

Vitamin Worksheet

| Name | Day | Date | Time | Moon Phase | | |
|--|----------------|-------------|-------------|-------------|-------------|---------------|
| Description | Rate | 1st reading | 2nd reading | 3rd reading | 4th reading | Reagents used |
| General Vitality | 9.00-49.00 | | | | | |
| Vitamin Imbalance | 50.00-51.00 | | | | | |
| Vitamin Deficiency | 58.00-45.00 | | | | | |
| Vitamin Excess | 34.00-50.00 | | | | | |
| Vitamin A1, Retinol, Fat Soluble | 57.00-58.00 | | | | | |
| Vitamin A2, Carotene, Fat Soluble | 43.00-41.00 | | | | | |
| Vitamin B1, Thiamin, Water Soluble | 61.25-56.25 | | | | | |
| Vitamin B2, Riboflavin, Water Soluble | 44.25-04.50 | | | | | |
| Vitamin B3, Niacin, Water Soluble | 40.50-41.00 | | | | | |
| Vitamin B4, Adenine, Water Soluble | 61.00-59.20 | | | | | |
| Vitamin B5, Pantothenic Acid, Water Soluble | 39.50-39.50 | | | | | |
| Vitamin B6, Pyrodoxine, Water Soluble | 26.00-47.00 | | | | | |
| Vitamin B9, Folate, Water Soluble | 87.60-33.00 | | | | | |
| Vitamin B10, Paba, Water Soluble | 92.00-36.00 | | | | | |
| Vitamin B11, Salicylic Acid, Water Soluble | 56.00-58.50 | | | | | |
| Vitamin B12, Cobalamin, Water Soluble | 78.50-58.75 | | | | | |
| Vitamin B13, Orotic Acid, Water Soluble | 31.00-55.25 | | | | | |
| Vitamin B15, Pangamic Acid, Water Soluble | 25.25-63.25 | | | | | |
| Vitamin B17, Amygdaline, Water Soluble | 66.00-26.50 | | | | | |
| Vitamin C, Ascorbic Acid, Water Soluble | 69.00-35.00 | | | | | |
| Vitamin D3, cholecalciferol, Fat Soluble | 30.50-26.00 | | | | | |
| Vitamin E, Fat Soluble | 54.50-55.75 | | | | | |
| Vitamin F, Fat Soluble | 70.00-84.00 | | | | | |
| Vitamin H, Biotin, Water Soluble | 62.00-55.90 | | | | | |
| Vitamin K1, phylloquinone, Fat Soluble | 19.50-30.00 | | | | | |
| Vitamin K2, menaquinone, Fat Soluble | 20.75-22.50 | | | | | |
| Vitamin P, Bioflavinoids, Water Soluble | 30.25-23.50 | | | | | |
| Vitamin T | 39.60-40.20 | | | | | |
| Vitamin U | 47.25-72.75 | | | | | |
| Coenzyme Q10 | 54.50-(-04.50) | | | | | |
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| Vitamin D2 or calciferol is synthetic. Avoid it. | | | | | | |
| Folic acid is synthetic Folate (B9). Avoid it. | | | | | | |
| D3 needs K2 and Magnesium to function. | | | | | | |