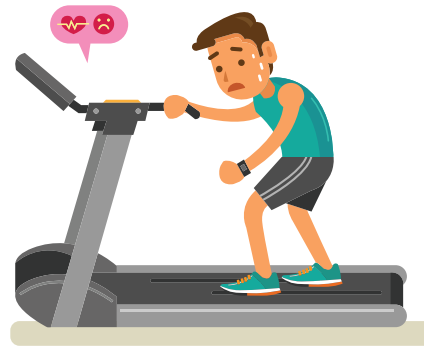


Symptoms of Mold Exposure Checklist

- Shortness of breath with minimal activity
- Excessive exhaustion after exercise
- Excessive thirst
- Morning stiffness
- Irritated or red eyes
- Non-restful sleep
- Sensitivity to light
- Poor night vision
- Blurry vision
- Sensitivity to smells
- Chronic weakness or fatigue
- Mold growing visibly
- Water damage
- Basement worsens symptoms
- Wet basement
- Feeling better in a different location
- Mildew smell in home or car
- Brain fog
- Opposite reactions to supplements
- Nose bleeds
- Body rashes
- Asthma symptoms
- Sinus infections
- Static shocks



This handout is not intended as a diagnosis or treatment.