



**WellnessRX Pharmacy**  
HOLISTICARE

## Find the Right Supplements for Your Body in 60 Seconds

Personalized wellness guidance - pharmacist-led and nutritionist-approved

### Q1. Main Goal

- Boost energy
- Balance hormones
- Improve gut health
- Reduce stress and sleep
- General wellness

### Q2. Energy Level

- Constantly tired
- Afternoon crash
- Inconsistent
- Stable

### Q3. Digestive Issues

- Bloating
- Constipation
- Loose stools
- None

### Q4. Hormonal Symptoms

- PMS
- Acne
- Mood swings
- Irregular cycles
- None

### Q5. Stress Level

- High
- Moderate
- Low

### Q6. Sleep Quality

- Poor
- Interrupted
- Good

### Q7. Diet Type

- Balanced
- High sugar
- Low protein
- Plant-based

### Q8. Taking Supplements

- Yes
- No

### Q9. Medical Conditions

- Yes - please specify
- No

### Your Personalized Results Will Be Sent To:

First Name

Email

Bring this form into WellnessRX Pharmacy or submit it online for personalized supplement recommendations.