

Health Assessment Guide

Metric	Potential Solutions	Notes
Body Fat %	<i>HealthPointe</i>	Proven weight loss and lifestyle change agent.
Body H ₂ O	<i>eSpring</i>	Effectively reduces more than 140 potential health-effect impurities, reduces particulate down to 0.2 microns, dramatically improves the taste, odor, and clarity of water.
	<i>Fruit & Veg Twist Tubes</i>	Gives you the antioxidant equivalent of two servings of fruits and vegetables your body needs in a convenient, squeezable tube and Mango-Citrus & Twisted Berry flavors tastes good.
	<i>Immunity Twist Tube</i>	1,000 mg Vitamin C - strawberry kiwi flavor
	<i>Joint Health Twist Tube</i>	1,500 mg glucosamine - raspberry flavor
	<i>Perfect Water</i>	A refreshing drinking water infused with MBO, a proprietary process that stabilizes oxygen in the water.
Muscle Mass	<i>Lean Muscle (CLA)</i>	Helps reduce body fat while supporting lean muscle retention, so you lose the fat, not your hard-earned muscle. The primary ingredient is Conjugated Linoleic Acid (CLA), an essential fatty acid that supports lean muscle retention.
Physique Rating	<i>HealthPointe</i>	Proven weight loss and lifestyle change agent.
	<i>Energy + Focus (Rhodiola)</i>	Maximize mental focus and physical endurance, improve exercise performance, and shorten recovery time.
Daily Caloric Intake	<i>Carb Blocker</i>	Prevent up to 500 carbohydrate calories from being absorbed when taken with a meal, without depriving your body of vitamins, minerals, and fiber.
	<i>Glucose Health</i>	Boosts your ability to metabolize carbs, fats, and protein to reduce food cravings and unhealthy snacking.
Metabolic Age	<i>Heart Health CoQ10</i>	CoQ10 is a co-enzyme naturally produced by the body. It is a vital factor in triggering energy in the mitochondria, which are deep in every cell of our bodies, energy that our cells need to do their work. CoQ10 is especially important in large organs like the heart, liver, and kidneys, which burn lots of energy. In our cells, CoQ10 also works as an antioxidant to help protect against free radical damage.
Bone Mass	<i>Bone Health Pack</i>	Bone Guard is a patent-pending supplement with – pomegranate and grape seed extracts. When taken together with Cal Mag D and Vitamin D , it supports the body's ability to maximize bone strength and integrity by keeping calcium where it belongs – in your bones.
Visceral Fat	<i>Advanced Omega</i>	Research shows that Omega-3 fatty acids are ideal for heart health. These Omega-3s also help support healthy blood flow and lipid levels.
	<i>Heart Health CoQ10</i>	see above
	<i>Chewable Vitamin E</i>	Antioxidant vitamin E protection for healthy heart and cells. Contains lecithin, which helps your body more effectively absorb vitamin E and is a natural emulsifier of fatty substances.
	<i>Cholesterol Health</i>	Scientific research suggests that the unique combination of catechins and theaflavins in Cholesterol Health prevents the cholesterol in the foods that we eat from being absorbed in the gastrointestinal tract.
Foundation	<i>MultiVit - Omega 3</i>	Daily or Double X and Advanced Omega
		Men's Pack or Women's Pack