

BODY DEFENSE SCORE

What does my Body Defense Score mean?

Your Body Defense Score is a measurement of the presence of carotenoid antioxidants in your skin. Carotenoids are powerful antioxidants found in abundance in certain fruits and vegetables. Carotenoids neutralize damaging free radical molecules and are absorbed in human plasma and tissue, providing an excellent indicator of a person's overall antioxidant health status. Unlike other methods of measuring antioxidants that require the invasive collection of body fluids (which fluctuate throughout the day), your Body Defense Score shows the stable level of carotenoid antioxidants in your skin—providing you with a more accurate and reliable biomarker of your antioxidant defense level. (The scoring system was based on data gathered from over 1300 individuals who have a variety of diets. The Body Defense Score is related directly to the amount of skin carotenoids and suggests the nutritional status of an individual. Unlike other disease biomarkers that you may be familiar with, it does not predict disease.)

How does my score compare to other scores?

Based on antioxidant defense research* using the BioPhotonic Scanner, Pharmanex® developed a scale which categorizes scores into percentiles listed on the back of this document. Your individual score may vary based on a number of factors that include diet, physical activity, and exposure to the sun and toxins such as cigarette smoke. Your score may also vary depending on your genetic ability to absorb carotenoids. Although comparing your score to the Pharmanex Body Defense Index will give you an idea of how you score relative to the general population, your own Body Defense Score is unique to you. Tracking your subsequent scores will provide you with more personalized insight to your antioxidant defense level than comparing your initial score to the Body Defense Index. It is also important to note that, like many biological measurements, the score may vary within a narrow range.

How can I improve my score?

You can begin by making a daily commitment to supplement your diet with Pharmanex's antioxidant/vitamin/mineral supplement, LifePak®. This proprietary supplement contains comprehensive levels of antioxidants, bone nutrients, cardio nutrients, and B vitamins for vitality and general wellness. A double-blind clinical study showed that those who regularly consume LifePak® had dramatically increased antioxidant levels than control groups who did not†. Using LifePak® and tracking your Body Defense Score over time will provide you with personal evidence of the antioxidant benefits demonstrated in the LifePak® clinical study. (You won't find comparable clinical evidence and testing programs with any other supplement available today.)



In addition to taking LifePak®, you can also improve your score by eating six or more servings of fruits and vegetables each day that are rich in carotenoid antioxidants as recommended by the National Cancer Institute (NCI). Be aware, however, that individual responses to dietary intake of carotenoid antioxidants may vary due to biological differences in the ability to absorb dietary carotenoids. Lifestyles that include eating foods fried in saturated oils, exposure to pollution, cigarette smoke, and

prolonged sun exposure may negatively influence your antioxidant defense levels. If you are motivated to improve your score, changes to your diet or lifestyle activities will take about 30 to 60 days before they are reflected in your Body Defense Score.

