



Mold Assessment

Use this assessment, developed by Dr. Jill Crista, as a guide to determine if mold toxicity is playing a role in your current health concerns. **Mold toxins strongly suppress immune function and play an important role in chronic tick-borne infection cases.**

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| ☐ Past exposure to mold | 6 points |
| ☐ Electric shock sensations | 3 points |
| ☐ Ice-pick headaches | 3 points |
| ☐ Vibrating or pulsing sensation | 3 points |
| ☐ Chronic sinus congestion | 2 points |
| ☐ Muscle weakness | 2 points |
| ☐ Muscle cramps | 1 point |
| ☐ Morning stiffness | 1 point |
| ☐ Numbness or tingling | 1 point |
| ☐ Poor balance | 1 point |
| ☐ Dizziness or vertigo | 1 point |
| ☐ Severe anxiety or depression | 1 point |
| ☐ Mood swings | 1 point |
| ☐ Fatigue or exhaustion | 1 point |
| ☐ Poor memory | 1 point |

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| ☐ Poor word recall | 1 point |
| ☐ Poor focus or concentration | 1 point |
| ☐ Poor comprehension or learning | 1 point |
| ☐ Confusion or disorientation | 1 point |
| ☐ Joint or muscle pain | 1 point |
| ☐ Muscle spasms or tics | 1 point |
| ☐ Head pressure or headache | 1 point |
| ☐ Abdominal pain | 1 point |
| ☐ Digestive symptoms (gas, bloating or abdominal pain) | 1 point |
| ☐ Appetite swings or weight gain | 1 point |
| ☐ Chest tightness and chest pain | 1 point |
| ☐ Skin sensitivity to light touch | 1 point |
| ☐ Coughing or shortness of breath (unrelated to exercise) | 1 point |
| ☐ Metallic taste in mouth | 1 point |
| ☐ Redness of eyes | 1 point |
| ☐ Light sensitivity | 1 point |
| ☐ Blurred vision | 1 point |
| ☐ Excessive thirst | 1 point |
| ☐ Frequent urination | 1 point |
| ☐ Night sweats | 1 point |

Total: _____

Scoring:

0 - 9 points: mold toxicity is unlikely.

10- 18 points: mold toxicity is possible. Consider urine mold toxin testing with a knowledgeable practitioner.

19 or more points: mold toxicity is probable. Confirm with urine mold toxin testing with a knowledgeable practitioner.

Recommended Tests:

[Mosaic Diagnostics Mycotox](#)

[RealTime Labs Mycotoxin Panel](#)

**For more information or access to these tests, please email support@apexbotanicals.com*

Recommended Products:

[Mold Formula](#)

[Tri-Fortify Glutathione](#)

[MycoPul](#)

**Researched Nutritionals products can be purchased using Practitioner Code: APXSM at [signup](#).*

**Note: this questionnaire has not been validated by external studies and is solely meant to serve as a guide.*