



Metabolic Screening Questionnaire

Updated: September 1, 2011

Date: _____

A Metabolic Screening Questionnaire (MSQ) may be used to assess effectiveness of a cleansing protocol by comparing pre- and post-cleanse scores. The symptoms represented on a MSQ represent symptoms commonly associated with inflammation and toxicity.

Rate frequency and intensity of applicable symptoms according to the following scores:

- Absent or rare symptoms – 0 points
- Occasional, mild symptoms - 1 point
- Occasional, severe symptoms - 2 points
- Frequent, mild symptoms – 3 points
- Frequent, severe symptoms - 4 points

System	Symptom	Score
Head	Headaches	
	Faintness	
	Dizziness	
	Head Score	
Eyes	Eyes itching and/or watering	
	Eyelids redness, swelling and/or “sticking”	
	Dark circles under eyes	
	Blurred vision	
	Eyes Score	
Ears	Ear itching	
	Fluid in ears	
	Ear ringing and/or hearing loss	
	Earache and/or infection	
	Ears Score	
Nose/sinuses	Congestion	
	Excessive mucous production	
	Frequent sneezing	
	Sinus problems	
	Hay fever/allergies	
	Nose/Sinuses Score	



Mouth/throat	Chronic cough	
	Throat soreness	
	Frequent throat clearing and/or gagging	
	Swelling and/or discolouration of tongue, gums and/or lips	
	Canker sores	
	Mouth/Throat Score	
Hair/skin	Acne	
	Dry skin, rashes and/or hives	
	Hair loss	
	Hair/Skin Score	
Cardiovascular	Angina/chest pain	
	Palpitations/irregular heart rate	
	Rapid and/or pounding heart rate	
	Cardiovascular Score	
Respiratory	Difficulty breathing	
	Shortness of breath	
	Chest congestion	
	Asthma and/or bronchitis	
	Respiratory Score	
Gastrointestinal	Nausea and/or vomiting	
	Constipation	
	Diarrhea	
	Bloating	
	Belching and/or flatulence	
	Pain	
	Heartburn	
	Gastrointestinal Score	
Musculoskeletal	Muscle fatigue and/or weakness	
	Muscle ache/pain	
	Limitation of movement	
	Joint pain	
	Arthritis	
	Musculoskeletal Score	



Cognitive	Poor memory	
	Poor concentration	
	Confusion and/or poor comprehension	
	Indecisiveness	
	Stuttering/stammering	
	Speech slurring	
	Learning disability	
	Physical incoordination	
	Cognitive Score	
Psychological	Food cravings	
	Compulsive eating	
	Binge eating and/or drinking	
	Apathy	
	Mood swings	
	Irritability, anger and/or aggression	
	Anxiety and/or nervousness	
	Depression	
	Insomnia	
Psychological Score		
General	Restlessness	
	Hyperactivity	
	Fatigue and/or sluggishness	
	Flushing and/or hot flashes	
	Excessive perspiration	
	Excess bodyweight	
	Underweight	
	Water retention	
	Frequent urination	
	Genital itching and/or discharge	
	Frequent illness	
General Score		

Total Score Calculation

System Score	Score
Head score	
Eyes score	
Ears score	
Nose/sinuses score	
Mouth/throat score	
Hair/skin total score	
Cardiovascular score	
Respiratory score	
Gastrointestinal score	
Musculoskeletal score	
Cognitive score	
Psychological score	
General score	
Total Score	

Interpretation of Results and Recommended Action

MSQ Total	Recommended Action
Greater than 49	Consult with healthcare professional 28-day cleansing protocol including nutritional supplement support
15 to 49	21-day cleansing protocol including nutritional supplement support
Less than 15	21-day cleansing protocol

References

Bland J, Bralley JA. Nutritional upregulation of hepatic detoxification systems. *Journal of Applied Nutrition*. 1992; 44:3-15.

Detoxification questionnaire. Metagenics. [cited 2010 May 3].