



YOUNGEVITY®

NUTRITION QUESTIONNAIRE

Through our high-quality, innovative wellness products, Youngevity is committed to helping you live a healthier, more balanced life. That starts with our Healthy Body Start Paks, which bring together 60 minerals, 16 vitamins, 12 amino acids, and a powerful blend of EFAs, giving you the 90 essential nutrients you need to thrive. This is especially important in today's world, where soil depletion is producing less nutrient-dense food.

And with our diverse selection of products, you can maintain healthy bones, optimize energy levels, support your vital organs, boost your immune system, shed unwanted pounds, and a whole lot more. In that spirit, this questionnaire will help you pinpoint your most important health priorities. Once it's complete, you'll have recommended products that may help support the areas you want to improve.

Rate each item (1-5) in the four health categories below (1 being the lowest priority level and 5 being the highest). Once you've rated each item, calculate the total for each category. Go to pages 2 and 3 to learn more about your results and recommended products.

A. JOINTS, BONES & TEETH	SCORE
1. Flexibility and movement	_____
2. Joint health	_____
3. Healthy gums and teeth	_____
4. Knees and walking	_____
5. Shoulders and lifting	_____
6. Back and back pain or flexibility	_____
TOTAL	_____

B. METABOLISM & ENERGY	SCORE
1. Curbing cravings for sweets	_____
2. Falling and staying asleep	_____
3. Overcoming weight-loss challenges	_____
4. Preventing sleepiness during the day	_____
5. Waking up feeling refreshed	_____
6. Supporting healthy blood sugar levels	_____
TOTAL	_____

C. BRAIN & HEART HEALTH	SCORE
1. Blood flow and circulation	_____
2. Healthy blood pressure	_____
3. Brain and nervous system	_____
4. Healthy inflammatory response	_____
5. Cognitive health	_____
6. Immune System	_____
TOTAL	_____

D. DIGESTION & IMMUNE HEALTH	SCORE
1. Constipation and regularity	_____
2. Diarrhea or upset stomach	_____
3. Bloating or gas	_____
4. Stress and pollution impacts on your body	_____
5. Cold hands or feet	_____
6. Cellular health and natural energy	_____
TOTAL	_____



RESULTS AND RECOMMENDATIONS

To maintain overall good health, our general recommendation for every individual is our Healthy Body Start Pak 2.0. It provides the 90 essential nutrients **we all need** to thrive. However, we understand that each person has their own unique requirements and priorities.

To choose the best Healthy Body Start Pak for you, refer to your scores from page 1 of the questionnaire. Match the category with the highest points to the recommended products below. If you have two or more categories with the same score, choose the category that's most important to you.

A. JOINTS, BONES & TEETH

RECOMMENDED PRODUCT:

HEALTHY BODY BONE & JOINT PAK 2.0

Specifically formulated to support and promote healthy bones and joints. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION - 1 CANISTER (480G)
- EFA PLUS - 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER - 1 CANISTER (357G)
- GLUCO-GEL - 1 CONTAINER (240 CAPSULES)
- CM CREAM - 1 CONTAINER (2 OZ)

10256*



*See individual products for details.

B. METABOLISM & ENERGY

RECOMMENDED PRODUCT:

HEALTHY BODY BLOOD SUGAR PAK™ 2.0

Specifically formulated to support and promote healthy blood sugar levels. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION - 1 CANISTER (480G)
- EFA PLUS - 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER - 1 CANISTER (357G)
- SLENDER FX SWEET EZE (120 CAPSULES)

10254*



*See individual products for details.

C. BRAIN & HEART HEALTH

RECOMMENDED PRODUCT:

HEALTHY BODY BRAIN AND HEART PAK 2.0

Specifically formulated to promote healthy brain and cardiovascular function. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION - 1 CANISTER (480G)
- EFA PLUS -1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER - 1 CANISTER (357G)
- ULTIMATE EFA (180 SOFT GELS)
- ULTIMATE SELENIUM (90 CAPSULES)

10258*



*See individual products for details.

D. DIGESTION & IMMUNITY

RECOMMENDED PRODUCT:

HEALTHY BODY DIGESTION PAK™ 2.0

Specifically formulated to support healthy digestion. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION - 1 CANISTER (480G)
- EFA PLUS -1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER - 1 CANISTER (357G)
- ULTIMATE ENZYMES (120 CAPSULES)
- ULTIMATE FLORA FX (60 CAPSULES)

10257*



*See individual products for details.

NUTRITION QUESTIONNAIRE PART TWO

Please rate each item below from 1 to 5 (1 being the lowest priority level and 5 being the highest).

Once you've rated each item, refer to page 4 to learn more about your results and recommended products.

	SCORE		SCORE
1. WEIGHT LOSS	_____	9. WOMEN'S HEALTH	_____
2. BUILDING MUSCLE	_____	10. STRESS & SLEEP	_____
3. EXERCISE & PERFORMANCE	_____	11. NATURALLY BUILD A BETTER IMMUNE SYSTEM	_____
4. ANTI-AGING NEEDS	_____	12. BETTER MENTAL FOCUS & MEMORY	_____
5. ENERGY	_____	13. EYE HEALTH, DISCOMFORT & IRRITATION	_____
6. GETTING ENOUGH VITAMINS & MINERALS	_____	14. CIRCULATION & HEALTHY BLOOD VESSELS	_____
7. NUTRIENT-DENSE WHOLE FOODS	_____	15. JOINT, CARTILAGE, MOBILITY & COMFORT	_____
8. MEN'S HEALTH	_____		

PRODUCT RECOMMENDATIONS (Based on scores of 3 or higher)

Please review your scores from the second section of page 3.

