**NUTRITION QUESTIONNAIRE**At Youngevity, we care a lot about helping people live healthier, happier lives. In that spirit, this questionnaire will recommend products that help you look and feel your best. And keep in mind, there are no wrong answers to these questions – just the right answers to help support your biggest health priorities.

**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 page 2 to learn more about your results and recommended products.**

**RESULTS AND RECOMMENDATIONS**

1. **JOINTS, BONES, & TEETH**

**DID YOU KNOW?**   
Maintaining healthy weight, staying active, and nutrients like calcium, vitamin D, and omegas all help support healthy joints.

**WALK THE WALK!**When you walk, cartilage act like a sponge that soaks up nutrients from the compression and decompression of your body weight. This helps rebuild joints and take pressure off stiff or aching knees.

**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
* 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)

*\*See individual products for details.*

1. **METABOLISM & ENERGY**

**CONSIDER THIS**Protein and fiber help support healthy blood sugar levels, preventing those mid-day energy dips. To maintain better focus and energy, start your day with protein (e.g. shakes, eggs) instead of bagels or muffins.

**STEP AWAY FROM YOUR SCREEN!**    
Keeping glued to smart phones, TVs, and computers makes it harder to fall and stay asleep. Disconnecting from these devices for at least 30 minutes before bedtime can help.

**RECOMMENDED PRODUCT: HEALTHY BODY BLOOD SUGAR 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
* EFA PLUS – 1 CONTAINER (90 SOFT GELS)
* BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
* SLENDER FX SWEET EZE (120 CAPSULES)

*\*See individual products for details.*

1. **BRAIN & HEART HEALTH**

**FOOD & WATER FOR THOUGHT**

Apples, fish omegas, broccoli, walnuts, and berries all have nutrients that support good lung health and breathing. It’s also important to drink plenty of water, as dry lungs are prone to irritation.

**FEAST YOUR EYES ON THIS!**  
Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E may help alleviate age-related vision problems. Green leafy vegetables, oily fish, eggs, nuts, and citrus fruits can also help support healthy vision.

**RECOMMENDED PRODUCT: HEALTHY BODY BRAIN & HEART PAK**   
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
* EFA PLUS – 1 CONTAINER (90 SOFT GELS)
* BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
* ULTIMATE EFA (180 SOFT GELS)
* ULTIMATE SELENIUM (90 CAPSULES)

*\*See individual products for details.*

**D. DIGESTION & IMMUNITY**

**DID YOU KNOW?**  
Stress, travel, and spicy foods can all upset your stomach. But certain fruits like pineapple and papaya contain enzymes that help, by breaking down food for easier digestion.

**YOUR BEST LINE OF DEFENSE**  
Pollution and stress can take a toll on digestion, sleep, and more. Antioxidants help by protecting, defending, and supporting a good digestive system.

**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
* EFA PLUS – 1 CONTAINER (90 SOFT GELS)
* BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
* ULTIMATE ENZYMES (120 CAPSULES)
* ULTIMATE FLORA FX (60 CAPSULES).

*\*See individual products for details.*