

## Section 2: Condition Specific

Answer all the questions by placing a ✓ in the 'yes' box, should the question apply to you.

BONE AND JOINT HEALTH	Yes
My exercise routine does not regularly include weight-bearing activities (such as weightlifting or other resistance exercise) at least twice a week.	
I am concerned about osteoporosis due to family history, a low calcium diet, small bone structure, smoking, etc.	
I eat or drink less than three servings of dairy or calcium-rich foods each day.	
I drink more than two cups of coffee or tea each day.	
I am lactose intolerant.	
I have a cow's milk allergy.	
I have been told that I have high blood pressure.	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Calcium Magnesium** to meet your individual needs.

NORMAL JOINT FUNCTION	Yes
I am over the age of 40.	
I experience stiff joints in the morning.	
I experience discomfort in my joints.	
I eat less than 2 portions of oily fish (e.g. salmon, fresh tuna, snoek, pilchards, yellowtail, butterfish, herring or mackerel) per week. <i>Note: one portion = 180g</i>	
<b>Total</b>	

If you answered yes to any of the statements above, you may benefit from taking: **NUTRILITE™ Omega-3 Complex** and **NUTRILITE™ Glucosamine with Boswellia** to help support normal joint function.

HEART HEALTH	Yes
I am concerned about my risk of developing heart disease (risk factors include - smoking, obesity, elevated blood pressure, poor dietary habits).	
I have a family history of heart disease.	
I eat less than 2 portions of oily fish (e.g. salmon, fresh tuna, snoek, pilchards, yellowtail, butterfish, herring or mackerel) per week. <i>Note: one portion = 180g</i>	
I often eat less than six portions of whole grains (e.g. multigrain bread, cereal, rice or pasta) each day. <i>Note: one portion = 1 slice bread, ½ cup rice/pasta/cereal</i>	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Natural Source B Complex**, **NUTRILITE™ Garlic** and/or **NUTRILITE™ Omega-3 Complex** to help meet your individual needs.



EYE HEALTH	Yes
I am over 40 years of age.	
I am interested in helping maintain my normal eyesight and sharp vision.	
I am personally concerned about conditions that could affect my eyesight, such as age-related macular degeneration or decreased night vision.	
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¾ cup juice, 1 cup raw vegetables.</i>	
I eat less than 2 portions of oily fish (e.g. salmon, fresh tuna, snoek, pilchards, yellowtail, butterfish, herring or mackerel) per week. <i>Note: one portion = 180g</i>	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Bilberry with Lutein**, **NUTRILITE™ Omega-3 Complex** and/or **NUTRILITE™ Natural Multi-Carotene** to meet your individual needs.

KEEPING THE IMMUNE SYSTEM ON THE GO	Yes
I wish to boost my body's immune/natural defence system.	
I am prone to colds and flu.	
I feel 'run down' and exhausted.	
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¾ cup juice, 1 cup raw vegetables.</i>	
I eat less than 2 portions of oily fish (e.g. salmon, fresh tuna, snoek, pilchards, yellowtail, butterfish, herring or mackerel) per week. <i>Note: one portion = 180g</i>	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Triple Guard Echinacea**, **NUTRILITE™ Garlic**, **NUTRILITE™ Omega-3 Complex** and/or **NUTRILITE™ Vitamin C** to help boost your immune system.

## Section 3: Life-Stage Specific

Answer all the questions by placing a ✓ in the 'yes' box, should the question apply to you.

CHILDREN* (from 4 years and older)	Yes
Child is over 4 years of age.	
Child who does not eat a variety of fruits or vegetables every day	
Child who regularly eats 'fast' or convenience style foods that are high in fat (e.g. burgers, chips, or processed foods).	
Child who finds it difficult to swallow tablets	
<b>Total</b>	

If you answered yes to 2 or more of the statements above with regards to your child, then he/ she may benefit from taking: **NUTRILITE™ Chewable Multivitamins** to supplement his/her daily vitamin and mineral intake. (\*Use in conjunction with the Nutrilite™ Children's Literature Pack.)

CHILDREN* (from 4 years and older)	Yes
Child is over 4 years of age	
Child who lives in an urban or highly polluted area	
Child who exercises often or participates in many sporting activities.	
Child who is exposed to a lot of sunlight, i.e. more than one hour of midday sun several times a week.	
Child who regularly eats fried, fatty or processed foods.	
Child who normally eats less than five portions of different fruits (less than 2) and vegetables (less than 3) each day <i>Note: one portion = ½ cup of fresh fruit, ½ cup fresh or frozen vegetables, ½ cup 100% fruit juice.</i>	
<b>Total</b>	

If you answered yes to 2 or more of the statements above with regards to your child, then he/ she may benefit from taking: **NUTRILITE™ Chewable C** to supplement his/her daily vitamin C intake. (\*Use in conjunction with the Nutrilite™ Children's Literature Pack.)