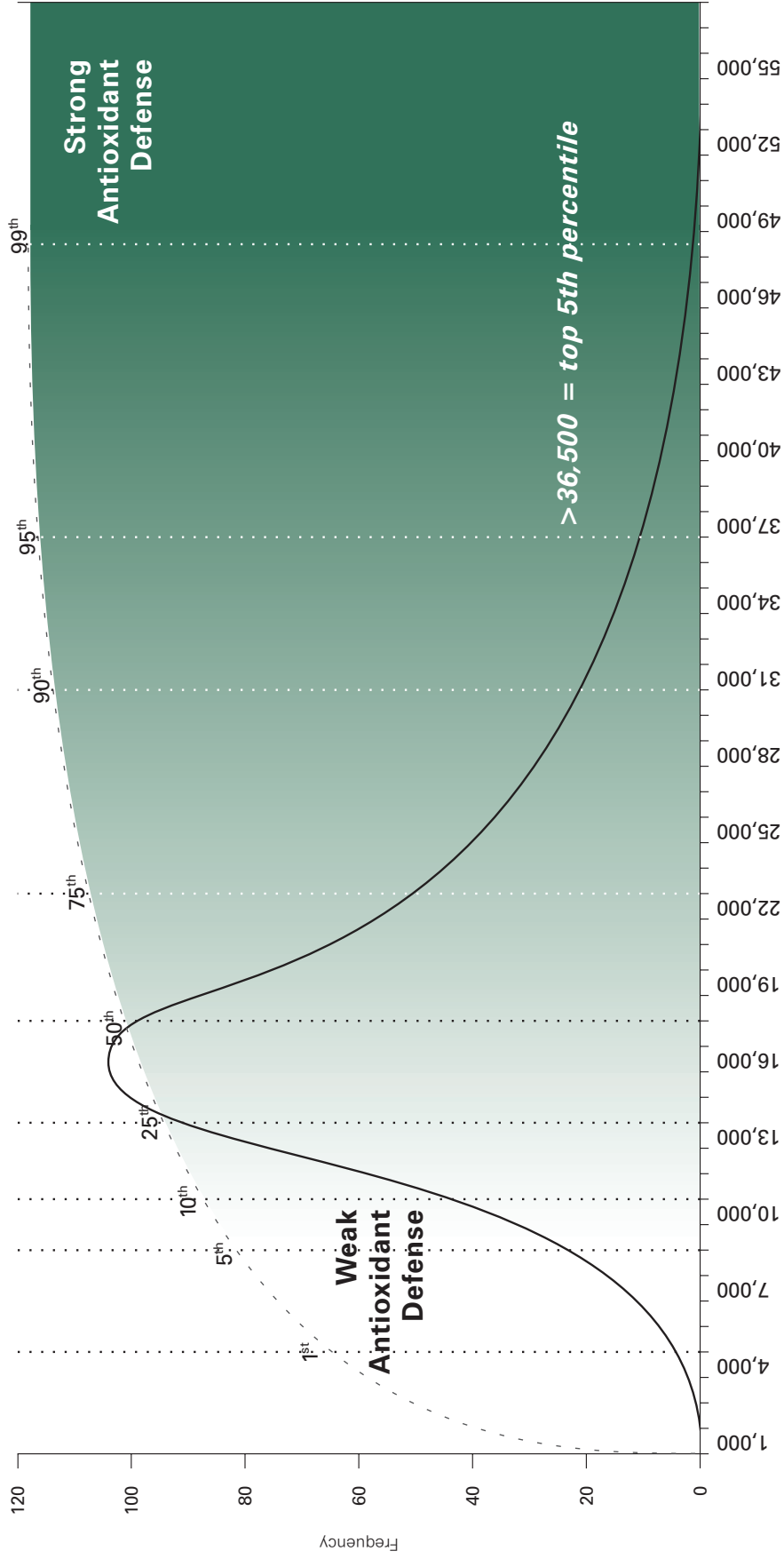
Please visit www.pharmanexscanner.com or contact your Pharmanex Representative for more information on LifePak® and the Pharmanex® BioSCAN Program.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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†In a completely randomized crossover study, LifePak significantly improved antioxidant status as evidenced by increased serum concentrations of ascorbic acid, β-carotene, α-carotene, and vitamin E with no changes in placebo treatment. Most important, LifePak significantly decreased LDL (low-density lipoprotein) oxidizability.

Score		Body Defense Index															
4,500	1st	8,500	5th	10,500	10th	13,500	25th	17,500	50th	22,500	75th	30,500	90th	36,500	95th	48,000	99th

