practitioners for educational purposes only. The information set forth herein is holistic in nature, is not offered as a complete or comprehensive assessment on all subjects referenced, has not been evaluated by the Food & Drug Administration (FDA) or any other medical body, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Aduco offers this information with the expectation that practitioners shall use their own discretion, perform their own research, rely on their own clinical experience and practice according to their scope of practice and the limits of their license.



Medical Symptoms Questionnaire

Rate each of the following symptoms based upon your typical health profile for the past 30 days.

Point Scale:

0 = Never or almost never have the symptom
 1 = Occasionally have it, effect is not severe

2 = Frequently have it, effect is not severe
 3 = Occasionally have it, effect is severe
 4 = Frequently have it, effect is severe

Digestive Tract	<ul style="list-style-type: none"> <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Diarrhea <input type="checkbox"/> Constipation <input type="checkbox"/> Bloating Feeling <input type="checkbox"/> Belching or passing gas <input type="checkbox"/> Heartburn 	Total	Head	<ul style="list-style-type: none"> <input type="checkbox"/> Headaches <input type="checkbox"/> Faintness <input type="checkbox"/> Dizziness <input type="checkbox"/> Insomnia 	Total
Lungs	<ul style="list-style-type: none"> <input type="checkbox"/> Chest congestion <input type="checkbox"/> Asthma, bronchitis <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty breathing 	Total	Joint & Muscles	<ul style="list-style-type: none"> <input type="checkbox"/> Pain or aches in joints <input type="checkbox"/> Arthritis <input type="checkbox"/> Stiffness or limitation of movement <input type="checkbox"/> Pain or aches in muscles <input type="checkbox"/> Feeling of weakness or tiredness 	Total
Heart	<ul style="list-style-type: none"> <input type="checkbox"/> Irregular or skipped heartbeat <input type="checkbox"/> Rapid or pounding heartbeat <input type="checkbox"/> Chest pain 	Total	Energy & Activity	<ul style="list-style-type: none"> <input type="checkbox"/> Fatigue, sluggishness <input type="checkbox"/> Apathy, lethargy <input type="checkbox"/> Hyperactivity <input type="checkbox"/> Restlessness 	Total
Skin	<ul style="list-style-type: none"> <input type="checkbox"/> Acne <input type="checkbox"/> Hives, rashes, or dry skin <input type="checkbox"/> Hair loss <input type="checkbox"/> Flushing or hot flashes <input type="checkbox"/> Excessive sweating 	Total	Mind	<ul style="list-style-type: none"> <input type="checkbox"/> Poor memory <input type="checkbox"/> Confusion, poor comprehension <input type="checkbox"/> Difficulty in making decisions <input type="checkbox"/> Stuttering or stammering <input type="checkbox"/> Slurred speech <input type="checkbox"/> Learning disabilities 	Total
Ears	<ul style="list-style-type: none"> <input type="checkbox"/> Itchy ears <input type="checkbox"/> Ear aches, ear infections <input type="checkbox"/> Drainage from ears <input type="checkbox"/> Ringing in ears, hearing loss 	Total	Emotions	<ul style="list-style-type: none"> <input type="checkbox"/> Mood swings <input type="checkbox"/> Anxiety, fear, or nervousness <input type="checkbox"/> Anger, irritability, or aggressiveness <input type="checkbox"/> Depression 	Total
Nose	<ul style="list-style-type: none"> <input type="checkbox"/> Stuffy nose <input type="checkbox"/> Sinus problems <input type="checkbox"/> Hay fever <input type="checkbox"/> Sneezing attacks <input type="checkbox"/> Excessive mucus formation 	Total	Weight	<ul style="list-style-type: none"> <input type="checkbox"/> Binge eating <input type="checkbox"/> Craving certain foods <input type="checkbox"/> Excessive weight <input type="checkbox"/> Compulsive eating <input type="checkbox"/> Water retention <input type="checkbox"/> Underweight 	Total
Mouth/Throat	<ul style="list-style-type: none"> <input type="checkbox"/> Chronic coughing <input type="checkbox"/> Gagging frequently; need to clear throat <input type="checkbox"/> Sore throat, hoarseness, loss of voice <input type="checkbox"/> Swollen/discolored tongue/gums/lips <input type="checkbox"/> Canker sores 	Total	Other	<ul style="list-style-type: none"> <input type="checkbox"/> Frequent illness <input type="checkbox"/> Frequent or urgent urination <input type="checkbox"/> Genital itch or discharge 	Total
Eyes	<ul style="list-style-type: none"> <input type="checkbox"/> Watery or itchy eyes <input type="checkbox"/> Swollen, reddened or sticky eyelids <input type="checkbox"/> Bags or dark circles under eyes <input type="checkbox"/> Blurred or tunnel vision (does not include near or far sightedness) 	Grand Total			

MSQ Key

Medium to High scores indicate that formulas listed under Therapeutic Support may be considered. Always consider Liver Assessment scores even when GI Assessment scores are all Low.

