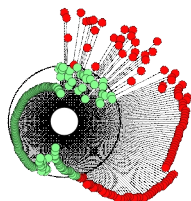


YOUR CUSTOMIZED SPORTS PERFORMANCE REMEDIES

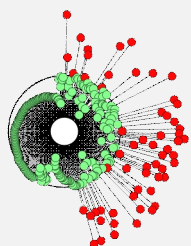
For this assessment, we asked your body for specific feedback regarding areas of stress in your body which may be related to your joints, muscles, and sports performance. Following are the results of that assessment. The circle represents your range, the threshold at which your body starts to throw off a stress response. Each red dot is related to a biomarker which is showing a stress response greater than your range and each green dot represents a biomarker which is within your body's range.

The goal of this assessment is to lessen the overwhelming stress on your body to free up your energy and maximize your performance. Next to each remedy, you will see the amount of balancing impact it has on your system. Don't worry about bringing every biomarker into balance. The goal is to lessen your stress to the point where your body has additional energy freed to heal itself and function at its best.



Baseline

Biomarkers Out of Range: 111

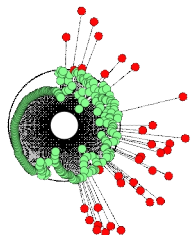


PRL: Medi-Aminos (bean)) Gluten-Free

Biomarkers Brought Into Range: 53

Category: Sports Performance - Protein Sources

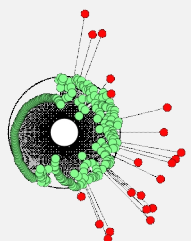
Usage Directions: 2 Tablespoons 1 times per day



NSP - Jasmine Essential Oil

Additional BioMarkers Brought Into Range: 22

Category: NSP Essential Oils

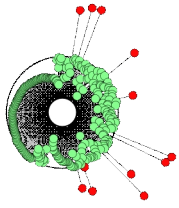


NSP - Peppermint Oil

Additional BioMarkers Brought Into Range: 15

Category: NSP Essential Oils

Usage Directions: 0 Drops 1 times per day

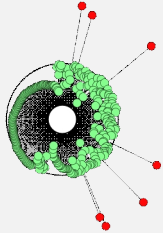


NSP - Thyme Wild Essential Oil

Additional BioMarkers Brought Into Range: 9

Category: NSP Essential Oils

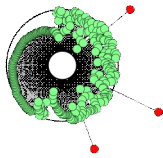
Usage Directions: 0 Drops 1 times per day



Impatiens

Additional BioMarkers Brought Into Range: 5

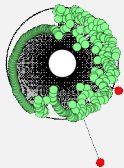
Category: Bach Flower Remedies



Pine

Additional BioMarkers Brought Into Range: 4

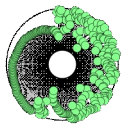
Category: Bach Flower Remedies



Mimulus

Additional BioMarkers Brought Into Range: 1

Category: Bach Flower Remedies



NSP - Immune System Pack

Additional BioMarkers Brought Into Range: 2

Category: NSP System Packs

Usage Directions: 1 Packet 2 times per day

YOUR PROTEIN

Here is the protein for which your body showed the highest biological preference.

PRL: Medi-Aminos (bean)) Gluten-Free

GREAT-TASTING, HIGHLY SOLUBLE, FREE-FORM AMINO ACIDS A WHOLE FOOD SOURCE WITH QUALITY PROTEIN & DIETARY FIBER



Test Client - 8/20/2018

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The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at info@zyto.com.

Medi-Aminos (Bean) is a functional Super Food in a category by itself: it is derived from quantum-state whole grains and beans from the Far East where no chemicals have been used. This unique formula is a quantumstate source of free-form amino acids (4,186 mg/serving) that are easily assimilated and are rich in dietary fiber (6 g/serving). Our revolutionary, proprietary process liberates amino acids to their free form, providing advanced nutritional support for peak endurance and performance.

