



## IT Works Personal Questionnaire

This questionnaire is designed to inform you of which It Works supplements are best suited for your individual needs.

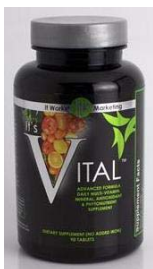
- 1) Do you have issues with irregularity? Are extra waste and toxins in your colon keeping you bloated?



Yes / No

Did you know that your body can store 8-10 meals in your distended colon if you aren't "going" regularly? That extra waste not only affects your waistline, it affects your health as those toxins build up in your body. **Regular** contains detoxifying and pH-balancing herbs for a slow, ongoing colon cleanse.

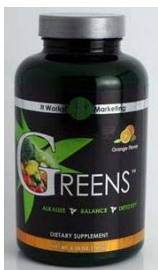
- 2) Do you find it difficult to eat 2-3 fruit, 4-6 vegetable, and 5-11 whole grains servings each day, 365 days a year?



Yes / No

If so, then it is very likely that your body is deficient in one or more major vitamins or minerals. Aside from helping control cravings, you need nutrients to maintain ideal weight and help your body function optimally. **It's Vital** is a unique formula that you will not find anywhere else. First, it's highly bio-available, which means that it really gets into your body, unlike many products that simply pass through and aren't actually absorbed. With 73 different forms of vitamins, minerals, trace minerals, and antioxidants from premium ingredients with the highest bio-activity, **It's Vital** can help you control junk food cravings and nourish your body to help you get and stay healthy naturally.

- 3) Do you eat fast foods, processed, or packaged foods? Do you experience fatigue too often?



Yes / No

Do you know your body's pH level? All the items mentioned above contribute to your body's acidity level, which causes all kinds of mischief in your body, including weight gain and obesity. **Greens** provides you with a full 8 servings of alkalizing fruits and vegetables. It is a blend of 38 nutrient-rich superfoods and gives your body vitamins, minerals, phytonutrients, and enzymes in their naturally occurring, bio-active, bio-available form. One great side effect is the natural daily endurance "**energy boost**" you receive out of each serving.

4) Do you experience hot flashes? If you could reverse your aging process would you?

Yes / No



Turn back the hands of time from the inside out with **New You™**! This one-of-a-kind longevity formula is designed to stimulate and support the production and release of the body's own human growth hormone.

- Aids in building lean muscle mass
- Enhances exercise endurance
- Helps provide better sleep and memory

The new enhanced formula now includes natural polyphenols that help improve blood supply to the muscles and helps to reduce the harmful effects of free radicals for better post-workout recovery.

5) Do you feel stressed, depressed or overly fatigued more often than you should?

Yes / No



How about an “**Anti-Stress Formula with Natural Adaptogens?**” **Confianza™** is a naturally based supplement that increases your energy levels while reducing stress and fatigue. Its special blend of herbs was developed to provide a safe way to enhance your ability to cope with a stressful life.

**Confianza's** proprietary blend of herbs includes many ingredients called adaptogens. Adaptogens are natural substances that work through the adrenal glands to produce adjustments in the body that help combat stress and increase your resistance to it. These ingredients in **Confianza™** can help restore balance within your body, allowing you to better cope with the stresses in your life, whether they are physical, environmental, or emotional.

6) Do you need an extra boost to get you jump started on a weight loss plan?

Yes / No



Fire up your metabolism with this naturally based thermogenic weight loss formula! **Ultimate ThermoFit™** helps to:

- Reduce appetite
- Increase lean body mass
- Boost metabolic rate to burn more calories
- Increase energy levels

**Ultimate ThermoFit™** harnesses the antioxidant benefits of **acai berry** and the metabolism-boosting power of **Capsimax** (hot pepper blend) to help you get a leaner, more "fit" looking physique.



7) Do you love meals that are high in fat and carbs, but hate what they do to your waistline?

Yes / No

The **Advanced Formula Fat Fighter with Carb Inhibitors** is what you need to block some of the unwanted fat and carbohydrates in your favorite meals. Just take two tablets within an hour of your meal and to **block up to 1/3** of the fat and some of the carbs from being absorbed.

8) Do you suffer from arthritis, joint pain or weakness?

Yes / No



**Relief™** promotes healthy, flexible joints with its highly effective Glucosamine and Chondroitin Sulfate Formula. **Relief™**:

- Helps strengthen cartilage
- Provides support to help joints bend and flex with ease
- Addresses all aspects of joint function

**It Works!**  
**REAL PEOPLE, REAL RESULTS!**

Now that you have all of your answers circled, go back through items 1-8 and take note of all the questions that you answered a “Yes” to. Use the space provided below to rank them from most important to least important as it pertains to your current life situation. We have many wonderful value packages available to save you \$\$ and this will aid in determining what products may be a part of your new “Life Changing Journey” with It Works!

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