

WELLNESS QUIZ

WHY DO WE ASK THIS?



1

Do you like to eat salty or sweet snacks more than 3 times per week?*

YES — ☐
NO — ☐

These types of snacks are most often high in calories, fat, salt, sugar and less than nutritious.



2

Do you eat less than 3 servings of oily fish per week?

YES — ☐
NO — ☐

Oily fish often contain Omega 3 fatty acids, essential to health in many parts of the body.



3

Are you exposed to any of the following each day: harsh sunlight, air pollution, smoking?

YES — ☐
NO — ☐

Exposure to environmental stresses increase the need for antioxidant nutrients (examples: beta carotene, vitamin C and E, astaxanthin, and more...)



4

Are you vegetarian?

YES — ☐
NO — ☐

When choosing to be a vegetarian one has to take special care to obtain enough protein, vitamin B12, calcium and others.



5

Do you eat less than 7 different fruits & vegetables every day?

YES — ☐
NO — ☐

Consuming a variety of fruit and vegetables each day is recommended to assist one in obtaining a broad spectrum of daily essential nutrients.

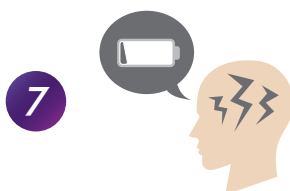


6

Do you drink coffee or tea each day?

YES — ☐
NO — ☐

Beverages containing caffeine reduces the absorption of iron by up to 80%, and also effects calcium, Vitamin D, B1, manganese, zinc, copper, magnesium, sodium, potassium, phosphate.



7

Do you feel like you lack energy and focus?

YES — ☐
NO — ☐

Maintaining good levels of carbohydrates, protein, and B vitamins assist with energy levels and focus.



8

Do you eat less than 6 servings of whole grains (brown rice, barley, oats, whole grain cereal etc) every day?

YES — ☐
NO — ☐

Whole grain foods provide essentials fibre and B vitamins, as well as carbohydrates for cellular energy.

WHY DO WE ASK THIS?

9



Do you more than 1 alcoholic beverage every day?

YES — ☐

NO — ☐

Consuming alcohol creates the need for more antioxidants, B vitamins, magnesium, zinc, calcium and iron.

10



Do you often feel stressed or find it difficult to sleep?

YES — ☐

NO — ☐

Stress often influences level of sleep and both impact the body's well-being. When in a state of stress, more B vitamins and antioxidants are recommended.

11



Do you exercise regularly, at least 3 times a week?

YES — ☐

NO — ☐

Exercise and activity are essential for the body to maintain health, however more antioxidants and protein are needed, especially after exercise.

12



Do you think your hair and nails need a boost?*

YES — ☐

NO — ☐

Hair and nails are exposed to many elements every day. Supporting them with good nutrition can be helpful.

RESULTS:

Simply add up the number of times you answered YES to the questions above

- **Score <2:** Congratulations you are doing very well. You may still want to consider adding some additional nutrients each day with the Wellness Pack and Natural Balance Shake.
- **Score 3-6:** Based on your lifestyle and eating habits you may have some nutritional gaps on a daily basis. The WellnessPack and Natural Balance Shake will be a good addition to your daily routine
- **Score >7:** You could benefit by modifying your lifestyle choices and eating habits. Adding WellnessPack and Natural Balance Shake to your daily routine may greatly benefit your essential nutrients intake and helps you to fill the gaps.

** If you answered YES to question 1, regarding snacking, try the Wellness Natural Balance Bars and Soups; both providing valuable nutrition and very satisfying.*

***If you answered YES to the hair and nails question, then consider the Wellness Hair and Nails product to help maintain normal health of these.*