



Nutriline Shield Immunity Questionnaire

This subjective questionnaire will give you a quick summary relating to your immune system function. It is not a substitute for professional medical advice from your health care provider.

Answer each question with a Yes or No and total up your score at the end of the questionnaire.

Part 1: Diet

		Yes	No
1.	Do you eat 3-5 serving fruits and vegetables every day?	0	1
2.	Do you drink at least 8 glasses (2L) of water every day?	0	1
3.	Do you take any immune-boosting related supplement?	0	1

Part 2: Lifestyle

		Yes	No
1.	Do you have healthy BMI? (18.5 - 22.9 kg/m ²)	0	1
2.	Do you sleep for 7 - 8 hours a day?	0	1
3.	Do you exercise at least 3-5 times a week?	0	1
4.	Do you walk at least 10,000 steps daily?	0	1
5.	Do you live a stressful lifestyle?	1	0
6.	Do you always feel tired?	1	0
7.	Do you smoke? * (For adults only)	1	0
8.	Do you frequently drink alcohol? * (For adults only)	1	0

Part 3: Immune-related symptoms

		Yes	No
1.	Do you frequently have itchy eyes/nose?	2	0
2.	Do you have a chronic runny or stuffy nose?	2	0
3.	Do you frequently experience an itchy mouth or throat?	2	0
4.	Do you frequently have cold sores or fever blisters?	2	0
5.	Do you have frequent skin rashes?	2	0



Calculate your total score and find out which category you fall under below.

Scoring: <6	Scoring: 6-10	Scoring: >10
Nurture Your Immunity	Supercharge Your Lifestyle	Build Up Resistance
Nutriline supplements that are suggested for <u>ADULTS</u> are:		
<ol style="list-style-type: none"> 1. Double X 2. Daily 3. Botanical Beverage Mix Acerola with Licorice & Turmeric 	<ol style="list-style-type: none"> 1. Vitamin C Extended Release 2. Probiotics 3. Phyto powder 4. B Complex 5. Cal Mg D 6. Botanical Beverage Mix Acerola with Licorice & Turmeric 	<ol style="list-style-type: none"> 1. Immunity Pack 2. Garlic with Licorice 3. Botanical Beverage Mix Acerola with Licorice & Turmeric

Please Note: Nutriline products are not intended to diagnose treat, cure, or prevent any diseases.