

YOUR SCAN SCORE 1- 100,000



Your Carotenoids score in Blue – between 50,000 to 59,000

- Summary : High level of carotenoids
- Dietary habits : Above average intake of fruits and vegetables
- Supplement intake : Regular supplementation
- Lifestyle choices : Low & managed stress, occasional sun pollution, or smoke & alcohol exposure. Occasional air travel
- Body composition : Normal BMI, above average carotenoid absorption into tissue
- Health condition : Occasional health issues, regular medication intake

Recommendation what you need to do the next 8-10 weeks

- Summary : Due to the high level of carotenoids, you need to up your game 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 : Continue your regular supplementation. Ask for more information with the person who introduce you to this.
- Lifestyle choices : Manage your stress level, reduce sun exposure or use sun protection reduce 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.