



# Your Health and Wellbeing Quiz

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_

To complete this quiz, move down the sets of questions and tick the lines where you recognise a problem. This quiz is **NOT** a tool for the diagnosis or cure of any complaint or named disease. This Quiz is an **educational programme to help you associate better health with better nutrition**, and generally it is true that better nutrition means better health. Therefore it makes good sense to improve your nutrition in all areas where your quiz shows a need.

## Low in lipids and sterols

- tired - I lack the energy
- tire easily during day
- chronic fatigue or ME
- aching joints or arthritis
- prone to allergies
- mood swings
- hormone imbalance
- menstrual imbalance
- menopausal problems
- PMT or PMS
- want more energy
- increase endurance
- sports people (for rapid recovery)
- want to stay youthful & vital

Neo-Life Products: Tre-en-en  
Pro Vitality Plus  
Formula IV or Formula IV Plus  
(chewable) - Vita-Squares

## Inadequate 22 amino acid protein intake

- fatigue (especially after meals)
- low blood sugar/crave sweets
- mood and energy swings
- behavioural problems
- craving alcohol or drugs
- overweight or underweight
- muscle injuries
- thin hair, brittle nails
- infections, slow healing
- swollen ankles
- pregnancy
- sports people

Neo-Life Products: NouriShake  
NeoLife Shake

## Multi-minerals needed

- fatigue
- water retention
- swollen ankles
- irregular heart beat
- migraine
- pregnancy
- sports people
- for slimming
- PMT or PMS
- low iron levels

Neo-Life Product: Multi-Min

## Calcium needed

- osteoporosis or aching back
- brittle or broken bones
- arthritic pains
- joint problems
- muscle pains and aches
- menstrual cramps or PMS
- leg cramps or jumpy legs
- insomnia, sleeping problems
- mouth ulcers
- easily irritated
- irregular heart beat
- blood pressure problems

Neo-Life Product: Cal-Mag+D

## Low zinc intake?

- acne, skin problems
- teenage acne
- prone to infections
- white spots in finger nails
- slow healing
- body odor, smelly feet
- loss of appetite
- food doesn't taste good
- prostate trouble
- male sexual dysfunction
- irregular heart beat
- epilepsy
- pregnancy (stretch marks)
- post-natal depression
- blood sugar imbalance
- infant wakefulness

Neo-Life Products: Zinc, Multi-Min  
Pro Vitality Plus, Formula IV Plus

## Eat few blue/purple fruit & veges

- less than 2-4 servings daily
- want an energy boost?
- prone to 'flu' & sore throats
- want better immune function
- prone to allergies
- prone to virus infections
- want to age slower
- reduce heart problems
- want to improve circulation
- want better cancer protection
- need an anti-inflammatory
- arthritic pains or swelling

Neo-Life Products: Flavonoid Complex  
(chewable) Vita-Gard  
PhytoDefense

## Diet low in, broccoli, watercress, mustard, radishes

- less than 1 serving daily
- period or menstrual problems
- menopause flushing
- PMT or PMS
- family history of breast cancer
- to help prevent prostate Ca.
- chronic bowel problems
- low fibre in diet
- older age group

Neo-Life Products: Cruciferous Plus  
(chewable) Vita-Gard  
PhytoDefense

## Omega-3 fatty acids low

- arthritic pain and swelling
- aching or stiff joints
- prostate problems
- asthma
- respiratory problems
- psoriasis or dermatitis
- dry, scaly or itchy skin
- prone to allergies
- high inflammatory index
- high blood pressure
- high cholesterol
- high blood triglycerides
- migraine headaches
- for improved memory
- dyslexia or learning problems
- depression, bi-polar

Neo-Life Product: Salmon Oil Plus

## Joint and Cartilage Problems

- build and repair cartilage
- 'wear and tear' on joints
- increase mobility
- reduce pains, stiffness
- reduce morning/evening aches
- reduce jarring joint pains
- reduce shooting joint pains
- increase comfort and flexibility
- for arthritic joint pain
- for joint pain of repairing injury

Neo-Life Product: Full Motion

## Digestive upsets

- prone to ulcers
- indigestion or flatulence
- milk intolerance

- food allergies
- gastric reflux or heartburn
- belching or bad breath
- wind, bloating, gas
- an irritable bowel or cramps
- constipation or diarrhoea
- sleepy after meals
- for slimming or poor appetite
- nervous dyspepsia

Neo-Life Products: Betaine Digestive Aid,  
Enzymes

## Bowel acidophilus levels low

- candida yeast symptoms
- diarrhoea, gastroenteritis
- mouth ulcers, cold sores
- indigestion or acid reflux
- passing foul-smelling wind
- bloating or bowel irritations
- milk intolerance

Neo-Life Product: Acidophilus Plus

## Need to settle the stomach

- prone to indigestion
- nervous dyspepsia
- gastro-intestinal upsets
- irritable bowel or allergies
- want stamina/endurance

Neo-Life Product: Aloe Vera Plus

## Cleanse needed

- constipation
- irregularity of bowels
- for slimming, cleansing

Neo-Life Product: Neo-cleanse

## Weight loss needed or Blood Sugar Control not good

- fatigue
- a feeling of weakness
- irritability - especially 11am & 3pm
- agitation
- difficulty concentrating
- blurred vision
- hunger (about 30mins after a meal)
- rapid heartbeat (after a meal)
- paleness
- trembling
- perspiration
- diabetic with dietary control
- diabetic taking tablets
- diabetic on insulin