ADULTS	Yes
My nails chip or break easily.	
My hair is brittle and lifeless.	
My skin is dry and tight.	
<b>Total</b>	

If you answered yes to 1 or more of the statements above, you may benefit from taking: **NUTRILITE™ Complex for Hair, Skin and Nails** to help support healthy hair, skin and nails.

WOMEN ONLY	Yes
I am a woman of childbearing age, and I am thinking about having a baby.	
I am pregnant, or a breastfeeding mother.	
I am a vegan (I do not eat meat, fish, poultry or dairy products).	
I consume green, leafy vegetables or beans less than 3-5 times a week.	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Chewable Iron**, **NUTRILITE™ Iron-Folic Plus**, **NUTRILITE™ Natural Source B** and/or **NUTRILITE™ Calcium Magnesium** to meet your individual needs.

MEN ONLY	Yes
I frequently wake up in the middle of the night to urinate. <i>Please note: You should see your physician to be screened for more serious ailments.</i>	
I have a history of prostate problems.	
I am interested in supporting normal prostate function.	
I am over 40 years of age.	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Saw Palmetto and Nettle Root** to meet your individual needs.

[www.nutrilite.com](http://www.nutrilite.com)

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# NUTRILITE™

Your key to a healthier lifestyle



## Lifestyle Assessment Form

## Better Health Begins with Better Nutrition

The World Health Organization (WHO) describes **‘health’** as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

However, due to our busy lifestyles, we rarely take the time to examine our health and well-being until we experience problems. Modern diets rarely provide complete nutrition. Even worse, fast foods, dieting and skipping meals have become a way of life.

The American Heart Association states that a poor diet contributes to high blood pressure, high blood cholesterol and excess body weight. Overweight and obesity in turn contribute to diabetes, cholesterol disorders and high blood pressure.

### Questions and Answers

**Q: What nutrition do I need for ‘optimising my health’?**

**A:** *The body needs over 45 essential nutrients to maintain optimal health.*

In addition, scientific research is showing that many nutrients play an important protective role in helping reduce the risk of various common, chronic diseases.

NUTRILITE™ helps achieve optimal health by understanding lifestyle risk factors and the importance of:

- Exercise
- Supplementation
- Plant-based diets
- Good nutrition
- Rest
- Positive thinking

**Q: Why do I need supplementation?**

**A:** *The June 19, 2002 issue of the Journal of the American Medical Association (JAMA) released a landmark recommendation that all adults should take vitamin supplements, in addition to eating a healthy diet.*

Scientists’ understanding of the benefits of vitamins has rapidly advanced, and now it appears that people who get enough vitamins may be able to prevent such common chronic illnesses as cancer, heart disease and osteoporosis, according to Drs. Robert H. Fletcher and Kathleen M. Fairfield of Harvard University, who wrote JAMA’s new guidelines.

**Q: How do I know which supplement I need to take?**

**A:** *While the addition of a multivitamin would benefit most people, different additional supplements should be chosen based on the specific life-stage, gender or lifestyle of the individual.*

For example, though calcium is generally important for all men and women, it is particularly critical for children building bone mass and elderly people seeking to preserve it.

## Lifestyle Assessment Form

This Lifestyle Assessment survey is designed to help you recognise the factors in your life that can erode health. Through a series of questions, you will obtain a general profile of your overall health and wellness. When risk factors or problems are identified, we recommend NUTRILITE™ supplement ingredients that offer support for specific needs.

This survey covers three sections.

**Section One** looks at general nutrition and lifestyle conditions such as your eating habits, stress and energy levels, while **Section Two** more closely considers specific body systems and conditions such as heart health, bone and joint health and function, vision and boosting of your immunity. **Section Three** looks at the different life stages, especially factors specifically affecting children, men and women’s health.

The information provided in this Assessment Form gives an approximate analysis of your current nutritional situation and makes recommendations regarding your supplementation programme. Although information is based on most recent research, it is not possible through this Assessment to determine, with accurate precision, nutritional deficiencies. This Assessment is not intended to diagnose, treat, cure or prevent diseases. The information contained herein should be considered confidential and the form should be left with the client.

