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# Wellness APEX™

## Forms for Medicine | Supplement Analysis (MSA) Solution

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### Thank you, and Congratulations!

You've taken an important step forward in taking as much control over your health as possible. We can't change our genes. We can't erase certain disease diagnoses. But we can give our bodies what they need to do the best job only they know how to do to guide us toward healing and living our **fullest, healthiest, most vital** lives.

Optimal health is not "one size fits all". It's individual, unique, and something **only you** have in common with **you**. But we do share similar biologies, and our bodies all need specific nutrients in order to handle specific day to day tasks. Additionally, our bodies each respond to medications and supplements differently.

Fortunately, with this commitment to understanding your current potential for nutrient deficiencies, you are taking the important step toward giving your body what it's specifically asking for from you. This Wellness APEX™ will provide you with significant information to help you address vital areas of health - areas you may not have known even existed until you see your results. Your results will require taking the next step, further commitment to implementing a sometimes small and sometimes large shift in diet and lifestyle, but we encourage you to take these one or two at a time. Knowing how prescription drugs may affect your nutrient status comes both with the benefit of knowing your body better, and the choice to act on that information.

Let us clearly state that your Wellness APEX™ is *not* meant to be a substitute for your healthcare practitioner and it will not offer medical advice. That's for your doctor to do. Your Wellness APEX™ is an educational tool shaped by your input: and in this case how your current roster of medications and supplements influence how your individual body is able to absorb and utilize the nutrients you're giving it (or not). We believe education is a primary step, and through understanding we each become more aware, more confident, and more empowered to engage in our own health at levels we haven't before and in ways we didn't know we could.

Now it's time to keep this momentum going. Please **completely** fill out these forms to the best of your ability and follow the directions on each form. Send us the completed forms as soon as possible, and no later than 10 days. Once we receive your forms, you will receive a confirmation email, and we can begin processing your Wellness APEX™. Please allow up to 3 weeks for processing. **NOTE:** With the numbers of clients currently engaging in their own Wellness APEX™, we are adhering to a strict 10 day submission. If your submission is later, it will be placed at the end of the list - and may take several additional weeks to be completed, so it's important to please send your forms within 10 days!

And now, let's begin! Here's to **your** WellnessMe.Life!

## CLIENT PROFILE

NAME	
DATE OF BIRTH	
HEIGHT	
WEIGHT	
GENDER	

## CURRENT MEDICATIONS

Please list all current medications by Brand, Dose and Frequency. If you need additional space please attach another sheet with the remainder.

BRAND (MEDICATION)	DOSE	FREQUENCY
EX: DIOVAN	160mg	2x Day, 1 in AM, 1 in PM

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## CURRENT SUPPLEMENTS

Please list all current supplements by Brand, Supplement/Nutrient, Dose and Frequency. If you need additional space please attach another sheet with the remainder.

BRAND	SUPPLEMENT/NUTRIENT	DOSE	FREQUENCY
EX: Centrum Silver	Multivitamin/Multimineral	N/A	1 tablet daily
EX: Solar Liquid Natural Orange	Vitamin D3	5000 IU	0.5mL 2x daily, 1 AM, 1 PM
EX: Dr. Mercola	Liposomal Vitamin C	1000 mg	2 capsules daily - AM

## COMPLETED FORMS

Please send your completed forms to:

email: [APEX@WellnessME.Life](mailto:APEX@WellnessME.Life) or Mail: WellnessME.Life  
ATTN: APEX Solutions  
1275 66th St. N, Suite 40778  
St. Petersburg, FL 33743