

Data Sheet

Name		When did you take your last supplements? What supplements/drugs did you take today?
Sample Collection Day		
Sample Collection Time		

Background:

What year were you born Birthday?

How much do you weigh?

Circle Blood Type? O A B AB

Please Include Blood Panel, CBC if available

Blood Pressure Information

<p>To take your resting blood pressure:</p> <ol style="list-style-type: none"> 1. Lie down 2. Put the blood pressure cuff on the left arm 3. Rest for 3 minutes <p>Press the blood pressure button to take the reading</p>	Systolic Reading	
	Diastolic Reading	
	Pulse Rate	

<p>The standing pulse is taken immediately after you stand up.</p> <ol style="list-style-type: none"> 1. After taking resting blood pressure 2. Start the blood pressure meter (usually by pushing the start button) 3. Stand up immediately while the cuff is inflating 4. Do not bend the arm with the cuff on it 5. Wait until it stops 6. Gather readings 	Systolic Reading	
	Diastolic Reading	
	Pulse Rate	
	<p>Did the blood pressure cuff fail to give you a reading when you stood up. Circle the answer below: It Said EE – and I restarted it. I got a reading the first time If it said EE, and push power again to restart the cuff. Record the reading above.</p>	

Breath Rate Information

<ol style="list-style-type: none"> 1. Lie down or sit down 2. Start the timer 3. Breathe normally. Don't try to breathe deep or fast. Think about something you like to do if possible. 4. Count with each breath you naturally take 5. For five minutes 6. Record the count here. 	Breaths in 5 minutes	
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Breath Hold Information

<ol style="list-style-type: none"> 1. Reset the timer 2. Lie down or sit down 	Minutes/Seconds of breath hold	
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<ol style="list-style-type: none"> 3. Take three deep breaths and hold the third 4. Press Start/Stop 5. Hold your breath as long as you can. If you need to exhale a little bit because you took a deep breath it is okay. 6. Note the time 	
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Gag Reflex Information

The gag reflex indicates tendency toward parasympathetic dominance. How many medium sized pills can you easily take at once? (Note you don't have to take any pills, just write down the number.		Pills At Once?	
		Gag Reflex Strength from 1-10	

Temperature Information

Your temperature and the differences in temperature around your body give useful indications. The thermometer uses a distance sensor which will give a reading in Fahrenheit or Celsius. Please take the temperatures at these locations and record the values in the table.		
	Location	Record Temperature
	Temple	
	Triceps - Back of arm	
	Middle Fingertip	

Capillary Refill Profile

This number indicates how the circulatory system is responding to the rest/react mode. <ol style="list-style-type: none"> 1. Position the arm comfortably; 2. Use the dull side of the back of the pen/pencil to draw an x (not with ink) 3. Wait 2 minutes 	What color is the X after 2 minutes – Circle one <ol style="list-style-type: none"> a. No color b. Red c. White d. Red with white outline e. White with red outline
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