**Suggestion:** Please continually update your supplemental programme by revisiting and completing this survey on a quarterly to a six monthly basis.

**CAUTION:** Should you have any pre-existing medical conditions, are pregnant or a smoker, it is recommended that you always seek medical approval before taking supplements.

### Section 1: Lifestyle Specific

*Answer all the questions in each section by placing a ✓ in the ‘yes’ box, should the question apply to you.*

	Yes
I am twelve years or older.	
I am pregnant.	
I am breastfeeding.	
Due to a busy lifestyle, I often skip meals.	
I often reduce my food intake to try and lose weight.	
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¼ cup juice, 1 cup raw vegetables.</i>	
I often eat less than 6 portions of whole grains, (e.g. multigrain bread, high fibre cereal, rice or pasta) each day. <i>Note: one portion = 1 slice bread, ½ cup rice/pasta/cereal, etc.</i>	
I regularly eat ‘fast’ or convenience style foods that are high in fat (e.g. burgers, chips, processed foods).	
I regularly consume snacks with little nutritional content (e.g. soft drinks, chips, sweets, processed foods).	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Daily** – a multi-vitamin/mineral supplement to fill in your nutrient gaps.

## NUTRITIONAL BALANCE

	Yes
I am twelve years or older.	
I am neither pregnant or breastfeeding.	
Due to a busy lifestyle, I often skip meals.	
I often reduce my food intake to try and lose weight.	
I follow a high protein, low carbohydrate diet.	
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¼ cup juice, 1 cup raw vegetables</i>	
I often eat less than 6 portions of whole grains, (e.g. multigrain bread, high fibre cereal, rice or pasta) each day. <i>Note: one portion = 1 slice bread, ½ cup rice/pasta/cereal, etc.</i>	
I regularly eat ‘fast’ or convenience style foods that are high in fat (e.g. burgers, chips, processed foods).	
I regularly consume snacks with little nutritional content (e.g. soft drinks, chips, sweets, processed foods).	
I eat or drink less than three portions of dairy or calcium-rich foods each day. <i>Note: one portion = 1 cup low fat milk, 1 cup low fat yoghurt or 30g of cheese.</i>	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Double X** – a multi-vitamin/mineral supplement with phytonutrients to fill in your nutrient gaps.

## ULTIMATE PROTECTION

	Yes
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¼ cup juice, 1 cup raw vegetables</i>	
I currently smoke.	
I am a passive smoker.	
I live in an urban area or a highly polluted area.	
On a weekly basis I am exposed to more than an hour of midday sunlight.	
<b>Total</b>	

If you answered yes to 3 or more of the statements above, you may benefit from taking: **NUTRILITE™ Vitamin C**, **NUTRILITE™ Lecithin E**, **NUTRILITE™ Natural Multi-Carotene\*** and/or **NUTRILITE™ Selenium E** to meet your anti-oxidant needs.

\*Smokers should consult their doctors before taking a Carotene supplement



## PHYTONUTRIENT FOCUS

	Yes
I normally eat less than five portions of different fruits (less than 2) and vegetables (less than 3) each day. <i>Note: one portion = 1 medium fruit, ½ cup cooked vegetables, ¼ cup juice, 1 cup raw vegetables.</i>	
I ‘braai’ food on a weekly basis.	
I have been told that I have high blood pressure.	
<b>Total</b>	

If you answered yes to 1 or more of the statements above, you may benefit from taking: **NUTRILITE™ Concentrated Fruits and Vegetables** to meet your individual needs.

## STRESS

	Yes
I am a vegan (I do not eat meat, fish, poultry or dairy products).	
I drink more than two cups of coffee or tea daily.	
I often eat less than six portions of whole grains (e.g. multigrain bread, cereal, rice or pasta) each day. <i>Note: one portion = 1 slice bread, ½ cup rice/pasta/cereal</i>	
In general, I consume more than one alcoholic drink each day.	
<b>Total</b>	

If you answered yes to 2 or more of the statements above, you may benefit from taking: **NUTRILITE™ Natural Source B Complex** to meet your individual needs.

## ENERGY

	Yes
I often find myself lacking energy during the day and/or I would like to enhance my daily energy level.	
I find it difficult to cope with the physical effects of stress in my daily life.	
<b>Total</b>	

If you answered yes to one or both of the statements above, you may benefit from taking: **NUTRILITE™ Siberian Ginseng with Ginkgo Biloba** to meet your individual needs.

