

NAME: _____ DATE: _____

Take the supplements for 12 weeks and redo the tests. Score the test 0-3 (0 never 3 almost always)

General Brain

QUESTIONS	BEFORE	AFTER
Is your memory noticeably declining?	0 1 2 3	0 1 2 3
Are you having a hard time remembering names and phone numbers	0 1 2 3	0 1 2 3
Is your ability to focus noticeably declining?	0 1 2 3	0 1 2 3
Has it become harder for you to learn things?	0 1 2 3	0 1 2 3
How often do you have a hard time remembering your appointments?	0 1 2 3	0 1 2 3
Is your temperament getting worse in general?	0 1 2 3	0 1 2 3
Are you losing your attention span endurance?	0 1 2 3	0 1 2 3
How often do you find yourself down or sad?	0 1 2 3	0 1 2 3
How often do you fatigue when driving compared to the past?	0 1 2 3	0 1 2 3
How often do you fatigue when reading compared to the past?	0 1 2 3	0 1 2 3
How often do you walk into rooms and forget why?	0 1 2 3	0 1 2 3
How often do you pick up your cell phone and forget why?	0 1 2 3	0 1 2 3

Serotonin (noradrenalin)

I don't get much enjoyment from friends and relationships.	0 1 2 3	0 1 2 3
I have a lot of inner rage and anger.	0 1 2 3	0 1 2 3
I am losing pleasure in hobbies and my favorite activities.	0 1 2 3	0 1 2 3
My confidence and self esteem are usually low.	0 1 2 3	0 1 2 3
I am almost always a perfectionist and driven.	0 1 2 3	0 1 2 3
I oftentimes get the blues in the winter or overcast weather.	0 1 2 3	0 1 2 3
I am shy and afraid of crowds, heights, or speaking in public.	0 1 2 3	0 1 2 3
I am subject to panic attacks often.	0 1 2 3	0 1 2 3
I have feelings of paranoia	0 1 2 3	0 1 2 3
I have frequent insomnia.	0 1 2 3	0 1 2 3
I crave a lot of sweets.	0 1 2 3	0 1 2 3
I have a lot of muscle aches that move around.	0 1 2 3	0 1 2 3
I am losing interest in life.	0 1 2 3	0 1 2 3

Dopamine

I am depressed and have low energy.	0 1 2 3	0 1 2 3
I struggle to get motivated to exercise.	0 1 2 3	0 1 2 3
I have trouble focusing, finishing tasks and get easily distracted.	0 1 2 3	0 1 2 3
I have trouble waking up and sleep a lot.	0 1 2 3	0 1 2 3
I need stimulants to get me going.	0 1 2 3	0 1 2 3
I have feelings of being worthless.	0 1 2 3	0 1 2 3
My libido is low.	0 1 2 3	0 1 2 3
I get easily angry under stress.	0 1 2 3	0 1 2 3
Things seem hopeless.	0 1 2 3	0 1 2 3

GABA

It is hard for me to relax.	0 1 2 3	0 1 2 3
I am easily stressed out or overwhelmed.	0 1 2 3	0 1 2 3
I frequently feel overworked and pressured even without cause.	0 1 2 3	0 1 2 3
I often feel very tense.	0 1 2 3	0 1 2 3
I have feelings of dread or impending doom.	0 1 2 3	0 1 2 3
I am bothered by noise, lights and too much activity.	0 1 2 3	0 1 2 3
I feel anxious, worried and stressed for no reason.	0 1 2 3	0 1 2 3
I often take substances to help me relax.	0 1 2 3	0 1 2 3

Acetylcholine

I have to write things down so I don't forget.	0 1 2 3	0 1 2 3
I cannot do math in my head.	0 1 2 3	0 1 2 3
I forget what I was saying if interrupted in a conversation.	0 1 2 3	0 1 2 3
I get nervous when I have to learn something new because it is hard.	0 1 2 3	0 1 2 3
I find it harder to follow the plot of a book or show than it used to be.	0 1 2 3	0 1 2 3
I misplace things frequently.	0 1 2 3	0 1 2 3
I have trouble focusing during long conversations or meetings.	0 1 2 3	0 1 2 3
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I feel like my brain is not functioning at its peak.	0 1 2 3	0 1 2 3
My creativity is decreasing.	0 1 2 3	0 1 2 3