

Rooted in wellness



WELLNESS CATALOG
2022-2023

Amway



Goodness from the ground up.

NUTRITION NEEDS

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GUIDE TO SYMBOLS IN THIS CATALOG



USDA Organic



Dairy Free



NSF Contents Certified



Non-GMO Project Verified



Vegetarian



Non-GMO



Gluten Free



Sugar Free



Lactose Free



No High-Fructose Corn Syrup



Vegan Friendly



Caffeine Free



Soy Free

*The NSF logo is a registered trademark of NSF International.

AMWAYPROMISE™

180-DAY

100% Customer Satisfaction Guarantee**

**120 days for some products. Additional restrictions, exclusions and fees may apply. For complete details visit Amway.ca and search: AmwayPromise.



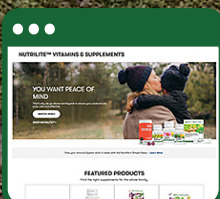


Plant. Grow. Thrive.

The Nutrilite™ philosophy is simple – Plant. Grow. Thrive! From our Organic Farms to Your Family, we believe in a bigger, brighter world of nutrition.

Our vitamin and supplement products are crafted utilizing Earth's best nutrients in gummies, powders, tablets and more! We're committed to harnessing the power, purity and richness of nature – From Seed to Supplement to You.

Nutralite™ supplements provide the nourishment behind your daily ritual, helping you become your best self and meet your top needs like energy, immunity, sleep, general wellness and more, so you can help others do the same. Because life isn't about surviving, it's about thriving. You. Your Family. And the entire Planet.



**CLICK &
EXPLORE**

Learn more
about the
Nutralite™ brand.



Support the life you're living and the ones you love with pure, effective nutrition and wellness products from our Nutrilite™ family of brands.

Nutrilite™ is the world's #1 selling vitamin and dietary supplement brand.*



Watch for our new Nutrilite™ look! Starting Fall 2022. Get a sneak peek at updated packaging throughout this catalog.

*Euromonitor International Limited, www.euromonitor.com/Amway-claims.





Growing with you and for you.

We plant, grow and harvest Earth's richest nutrients to bring you farm-grown goodness with no artificial flavors, colors or preservatives. Because real plant nutrients deliver real health benefits that nurture and inspire better living for you, your family and the planet.




NATURE'S BEST NUTRIENTS

We are nutrition experts and nutrient pioneers developing innovative solutions that provide real health benefits derived from the earth's best nutrients grown on our Nutrilite™ farms and partner farms.

ORGANIC FARMING FROM THE START

Our plants are grown with no synthetic chemical pesticides, herbicides or fertilizers to support life in the soil and in you.



“We aren’t merely on the earth, we are of the earth.”

– Carl F. Rehnberg,
Nutralite™ Founder



TRACEABLE FROM SEED TO SUPPLEMENT TO YOU

We track, trace and tag every seed, every plant and every ingredient – obsessively tending to them so they can do the same for you. Then we document, review and check every detail along the way, so you have peace of mind knowing our products are safe and effective.

GROWING A WORLD OF DIFFERENCE

Doing the right thing is in our nature. That’s why we’re constantly striving toward sustainable, more earth-friendly solutions in everything we do. Like pioneering organic farming before it was a thing to do and using 69% less plastic in some of our newer packaging, saving over 8.7M water bottles a year.*

*When compared with All Plant Protein Powder (110415) (450 g/15.87 oz.); using 9.9 g PET water bottle (500 mL/16.9 fl. oz.).



CLICK & EXPLORE

Learn more about our certified organic farms.

From our farms to your family.

Nutriline™ Organics products are certified USDA Organic and include wholesome plant nutrients from our farms and partner farms. Grown and nurtured by hands that care just as much as you do to bring to life something bigger for you and your family.

Nutriline™ is the first and only global vitamin and dietary supplement brand with a USDA organic product line to grow, harvest and process plants on our very own certified organic farms.*



*Euromonitor International Limited, www.euromonitor.com/Amway-claims.

nutrilite organics FROM OUR FARMS TO YOUR FAMILY™

COMING SOON!

