

**Res-JÜVENTA Questionnaire** Date:.....

Please print form, answer questions by checking appropriate boxes.  
Then please scan and send with your additional comments, if any, to [sales@res-juventa.com](mailto:sales@res-juventa.com). THANK YOU VERY MUCH!

Name of Participant: ..... City: .....

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Not accurate at all / does not describe my situation	Somewhat accurate / describes my situation somewhat well	No difference / can not tell / don't know / not applicable	Accurate / describes my situation well	Extremely accurate / describes my situation extremely well

**Energy Level**

Do you feel more energetic and more "alive"?

Do you manage to perform your daily tasks with less sleep but with a normal energy level?

Do you experience increased physical strengths?

Do you feel that you have increased sexual drive and stamina?

**Mood and General Well Being**

Do you feel more motivated at facing and approaching your usual daily tasks?

Are you feeling more content about achieving your small goals on a daily basis?

Have you increasingly thought about reviving old plans and projects?

Are you generally in a better mood?

Did you notice an increase in your libido?

Do you generally feel more cheerful?

Do you wake up in the morning with a better frame of mind?

**Short term memory and mental concentration**

Is it easier to remember routine events and data? (Where did I park my car? Which floor did I get out on the elevator? Names of people, Phone numbers)

Did it become easier to concentrate on the tasks at hand?

Are you less distracted, more focused?

**Feeling of satiety and weight loss**

Do you feel less hungry between meals?

Was it easier to eat less and stay with a lower calorie daily diet?

Was there any moderate weight loss?

**Physical changes**

Does your skin feel smoother to the touch?

Does your complexion have a healthier glow? Is your skin more luminous?

Please check for each subject the level on the scale of 1 – 5 which best describes your experience.