

### The TRUE TEST

When you sample PhytAlive, do the checklist below before you take it and 20 - 30 minutes after. The best test is to do it when you're tired. Let me know what you think.

You can take an ounce straight or mix it with water....

Grade yourself on a scale of 1 - 10...

	Before	After
ENERGY LEVEL		
MOOD		
MENTAL CLARITY		
PAIN		

*Can't wait to hear your results.*

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