For any category you rated 3 or above, we recommended corresponding products below.

1. WEIGHT LOSS

Youngevity's Better Health Now Challenge ygybetterhealth.com helps you lose weight and stay on track. With 3 programs to choose from, we have the menus, recipes, and support to help you achieve your goals.

RECOMMENDED PRODUCTS:

- REV 90 BETTER HEALTH CHALLENGE PAK 10285
- KETO 90 BETTER HEALTH CHALLENGE PAK 10283



2. BUILDING MUSCLE

Consuming protein within 30 minutes of a workout can help you build and support muscle. The right type and right amount of protein is key. Try our FitShake™, which is perfect for pre- or post-workout nutrition.

RECOMMENDED PRODUCTS:

- FITSHAKE™ USYG300002



3. EXERCISE & PERFORMANCE

Make sure you're getting the support you need to maintain optimal energy levels during a workout while also replenishing essential vitamins & minerals as you sweat!

RECOMMENDED PRODUCTS:

- ULTIMATE DAILY CLASSIC USYG100084
- REBOUND FX 13223 (POWDER) OR USYG100005 (24 CANS)



4. ANTI-AGING NEEDS

Immortium is a bi-layered tablet, containing nutrients that support anti-aging by improving telomere health.

RECOMMENDED PRODUCTS:

- IMMORTIUM USYGY100080



5. ENERGY

Projoba Pollen Burst is the world's first energy drink powered by flower pollen. With vitamin D and the powerful antioxidant SOD, this natural orange-flavored drink helps the body fight free radical damage and other environmental stresses.

RECOMMENDED PRODUCTS:

- PROJOBA POLLEN BURST PJ330 (CITRUS) & PJ500 (BERRY)



6. GETTING ENOUGH VITAMINS & MINERALS

Our bodies need a steady stream of minerals in trace amounts to function properly. Plant Derived Minerals are liquid concentrates, containing up to 77 minerals from prehistoric plants in their unaltered colloidal form.

RECOMMENDED PRODUCTS:

- PLANT DERIVED MINERALS 13203



7. FRUIT & VEGETABLE NUTRIENTS FOR HEALTH

Super Greens™ is a nutrient dense, easy-to-mix powder made from the world's most powerful superfoods with real, organic whole fruits, vegetables, and herbs. This delicious shake is flavored with refreshing organic peppermint and spearmint!

RECOMMENDED PRODUCTS:

- SUPER GREENS USYGY300001



8. MEN'S HEALTH

PROSTAT is a naturopathic product containing two scientifically proven hypoallergenic flower pollen extracts. Formulated especially for men, it naturally helps the body improve urine flow and maintain a normal and healthy prostate.

RECOMMENDED PRODUCTS:

- PROSTAT PJ102



9. WOMEN'S HEALTH

These high-quality all-natural vitamins, minerals, and botanicals provide optimal hormonal support for women.

RECOMMENDED PRODUCTS:

- XERAFEM USYG100081



10. STRESS & SLEEP

Ultimate D-Stress helps your body combat chronic stress and support a healthy lifestyle.

RECOMMENDED PRODUCTS:

- ULTIMATE D STRESS 82123
- Z RADICAL 30300



11. NATURALLY BUILD A BETTER IMMUNE SYSTEM

Containing certified organic turmeric, this herbal supplement delivers superior antioxidant activity.

RECOMMENDED PRODUCTS:

- PURMERIC USYGY100088
- Z RADICAL 30300



12. BETTER MENTAL FOCUS & MEMORY

Synaptiv is a ground-breaking brain-support supplement that supplies immediate and extended release nutrients to promote optimal brain function.

RECOMMENDED PRODUCTS:

- SYNAPTIV USYGY100083



13. EYE HEALTH, DISCOMFORT & IRRITATION

You can optimize your eye health with Ocutiv, a comprehensive nutritional supplement that provides advanced ocular health support.

RECOMMENDED PRODUCTS:

- OCUTIV USYGY100086



14. CIRCULATION & HEALTHY BLOOD VESSELS

ProCardio FX™ delivers a broad-spectrum blend of synergizing nutrients that help support the complete vascular system. Each ingredient delivers targeted support to an element within the cardiovascular system.

RECOMMENDED PRODUCTS:

- PROCARDIO FX USYGY100093



15. JOINT, CARTILAGE, MOBILITY & COMFORT

ProJoint FX™ is a nutritionally advanced formula that supports the health of the entire joint structure. Through a three-step process, the nutrients in the ProJoint FX™ formula may help improve overall joint care.

RECOMMENDED PRODUCTS:

- PROJOINT FX USYGY100092



Presented by

AN INDEPENDENT YOUNGEVITY DISTRIBUTOR