

WHAT DOES YOUR SCORE MEAN?

Healthy Habits Correlated with Your Score

Prism iO Scores are directly impacted by nutrition and supplements. Healthy lifestyle and fitness habits are correlated with higher scores but alone may not be enough. Combining them with better nutrition through carotenoid containing supplements like LifePak and lots of fruit and vegetables is the most effective way to raise your score.

Prism iO™ Nutritional Wellness Scale		LOWEST	LOWER	MODERATE	MODERATE TO HIGH	HIGHER	HIGHEST
Prism Score		<199	200-299	300-399	400-549	550-749	750+
% of Global Population*		13%	16%	19%	24%	19%	9%
DIRECT	Supplements	IRREGULAR OR NONE		REGULAR		DEDICATED	
	Fruit & Veggies	<2 SERVINGS		2-3 SERVINGS		4+ SERVINGS	
	Diet	UNHEALTHY <i>Sugary and fried foods, limited whole grains</i>		HEALTHY <i>Whole grains, fish, moderate sugar and fried food</i>		HEALTHIER <i>Whole grains, fish, limited sugar and fried foods</i>	
INDIRECT	Sleep	POOR <i>Frequently staying up late</i>		NORMAL <i>Occasionally staying up late</i>		GOOD <i>Never staying up late</i>	
	Smoker	YES		NO		NO	
	Sun Exposure	HIGH		MODERATE		LOW	
FITNESS	Exercise	IRREGULAR		OCCASIONAL		FREQUENT	
	BMI & Body Fat %	HIGH		NORMAL		NORMAL	

Prism iO is not a medical device and should not be used as a substitute for professional medical guidance. It is not intended to diagnose, cure, mitigate, treat, or prevent any disease or medical condition. These are general guidelines; individual scores may vary.

*Based on Prism iO guest scans through January 20, 2026

