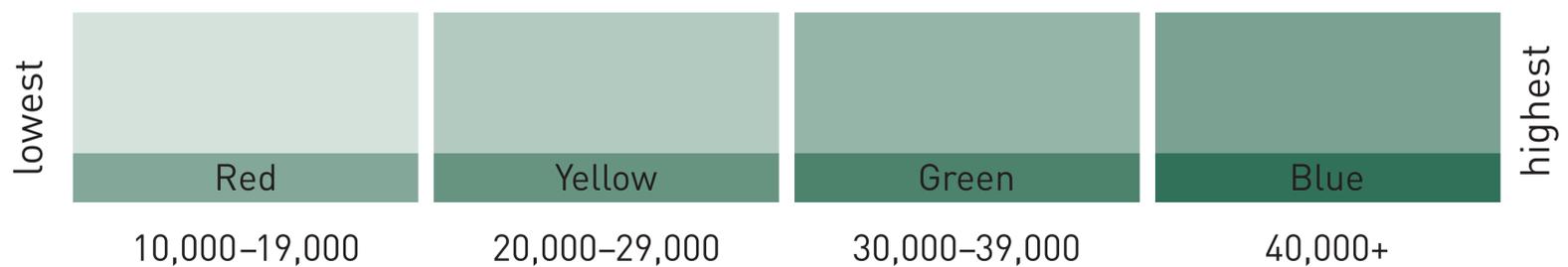


## What does my Skin Carotenoid Score mean?

Your Skin Carotenoid 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 antioxidant level. Unlike other methods of measuring antioxidants (which fluctuate throughout the day), your Skin Carotenoid Score shows the stable level of carotenoid antioxidants in your skin—providing you with a more accurate and reliable biomarker of your antioxidant level. (The scoring system is based on data gathered from more than 1,300 individuals with a variety of diets.) Your Skin Carotenoid Score will help you determine whether you are consuming an adequate amount of antioxidant-containing nutrients. Unlike other biomarkers that you may be familiar with, your Skin Carotenoid Score does not predict disease or pre-condition of disease.

## How does my score compare to other scores?

Based on carotenoid antioxidant research\* using the Pharmanex® BioPhotonic Scanner, Pharmanex has developed a reference scale (below) called the Skin Carotenoid Score Index. Your individual score may vary based on 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 pinpointing your score on the Skin Carotenoid Score Index will give you a general understanding of how you score relative to the population, your own Skin Carotenoid Score is unique to you. Tracking your subsequent scores will provide you with greater insight to your carotenoid antioxidant level than comparing your initial score to the Skin Carotenoid Score Index. It is also important to note that, like many biological measurements, the score may vary within a narrow range. Use the following chart to measure the improvement regular consumption of LifePak® is making in your Skin Carotenoid Score.



## How can I improve my score?

You can begin by making a daily commitment to supplement your diet with LifePak®, the premium Pharmanex antioxidant/vitamin/mineral supplement. You can track your subsequent Skin Carotenoid Scores to determine if LifePak® is improving your score. 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 control groups that regularly consumed LifePak® had dramatically higher antioxidant levels than control groups that did not.† Using LifePak® and tracking your Skin Carotenoid 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 improve your score by consuming five or more servings of fruits and vegetables each day that are rich in carotenoid antioxidants, as recommended by the USDA, the American Dietetics Association, and other health organizations. 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, exposure to cigarette smoke, and prolonged sun exposure may negatively influence your antioxidant defense levels. Changes you make to your diet or lifestyle activities—in an effort to improve your score—will take about 30 to 60 days before they are reflected in your Skin Carotenoid Score.

Please visit [www.pharmanexscanner.com](http://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. This product is not intended to diagnose, treat, cure or prevent any disease.**

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

This material is authorized for distribution by independent U.S. Pharmanex Representatives only. ©2003 Pharmanex, LLC