 **nutrilite organics**
FROM OUR FARMS TO YOUR FAMILY™

plant protein POUDRE protéines végétales POUDRE

**chocolate flavour/
saveur de chocolat**

21g plant-based Protein
FROM PEA, BROWN RICE AND CHIA

21 g à base de plantes Protéines
PROVENANT DES POIS, DU RIZ BRUN ET DU CHIA

FREE FROM
DAIRY, GLUTEN, SOY
SANS PRODUITS LAITIERS,
GLUTEN, SOJA



NET WT. / POIDS NET 593g

 **nutrilite organics**
FROM OUR FARMS TO YOUR FAMILY™

green superfood POUDRE superaliments verts POUDRE

**sweet greens
légumes verts**

10 superfoods/10 superaliments

THIAMINE SUPPORTS ENERGY PRODUCTION
WITH SPINACH, BROCCOLI & KALE
LA THIAMINE SOUTIENT LA PRODUCTION D'ÉNERGIE
AVEC DES ÉPINARDS, DU BROCCOLI ET DU CHOU FRAIS

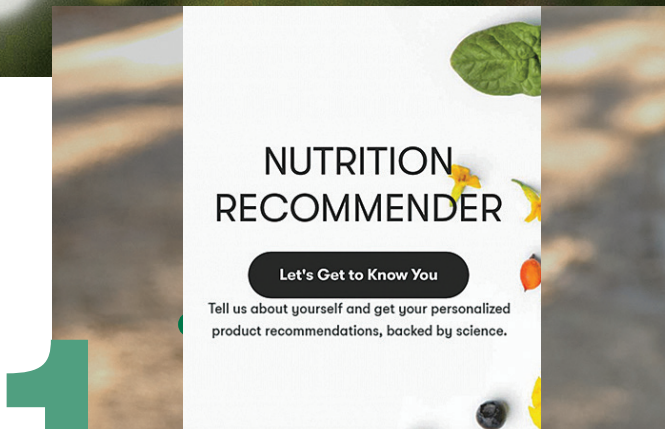
CONTAINS FIBRE EQUAL TO 1 CUP OF BROCCOLI
ÉQUIVALENT DES FIBRES CONTENUES DANS 1 TASSE DE BROCCOLI
FREE FROM GLUTEN, DAIRY, SOY
LIBRE DE GLUTEN, LAITIERS, SOJA



NUTRITION RECOMMENDER

Nutrition tips at your fingertips.

It's simple! Tell us a bit about yourself, and we'll guide you through personalized product recommendations to meet your personal nutrition and wellness goals.



1

Take a comprehensive or focused assessment based on your needs



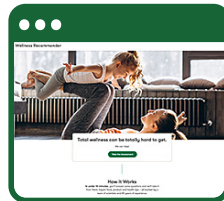
2

Get personalized recommendations



3

Start your wellness journey at Amway.ca/nutritionrecommender



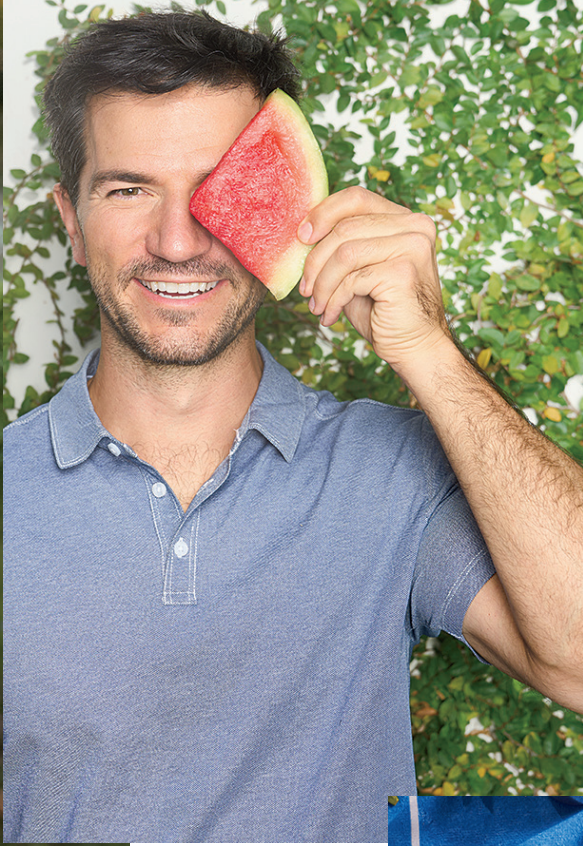
CLICK & PLAN

Get your personal plan with our Nutrition Recommender.

