

Health Evaluation

Helping You Determine Your Daily Mangosteen Juice Servings

This Health Evaluation can help you determine **how much Mangosteen Juice** to consume each day. Re-take this Health Evaluation after 30 days, 60 days and again after 90 days of starting your juice to track your progress. Oftentimes, once you're drinking the juice and feeling good, you can forget just how bad you felt without the juice. Taking the questionnaire at 30, 60 and 90 days will help you see just how much your daily mangosteen juice is helping your body.

*This evaluation is not intended to diagnose or treat disease and does not make any health claims.
Please see your doctor for guidance.*

Your Personal Health Evaluation

Name: _____

Date: _____

Rate yourself on a scale from 1 to 5 and circle your answer:

- 1 No health challenges in this area
- 2 Occasional or mild health challenges in this area
- 3 Frequent, increasing or moderate health challenges in this area
- 4 Daily health challenges that are tolerable
- 5 Daily health challenges that are difficult, very painful or intolerable

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|---|---|---|---|---|---|
| 1. My eyes | 1 | 2 | 3 | 4 | 5 |
| 2. My hearing | 1 | 2 | 3 | 4 | 5 |
| 3. My mouth, gums and teeth | 1 | 2 | 3 | 4 | 5 |
| 4. My throat and neck | 1 | 2 | 3 | 4 | 5 |
| 5. My back and shoulders | 1 | 2 | 3 | 4 | 5 |
| 6. My arms and legs, including elbows and knees | 1 | 2 | 3 | 4 | 5 |
| 7. My hands and feet, including wrists and ankles | 1 | 2 | 3 | 4 | 5 |
| 8. My circulation | 1 | 2 | 3 | 4 | 5 |
| 9. My heart and cardiovascular health | 1 | 2 | 3 | 4 | 5 |
| 10. My digestive tract, including stomach and colon | 1 | 2 | 3 | 4 | 5 |
| 11. My blood sugar levels | 1 | 2 | 3 | 4 | 5 |
| 12. How I feel after I eat | 1 | 2 | 3 | 4 | 5 |
| 13. My bowel regularity | 1 | 2 | 3 | 4 | 5 |
| 14. My bladder and urinary tract | 1 | 2 | 3 | 4 | 5 |
| 15. My lungs and bronchial tubes | 1 | 2 | 3 | 4 | 5 |
| 16. Any allergies? | 1 | 2 | 3 | 4 | 5 |

17. My skin	1 2 3 4 5
18. How I feel when I wake up	1 2 3 4 5
19. How I feel when I go to bed	1 2 3 4 5
20. How often I have pain anywhere in my body	1 2 3 4 5
21. How often I get headaches	1 2 3 4 5
22. My reproductive organs	1 2 3 4 5
23. My libido	1 2 3 4 5
24. My menstrual cycles (women)	1 2 3 4 5
25. My prostate (men)	1 2 3 4 5
26. My emotional balance and well being	1 2 3 4 5
27. My memory and mental clarity	1 2 3 4 5
28. Any feelings of depression?	1 2 3 4 5
29. My energy level	1 2 3 4 5
30. My stamina (endurance and ability to withstand stress)	1 2 3 4 5
31. My immune system	1 2 3 4 5

Your Mangosteen Portion Size

To find your suggested mangosteen daily portion size, fill in the blanks on the following chart by adding up how many 1's, 2's, 3's, 4's and 5's that you circled.

I circled _____ 1's

I circled _____ 2's

I circled _____ 3's

I circled _____ 4's

I circled _____ 5's

If you circled only 1's and 2's, you are probably in very good health. Your suggested portion size is three ounces per day **divided and taken with meals.**

If you circled any 3's but no 4's or 5's, you may be showing signs of health challenges. Your suggested portion size is 6 ounces per day **divided and taken with meals.**

If you circled more than ten 4's or 5's, your body may need serious help. See your physician for guidance if you haven't already done so. Consider 9 ounces per day **divided and taken with meals.**

If you circled more than twenty 5's, see your physician for guidance if you haven't already done so. Ask your representative about a mangosteen "challenge" of ½ to 1 bottle per day. Mangosteen is a food, not a medicine or a drug. It is completely non-toxic, free from any unwanted or serious side effects, and is safe to consume in higher amounts.

***It is recommended that Mangosteen juice is taken WITH FOOD, up to a half hour before eating. The compounds of Mangosteen are enhanced when combined with some fat from food to "bind" with during digestion. You can also take with the juice with another supplement that contains essential fatty acids.**