



Shaklee Dynamic Family Global

How Healthy Are You?

Take the first step towards a more vibrant you!

Do you ever wonder how healthy you really are? It's a question worth asking because taking stock of your health helps you stay well. Doing a quick health inventory from time to time helps you find immediate solutions before your health condition becomes critical.

Many times we misunderstand the difference between nutrient deficiency symptoms and real illnesses. The Following common symptoms are due to nutritional imbalance & poor lifestyle, such as drinking, smoking and lack of exercise.

Please tick (✓) the symptoms now

SELF AWARENESS PROGRAM
PREVENTION IS BETTER THAN CURE
IMPROVE YOUR HEALTH IN 90 DAYS

Name : _____
 Age : _____

Tel : _____
 Date : _____

NO	NOW	90 DAYS LATER	SYMPTOMS	NUTRITION & SUPPLEMENTS
1			Low Energy Level / Difficulty In Waking Up	Vivix, Energizing Soy Protein, Vita-Lea, Sustained Release Vita-C 500mg, B-Complex, DTX Complex & Nutriferon
2			Frequent Dizziness / Headaches (no more than 3 times a year)	
3			Bleeding Gums	
4			Bruise Easily	
5			Nervousness Or Depression	
6			Sleepiness (especially after lunch)	
7			Desire For Sweet	
8			Underweight	
9			Overweight	Cinch Shake, Cinch Engery Tea, Vita-Lea & Herb-Lax
10			Poor digestion (stomach pain, acid stomach, bloating wind)	Peppermint Ginger Plus & Alfalfa Complex
11			Dryness Of Eyes / Poor Vision	Caratomax
12			Splitting Finger Nails	Ostematrix, Alfalfa Complex, Advance Joint Health & Collagen
13			Numbness Of Hands & Feey	
14			Leg Cramps	
15			Body Ache And Pain	
16			Stiffness Of Shoulders / Arms	
17			Constipation	Herb-Lax & Alfalfa Complex
18			Thinning or Falling Hair	Zinc Complex
19			Always Use pills / drugs (Hypertension, diabetes, high cholesterol)	B-Complex
20			Subject To Colds And Infections	Sustained Release Vita-C 500mg & Garlic Complex
21			Bad Breath	
22			High Fat Diet	Lecithin & Vita-E Complex
23			PMS / Menopause	GLA Complex
24			Insomnia / Poor Memory / Joint Pain	Omega Guard & Co-Q Health

Please list the symptoms of other special, example : Eczema, Allergy

- 1 _____
- 2 _____
- 3 _____

