

## Results

If your score indicates a risk of oxidative stress (see below), consider the following recommendations:

### 1 • Change certain unhealthy habits

Fill out the questionnaire again taking into account these lifestyle changes. Check if they are sufficient. For example, you can “save” three points by boiling or steaming instead of frying food.

### 2 • Take a course of *Immun'Âge*® following the indications below.

Please note that this 100% natural dietary supplement can be taken risk-free alongside other medication and has no contraindications. *Immun'Âge*® can be taken alongside vitamin A, C, E, Selenium or Omega 3 supplements.

### 1 • For results from 0 – 25

**Your chances of suffering from oxidative stress are low.** However, it can be useful when there is occasional oxidative stress due to:

- Intensive workout, 2 to 3 packets per day before and after the exertion.
- Intensive intellectual activity (work, burnout), 2 to 3 packets per day during the activity.
- Infection (flu, cold, sore throat...) at first symptoms, 3 packets per day for 2-4 days.
- Air travel (up to 6h), jet lag, 1 packet before the flight, 1 packet during the flight and 1 packet within 1 to 2 hours upon arrival.

### 2 • For results from 0 – 25

**You are at low to medium risk of suffering from oxidative stress. Try changing your lifestyle and environment.** We recommend you to take a dietary supplement as follows:

**Assumption no.1:** You feel “fit and well”.

We advise you to take one packet of *Immun'Âge*® per day for the first month, and then one packet per day for one month three times a year.

**Assumption no.2:** You feel tired or psychologically stressed; you feel the effects of age or you are ill.

We advise you to take two packets of *Immun'Âge*® per day for two weeks, and then one packet per day for one month. You should repeat this three times a year if you do not change your lifestyle.

### 3 • For results above 45

**You are at high risk of suffering from oxidative stress. We recommend you to assess your antioxidant system (vitamins, minerals, antioxidant enzymes) and oxidative stress markers in order to take corrective actions on possible deficits or to fight oxidative stress with appropriate food supplements.**

We advise you to take three packets of *Immun'Âge*® per day for one week, then two packets per day for two weeks, and then one packet for one month. Repeat this three times a year if you do not change your lifestyle.



# Immun'Âge®

## Against oxidative stress and weakening of the immune system

Age or an unbalanced lifestyle weakens the body. *Immun'Âge*® helps to reinforce your natural defenses in a lasting way: by stimulating the immune system, the antioxidative system and boosting the cellular energy production.



*Immun'Âge*® is a natural dietary supplement made solely from non-genetically modified fermented papaya.

### The benefits of *Immun'Âge*®

The F.P.P.® (Fermented Papaya Preparation) gives to *Immun'Âge*® its main properties: stimulation of your natural defenses, i.e. your antioxidative and immune systems and stimulation of the cellular energy production.

### No side effect or toxicity

No side effect or toxicity were reported after more than 20 years of international sales.

### Quality

*Immun'Âge*® is produced by an exclusive fermentation procedure under strict quality control standards: ISO 9001 (production), ISO 14001 (environment), ISO 22000 and FSSC 22000 (food safety). Produced without preservatives or chemical additives.



Recommended by  
Professor L. Montagnier  
Nobel Prize for medicine 2008



<https://immunage.com>

## ASSESSMENT QUESTIONNAIRE

Oxidative stress causes much damage to your body.

It is involved in many pathologies.

# How well are you handling oxidative stress?



# Immun'Âge®



# Oxidative stress assessment questionnaire

Designed by Dr. Pierre Mantello  
Director of the Osato Research Institute (O.R.I.)

The goal of this questionnaire is to assess the possibility of be ingaffected by oxidative stress. It is not intended to diagnose, treat, cure, or prevent any disease. The results and recommendations at the end of the questionnaire arepurely protective indications in order to avoid the possible onset of oxidative stress.

This questionnaire is based on a collection of scientific publicationsthat identify epidemiological factors contributing to the production of free radicals in the body. Excessive levels of free radicals triggerthe onset of unhealthy oxidative stress.

Please note that the different criteria in this questionnaire are notnecessarily sources of oxidative stress on their own. The objectiveof this questionnaire is to assess the different criteria which takentogether could lead to oxidative stress.

*Immun’Âge®* is a dietary supplement made from Carica Papaya:Fermented Papaya Preparation or F.P.P.®. It is produced througha long fermentation process (8 - 10 months) under the ISO 9001standard for production quality.

This unique patented process is the only way to endow fermented papaya with the properties required to boost our natural defensesystems (antioxidant and immune systems) and thus fight the gradualonset of oxidative stress effectively.