Neo-Life Product: NeoLife Shake

### Low vitamin A levels

- you have poor night vision
- eye problems
- dry skin
- acne
- bladder or vaginal infections
- ear or sinus infections
- lung or chest infections
- colitis or ileitis
- prone to allergies
- ulcers (skin)
- want to help prevent cancer

Neo-Life Product: Vitamin A

### Low vitamin B levels

- stressful life
- nervousness
- tiredness or fatigue
- blood sugar problems
- need more endurance
- anaemia, low iron levels
- depression
- blotchy, scaly skin
- dark circles under eyes
- thinning hair
- burning feet
- nausea of pregnancy
- candida problems
- dizziness, epilepsy
- tinnitus, ringing in the ears

Neo-Life Products: Vitamin B Complex  
Pro Vitality Plus, Formula IV Plus

### Low vitamin C levels

- bruise easily
- bleeding gums, loose teeth
- varicose veins
- haemorrhoids
- sprain easily
- sore muscles
- want more endurance
- slow healing
- arthritis
- joint problems
- sports person
- prone to colds, 'flu', viruses
- prone to infections, allergies
- stressful life
- nervousness
- high cholesterol
- help prevent stroke
- want to help prevent cancer

Neo-Life Products: Neo C chewable  
Threshold Control C  
Pro Vitality Plus, Formula IV Plus

### Low vitamin E levels

- want better circulation
- cold hands and feet
- tinnitus, ringing in the ears
- shortness of breath
- angina pain
- heart attacks
- strokes or blood clots
- leg cramps (claudication)
- high cholesterol
- varicose veins
- bruising
- purpura (purple blotches)
- brown "aging spots"
- tendency toward scar tissue
- prone to allergies
- weak immune system
- hernias, ulcers
- infertility, miscarriages
- fibrocystic breast lumps

Neo-Life Products: Vitamin E Complex  
Pro Vitality Plus, Formula IV Plus

### Children's chewables

- constant colds or 'flu'
- prone to 'glue' ear
- lack energy
- infant wakefulness
- hyperactive
- dislike eating fruit or vegies
- 'munchies' after school
- want a healthy drink

Neo-Life Products: Vita-Squares,  
Vita-Gard, Neo-C, Cal-Mag+D

### Environmental toxicity?

- workplace pollution
- environmental poisoning
- food & chemical poisoning
- brown "aging spots"
- toxic conditions
- pregnancy - morning sickness
- hay fever, allergies

Neo-Life Product: Betagard

### Lipotropic factors needed to

- reduce heart attack risk
- reduce stroke risk
- have healthy arteries & veins
- have unclogged arteries
- prevent narrowed arteries
- have normal clotting factors
- to de-fat an abused liver
- have better fat metabolism

Neo-Life Product: Lipo-Plus

### Few onions, garlic, leeks, chives

- high cholesterol
- high blood pressure
- prone to clots or 'sticky blood'
- candida yeast symptoms
- infections, colds, 'flu'
- bladder infections
- ear or sinus infections
- to help avoid colon cancer

Neo-Life Product: Garlic Allium  
Complex

### Facing female challenges

- want stamina & endurance
- want improved 'wellness'
- your cycle is irregular
- menstrual flow is heavy
- you have menstrual cramps
- PMS or you get irritable
- you get excessive sweating
- you want better uterine tone
- want to stay calm/relaxed
- you get mild depression
- you get abdominal bloating
- get swollen finger/ankles

Neo-Life Product: Feminine Herbal  
Complex

### Facing male challenges

- your prostate is of concern
- your 'stream' is reduced
- you have to 'get up' at night
- you want peak performance
- want stamina & strength
- you want a sense of vitality
- want to stay calm/relaxed
- you get mild depression
- your BP is slightly raised

Neo-Life Product: Masculine Herbal  
Complex

### Low intake of berries, pomegranate & green tea

- want mental clarity & agility
- want to stay 'sharper' longer
- want a long healthy lifespan
- you want peak performance
- you want stamina/ strength
- you want a sense of vitality
- want prostate / breast health
- want better cancer protection
- want better immune function
- aim to reduce heart problems
- aim to improve circulation
- want younger-looking skin
- want energy & clear vision
- need an anti-inflammatory
- need an anti-oxidant

Neo-Life Product: Tré Essence of Vitality

### Breathing Problems

- hay fever, allergies, sneezing
- dry, irritable cough
- sore throats, hoarseness
- recurrent sinusitis, tonsillitis
- recurrent colds, 'flu', viruses
- mucus congestion
- asthma, emphysema
- bronchitis
- difficulty getting phlegm up

Neo-Life Product:  
Herbal Respiratory Formula (HRF)

### Relax, sleep soundly

- tension in head, shoulders
- feel stressed, anxious,
- depressed
- exhausted, irritable
- neuralgia - nerve pain
- nervous dyspepsia
- insomnia - can't sleep
- nightmares
- want calm alertness
- want restful sound sleep

Neo-Life Product: Herbal Rest and Relax

### Note to Reader:

Some persons considered experts may disagree with one or more of the statements this quiz contains. Statements in some other publications may also disagree. In any event no statement in the attached publication shall be construed as a claim or representation that any Neo-Life product constitutes a specific cure, palliative or ameliorative for any condition mentioned therein. The nutritional purposes for which Neo-Life products are offered are outlined only in its product labels and sales literature

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