MSQ				
	Section Total	Low Priority	Medium Priority	High Priority
MSQ - Medical Symptoms Questionnaire		20 and under	21 - 50	51 - 90

Individuals with low MSQ scores should consider implementing appropriate lifestyles changes and nutritional support directed specifically towards the specific area(s) under load.

Individuals with medium MSQ scores should implementing the 7 day VitalCleanse program with appropriate lifestyles changes and nutritional support directed specifically towards the specific area(s) under load.

Individuals with high MSQ scores should implementing the 21 day VitalCleanse program with appropriate lifestyles changes and nutritional support directed specifically towards the specific area(s) under load.

Patients with high symptoms but low MSQ may be exhibiting reactions that are not related to toxic load. Other mechanisms should be considered; such as inflammation/immune/allergy, gastrointestinal dysfunction, reactive oxidative stress, hormonal/neurotransmitter dysfunction, and/or nutritional depletion. Individualize support with specific whole food supplementation and/or nutraceuticals along with appropriate dietary interventions is recommended.

Note:

Formula Descriptors

Medical Symptoms Questionnaire (MSQ) Booklet

VitalCleanse 7 Days Kit:

VitalCleanse GHI Chocolate/Vanilla,
DualPhase Pro, NAC Armor

VitalCleanse 21 Days Kit:

VitalCleanse GHI Chocolate/Vanilla,
Dual Phase Pro, BodyShield, NAC Armor,
BioPro 30 DF, Mighty Mag 125

#2 (Focal Evolve™) is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. This formula contains magnesium citrate to aid in muscle relaxation and healthy bowel elimination;* Cape aloe to encourage normal GI transit time and stool bulk; and Triphala—a balanced blend of astringent fruits used extensively in Ayurveda—to support all phases of healthy digestion, assimilation, and elimination. Healthy gastrointestinal function and regularity plays a fundamental role in detoxification, providing a major route for natural elimination of toxins.* #2 is intended for short-term use only and should never be consumed during pregnancy. Follow directions and label cautions carefully.

ActivBinder™ (3rd Planet™) helps relieve temporary diarrhea and constipation. Supports healthy motility and gastronomical tone, Supports overall bowel health, Promotes adsorption and elimination of toxins in the digestive tract. Aids in digestive cleansing.

Bentonite clay has a drawing effect—the enterosorbent properties of calcium bentonite clay allows it to pass through the gut where it can bind to and absorb various substances, including toxins. Collinsonia root is an herb historically used to support vascular tissue and water balance, including support of the bladder, kidneys, and digestive mucosal tissues. It is an alternative tonic to aid healthy renal function and gastrointestinal motility.

Artemisinin Emulsion (Quicksilver Scientific®)

features artemisinin, also known as sweet wormwood, to encourage healthy cell growth and division and support a healthy, balanced inflammatory response. A very bitter compound, artemisinin affects bitter receptors much like digestive bitters.

Try this! Brush your teeth with Artemisinin Emulsion to help maintain healthy periodontal bacterial balance.

BioPro Lean 10 DF (Focal Evolve™) features vegetarian, dairy- and gluten-free, patented HOWARU® Shape *Bifidobacterium animalis subsp. lactis* B420. This probiotic strain has been shown to assist with healthy body composition by improving gut barrier function, supporting the reduction of body fat mass, and promoting less calorie consumption. Well-tolerated and effective, BioPro Lean 10 DF may aid in healthy weight management.

BioPro 30 DF (Focal Evolve™) is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 100 billion CFU+ per capsule. BioPro 30 provides four researched strains of beneficial bacteria, including the extensively studied *Bifidobacterium lactis* HN019 strain. BioPro 30 helps maintain a healthy intestinal microecology and supports the natural immune response, bowel regularity, and lactose digestion.

