Name: Paul Carpenter									Customer No: 000001												Start Date: August 2006													
Daily ME-Relief Consumption							3	6	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	2	Symptoms return when not taking ME-Relief but soon reduce again when ME-Relief is restarted.				
Breakfast							1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2					
Lunchtime							1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3						
Dinnertime							1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3						
Bedtime																															
Other Time																															
Day Number	**-5**	**-4**	**-3**	**-2**	**-1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**
(S) Symptoms (Total score 25)	**23**	**23**	**23**	**22**	**22**	**23**	**22**	**22**	**20**	**17**	**5**	**5**	**5**	**5**	**5**	**4**	**4**	**4**	**3**	**2**	**2**						**6**	**16**	**22**	**22**	**22**
Fatigue **(Score 0-5 for each)**	5	4.5	5	4.5	4	5	4.5	4.5	4	3.5	1	1	1	1	1	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	3	4.5	4.5	4.5
Pains Muscle/Joint/Neuropathic	4.5	4.5	5	4.5	4.5	5	4.5	4.5	4.5	3	1	1	1	1	1	0.5	0.5	0.5	0	0	0	0	0	0	0	1	3	4.5	4.5	4.5
Brain Fog/Confusion/Indecision	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4	4	1	1	1	1	1	1	1	1	1	0.5	0.5	0	0	0	0	1	3	4.5	4.5	4.5
Temperature Imbalance	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4	4	3	1	1	1	1	1	1	1	1	1	0.5	0.5	0	0	0	0	1	3	4.5	4.5	4.5
General Irritability	4.5	5	4.5	4.5	5	4.5	4.5	4.5	4	4	1	1	1	1	1	1	1	1	1	0.5	0.5	0	0	0	0	2.5	4.5	4.5	4.5	4.5
(F) Functions (Total Score 25)	**2**	**2**	**1**	**2**	**2**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**7**	**8**	**9**	**9**	**10**	**12**	**12**	**13**	**14**	**14**	**16**	**17**	**17**	**19**	**10**	**2**	**2**	**2**	**2**
Sleep Quality **(Score 0-5 for each)**	0	0.5	0	0.5	1	0	0.5	0.5	1	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	3	3	3.5	3.5	4	4	4.5	3	0.5	0.5	0.5	0.5
Concentration/Memory/Thinking	0.5	0.5	0	0.5	0.5	0	0.5	0.5	0.5	1	1.5	1	1	1.5	1.5	1.5	1.5	2	2	2	2	2	2.5	2.5	2.5	3	3	0.5	0.5	0.5	0.5
Activity Level	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3	3.5	3.5	3.5	2	0.5	0.5	0.5	0.5
Movement	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3	3.5	3.5	3.5	4	1	0.5	0.5	0.5	0.5
Mood	0.5	0	0.5	0.5	0	0.5	0.5	0.5	1	1	1	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3.5	3.5	4	4	1	0.5	0.5	0.5	0.5
All scores out of (five) 5	**Before Starting Trial Pack**						**Trial Pack**																								
25																															
24																															
23	S	S	S			S																									
22				S	S		S	S																			S	S	S		
21																															
20									S																						
19																										F					
18																															
17										S														F	F						
16																							F				S				
15																															
14																					F	F									
13																				F											
12																		F	F												
11																															
10																	F										F				
9															F	F															
8														F																	
7												F	F																		
6											F																S				
5										F	S	S	S	S	S																
4									F							S	S	S													
3								F											S												
2	F	F		F	F		F													S	S						F	F	F	F
1			F			F																									
																						S	S	S	S	S					
Day Number	**-5**	**-4**	**-3**	**-2**	**-1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**