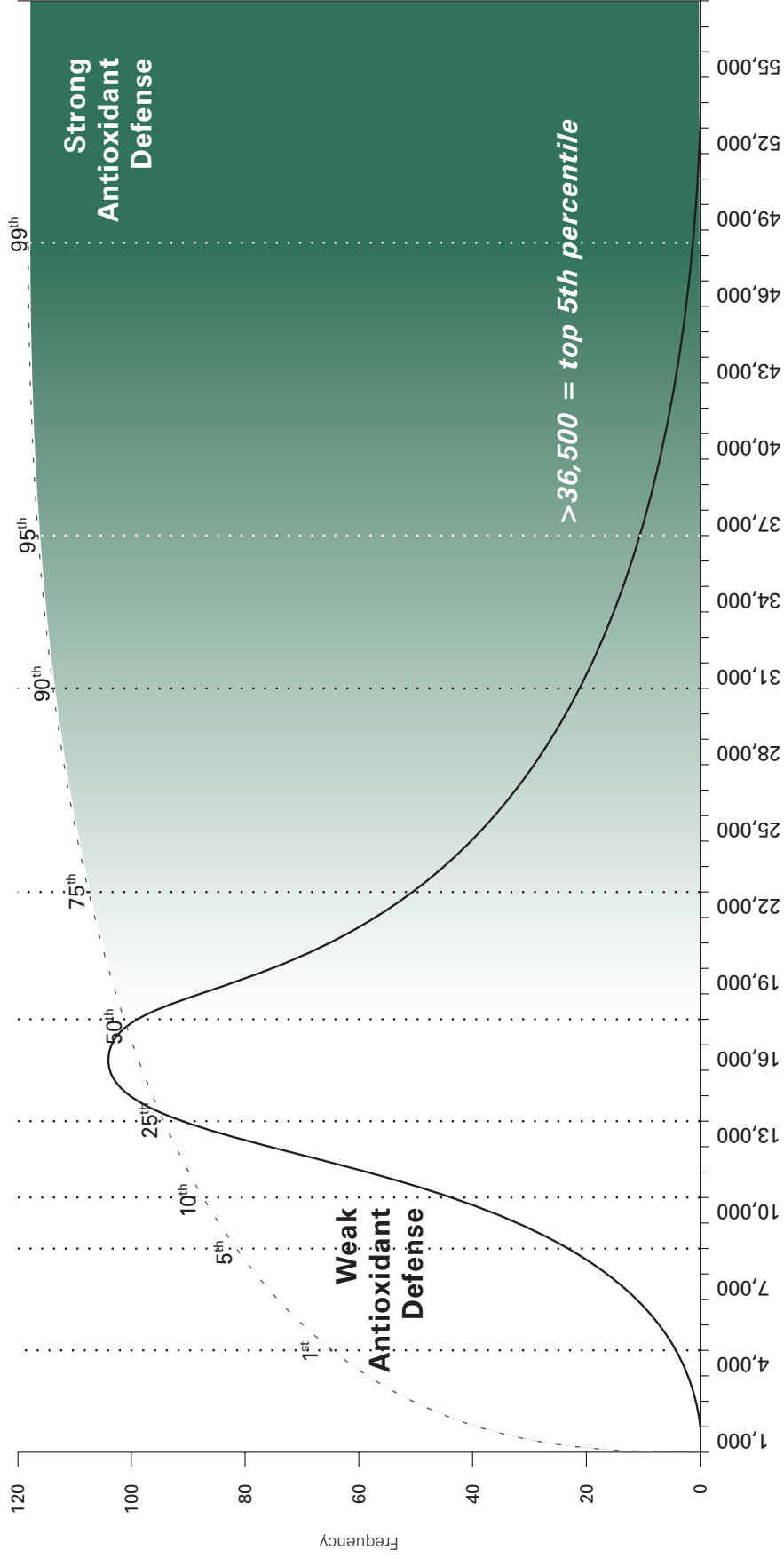


Body Defense Score

Scan of 1375 people resulted in carotenoid levels ranging from a low of 1500 to a very high level of 73,000. The mean average was 19,000. Subjects in the study who reported eating a recommended diet of six or more fruits and vegetables per day, and/or using supplements, measured 25,000 or above. In addition, the study suggests that adding LifePak® to your daily consumption of fruits and vegetables will further improve your Body Defense Score.*

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Percentile	1st	5th	10th	25th	50th	75th	90th	95th	99th	



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