



### **Your Carotenoids measurement in Grey – between 60,000 to 100,000**

- Summary : Extra high level of carotenoids
- Dietary habits : Above average & high intake of fruits and vegetables
- Supplement intake : Dedicated supplementation
- Lifestyle choices : Managed stress, managed sun pollution, or smoke & alcohol exposure. Infrequent air travel
- Body composition : Low BMI, above average carotenoid absorption into tissue
- Health condition : Odd occasion health issues, non- medication intake

### **Recommendation what you need to do the next 8 weeks**

- Summary : Due to the extra high level of carotenoids, you need to maintain or even go for extra miles on 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 dedicated supplementation. Ask for more information with the person who introduce you to this.
- Lifestyle choices : Manage your stress level, manage sun exposure and avoid or reduce your smoking and drinking consumption
- Body composition : Maintain low BMI by continuing your 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.