

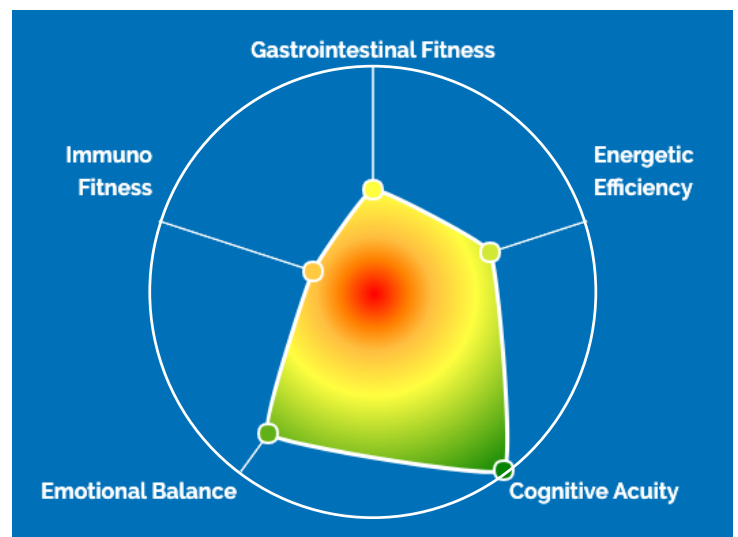
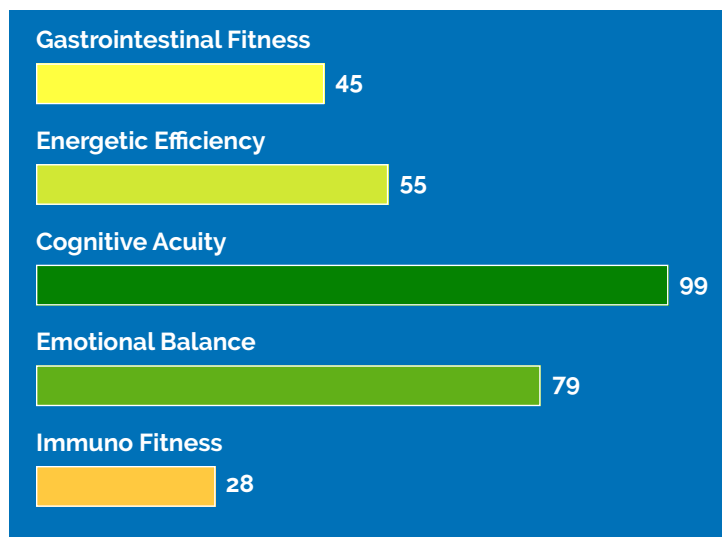
Your Internal Fitness™ Results



Overall Internal Fitness™ Score

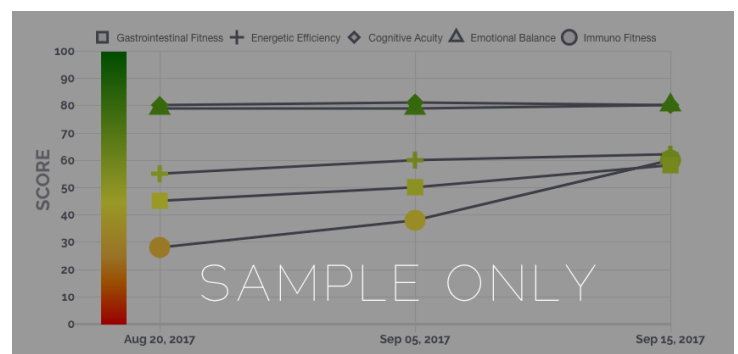


Your **Overall Internal Fitness™ Score** is a composite of your five categorical scores: Gastrointestinal Fitness, Immuno Fitness, Emotional Balance, Cognitive Acuity, and Energetic Efficiency, as they are critical to determining your total internal health score. The scoring methodology is based on reviewed literature and data collected here at Ixcela.



- A score above 80 indicates **Optimal** internal health, and your goal should be to **maintain** a score in this range.
- A score between 60–80 is considered **Good**, and suggests generally healthy diet and lifestyle practices with **potential to improve**.
- A score between 40–60 is considered **Moderate**. Your goals should be to improve your internal health and **take active measures** to avoid further lowering your score.
- A score between 20–40 is characterized by **Borderline** internal health. We recommend actions that could help **raise your fitness score**, such as modifying diet and lifestyle habits, and participating in physical activities.
- The **Low** category covers scores under 20, and suggests a need to significantly **improve your internal health**. We encourage you to go through the recommendations to increase your scores for each category and monitor your progress through the Ixcela Complete program.

Example Profile History Tracker



† Before starting any supplement program, including this one, you should consult your doctor.