

Wellness Profile – Summary

Customized for:

Mortimer Snerd

Phone (888) 888-1212

The material in this report is based on research relating statistical cases of how people felt and the nutritional supplements they took to feel better in conjunction with current research on nutritional support for various situations. It is not intended as a prescription or substitution for good sound health care by a professional. In the event the reader of this material uses the information without the approval of his doctor, he is prescribing for himself, which is his constitutional right to do. And he assumes the responsibility for his health. No person, nor any supplement manufacturer, not even the person supplying this report assumes any responsibility for the results obtained from the correct or incorrect application of the information supplied herein.

Your Wellness Profile suggests, when compared to others with similar problems, that you may benefit from daily nutritional support with the following supplements. These have helped others toward optimum health naturally.

<u>Supplement</u>	<u>Quantity</u>	<u>Ref. #</u>
Alfalfa	5	1 of 10
Natural Cleansing Herbs	1	1 of 7
Pure Water	6 – 8 glasses per day	2 of 5
Multi-Vitamin/Mineral	2	3 of 9
Soy Protein	3 Tablespoons	2 of 14
B-Complex	2	2 of 11
Vitamin C	4	2 of 10
Vitamin E	1 – High Blood Pressure	2 of 5
Calcium and Magnesium	3	2 of 2
Lecithin	4	1 of 6
EPA (Eicosapentaenoic Acid)	1	1 of 6
GLA (Gamma-Linolenic Acid)	1	1 of 2
Clean Indoor Air	1 Indoors	1 of 6

1) The numbers in the quantity column indicate the suggested daily intake of the listed nutrient or food. The numbers in the Ref. # column indicate the number of times the Wellness Profile called for a certain item out of a maximum possible. Example: 5 of 7 means that the item was called for 5 times out of a possible 7.

2) If you have been using supplements for more than 6 months, the above list indicates those that might be added to improve your health. Otherwise the list is your complete program.

3) Most supplements should be spread out during the day, and taken at meal times, rather than all at one time. This practice helps maintain an adequate level of nutrients in your system at all times.