

Interpreting the Identi-T™ Stress Assessment

This personalized, psychological questionnaire assists you in evaluating perceived emotional and cognitive distress by tracking symptom frequency. Use this subjective data, along with your other health evaluation tools, to distinguish between stress response types and make successful lifestyle and nutritional recommendations to help restore balance and increase resilience to stress.*

STEP 1. Distinguish between Eustress or Prolonged Stress, and independently evaluate if Adrenal Stress is present with either.

Eustress (A+B+C ≤ 35 and C+D+E ≤ 35)

- The anticipated, normal response to life challenges.
- These patients experience milder, less frequent *mood and cognitive-related symptoms* typical of situational stress.
- Stress response type: **OCCASIONALLY STRESSED**.

Adrenal Stress (C > 10)

- Displays physical and psychological changes that are linked with fluctuations in cortisol output.
- Frequently associated with Prolonged Stress, but a person may show adrenal stress symptoms (e.g., minor pain) when in Eustress or if physically unwell.
- Also refer to MSQ Detox, HAQ, and health for other factors that influence adrenal function and stress tolerance.
- Stress response type: **HOT**.

Prolonged Stress (A+B+C > 35 or C+D+E > 35)

- Frequent or more intense psychological changes related to the continual activation of the HPA axis.
- This type of stress affects sleep and daily living.
- Stress response types (see Step 2): **WIRED, WORRIED, MENTALLY FATIGUED, or TIRED**.

STEP 2. Distinguish between 2 paths of Prolonged Stress.

Overactive HPA Response (A+B+C > 35)

- Results in excess exposure to acute stress hormones (e.g., cortisol, ACTH, CRH).
- May manifest as mental restlessness (**WORRIED**) or anxiety (**WIRED**). Often experience occasional sleep difficulties.

Inadequate HPA Response (C+D+E > 35)

- Results in “burnout” or an underproduction of stress hormones that prevents the body from reacting appropriately to stressors.
- Manifests as poor concentration (**MENTALLY FATIGUED**) or low energy (**TIRED**). Oversleeping is also common.

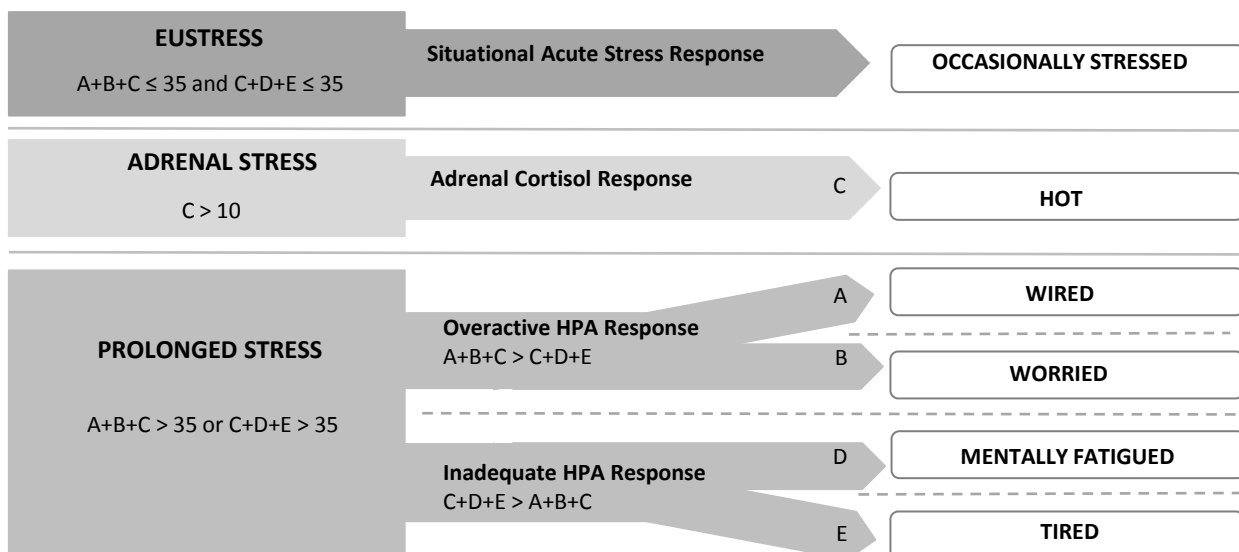
STEP 3. Recommend nutritional support for stress relief based on each patient’s Stress Response Type(s).*

- Each stress response type may be addressed with specific Metagenics formulas featuring novel combinations of nutrients and herbal adaptogens.*
- Formula ingredients have targeted calming or invigorating properties to support balanced HPA activity. Adaptogens also possess broad effects to promote balanced physiology and nonspecific resistance to stress.*
- Additional support: HPA path scores over 63 (A+B+C or C+D+E) warrant consideration of targeted nutritional support.*
- Additional support: Adrenal response (C) scores over 21 may also indicate need for targeted nutritional support.*

OTHER CONSIDERATIONS

Sleep Patterns & Lifestyle Habits. Review sleep and lifestyle questions to determine need for further evaluations and additional protocols to bolster stress resilience.*

- This is not a comprehensive sleep evaluation or lifestyle assessment, but it helps you quickly identify if eating habits, lifestyle choices, and sleep patterns are contributing to the ongoing HPA axis activation.
- Stress protocols often help improve sleep quality without additional support.*
- There may be a need for foundation supplementation and/or nutritional support for sleep.*
- Some patients may benefit from a more comprehensive program (“Program Guide: Stress Management”).



