



Your Carotenoids measurement in Yellow – between 30,000 to 39,000

- Summary : Moderate level of carotenoids
- Dietary habits : Moderate intake of fruits and vegetables
- Supplement intake : Regular or irregular supplementation
- Lifestyle choices : Moderate stress, moderate sun pollution, or smoke & alcohol exposure. Occasional air travel
- Body composition : Normal or high BMI, low carotenoid absorption into tissue
- Health condition : Occasional health issues, regular medication intake

Recommendation what you need to do the next 8 weeks

- Summary : If you are on moderate level of carotenoids, you need to do more to improve your lifestyle and eating habits
- Dietary habits : Increase the level of antioxidant rich fruit & vegetable. Do your own Google search and select your own list. Eat 7-10 portions a day.
- Supplement intake : Consider to take regular supplementation. Ask for more information with the person who introduce you to this.
- Lifestyle choices : Reduce your stress level, reduce sun exposure or use sun protection reduce or stop your smoking and drinking consumption
- Body composition : Lower your BMI level by doing more regular exercise
- Health condition : If you are currently having any health issues, or taking medication regularly, please discuss with us in more details, so that we can recommend you with appropriate supplementation to increase the level of antioxidant in your body. This will strengthen your immune system to work with the medication much better.