

BLUE OCEAN MINERALS

SURVEY AND ONE-MONTH DOSAGE EVALUATION

WELCOME to Blue Ocean Minerals® survey testing. By accepting and taking our minerals you are agreeing to use your best efforts to complete our 28-day mineral log and health assessment...thank you and enjoy!

I. GENERAL INSTRUCTIONS

Please read these instructions thoroughly and do your best to comply with them, this will be very helpful to us. If there is anything that you don't understand or if you have any questions, please use our phone number at the bottom of this sheet and give us a call. Also you may find the educational information on our website blueoceanminerals.com to be very useful.

Directions and Dosage: During our one-month assessment adults will take one teaspoon (one cap full) everyday for the first two weeks, and two teaspoons (two caps full) everyday for the remaining two weeks. Due to their concentrated nature. You **MUST** dilute Blue Ocean Minerals with at least 5-6 ounces of your favorite juice, shake, or water, and take with food and around the dinnertime meal if possible. Get into this healthy habit, and try not to miss a dose, but if you do, record it accurately. In dilution you will notice a minimal brackish taste. This is the taste of REAL minerals with naturally reduced sodium of 2% or less by volume. As Blue Ocean Minerals® may raise your immune potential, organ transplant patients please refer to the advice of your physician before taking.

In our analysis your personal information will be coded for anonymity. Personal identifying information will not be shared outside the company and any compilation or summary will not contain personal identifying information. We wish to thank you in advance, and we look forward to your responses and comments!

II. PRE-EVALUATION INSTRUCTIONS

Please respond to the questions below and date them to set a health baseline on the state of your health before you begin the survey.

The rating system is 1 through 5: 1 = poor, 2 = fair, 3 = good, 4 = very good, and 5 = excellent. This and the final evaluation questionnaire can be downloaded from your computer for a hard copy. Please note that on this sheet is available space for any additional useful or interesting health information that you would like to share. If you have had a recent blood panel with your doctor, and are planning another after and near the end of our survey, you might find it interesting to note any changes in your blood chemistry. We will be touching in with you once a week. You may experience mild cleansing effects in the first several weeks of taking our minerals, this is normal and means they are working.

Questionnaire

1.) How do you rate the overall state of your health? ___ 1-5, and are you happy with it? _____

2.) Are you currently taking any minerals? _____ If so what variety and with what consistency? _____

3.) How are your energy levels? ___ 1-5

4.) How is your immunity and resistance to infections? ___ 1-5

5.) How is your digestion? ___ 1-5

6.) How is your physical reaction to stresses? ___ 1-5

7.) How is your food absorption? ___ 1-5

8.) How is your sports endurance? ___ 1-5

III. DAILY LOG

(Excel grid format) Please make a hard copy and fill-in your relevant days and dates for our 28-day survey. Each day after taking your dose, initial and note the time of day. Next to the day-date initials, you will see a column entitled "Health Comments." Please feel free to journal any additional thoughts and comments here.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date Time Initial Comments							
Date Time Initial Comments							
Date Time Initial Comments							
Date Time Initial Comments							
Date Time Initial Comments							