Every
body.
Every
need.



Supporting your top needs like **immunity, energy and sleep** with trusted ingredients is our top priority. That's why we craft our entire lineup of Nutrilite™ products using carefully chosen plant nutrients that come from our farms and partner farms.



Everyday essentials for the good life.

Balanced nutrition is key to your overall wellness.

Over 90%

of North Americans don't get the recommended daily 10 servings of fruits and vegetables they need.

UPGRADE YOUR EVERYDAY NUTRITION ROUTINE.

Eat the colors of the rainbow

A variety of colorful fruits and vegetables helps add vital nutrients, antioxidants, essential vitamins and healthy micronutrients to your diet.

Did you know?

Richly colored fruits & vegetables provide specific health benefits by color:

Red – heart health

Orange & Yellow – eye health

Green – cellular health

Purple – brain health

White – bone health

Supplement your diet

Taking a multivitamin is an easy way to help maintain balanced nutrition by filling nutrient gaps in your diet.

Drink enough water

More H₂O is always a good idea. Water helps supply your body with vital nutrients to help them function properly. Water, broth, tea – Drink Up!



Find the right multivitamin for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

Nutriline™ Double X™ Vitamin/Mineral/Phytonutrient Supplement

Helps support a healthy heart, brain, eyes, skin, bones and immune system. Contains natural plant ingredients from every color on the phytonutrient spectrum.



Tablets



Vitamins & Minerals

22

Plant Nutrients

225+ mg

Nutriline™ Daily

A powerful and convenient way to fill the vitamin and mineral gaps in your daily diet.



Tablets



Vitamins & Minerals

23

Whole Plant Concentrates

63 mg

Nutriline™ Kids Chewable Daily

Delicious, daily multivitamins offer optimal nutrition to help support growing kids.



Tablets



Vitamins & Minerals

19

Flavors

3

Get in the habit of good nutrition.

Make multivitamins part of your daily routine. Discover the right nutritional support for every member of the family.

Nutriline™ Double X™ Vitamin/Mineral/Phytonutrient Supplement

Plant-powered with 12 essential vitamins, 10 essential minerals and nutrients from 22 plant concentrates to support a healthy heart, brain, eyes, skin, bones and immune system. Contains PhytoProtect™ Blend, a patented, unique blend of Rosemary, Turmeric and Fava d'Anta extracts that help your body defend against cell-damaging free radicals.

A4300 31-Day Supply with Tray/186 Tablets
\$74.00

A0244 31-Day Refill/186 Tablets
\$72.00

123364 10-Day Supply/20 Packets
\$27.00





Nutrilite™ Daily

A convenient way to help fill the vitamin and mineral gaps in your daily diet. Contains 63 mg of whole plant concentrates. Provides antioxidant protection against free radicals. Also available in Women's and Men's MyPacks – see page 65.

124483 60 Tablets
\$18.00

A4230 180 Tablets
\$48.00



**SEE PAGE 61 FOR
 KID'S MULTIVITAMINS.**

Protein powders that empower you.

PROTEIN & AMINO ACIDS ARE THE BUILDING BLOCKS OF LIFE.

Protein is a part of every living cell. Our bodies need a

DAILY INTAKE OF PROTEIN

to maintain our cells and structures.

Proteins are built from chains of

20 DIFFERENT AMINO ACIDS.

Of those, 9 are essential for your body to function.

Your body can't

MAKE ITS OWN

essential amino acids, so you need to

CONSUME THEM.

DIFFERENT SOURCES OF PROTEIN HAVE VARYING BENEFITS. WHICH PROTEIN SOURCE IS BEST FOR YOU?



or



Plant Protein

- Made from plant sources
- Growing and sourcing tend to be more environmentally friendly
- Great for general wellness and increasing daily protein intake
- Vegetarian and dairy free; can avoid other key allergens

Whey Protein

- Made from animal sources
- Digests quickly
- Great for muscle growth, recovery and repair
- Gluten Free and contains fewer calories

For Sports Nutrition protein supplements and snack options, see pages 88–93.

General wellness or sports nutrition?

Choose the protein product that fits your needs.

MIX UP ORGANIC GOODNESS.

