

|                          | LOW GABA  |                          | LOW SERATONIN   |                          | LOW CATECHOLAMINES  |                          | LOW ENDORPHINS  |                          | LOW BLOOD SUGAR  |
|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|--|
|                          | Supplement With:<br><b>GABA</b>   |                          | Supplement With:<br><b>TRYPTOPHAN<br/>OR 5-HTP</b>        |                          | Supplement With:<br><b>TYROSINE</b>                                       |                          | Supplement With:<br><b>DPA</b>  |                          | Supplement With:<br><b>GLUTAMINE</b>   |
| <input type="checkbox"/> | Stressed out, burned out  | <input type="checkbox"/> | Anxiety   | <input type="checkbox"/> | Depression and apathy   | <input type="checkbox"/> | Heightened sensitivity to emotional pain  | <input type="checkbox"/> | Crave sugar, starch or alcohol any time during the day   |
| <input type="checkbox"/> | Insomnia  | <input type="checkbox"/> | Hyperactivity   | <input type="checkbox"/> | Easily bored  | <input type="checkbox"/> | Heightened sensitivity to physical pain   | <input type="checkbox"/> | Irritable, shaky, headachey – especially if too long between meals                               |
| <input type="checkbox"/> | Cannot relax  | <input type="checkbox"/> | Perfectionism, or being over controlling                  | <input type="checkbox"/> | Lack of energy  | <input type="checkbox"/> | Crying or tearing up easily   | <input type="checkbox"/> | Intense cravings for sweets  |
| <input type="checkbox"/> | Poor focus  | <input type="checkbox"/> | Obsessive thoughts or behaviors                           | <input type="checkbox"/> | Lack of focus   | <input type="checkbox"/> | Eating to soothe your mood, or comfort eating                                     | <input type="checkbox"/> | Lightheaded if meals are missed  |
| <input type="checkbox"/> | Feeling worried or fearful  | <input type="checkbox"/> | Feeling worried or fearful                                | <input type="checkbox"/> | Lack of drive and low motivation  | <input type="checkbox"/> | Really, <i>loving</i> certain foods, behaviors, drugs or alcohol                  | <input type="checkbox"/> | Eating relieves fatigue  |
| <input type="checkbox"/> | Craving carbs for relaxation and calming                                    | <input type="checkbox"/> | Afternoon or evening cravings for carbs, alcohol or drugs | <input type="checkbox"/> | Attention deficit disorder  | <input type="checkbox"/> | Craving a reward or numbing treat   | <input type="checkbox"/> | Agitated, easily upset, nervous  |
| <input type="checkbox"/> | Craving alcohol for relaxation and calming                                  | <input type="checkbox"/> | Anxiety that's worse in winter                            | <input type="checkbox"/> | Procrastination and indecisiveness  | <input type="checkbox"/> | Breakups  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Craving drugs for relaxation and calming                                    | <input type="checkbox"/> | Winter blues or seasonal affective disorder               | <input type="checkbox"/> | Craving carbs, alcohol, caffeine, or drugs for energy                     | <input type="checkbox"/> | Psychological stress after natural disaster                                       | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Panic attacks   | <input type="checkbox"/> | Panic attacks or phobias                                  | <input type="checkbox"/> |   | <input type="checkbox"/> | *DPA helps to quit sugar & not crave carbs  | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Have intrusive, pervasive thoughts,   | <input type="checkbox"/> | Suicidal thoughts   | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Overactive brain  | <input type="checkbox"/> | Excessive self-criticism                                  | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Intrusive, unwanted thoughts – about unpleasant memories, images or worries | <input type="checkbox"/> | Low self-esteem and poor self-confidence                  | <input type="checkbox"/> | Note: I personally don't take this before bed in case it gives me energy. | <input type="checkbox"/> | Note: I took this before bed once and I felt restless so I don't do that anymore! | <input type="checkbox"/> | Note: I personally don't take this before bed in case it gives me energy. Everyone is different. |
| <input type="checkbox"/> | Inability to prioritize planned actions                                     | <input type="checkbox"/> | PMS or menopausal mood swings                             | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Fear of heights   | <input type="checkbox"/> | Sensitivity to hot weather                                | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Stiff/tense muscles   | <input type="checkbox"/> | Negativity or depression                                  | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Rectal spasms   | <input type="checkbox"/> | Anger or rage   | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Burning mouth   | <input type="checkbox"/> | Digestive problems  | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> | Internal pain, belly pain with IBS  | <input type="checkbox"/> | Fibromyalgia, temporomandibular (TMJ) joint syndrome      | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> |   | <input type="checkbox"/> | Irritability  | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> |   | <input type="checkbox"/> | Difficulty getting to sleep                               | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> |   | <input type="checkbox"/> | Difficulty staying asleep                                 | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
| <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |   | <input type="checkbox"/> |  |
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