

The Nutrilite™ Story

Why Supplements?

9 out of 10 people aren't getting the nutrition they need from diet alone.

Most people have a **nutrient gap** between what they eat and what they need. They should take supplements if one of the following is true:

- They don't eat 5–9 servings of fruits and vegetables every day
- They eat 5–9 servings but don't get variety
- They often don't have time for healthy meals
- They often choose convenient, processed foods over healthier options



Why Phytonutrients? Five colors a day is the optimal way.

Phytonutrients are important plant nutrients.

They act as powerful antioxidants, providing specific health benefits for the different systems in the body. In order to get the benefits, it's important to eat a wide variety of different colors.

Why Nutrilite™? Best of Nature. Best of Science.

We control every step of the process – from seed to finished product – ensuring you **PURE, SAFE** and **EFFECTIVE** Nutrilite™ supplements. We back that up with a 180-day, 100% customer satisfaction guarantee.*

Almost all Nutrilite™ supplements are tested and certified by NSF International, one of the world's leading independent test labs.



CUSTOMER SATISFACTION is our promise

Every Amway™ product carries a 100% customer satisfaction guarantee backed by the AMWAYPROMISE™.†



CONTENTS
CERTIFIED

NSF

For more information, see the Nutrilite™ Supplement Guide.

Foundational MyPacks: The Best Botanicals

1 PLANT CONCENTRATES
sourced from plants grown on our
own certified-organic farms*

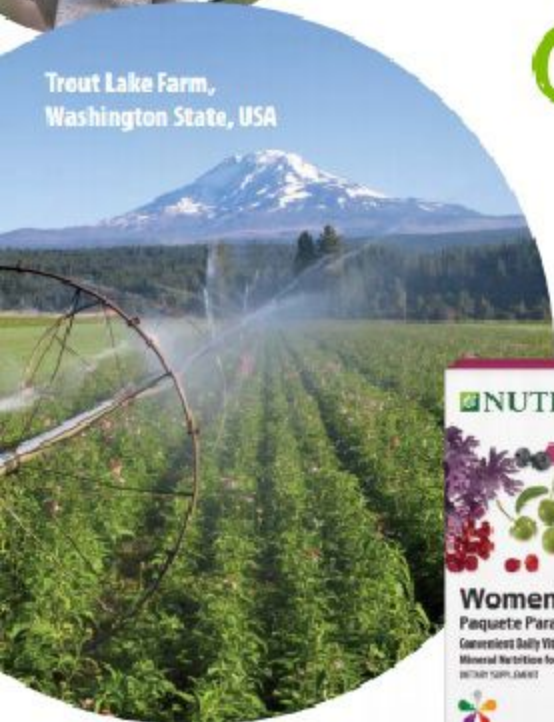


Trout Lake Farm,
Washington State, USA

2 PLANT NUTRITION
from all 5 colors of
fruits and vegetables



3 NUTRILITE™ TRACEABILITY
Every one of our botanicals goes through our
exclusive **9-step traceability process** to ensure
our products are **pure, safe and effective.**



Nutralite™ Women's Pack



BETTER Daily Nutrition
Stronger bones
HEALTHY hair, skin & nails
A focus on how YOU feel
With this MyPack⁺

CONVENIENT DAILY VITAMIN AND MINERAL NUTRITION FOR WOMEN

Daily multivitamins and Concentrated Fruits and Vegetables fill your nutrient gaps. Good for your inner self with calcium for your bones. Good for your outer beauty, promoting healthy skin, hair and nails.

All good. No guesswork.

Each packet contains:

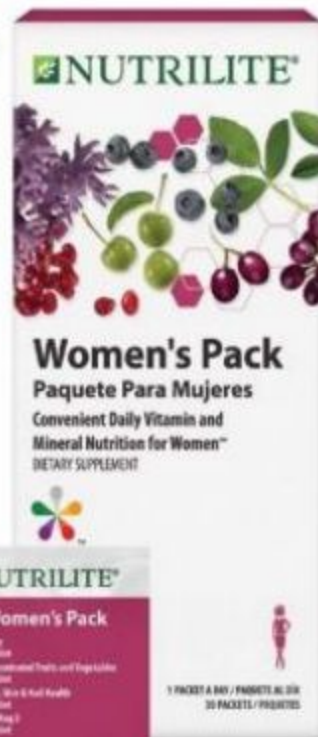
-  **Daily Multivitamin** provides 24 essential vitamins and minerals
-  **Concentrated Fruits and Vegetables** provides phytonutrients equal to 5+ servings of fruits and vegetables



Cal Mag D helps build strong bones with calcium, magnesium and vitamin D



Hair, Skin & Nail Health contains biotin and collagen to promote strong, flexible nails, support healthy hair and encourage smooth elastic skin.