Identi-T™ Stress Assessment Score Card

Use this form for each patient that completes an Identi-T Stress Assessment.
Repeat assessment regularly to evaluate progress.

Patient Name: _____ Assessment Date: _____ Initial Follow-up

Record requested data from assessment to the appropriate spaces below. Add or subtract where indicated.

EUSTRESS OR PROLONGED STRESS

A+B+C = _____

C+D+E = _____

- Review sums for symptom frequency to distinguish if eustress or prolonged stress.

ADRENAL STRESS

C = _____

- Adrenal stress may also be present with eustress or prolonged stress.

PROLONGED STRESS: HPA RESPONSE

Difference between A+B+C & C+D+E

= _____

- For prolonged stress only, determine if HPA response path is overactive (A+B+C) or inadequate (C+D+E) based on higher sum.

OVERACTIVE HPA RESPONSE TYPES

A = _____

B = _____

- If difference between A+B+C and C+D+E is less than 5, then look for higher number of 3 responses within A+B or D+E to help determine HPA path.

INADEQUATE HPA RESPONSE TYPES

D = _____

E = _____

- Select appropriate stress response type (A,B,D, or E) within the higher HPA path.

SLEEPLESS

A12 = _____

A13 = _____ B7 = _____

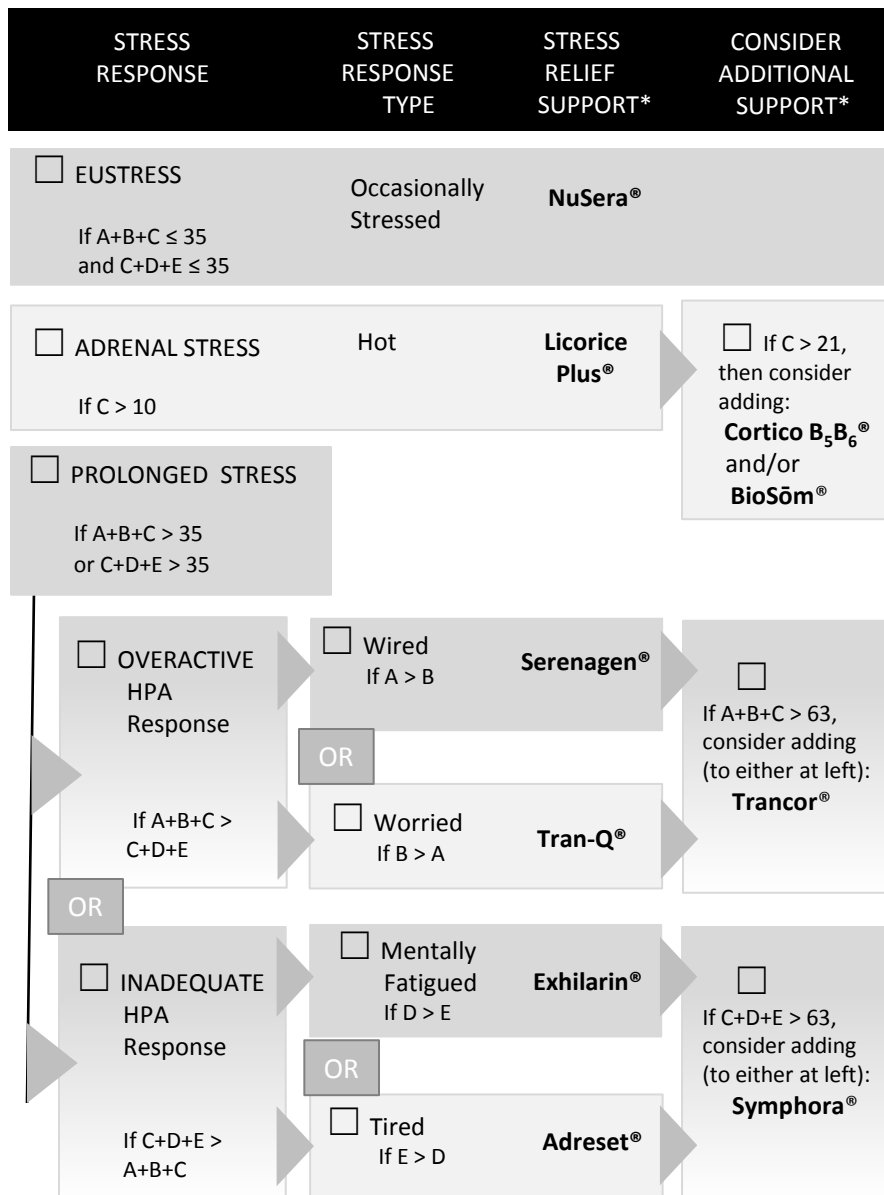
- Identify sleep response possibly related to stress (if any "3" responses are present).

OVERSLEEPS

D8 = _____

E9 = _____ E12 = _____

- Review lifestyle questions and make recommendations.



| SLEEP RECOMMENDATIONS | WELLNESS RECOMMENDATIONS |
|--|--|
| <input type="checkbox"/> Evaluate sleep further to assess need for nutritional support.* | <input type="checkbox"/> Multivitamin: _____ |
| <input type="checkbox"/> Continue existing sleep support regimen.* | <input type="checkbox"/> Omega-3: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |
| | <input type="checkbox"/> Lifestyle/Stress Program: _____ |

Notes: _____

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.