SYMPTOM CHECKLIST | MEN



The following checklist can help identify symptoms of hormone imbalance and help you select the most appropriate ZRT test profile. Mark the signs and symptoms that are present, problematic, or persist over time.

CATEGORY 1 SEX HORMONE	IMBALANCE - Recommended: Sali	iva Profile I	
 □ Apathy □ Burned out feeling □ Decreased erections □ Decreased libido □ Decreased mental sharpness 	 □ Decreased muscle mass □ Decreased stamina □ Decreased urine flow □ Erectile dysfunction □ Hot flashes 	 ☐ Increased urinary urge ☐ Infertility problems ☐ Insomnia ☐ Irritable ☐ Night sweats 	□ Oily skin□ Prostate problems□ Sleep disturbances□ Weight gain waist
CATEGORY 2 ADRENAL HORI	MONE IMBALANCE - Recommende	ed: Adrenal Stress Profile or Cortisol	Awakening Response Profile
□ Aches and pains□ Afternoon/evening fatigue□ Allergies□ Anxiety	 □ Autoimmune disease □ Bone loss □ Chronic health problems □ Decreased erections 	□ Depression□ Fibromyalgia□ Low blood sugar□ Lack of motivation□ Morning fatigue	 □ Prostate problems □ Sleep disturbances □ Stress □ Susceptibility to infections □ Weight gain waist
CATEGORY 3 THYROID HORN	MONE IMBALANCE - Recommende	d: Comprehensive Thyroid Profile	
□ Brittle nails□ Constipation□ Decreased erections□ Depression	□ Dry skin□ Elevated cholesterol□ Fatigue□ Feeling cold	☐ Foggy thinking☐ Headaches☐ Heart palpitations☐ Infertility	 ☐ Inability to lose weight ☐ Lack of motivation ☐ Low libido ☐ Sleep disturbances
CATEGORY 4 METABOLIC IM	BALANCE - Recommended: Weight	Management Profile + Thyroid + C	ardio
 □ Diabetes (or family history) □ Elevated cholesterol □ Fatigue □ Heart disease/stroke (or family history) 	☐ High blood pressure☐ High blood sugar☐ Insulin resistance	□ Low libido/decreased sexual function□ Low physical activity□ Salt/sugar cravings	☐ Smoking (or history of)☐ Thyroid disorders☐ Weight gain
CATEGORY 5 NEUROTRANSN	/IITTER IMBALANCE - Recommend	led: NeuroAdvanced Profile	
□ ADD/ADHD□ Addictive behaviors□ Aggressive behavior□ Anxious/nervous	☐ Apathy☐ Autism spectrum disorder☐ Depressed☐ Developmental delays	□ Difficulty Sleeping□ Eating disorders□ Irritable□ Mania	☐ Methylation deficits☐ OCD☐ Panic attacks
For patients whose symptoms spa Categories 1 & 2: Saliva Profile III Categories 1, 2, & 3: Comprehensiv Categories 2 & 5: Adrenal Stress Pr		al Cortisol, Norepinephrine & Epinepl	hrine
Additional Considerations:			

Personal or family history of cancer: Estrogen Elite Profile or Basic Metabolites Profile

Disturbed sleep/energy cycles: Sleep Balance Profile