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**Your Health & Lifestyle****Yes****No**

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- 1 Do you feel lethargic and fatigued?
- 2 Do you suffer joint and or muscle pain?
- 3 Do you regularly feel stressed?
- 4 Do you sleep for less than 6 hours a night?
- 5 Are you exposed to chemical products in the home or at work?
- 6 Do you regularly take prescribed medications?
- 7 Do you eat highly processed foods often?
- 8 Do you eat less than 5 vegetables and 3 fruits daily?
- 9 Do you eat mostly non-organic food?
- 10 Do you exercise (30mins) less than 3 times a week?
- 11 Do you suffer muscle soreness or fatigue after exercise?
- 12 Do you get sun burnt regularly?
- 13 Are you exposed to less than 10 minutes of direct sunlight daily?
- 14 Do you smoke cigarettes? Or are you exposed to second hand smoke?
- 15 Do you drink more than 4 standard alcoholic drinks (men) or 2 standard alcoholic drinks (women) daily?
- 16 Do you drink unfiltered water?
- 17 Have you been diagnosed with diabetes, insulin resistance, neurodegenerative diseases or cardiovascular disease?
- 18 Are you exposed to radiation regularly (x-rays, computer screens, air travel)?

If you answered YES to five or more questions, you are at risk of oxidative stress. Please speak to your health care professional about oxidative stress testing to determine your free radical activity and antioxidant capacity.

To book your oxidative stress test, please call ReMed on 1300 1REMEDI or 1300 173 633

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