

Are you aging the way you want to?

Rate yourself on the following scale: 1 to 3 = Low 4 to 7 = O.K. 8 to 10 = Feeling / Performing Well

	Aging Indicators	Rate Yourself	Notes	When	Need	
1	Stress and Anxiety	1 2 3 4 5 6 7 8 9 10		Home		
2	Mental Clarity	1 2 3 4 5 6 7 8 9 10		Work		
3	Ability to Focus	1 2 3 4 5 6 7 8 9 10		Travel		
4	Energy Level	1 2 3 4 5 6 7 8 9 10				
5	Positive Attitude	1 2 3 4 5 6 7 8 9 10				
6	Joint Flexibility	1 2 3 4 5 6 7 8 9 10				
7	Weight Management	1 2 3 4 5 6 7 8 9 10		Meal Time		
8	Healthy Eating	1 2 3 4 5 6 7 8 9 10				
9	Protein: Current source _____	1 2 3 4 5 6 7 8 9 10				
10	Calcium: Current source _____	1 2 3 4 5 6 7 8 9 10		Snack Time		
11	Critical Vitamins: Current source _____	1 2 3 4 5 6 7 8 9 10				
12	Essential Fats	1 2 3 4 5 6 7 8 9 10				
13	Digestion	1 2 3 4 5 6 7 8 9 10				
14	Consistently eat the daily recommended 8 to 10 servings of fruits and vegetables	1 2 3 4 5 6 7 8 9 10		Home		
				Work/Travel		
15	Consistently eat the daily recommended 5 servings of green leafy vegetables	1 2 3 4 5 6 7 8 9 10		Home		
				Work/Travel		
16	Digestion	1 2 3 4 5 6 7 8 9 10		Home		
17	Immune System	1 2 3 4 5 6 7 8 9 10		Work		
18	Regularity	1 2 3 4 5 6 7 8 9 10		Travel		
19	Joint discomfort , inconvenience	1 2 3 4 5 6 7 8 9 10		Home Work Travel		
20	Joint range of movement	1 2 3 4 5 6 7 8 9 10				
21	Joint flexibility	1 2 3 4 5 6 7 8 9 10				
22	Joint 'wear and tear'	1 2 3 4 5 6 7 8 9 10				
23	Stamina	1 2 3 4 5 6 7 8 9 10		Home Work Travel		
24	Sex Drive	1 2 3 4 5 6 7 8 9 10				
25	Muscle Tone	1 2 3 4 5 6 7 8 9 10				
26	Sleep Quality	1 2 3 4 5 6 7 8 9 10				

Directions: Step 1. Rate yourself in the 26 categories. Step 2. Note what and when you experience in each category. Step 3. Add up your ratings: **My Aging Total is:** _____

Step 4. Check Your Results: **26 – 69** Rapid Aging **70 - 182** Accelerated Aging **183 - 121** Moderate Rate of Aging **122 – 260** Healthy Aging

Step 5. Identify needs and check off appropriate box. Step 6. Fold paper along **need** column, turn over and follow need across row for suggested Univera Healthy Aging Solution.

Univera LifeSciences™ Healthy Aging Solutions

Category	Description	Benefits	Item	SKU #	Order	CP	Size	Serving
Vital Energy:	AgelessXtra®	The first and only full-spectrum cell-renewal formula.* <ul style="list-style-type: none"> • Promotes vital energy.* • Supports mental clarity and focus.* • Helps manage stress.* • Promotes joint comfort and flexibility.* • 1 oz. of concentrate = provides the antioxidant protection of more than 10 servings of fruits and vegetables.* ORAC score = 4,500 	Concentrate	1301			26 oz. bottle	1 oz. concentrate or 1 - 3.3 oz. ready to drink mini ___ x Day
			Mini's RTD Ready To Drink	1302			20 mini's	
			Concentrate	1310			30 -1 oz. packets	
Raw Materials:	Ageless Essentials™	Nutrient dense, 'super food' delivering critical cell-renewal building blocks of: <ul style="list-style-type: none"> • Calcium • Essential Fats • Essential Vitamins • Fiber • Highly bioavailable Protein • Supports immune system* 	Mini's RTD Ready To Drink	1309			20 mini's	Two 3.3 oz. mini bottles for adult, elderly meal One 3.3 oz. mini bottle for child meal or adult snack
	MetaBerry®	Protects you against free radicals with the antioxidant equivalent of up to 10 servings of fruits and vegetables in addition to aloe, ginkgo and alpha lipoic acid.*	Bottle	1031			32 servings	1 oz. ___ x Day
			Packets	1033			30 packets	
	MetaGreens®	Provides the nutrient content of up to 5 servings of green leafy vegetables.	Bottle	1030			30 servings	1 TBS. ___ x Day
			Packets	1502			30 packets	
	Aloe, Gold®	Provides the immune and digestive support benefits of Active Aloe plus additional health enhancing ingredients such as FOS and Green Tea extract.*	Bottle	1027			32 servings	1 oz. ___ x Day
			Packets	1029			30 packets	
	Aloe, Hilltop Gardens®	Provides the cleansing and rejuvenating benefits of 2:1 whole leaf aloe vera.*	Bottle	1025			32 servings	1 oz. ___ x Day
Rebuild & Repair:	RegeniCARE®	Helps the body renew and rebuild joints and connective tissue at the cellular level.* Contains Protectin™, an ingredient found to support joint comfort and flexibility in human clinical studies. The ONLY product that promotes joint health in four ways: 1. Promotes joint comfort – Protectin™* 2. Helps joint lubrication – Chondroitin and MSM* 3. Promotes flexibility and ease of movement – Protectin™ and CMO* 4. Aids in regenerating and renewing cartilage – Glucosamine sulfate*	Box	1515 Lemon			30 packets	1 packet ___ x day
			Box	1517 Raspberry			30 packets	
Cell Renewal & Rebuild Signal:	Ageless Prime®	<ul style="list-style-type: none"> • Helps restore cell renewal signals throughout the body and brain.* • Promotes cellular energy* • Bioenergetic nutrients that support cellular energy production* • Critical support for detoxification and immune function* • Cruciferous vegetable extract to help balance hormones* • Biologically active form of Vitamin B-12; essential for optimum performance of your brain and body.* 	Bottle	1037			60 capsules	1 capsule ___ x day

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent and disease.