- Support your general wellness – fill your protein gaps in your diet
- Clean, certified organic, plant-based protein
- Powder can be mixed into your favorite drinks, smoothies and recipes
- Packaged with post-consumer recycled material



Nutrilite™ Organics Plant Protein Powder

Smooth, creamy Chocolate and Vanilla flavored powder contains all 9 essential amino acids and delivers 21 g of plant-based protein from Peas, Brown Rice and Chia Seeds. Peas and Chia Seeds are grown on our certified organic farms and partner farms.

125921 Chocolate 593 g/20.88 oz.
\$48.00

125923 Vanilla 525 g/18.52 oz.
\$48.00



or

DROP, SHAKE, FUEL.

- Support your fitness and exercise goals
- Support lean muscles with whey protein and 4.4 g BCAAs†
- Fast-dissolving protein powder pods for on-the-go convenience



XS™ Protein Pods

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs† to help build lean muscle mass. The keto-friendly formula is sugar-free and naturally sweetened with Stevia. Only 90 calories and 1–2 grams of carbs.

300855 Vanilla
 300856 Chocolate

16 Pods
\$48.00



Nutrilite™ Organics Plant Protein Powder now uses **43% post-consumer recycled material**. The packaging also uses **69% less plastic than the previous version**.** That is equivalent to **removing more than 8.7 million plastic water bottles from the environment each year**.‡

*The NSF logo is a registered trademark of NSF International.

**When compared with All Plant Protein Powder (110415) (450 g/15.87 oz.).

†Branch-Chain Amino Acids.

‡9.9 g PET water bottle (500 mL/16.9 fl. oz.).

Superfoods are super good for you.



Nutrilite™ Organics Antioxidant Superfood Powder

Packed with nutrients from 10 purple and red superfruits. Starring Acerola Cherries and Elderberries to deliver 180 mg of natural vitamin C; more than what is found in 12 cups of fresh Blueberries.



125936 180 g/6.3 oz.
\$55.00



Nutrilite™ Organics Green Superfood Powder

Each sweet greens flavored serving is packed with nutrients from 10 grasses and vegetables including Spinach, Broccoli and Kale grown on our partner farms.

125937 180 g/6.3 oz.
\$49.00



Nutrilite™ Concentrated Fruits and Vegetables

Phytonutrients equal to 5+ servings of fruits and veggies in one convenient tablet. Packed with 13 antioxidant-rich extracts from farm-grown Spinach, Broccoli, Oranges, Green Tea, Blueberries, Pomegranates and more to support your eyes, heart and circulatory health.

100648 60 Tablets
\$53.00



Nutrilite™ Balanced Health Omega

Contains the equivalent DHA and EPA omega-3s found in three servings of ocean fish. Supports cognitive health and brain function.

A8914 90 Capsules
\$28.00



**SEE
 NUTRILITE™
 HEART
 HEALTH
 OMEGA ON
 PAGE 53.**



OPEN YOUR HEART TO OMEGAS.

Your body can't produce omegas, so it's important to make sure you're adding them in your diet or everyday supplement routine to help support optimal heart and brain health.

*The NSF logo is a registered trademark of NSF International.

Count on sleep, not sheep.

Sleep is right up there with exercise and diet when it comes to your overall health and well-being. It's essential for your general wellness, immunity, mood, energy, focus and stress levels.

SUPPORT RESTFUL SLUMBER:



Stick to a regular sleep schedule and limit your intake of caffeine and alcohol, as they can interfere with healthy sleep.



Stop using digital devices or watching TV because exposure to blue light before bedtime can disrupt sleep. Plan to power down 1 hour before you want to fall asleep.



Take a warm bath or shower to help increase blood circulation and signal your body to produce melatonin – a hormone that promotes restful sleep.

Did you know that over **50% OF THE POPULATION** experiences occasional trouble sleeping or a lack of quality sleep?



SLEEP-SUPPORTING NUTRIENTS TO LOOK FOR:

Melatonin
Magnesium
Lemon Balm
Lavender
Chamomile
Passionflower
Valerian

Your sleep, your way.

Gummies or tablets? Support a good night's sleep with the format you prefer.



or



SWEET DREAMS ARE MADE OF THESE.

SLEEP HEALTH STARTS HERE.



n* by Nutrilite™ Sweet Dreams – Sleep Gummies

Each serving of these Blueberry Lavender sleep gummies is made with 3 mg of melatonin, 50 mg of magnesium and 5 mg of Passionflower to help you get a great night's rest.