BioPro Sb 35 DF (Focal Evolve™) features four probiotic strains, including the extensively studied *Bifidobacterium lactis* HN019 strain, plus *Saccharomyces boulardii* (Sb), a non-pathogenic yeast, to further complement healthy gastrointestinal ecology. Gastro-resistant, vegetarian capsules provide an innovative solution for targeted delivery of sensitive ingredients to the small intestine, as they alleviate exposure to the stomach's low pH environment. BioPro Sb 35 DF helps maintain healthy intestinal microecology, supports bowel regularity and gastrointestinal-based immunity, and is ideal for individuals seeking a well-rounded supplement to support a healthy balance of intestinal flora, cellular health, and immune health.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BioPro Complete 45 DF (Focal Evolve™) features a diverse blend of HOWARU® and FloraFIT® probiotic strains to support a healthy gut microbiome. Well-researched and identity-verified, each strain has been genetically characterized and properly classified for safety and assurance and selected for their health benefits, complementary actions, viability, and stability. BioPro Complete 45 DF replenishes good bacteria in the gut as well as supports lactose digestion, bowel regularity, and the natural immune response for a healthy microbiota.

BioPro 100 DF (Focal Evolve™) is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 100 billion CFU⁺ per capsule. BioPro 100 DF provides four researched strains of beneficial bacteria, including the extensively studied *Bifidobacterium lactis* HN019 strain. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH. BioPro 100 DF helps maintain a healthy intestinal microecology and supports the natural immune response, bowel regularity, and lactose digestion.

BodyShield (Focal Evolve™) is a comprehensive formula designed to support phase I and phase II liver detoxification of environmental pollutants, endocrine disruptors, estrogen metabolites, xenoestrogens, and other toxins. BodyShield provides micronutrients, phytonutrients, and co-factors that support detoxification of xenobiotics and supports healthy estrogen metabolism, antioxidant mechanism, and glutathione production

Digesti-Pan (Food Research) is formulated with enzymes, glandulars, and key herbs, like okra and ginger root, to support optimal digestive health.* Ginger root's historical use as a spice and herbal tonic is well established. Wildcrafted beet root and leaf naturally contain nutrients, like betaine, to support healthy gallbladder and liver function. The digestive system functions to metabolize and absorb dietary nutrients.

DigestPro (Focal Evolve™) provides a variety of health-supportive factors to promote healthy digestion. L-glutamic acid, betaine HCL, and pepsin (a proteolytic enzyme) assist in protein digestion. Gentian root, an herbal bitter, promotes normal secretion of saliva and gastric acid for digestive support. HCL (hydrochloric acid) supports nutrient absorption and helps maintain a healthy gastric pH, which, in turn, fosters healthy gastric ecology.

Dr. Shade's Liver Sauce® (Quicksilver Scientific®) contains a blend of four classic drainage botanicals, along with a synergistic medley of well-established phytonutrients, to support inflammatory processes and detoxification reactions. The bitter quartet includes dandelion, solidago, gentian, and myrrh to stimulate digestion; support healthy liver, gallbladder, and kidney function; promote healthy bile flow; and support healthy microbiota.

DualPhase Pro (Focal Evolve™) is formulated to support healthy phase I and phase II liver detoxification, hence the term, "Dual-Phase Optimizers."* Ellagic acid, catechins, glucosinolates, silymarin, artichoke leaf, alpha-lipoic acid, methylsulfonylmethane (MSM), N-acetyl-L-cysteine (NAC), and calcium D-glucarate support critical steps in the complex process of detoxification to encourage overall health and vitality. This liver support blend also provides activated B vitamins for optimal bioavailability, including 5-methyltetrahydrofolate (5-MTHF) — as Quatrefolic®—to promote folate utilization. DualPhase Pro provides antioxidant support to minimize free radical damaging effects generated between the two phases of natural detoxification.* DualPhase Pro is designed to be part of a comprehensive detoxification protocol that includes adequate high-quality protein, carbohydrates, fats, and fiber. The resulting combination provides micronutrients to support the active phases of natural detoxification and the macronutrients to assist in energy production, amino acid conjugation, and healthy elimination.*

Glutathione, Liposomal (Quicksilver Scientific®) is an antioxidant and cellular detoxifier that can support healthy immune function. A master detoxifier, glutathione can bind to free radicals to help remove them from the body and aid in neutralizing a broad spectrum of harmful substances and compounds. As the body's main endogenous antioxidant, glutathione may help improve metabolic energy and assist in protecting our cells from damage caused by peroxides, pollutants, and metals.

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Glutathione Complex, Liposomal (Quicksilver Scientific®) is formulated to enhance natural detoxification pathways. Glutathione, a master detoxifier and internal antioxidant, can attach to free radicals—including reactive oxygen species, peroxides, lipid peroxides, and heavy metals—and, once neutralized, can help eliminate them through the liver and gut. Milk thistle has been used for over 2000 years to support the liver and gallbladder, and B vitamins may aid metabolism and energy. Glutathione and B-complex vitamins are offered in readily bioavailable forms to meet the metabolic demand during detoxification, as well as help the body convert the food we eat into energy.