2 Tablepoons Contain:

-Proprietary Blend 28g Steam-Proteinated Kidney Bean Extract, Steam-Proteinated Jasmine Rice Extract, Steam- Proteinated Soy Bean Extract, Steam-Proteinated Pearl Barley Extract, Steam-Proteinated Black Sesame Extract

Yielding:

Calories 50

Calories from Fat 0

Total Fat 0g

Sodium 0mg

Total Carbohydrate 8g

Dietary Fiber 6g

Sugars 0g

Protein 4g

Amino Acids per Serving (2 Tablepoons)

Alanine 188mg

Lysine 286mg

Arginine 424mg

Methionine. 36mg

Aspartic Acid 502mg

Phenylalanine. 188mg

Cysteine 60mg

Proline. 104mg

Glutamic Acid. 772mg

Serine. 220 mg

Glycine 198mg

Threonine. 166mg

Histidine. 116mg

Tryptophan. 40mg

Iso-Leucine. 190mg

Tyrosine. 152mg

Leucine. 336mg

Valine 208mg Other Ingredients: None.

Recommended Use: Adults or children (age 1 and up): Mix 2 tablespoons of Medi-Aminos in food, 3 times daily. For best results, take daily for at least 8 weeks. For a hearty broth, stir 3 tablespoons in 4 oz. hot water. For added flavor, add Premier Pink Salt, Q. Nutritional Flakes and Q. EFA Oil as desired.

.75 lb/ bottle



Many individuals prefer to take their supplements in a smoothie. A great general smoothie recipe is:

- 1 1/2 cups almond, rice, or hemp milk
- 2 scoops of a protein source (Quantum Whey, Lean Body Whey or Medi-Aminos)
- Customized performance remedies
- 1 banana

Blend until smooth and enjoy immediately after your training session.

YOUR PERFORMANCE SUPPLEMENTS

Following are the performance remedies along with the product manufacturer descriptions for which your body showed the highest biologic preference. In addition to these performance remedies, you may want to add in some foundational support



to provide your body with the basic building blocks for muscular growth and repair. This can be accomplished by running bio-survey #1: FOUNDATIONAL HEALTH.

This is the end of the product manufacturer descriptions.

SOME ADDITIONAL INFORMATION REGARDING PERFORMANCE

Here are some additional suggestions to enhance your peak performance...



Muscle-Building

In order to build muscle, the body needs adequate nutrition, hormones, and protein building blocks. Contrary to popular belief, it is not advantageous to eat an extremely high animal-protein diet to gain muscle. This can be very taxing on your kidneys. What matters most is how readily the body can absorb and utilize the protein that you consume. Protein requirements set out by the World Health Organization range from a minimum of 0.45 grams of protein per kilogram of ideal body weight to 0.8 grams protein per kilogram. It may increase 1 gram for endurance athletes. One pound equals 0.45 kilograms, so a 150 pound person would weigh about 68 kilograms - which means that the maximum amount of protein needed by a 150-pound athlete is 68 grams. Excess protein can cause severe health issues such as dehydration and kidney failure. But not all protein is created equal. T. Colin Campbell, in his groundbreaking book, "The China Study" found that there was a distinct difference between the way the body responds to animal-derived protein and plant-based proteins. His takeaway suggestions are that we should reduce our intake of animal proteins and increase our intake of vegetarian sources of protein in addition to eating more fresh fruits and vegetables.

Good vegetarian sources of protein include beans, grains such as quinoa, eggs, seeds such as hemp seeds, and even leafy green vegetables; they can give substantial amounts of protein when eaten in high enough amounts. One cup of cooked quinoa contains about 14 grams of protein. One egg contains about 6 grams of protein and one cup of raw spinach contains 1 gram of protein. For most individuals, they can handle some animal protein, but this protein is generally very poorly absorbed in the body. It is much more advantageous to consume protein which is more easily utilized to build muscle. Quinoa is one of the most amazing sources of protein because it tastes like rice, but is very filling and provides the body with all of the necessary amino acids for muscle growth. You can utilize quinoa in many ways. Here are a few ideas to get started:

QUINOA CINNA-MUNCH

In a pot, combine the following

1 cup quinoa

2 cups pure water

1/4 cup slivered almonds

1/4 cup raisins

1 apple, chopped

1 teaspoon cinnamon

Pinch of sea salt

Stir ingredients together and bring the contents to a boil. Cover and simmer on low until the quinoa expands and the little tail pops out of the grain. You can eat warm or cold and sweeten with a bit of raw honey, agave, or stevia. This makes a great, high-protein breakfast cereal and/or snack.

****You can also prepare quinoa with some garlic and oil and use as a base for stir fry and/or as a side-dish for your meals to increase your protein intake.**

****You can prepare quinoa plain and add some to your morning smoothie to increase protein content.**

Resources: www.naturalnews.com