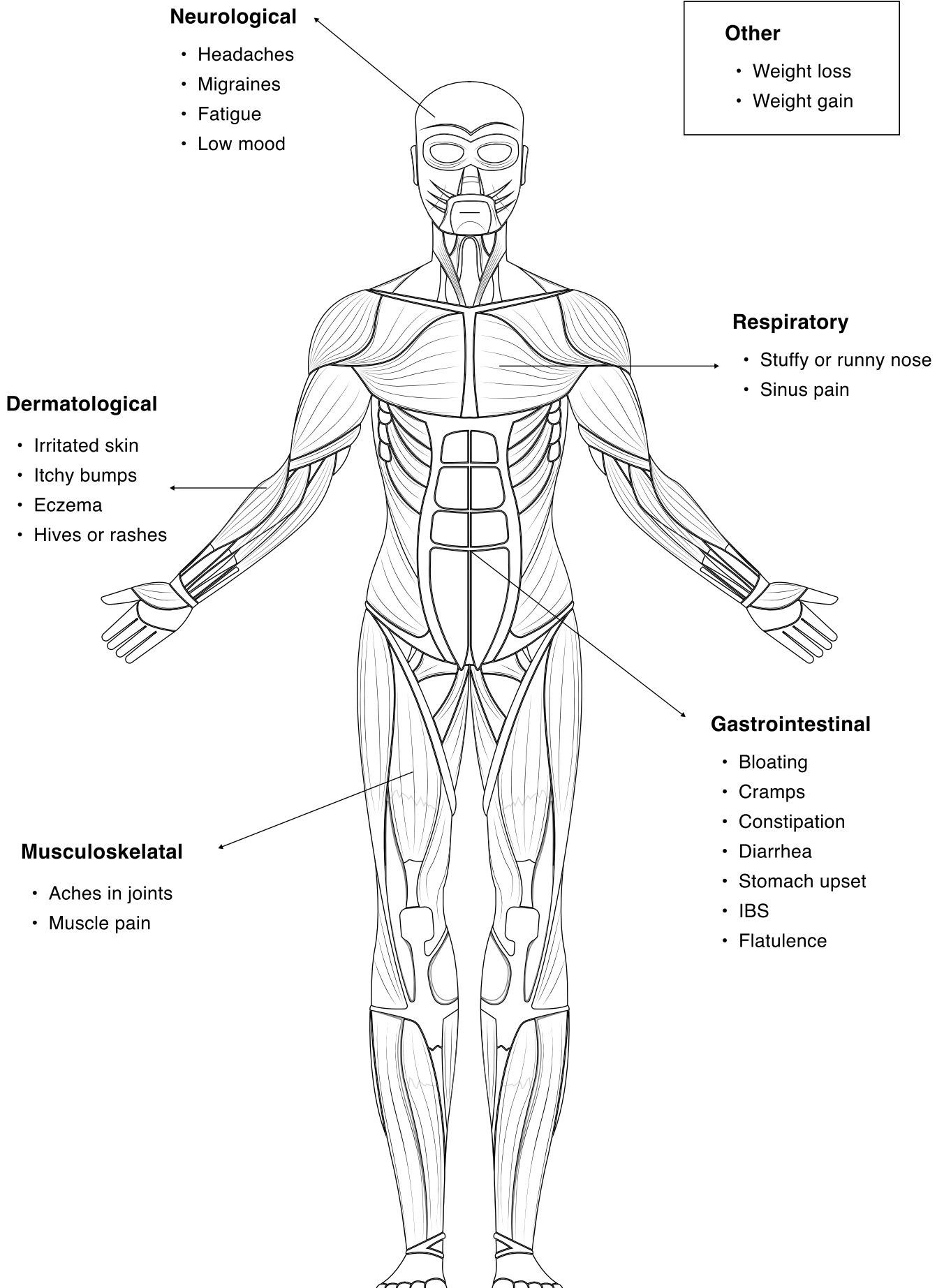


Food Intolerance Symptoms Chart



Patient information	
Name:	
Phone number:	Patient ID:
Date of assessment:	Assessed by:
Neurological	Respiratory
Headaches Migraines Fatigue Low mood	Stuffy or runny nose Sinus pain
Dermatological	Musculoskeletal
Irritated skin Itchy skin Eczema Hives or rashes	Aches in joints Muscle pain
Gastrointestinal	Other
Bloating Cramps Constipation Diarrhea Stomach upset Irritable bowel syndrome (IBS) Flatulence	Weight loss Weight gain
Additional comments	
Please list any additional symptoms you have been experiencing that may be linked to food intolerance:	