

# *Max-Gxl - Tracker – Quality of Life Improvement Chart*

Rate each area of concern  
**1 = least favorable**  
**10 = most favorable**

In **60** days, **100%** of people tested with **MaxGXL** raised their Glutathione levels an average of **292%**, thus reducing cellular inflammation, the common thread underlying most all diseases. – Your reason to monitor

*This chart allows you to be aware of some of the areas in which glutathione has an impact. Benefits from taking MaxGXL are optimized over time and may vary from person to person. Fill out the chart before starting MaxGXL, then at the end of each week for 8 weeks, and at the end of each month thereafter to see it's fullest benefits*

| Area of Concern    | Before | Wk 1 | W 2 | W 3 | W 4 | W 5 | W 6 | W 7 | W 8 | Month 3 | M4 | M5 | M6 | M7 | M8 | M9 | M10 | M11 | M 12 |
|--------------------|--------|------|-----|-----|-----|-----|-----|-----|-----|---------|----|----|----|----|----|----|-----|-----|------|
| Energy levels      |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Muscle Comfort     |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Workout Recovery   |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Emotional Ease     |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Sleep Quality      |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Mental Focus       |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Joint Comfort      |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Skin Clarity       |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Vision             |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Heart Health       |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Digestive Health   |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Brain Function     |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Immune Function    |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Hormone Function   |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Eliminative Funct. |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Nerve Function     |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Circulation        |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| Detoxification     |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |
| <b>Total</b>       |        |      |     |     |     |     |     |     |     |         |    |    |    |    |    |    |     |     |      |



**“You don’t know you are a 6 out of 10 until you become a 9 out of 10”**

**Improving the quality of your health is a great way to reduce health care costs.**