OSATO Research Institute  
www.osato-ori.com

## Calculate your own oxidative stress risk

Choose the answer that best suits your lifestyle  
(only one answer per question)

### 1 - How many cigarettes to you smoke per day?

- I don't smoke..... 0
- I smoke less than 10 cigarettes per day..... 4
- I smoke 10 to 20 cigarettes per day.....6
- I smoke 20 to 40 cigarettes per day.....8
- More than 40 cigarettes per day .....10

### 2 - How often do you drink alcohol?

- Never ..... 0
- I drink a glass of beer or equivalent several times per week.....2
- I drink a glass of beer or equivalent per day..... 4
- drink 2 glasses of beer or equivalent per day..... 6
- I drink 3 glasses of beer or equivalent per day..... 8
- I drink more than 3 glasses of beer or equivalent per day.....10

### 3 - How often do you sunbathe?

- Never ..... 0
- Approximately ten days per year..... 1
- One month per year..... 2
- Two to three months per year..... 3
- Three to four months per year..... 4
- More than four months per year..... 5

### 4 - How often do you dye your hair?

- Never ..... 0
- Seldom (once a year)..... 1
- Often (four times a year)..... 2
- Very often (once a month)..... 3

### 5 - How often do you wear dry-cleaned clothes?

- Never ..... 0
- On rare occasions in the year..... 1
- Several times a month..... 2
- Several times a week..... 3

### 6 - How often do you exercise?

- Occasionally (less than once a week)..... 0
- Often (twice a week)..... 1
- Intensively (competitive training)..... 2

### 7 - What type of stove do you have?

- Electric..... 0
- Wood..... 1
- Gas..... 2

### 8 - Do you use a microwave oven?

- Never..... 0
- A few times a week..... 1
- Every day..... 2

### 9 - Do you use an extractor hood with your stove?

- Yes ..... 0
- No ..... 1

### 10 - What type of water do you drink?

- Only bottled mineral water..... 0
- Both mineral water and tap water..... 1
- Only tap water..... 2

### 11 - How do you normally cook your food?

- Always boiled or steamed..... 0
- Usually boiled or steamed..... 4
- Often fried..... 6
- Usually fried..... 8

### 12 - Do you eat organic food?

- Very often (every day)..... 0
- Often (two to three times a week)..... 4
- Rarely (once a week)..... 6
- Hardly ever..... 8

### 13 - How often do you eat fruits and vegetables?

- Very often (five fruits and vegetables a day)..... 0
- Quite often (one to two times per day)..... 2
- Often (two to three times a week)..... 4
- Seldom (once a week)..... 6
- Hardly ever (less than once a week)..... 8

### 14 - Do you take any vitamin supplements? (A, C, E)

- Every day..... 0
- Occasionally (two to three times a year for one month)..... 1
- Seldom (once a year for one month)..... 2
- Never..... 3

### 15 - Do you take any mineral supplements? (Se, Zn, Ca)

- Every day..... 0
- Occasionally (two to three times a year for one month)..... 1
- Seldom (once a year for one month)..... 2
- Never..... 3

### 16 - What kind of environment do you live in?

- Countryside (isolated)..... 0
- Village (500 – 1,000 inhabitants)..... 1
- Small town (1,000 – 20,000 inhabitants)..... 2
- Medium-sized town (20,000 – 200,000 inhabitants)..... 3
- Large town (over 200,000 inhabitants)..... 4

### 17 - How would you describe your environment in terms of noise disturbance?

- Calm and silent..... 0
- Slightly noisy (occasional noise)..... 1
- Moderately noisy (permanent background noise)..... 2
- Noisy (permanent background noise and occasional loud noises).... 3
- Very noisy..... 4

### 18 - What type of building do you live in?

- Over 5-years-old building..... 0
- Fairly new building (less than 5 years)..... 1
- New or renovated building (less than one year)..... 2

### 19 - Do you use detergents at least once a week?

- No ..... 0
- Yes ..... 1

### 20 - Do you use solvents at least once a week?

- No ..... 0
- Yes ..... 1

### 21 - Do you use pesticides at least once a week?

- No ..... 0
- Yes ..... 1

### 22 - Do you use air fresheners at least once a week?

- No ..... 0
- Yes ..... 1

### 23 - Are you exposed to physical (gas, smoke etc.) or chemical (toxic products, paints etc.) pollution in your daily life including your working environment?

- Very slightly..... 0
- Slightly..... 1
- Moderately..... 2
- Heavily..... 3
- Very heavily..... 4

### 24 - Are you affected by psychological stress at work or in your daily life?

- Slightly..... 0
- Moderately..... 1
- Heavily..... 2
- Very heavily..... 3

### 25 - How old are you?

- 30-39 ..... 1
- 40-49 ..... 2
- 50-59 ..... 4
- 60-69 ..... 8
- 70-79 .....12
- 80 and above .....18

### 26 - Do you have any health problems? (Choose the worse condition for your answer)

- None..... 0
- Mild tiredness, stress..... 0
- Excessive tiredness, depression..... 4
- Frequent allergies..... 6
- Infections, chronic inflammation (rheumatism, Crohn's disease)..... 8
- Cancer, AIDS, cardiovascular diseases, Parkinson's, Alzheimer's... 10

Score