

Metagenics Wellness Assessment

Setting a Better Foundation for Health

Active living and healthy aging make some strong nutritional demands. But modern nutritional fuel often fails to provide enough gas to go very far down the right roads. Fast food lifestyles may contribute to a lower intake of health-promoting nutrients, while contributing to “overnourishment” of fats, sugars, and energy intake that can negatively influence health. While food is the optimal source, nutritional supplements may be strategically recommended to help fill dietary gaps or meet special requirements for key nutrients.

Take the First Step Towards a Healthier Lifestyle

When you complete this individual Wellness Assessment you’ll learn what steps you can take to create a personalized nutrition plan with targeted health support.

The assessment takes just 5 minutes to complete, and helps to identify foundation nutrition solutions that are customized to your individual needs.

Tick where applicable

Section A

- I suffer from frequent fatigue
- I feel that my diet is lacking in fresh fruits and vegetables
- I am concerned that I’m not getting the required daily nutrients needed to keep me vital and healthy
- I eat take-out meals more than three times a week
- I do not include a broad variety of foods on daily basis

Section B

- I have a history of antibiotic use
- I suffer from persistent gut symptoms, such as bloating, indigestion or constipation/diarrhea
- I am susceptible to colds and flu
- I am intolerant of dairy
- I have an irritable bowel (IBS)

Section C

- I have bone health concerns
- I suffer from inflamed joints
- I have an autoimmune condition
- I wear sunscreen >SPF 15 on a daily basis and avoid the sun
- I work indoors and do not obtain at least 10 minutes of direct sun exposure every day

Section D

- I eat a lot of processed or fried foods such as chips, biscuits, samosas and pies
- I do not eat oily fish, walnuts and flax seeds at least 3 times per week
- I suffer from an inflammatory skin or joint condition (eczema, arthritis, psoriasis etc...)
- I have high cholesterol/triglycerides with or without cardiovascular disease
- I have high insulin/blood sugar with or without diabetes

Metagenics Wellness Assessment - Key

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These questions are designed to give a baseline for health, and a starting point for choosing a personalized nutrition program.

If you answered YES to any of the questions in sections A-D, then the following formulations are recommended:

Section A – PhytoMulti

PhytoMulti goes beyond basic wellness support with a proprietary blend of highly-concentrated, full spectrum phytonutrients with scientifically tested biological activity to protect cells and maintain DNA stability. Phytonutrients impact cell signaling to communicate healthy messages throughout the body. Enhanced with select bioactive plant compounds—including lutein, zeaxanthin, lycopene, and resveratrol. Optimized with essential vitamins and minerals for multidimensional health support. Recharges, nourishes, and defends cells like no other foundation nutrition formula.

Section B – Daily Flora

Daily Flora is one of the most recommended, probiotic formulas in use worldwide. Supplies a powerful probiotic blend of *B. lactis* Bi-07 and *L. acidophilus* NCFM® with a non-dairy base in capsule form. This NCFM strain has been the topic of over 60 published scientific articles—including clinical trials for a number of bothersome GI symptoms. Daily Flora provides daily support for GI and immune health and helps maintain a healthy balance of intestinal flora.

Section C – D₃ 1000

D₃ 1000 features 1000 IU of vitamin D₃—the most bioactive form of supplemental vitamin D. D₃ 1000 provides high levels of vitamin D₃ to help replenish vitamin D status and support bone, cardiovascular, immune, and neurological health. Available in easy-to-swallow microtablet delivery form.

Section D – OmegaGenics EPA DHA 720

OmegaGenics EPA-DHA 720 features a highly concentrated source of health-promoting omega-3 essential fatty acids from cold-water fish. Each softgel provides a total of 720 mg of EPA and DHA. OmegaGenics EPA-DHA 720 supports healthy blood lipids and cardiovascular health and provides a healthy balance of omega-3s to promote overall health. Higher intakes of EPA and DHA are associated with a positive mood. Tested for contaminants by a leading third-party lab. Stabilized with natural antioxidants to maintain freshness.



This assessment is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Please consult with your healthcare provider before starting any supplementation.