

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 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** formula.

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** you should add 1-2 lozenges of **Energy Boost™** 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** formula.

Dissolve 2 lozenges in your mouth 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 afternoon or evenings.

or if your *D Symptoms* continue after 2 weeks while on the **DIET SUPPORT** you should add 1-2 lozenges of **Energy Boost™** 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** by dissolving 1 lozenge once or twice a day.