

Skin carotenoid score



When a Scanner gives a score it displays both a number and a color.

Each color box above has a range of scores below it which shows the entire range of possible scores that fit in that color box. For example, any score in the 20,000 to 29,000 range would fall into the orange box.

Each color box is split into three color shades - light, medium, and dark. Each shade represents roughly a 3000 point range. In the green box above, the lightest shade of green represents the 40k - 43k score range, the mid shade is 44k - 46k, and the darkest shade of green is the 47k - 49k range. The platinum color box covers 30k units, each shade representing 10k units.

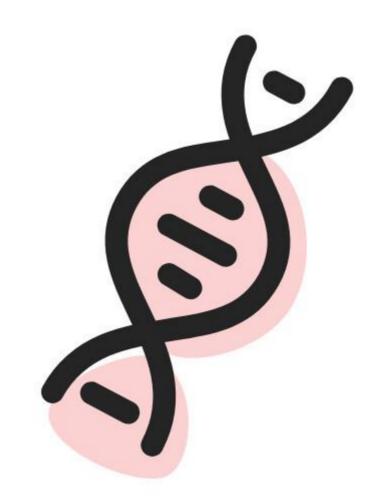
The actual numeric score reflects your level of carotenoids.

It is less important than where the score falls on the colour chart.



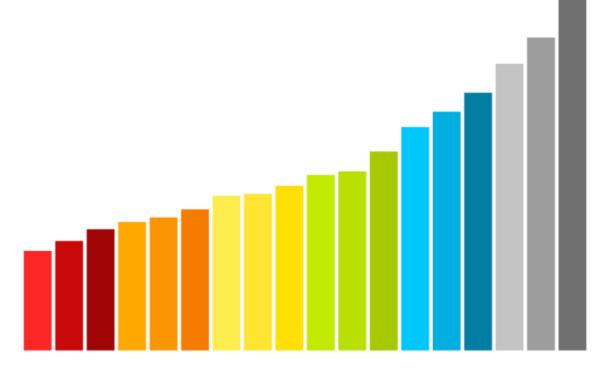
The SCS is individual and may vary:
Lifestyle habits and choices and natural variations that can be observed in natural ingredients, your diet, and supplementation have the potential to influence your score but do not guarantee a particular outcome. Differences in individual genetics can significantly affect the rate of carotenoid absorption and, as a result, your personal SCS.

Individual genetic differences can significantly influence the rate of carotenoid absorption and therefore the personal SCS.

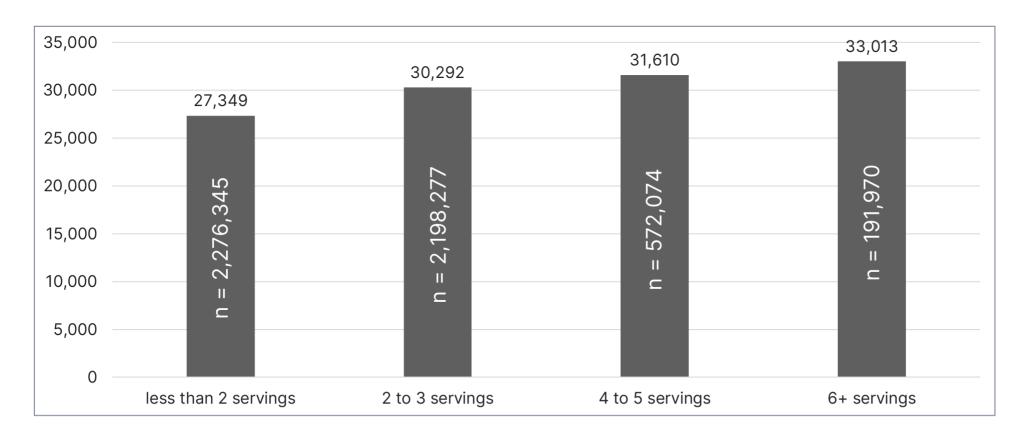


TO IMPROVE YOUR SCS:

- 1. Act on your diet by eating at least 5 to 10 servings of carotenoid-rich fruits and vegetables each day.
- 2. Take care of yourself by applying a healthy dietary lifestyle.
- 3. Supplement with the Scanner certified products. These products provide your body with carotenoids in the best matrix.

