

CraniYums™ RESTORE SCORE™

(1) **Before Starting CraniYums**, rate your START WEEK by filling in the first column of symptoms.

Rate the symptom as 4 if it is *always* a problem

Rate the symptom as 3 if it is *usually* a problem

Rate the symptom as 2 if it is *sometimes* a problem

Rate the symptom as 1 if it is *rarely* a problem

Rate the symptom as 0 if it is *never* a problem

(2) **Add Up** your numbers in the column. This is your **Restore Score** for the week.

(3) **Read** the back of this sheet to find out the best dose of CraniYums for your score.

(4) **Rate** your symptoms **every week** to adjust your dose as neurotransmitter needs change.

| SYMPTOMS | START WEEK | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 |
|---|------------|--------|--------|--------|--------|--------|--------|--------|--------|
| Low mood | | | | | | | | | |
| Feeling anxious, worried, or fearful | | | | | | | | | |
| PMS moodiness | | | | | | | | | |
| Irritable, angry | | | | | | | | | |
| Chronic pain | | | | | | | | | |
| Achy muscles | | | | | | | | | |
| Sleeping problems | | | | | | | | | |
| Cravings occur mostly in the afternoons or evenings | | | | | | | | | |
| Having trouble limiting food portions | | | | | | | | | |
| Don't feel satisfied after eating | | | | | | | | | |
| Thinking a lot about food | | | | | | | | | |
| Craving chocolate | | | | | | | | | |
| Craving starchy or sugary foods | | | | | | | | | |
| Craving nicotine | | | | | | | | | |
| Craving alcohol | | | | | | | | | |
| TOTAL for S Symptoms | | | | | | | | | |

| | | | | | | | | | |
|-----------------------------|--|--|--|--|--|--|--|--|--|
| Fatigue | | | | | | | | | |
| Problem staying motivated | | | | | | | | | |
| Problem concentrating | | | | | | | | | |
| Muscle weakness | | | | | | | | | |
| TOTAL for D Symptoms | | | | | | | | | |

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| Add Totals of both S and D Symptoms to get your RESTORE SCORE | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

To Get Your Best CraniYums Results

(1) Complete the **Restore Score Symptom Sheet** on the other side of this page.

The recommended amounts of CraniYums for your Restore Score are given in the box below. Review your symptoms *every week* and adjust the amount of CraniYums you need to continue to improve your neurotransmitters.

Our clinical studies showed that individuals experienced **40% improvement after the first two weeks** of using CraniYums. With continued, regular dosing, symptoms improved **70% by four weeks**.

Once your initial neurotransmitter levels are restored, you can decrease the amount of CraniYums to a maintenance dose according to your symptoms.

(2) **ADD vitamin B-50 or B-100 complex, vitamin C 500 mg. - 1000 mg., calcium 1000 mg. and magnesium 500 mg.** to your CraniYums regimen every day to optimize your neurotransmitter production. These vitamins and minerals are very important co-factors in the neurotransmitter pathway.

If Your Restore Score[©] is:

50-76 This score means you have *significantly depleted* neurotransmitter levels.

First RESTORE your levels with **CraniYums™ DIET SUPPORT** or **Achieva™ Mood Balance**. Dissolve 2 lozenges in your mouth three times during the day.

Then Adjust: If your *S Symptoms* continue after 2 weeks while on the **DIET SUPPORT** formula, you should add 1 –2 lozenges of **P.M. Craving Control™** during the afternoons or evenings.

or If your *D Symptoms* continue after 2 weeks while on the **DIET SUPPORT** formula, you should add 1 –2 lozenges of CraniYums **Energy Boost™** or **Achieva™ Energy Edge** during the day.

20-49 This score means you have *low reserves* of the neurotransmitters.

Ongoing stress and dieting will further deplete your levels.

First RESTORE your levels with **CraniYums™ DIET SUPPORT**.

Dissolve 1 lozenge in your mouth at least two times during the day.

Then Adjust: If your *S Symptoms* continue after 2 weeks while on the **DIET SUPPORT** formula, you should add 1 –2 lozenges of **P.M. Craving Control™** during the afternoons or evenings.

or If your *D Symptoms* continue after 2 weeks while on the **DIET SUPPORT** formula, you should add 1 –2 lozenges of CraniYums **Energy Boost™** or **Achieva™ Energy Edge** during the day.

0-19 This score means your current neurotransmitter levels are *adequate*.

If you are dieting or under stress, MAINTAIN your levels with a maintenance dose of **CraniYums™ DIET SUPPORT** once a day.