



Mardian Natural Medicine

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Thyroid Questionnaire

If the answer to any question is sometimes then please check Yes

- 1.) Do you have a lack of Energy? Yes No
- 2.) Do you have trouble losing weight? Yes No
- 3.) Do you have trouble falling asleep? Yes No
- 4.) Do you have difficulties staying asleep? Yes No
- 5.) Are you moodier than usual? Yes No
- 6.) Is your hair getting thinner and more brittle? Yes No
- 7.) Do you get hot flashes? Yes No
- 8.) Do you get night sweats, ie clothing gets moist? Yes No
- 9.) Are you hot/cold when everyone else in the room is fine? Yes No

If you answer yes to 4 or more questions then consider a good thyroid supplement to see if your symptoms improve. Most people notice improvement in one to two months, but in some circumstances it can take as long as three months to get the desired results.