Hista-Aid™, Nanoemulsified (Quicksilver Scientific®) can provide support for seasonal sufferers through an innovative blend of flavonoids, vitamin C, and diindolylmethane (DIM). Mast cells play a powerful role in allergies. Flavonoids are polyphenolic plant compounds that can help balance mast cell activity and resulting histamine release—including quercetin, one of the most effective flavanoids. Both DIM and quercetin have been shown to help support Nrf2 activity.

MightyMag 125 (Focal Evolve™) contains Albion® TRAACS® magnesium lysinate glycinate (mineral amino acid chelate) and Albion® chelated dimagnesium malate, both formulated for enhanced absorption. MightyMag 125 supports cardiovascular and bone health, healthy muscle function and nerve conduction, and energy production. MightyMag 125 may also support healthy glucose metabolism.

MindStrong Chocolate/Vanilla (Focal Evolve™) is designed to address brain health, structure, and function. MindStrong contains a variety of nutrients, proteins, amino acids, and co-factors that support mitochondrial energy production, antioxidant mechanisms, neurotransmitter production, and cell membrane integrity. MindStrong also supports healthy recall ability.

MonuMental 1300 (Focal Evolve™) features MaxSimil® monoglyceride fish oil, which contains quality EPA+DHA for optimal absorption and effectiveness. MonuMental 1300 positively affects the production of arachidonic acid-derived eicosanoids and supports cardiovascular health, healthy mental functioning, and healthy glucose and insulin metabolism. By supplying the precursors EPA and DHA, MonuMental 1300 helps the body generate specialized pro-resolving lipid mediators such as resolvins and protectins.

NAC Armor (Focal Evolve™) supports glutathione synthesis, detoxification of environmental toxins and pollutants, antioxidant activity in all body cells, and healthy respiratory function. N-acetyl-L-cysteine (NAC) is a derivative of the essential amino acid, L-cysteine, and is a precursor to the tripeptide, glutathione. NAC and glutathione support antioxidant and detoxification activity in the body.

Pure PC®, Micellized (Quicksilver Scientific®) features phosphatidylcholine (PC), the primary lipid composing all cell membranes. When cell membranes are damaged, the cell cannot perform properly—PC is a simple and natural answer to replenishing and restoring cell membrane function.

Turmeric PhytoRev™ (3rd Planet™) is an herbal supplement formulated with a patented and clinically trialled turmeric extract. This unique extract contains standardized levels of curcuminoids combined with soluble fiber extract from fenugreek seed to enhance bioavailability. Curcuminoids collectively describes the biologically active and distinctive yellow pigments from turmeric rhizomes—curcumin is the most well-known and most studied.

The challenge when using a turmeric extract is overcoming the naturally poor absorption, fast metabolism, and rapid excretion of curcumin/curcuminoids, without using very high doses. By impregnating fenugreek-derived soluble fiber with curcuminoids, this extract overcomes these challenges, significantly enhancing bioavailability up to 45.5 times compared to standard curcuminoids.

Ultra Binder® (Quicksilver Scientific®) is a targeted blend of natural minerals that bind to a constellation of free radicals and toxins to help the body detoxify. The combination of bentonite clay, activated charcoal, chitosan, and Quicksilver Scientific's IMD Intestinal Cleanse, together with aloe and acacia gum, provides soothing, natural body detoxification.

VitalCleanse GHI (Chocolate/Vanilla) (Focal Evolve™) is a comprehensive, lactose- and fructose-free, low- allergy- potential, vegan dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. VitalCleanse GHI features Vegan Protein Blend™ (Focal's proprietary amino acid and pea/rice protein blend), Aminogen® to facilitate protein absorption, vitamin, mineral amino acid chelates, and activated B vitamins, including folic acid and methylcobalamin. VitalCleanse GHI supports natural detoxification mechanisms, gastrointestinal health, and a balanced cytokine profile.

WheyBetter 2000 (Focal Evolve™) is an immunoglobulin concentrate derived from colostral whey peptides. WheyBetter 2000 supports immune function by providing immunoglobulins as well as other immune factors. WheyBetter 2000 supports the body's normal gut repair pathways, helps maintain healthy gut microbial and cytokine balance, and promotes overall health and well-being.

Zinc Glycinate (Focal Evolve™) is a fully reacted, proprietary Albion® TRAACS® amino acid chelate formulated for enhanced absorption. As an essential mineral, zinc serves catalytic, structural, and regulatory functions in the body, including immune and neurological function, growth, taste acuity, nutrient metabolism, and reproductive health. Zinc Glycinate supports enzymatic reactions, protein metabolism, and antioxidant activity, promotes immune and reproductive health, and plays a role in sensory perception.