

Supplement Review

Full Name: _____ Date of Birth: _____

Email: _____ Contact Tel/Mobile: _____

Name of last nutrition programme/course: _____ Date: _____

Summary of current health and diagnoses (*eg. osteoporosis, diabetes, frozen shoulder, Long Covid, menopause, no health issues*):

Summary of current symptoms (*eg. poor circulation, headaches, fatigue, weight gain, gut issues, reflux, anxiety, lack of endurance/strength*):

Reason for supplement review (*eg. change of medications, new health issue diagnosed, wanting a different supplement form, to support immunity, optimise training/performance, aching joints, etc*):

Any other information relevant to this review, *eg. results of recent blood tests, DEXA scans*:

- I understand that, due to ethical and safety reasons, a full health history including current medications and supplements taken, is needed for this Review. I confirm that I have given this in full.
- I understand I should inform Amanda Heading immediately if my health status, diagnosis, medications or supplements have changed in any way, which may impact this Review.

Signed: _____ Date: _____

Please continue to page 2.

Current medications taken: (*pls list all that you're currently taking and give as much details as possible*)

Name of drug	Form & Dosage	Frequency & amount taken	Length of time taken	Reason for taking
<i>eg. AirFluSal</i>	<i>Spray. 125 microgramms per puff.</i>	<i>Two puffs daily. Morning & evening</i>	<i>2 years</i>	<i>Exercise -induced asthma</i>

Any other relevant info:

Please continue to page 3.



3./Contd.

Current supplements taken: (*pls list all that you're currently taking and give as much details as possible*)

Supplement name & brand name	Form & Dosage	Frequency & amount taken	Length of time taken	Reason for taking
<i>eg. Magnesium (chloride). 'Better You'</i>	<i>Spray. 5 sprays</i>	<i>Daily at night 100mg total</i>	<i>2 months</i>	<i>Muscle cramps</i>
<i>eg. Vitamin D3 Viridian</i>	<i>Capsule 400 iu</i>	<i>1 at night 400 iu</i>	<i>6 months</i>	<i>Immune health, etc</i>

Any other relevant info:

Please email your completed form to amanda@amandaheading.com.

Many thanks.