Suggested use: 1 packet a day

123372

30 packets



Nutralite™ Men's Pack


Fortify *your* **NUTRITION**
SHARPEN *your* **MIND** 
SUPPORT *your* **HEART** 
Get strong from the inside out
With this MyPack 



CONVENIENT DAILY VITAMIN AND MINERAL NUTRITION FOR MEN

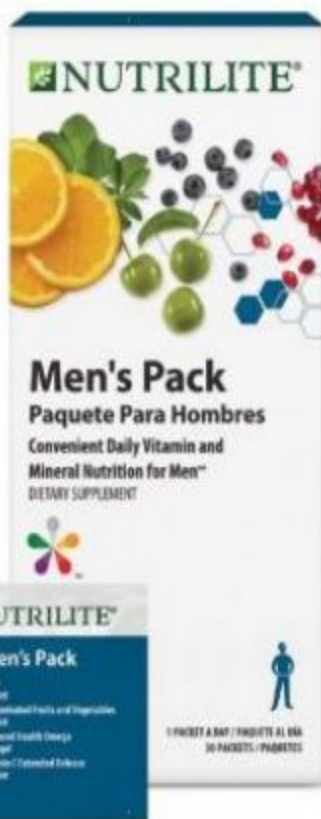
Daily multivitamin and Concentrated Fruits and Vegetables fill your nutrition gaps. Supports a strong heart, clear mind and healthy immune system

All good. No guesswork.

Each packet contains:

-  **Daily Multivitamin** provides 24 essential vitamins and minerals
-  **Concentrated Fruits and Vegetables** provides phytonutrients equal to 5+ servings of fruits and vegetables

-  **Balanced Health Omega** provides DHA and EPA Omega 3s from ocean fish to support brain and eye health
-  **Vitamin C Extended Release** provides 500 mg of vitamin C for all-day immune system support



Suggested use: 1 packet a day

123365
30 packets



Support Your Immunity With Natural Essentials



Immunity Gummies

- ✓ Zinc
- ✓ Vitamin C
- ✓ Elderberry



Vitamin D Gummies

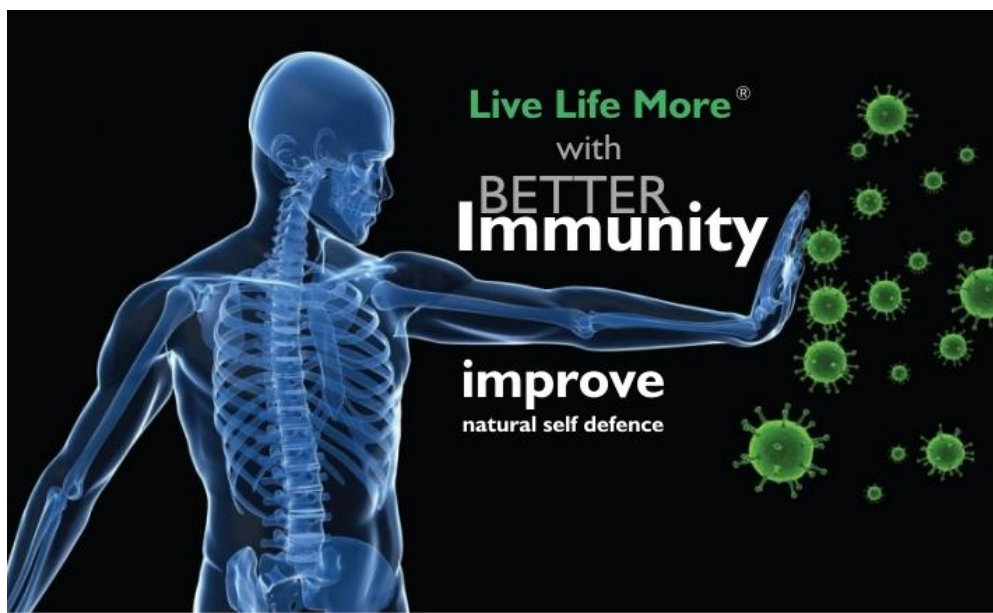
- ✓ Vitamin D
- ✓ Saffron
- ✓ Watermelon



Restful Sleep Gummies

- ✓ Melatonin
- ✓ Magnesium
- ✓ Passion Flower

Your TRIPLE PLAY Against Viruses & Flu Attacks



Support your immune and respiratory health

Support your immune and respiratory system[†] with a unique combination of five ingredients - Holy Basil, Zinc, Selenium, Copper, and Orange Bioflavonoids!

- **Zinc** – an essential nutrient important for the maintenance of the immune system
- **Holy Basil** from NutriCert™ certified farms, is a sacred plant in Traditional Ayurvedic Medicine. It supports respiratory health and promotes healthy immune function
- **Citrus Bioflavonoids** derived from whole oranges from NutriCert™ certified farms provide antioxidant phytonutrients believed to have many health promoting properties, including support for a healthy immune response
- **Copper and Selenium** – essential for the maintenance and normal function of a healthy immune system



Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths

William B Grant ¹, Henry Lahore ², Sharon L McDonnell ³, Carole A Baggerly ³, Christine B French ³, Jennifer L Aliano ³, Harjit P Bhattoa ⁴

Affiliations expand

- PMID: 32252338
- PMCID: [PMC7231123](#)
- DOI: [10.3390/nu12040988](#)



- Approx. 42 % population is deficient
- Keeps bones & joints strong
- Reduces risk of 16 kinds of cancers
- Reduces depression
- Increases muscle strength
- Protects brain from Alzheimer's
- Induces over 200 genes
- Adults need approx 4000-5000 IU depending on sun exposure (Double x - 400 IU)