

LIFESTYLE SYSTEM - SUGGESTIONS

Name ___

Email .

_____ Phone ____

PURIFY - FIRST STEP

Our Purify programme is the ideal way to start your journey to Elite Health. Repeat Purify as Recommended

Date _

Biome DT

Purify Kit

BIOME CORE

To continue resetting your Microbiome.

Biome Shake

Biome Actives

FORTIFY + PROTECT

LIFESTYLE ANALYSIS

Focus on one or two systems for a three month period and then complete another LIFESTYLE ANALYSIS to determine which systems need strengthening. Good health starts with healthy digestion, therefore if the Digestive or Intestinal systems are showing as BELOW AVERAGE or POOR, we recommend choosing products related to these systems first.

SYSTEM	DIGESTIVE	INTESTINAL	CIRCULATORY	NERVOUS	IMMUNE	RESPIRATORY	URINARY	GLANDULAR	STRUCTURAL/ SKIN
VERY GOOD									
GOOD									
BELOW AVERAGE									
POOR									

RECOMMENDED PRODUCT PROGRAMMES

SYSTEM	DIGESTIVE	INTESTINAL	CIRCULATORY	NERVOUS	IMMUNE	RESPIRATORY	URINARY	GLANDULAR	STRUCTURAL/ SKIN
BASIC PROGRAMME	Phytolife	Body Prime	ProArgi-9+	ProArgi-9+	Mistify or ProMun	Mistify or ProMun	ProArgi-9+	ProArgi-9+ or e9	FL-3X
OPTIMAL PROGRAMME	Biome Actives PhytoLife Biome Shake	Body Prime PhytoLife Biome DT	V3	V3 Body Prime	V3	V3	V3	V3	FL-3X ProArgi-9+



DISCOVER THE LIFESTYLE **ANALYSIS**

YOUR KEY TO OPTIMUM HEALTH



SYN-RGY LIFESTYLE SYSTEM

QUESTIONNAIRE

Name	Phone	
Email	Date	

Read each of the statements listed below and tick all the boxes in the row of those that apply to you. When you're finished, write the total for columns A – I in the boxes at the bottom of this page.

STATEMENT	Α	в	с	D	Е	F	G	н	Т
Would you like more energy									
Frequent ill health (once/twice yearly)									
Body odour and/or bad breath									
Difficulty digesting certain foods									
Eat red meat at least twice weekly									
Problems with monthly cycle (female)									
Use of antibiotic/medication (last 3 years)									
Regular alcohol consumption									
Mood swings									
Food allergies									
Dark circles under eyes									
Smoking (including passive)									
Poor concentration or memory									
Poor resistance to unhealthy conditions									
Discomfort after eating									
Stressful lifestyle									
Skin problems									
Crave sweets/processed foods									
Consume dairy products									
Feeling low, or apathy									
Inadequate/restless sleep									
Menopausal concerns (female)									
Urination problems									
Brittle fingernails									
Hair loss									
Bad Fats/Cholesterol issues									
Difficulty in maintaining ideal weight									
Lack of stamina									
Poor eating habits									
Slow recovery from poor health									
Irregular/infrequent bowel activity									
Edgy/unable to relax/tension									
Low fibre diet (less than 30 grams/day)									
Muscle discomfort									
Dry/damaged/dull hair									
Exposure to air pollution									
Sleepiness when sitting									
Lack of appetite									
Drink 2+ cups of tea, coffee, cola a day									
Feeling out of control									
Food/chemical sensitivities									
Problems with yeast/fungus									
Muscle /joint discomfort or weakness									
Excessive worry									
Easily irritated/angered									
Insufficient exercise									
Problems with congestion/mucus									

NOW TRANSFER YOUR COLUMN TOTALS

to the graph on page 2. Circle the corresponding number in each alphabetical column A - I.

COLUMN TOTALS

YOUR RATING	Digest	IN ^e Intestit	hal circu
	A	B	c
VERY GOOD	1	1	1
	2	2	2
	3	3	3
GOOD Supplements can help maintain			
good health	4	4	
	5	5	4
	6	6	
BELOW AVERAGE			5
Take action to improve your health	7	7	
	8	8	6
	9	9	7
POOR	10+	10+	8+

SUGGESTIONS

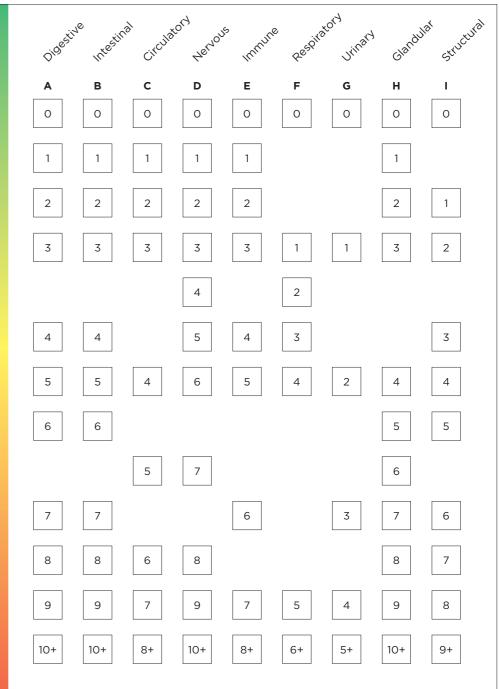
SYN-RGY

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LIFESTYLE SYSTEM

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YOUR RESULTS