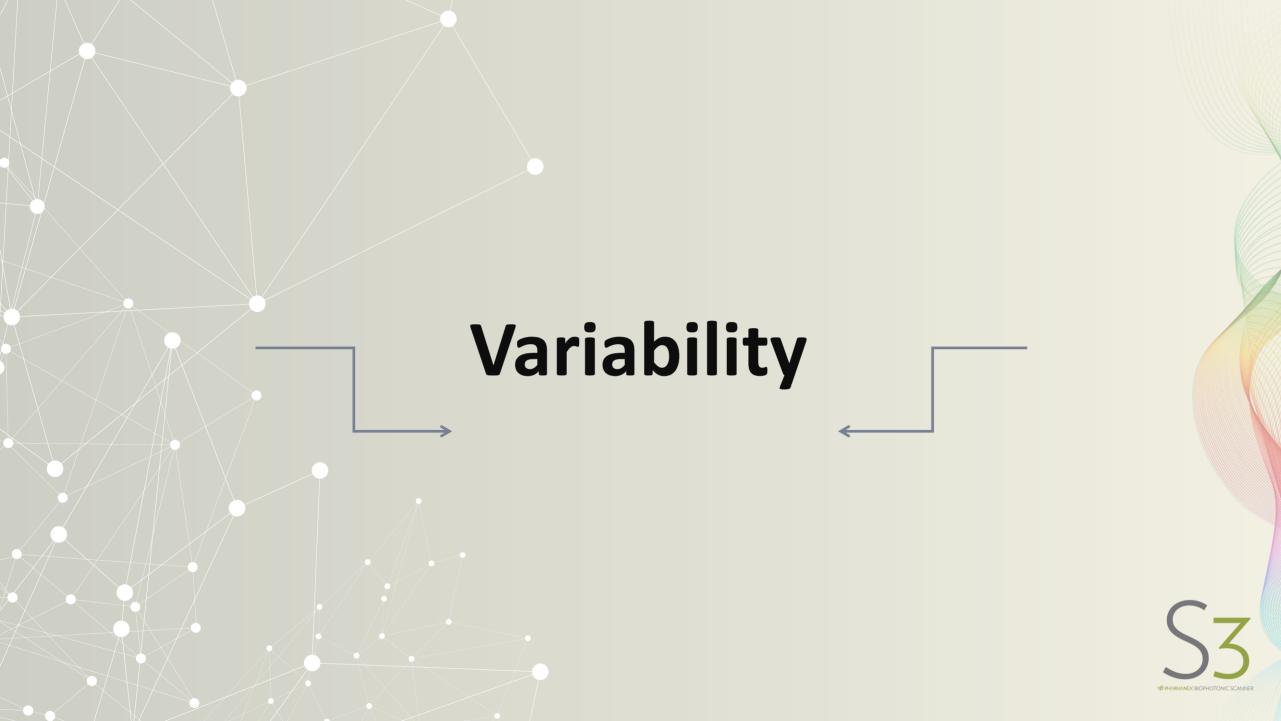


Effect of Fruit & Vegetable (F&V) Consumption

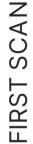


As with the SCS products, the benefits from F&V consumption are progressive. The more frequently you consume servings, the higher your SCS becomes.





Is this normal?













Variability is *common* when one of the situations applies:

- 1. The compound being measured is imbedded in a biological matrix (e.g. skin tissue,...)
- 2. The compound being measured is present at trace levels.

The BioPhotonic Scanner does both.
It measures the level of carotenoids in the skin and these carotenoids are found at trace levels.

Blood Glucose meters like these are among other bio measurement devices which show variability across multiple scans.









Factors that can influence the SCS:

PERSONAL FACTORS:
Genetics
Dietary lifestyle
Supplementation
Other factors



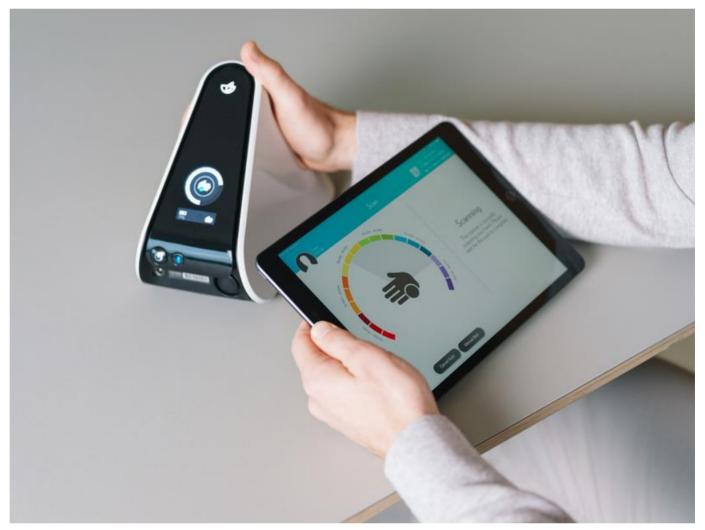
OPERATIONAL FACTORS: Calibration Temperature Hand placement Drafty conditions Cleanliness of Scanner nose



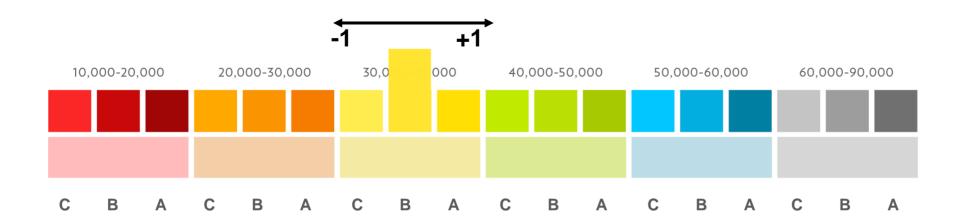
Importance of warm up

Do not forget how important is the warm up.

If you plan to scan at different times during the same day (morning, afternoon and evening) and that in between the Scanner is switched off, perform 5 dark scans one after each others before each of your scan sessions.



Studies have shown that consecutive readings will measure +/- 1 colour shade 85% of the time.





Variability troubleshooting

Determine the acceptable score range:

- Minimum: start of the previous color box
- Maximum: end of the next color box

Example: 42,000 is the score average. It falls into the lowest green zone.

The minimum of the acceptable range will be the start of the dark yellow zone (37,000) and the maximum will be the end of the mid green zone (46,000).

The acceptable score range would be 37,000 to 46,000 85% of the time.



With measurements such as this, it is critical to focus on the change in colour zones over time.

Regular measurement of an individual over time will clearly show changes (or constancy) in their SCS consistent with their healthy dietary lifestyle and supplementation.

Scanning every 6 to 8 weeks is ideal to help you determine whether you are consuming an adequate amount of carotenoids.

Variability troubleshooting

- Check first the factors of influence on the SCS and see if operational factors can be corrected.
- Scan yourself and another person at least 5 times on the Scanner.
- In between the 5 scans, make each time a dark scan and clean the Scanner nose with a microfibre cleaning tissue.

- When possible, scan 5 times on another Scanner.
- Sync the Scanner(s).
- When possible, try to get the average score of both people being scanned.
- Send the CS number(s) to your local office.

NUSKIN