124506 30 Servings
\$24.00



Nutrilite™ Sleep Health

A proprietary blend of Valerian Root from our farms, along with Lemon Balm and Hops extract, helps you relax so you can fall asleep.

A8992 90 Tablets
\$34.00



*The NSF logo is a registered trademark of NSF International.

Power up your energy, memory and focus.

Find your focus, support your memory and keep your energy levels up with healthy habits and natural support from vitamins, minerals and botanicals.

HOW CAN YOU SUPPORT YOUR MEMORY, FOCUS & ENERGY LEVELS?



Eat good fats

They help you feel more satisfied and keep your energy levels stable.



Exercise

Both high- and low-intensity workouts help boost your body's natural hormones to keep your energy up.



Get out of the house

Going outdoors gives you a break from your thoughts and helps you reset and refocus.



Try new things

Your brain loves a challenge. When you learn, your brain grows. Pick up a new skill and give your brain a workout.

NUTRIENTS TO HELP YOU SEIZE EVERY DAY:



Multivitamins and minerals

are the foundation of a healthy metabolism and help fill nutrient gaps.



B vitamins

are essential for the release of energy from food and impact your energy levels, brain function and cell metabolism.



Ginkgo Biloba & Cistanche Tubulosa

enhance cognitive function and memory and help support healthy blood flow to protect and nourish the brain.



Find the right energy and focus product for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

Nutrilite™ Vitamin B Dual-Action

Instant and time-released B-vitamins for all-day energy support.

Tablets



Essential
B-Vitamins

8

Vitamins
B6 and B12

4 mg



XS™ Boost + Focus

Supports mental focus and quicker recovery after physical activity.

Tablets



Rhodiola
Rosea

105 mg

Green-Tea
Caffeine

170 mg



Nutrilite™ Memory Builder™ Supplement

Provides short- and long-term memory benefits.

Tablets



Ginkgo
Biloba

120 mg

Cistanche
Tubulosa

300 mg



n* by Nutrilite™ Slay the Day – Energy Gummies

Supports energy production.

Gummies



Vitamin B6

1 mg

Vitamin
B12

25 mcg



Don't just play it, slay it.

Fight fatigue, stay focused and support your memory to give whatever you love your all.



Nutriline™ Vitamin B Dual-Action

Provides instant and time-released B-vitamins for all-day energy support, plus nutrients from Spirulina grown on our aqua partner farm.

122971 30 Tablets (Blister packs)
\$16.00

110171 120 Tablets
\$46.00



ULTRA FOCUS + ENERGY PACK (SEE PAGE 67).

Contains Nutrilite™ Vitamin B Dual-Action, Memory Builder™ and XS™ Boost + Focus.



n* by Nutrilite™ Slay the Day – Energy Gummies

Yummy, Tangerine-Lemon flavored gummies can help you power through from morning to night. Powered with vitamins B6, B12 and Ginseng.

124556 30 Servings
\$24.00



XS™ Boost + Focus

Helps maximize physical endurance and mental focus during exercise.

107846 30 Tablets (Blister packs)
\$25.00

101593 60 Tablets
\$45.00



Nutriline™ Memory Builder™ Supplement

Provides short- and long-term memory benefits.† Also supports optimal blood flow to nourish the brain.

111106 60 Tablets
\$48.00



*The NSF logo is a registered trademark of NSF International.

†Preliminary Clinical Research shows Nutrilite™-exclusive Cistanche extract helps improve memory, focus and recall after six weeks of daily use.

Immunity – your built-in defense system.

Support your body's natural defenses with powerful, plant-based ingredients.

HELP SUPPORT YOUR IMMUNITY WITH HEALTHY LIFESTYLE HABITS.



Eat colorfully

Colorful fruits and veggies contain vital phytonutrients and antioxidants like vitamin C and beta-carotene that support your immune health.



Exercise daily

It stimulates movement of innate cells throughout the body, resulting in better immune surveillance.



Manage stress

Chronic stress can overwhelm your immune system. Find ways to reduce stress, like getting outside, relaxing, listening to music or meditating.

KEY NUTRIENTS TO SUPPORT YOUR IMMUNITY:

Mushrooms

One of nature's most concentrated botanical sources of vitamin D used to support your immune system and general well-being.

Acerola Cherry

Helps support healthy immune function with one of nature's most potent sources of vitamin C – 50X more than oranges.

Echinacea

Provides broad support for your overall health.

Zinc

Is an essential nutrient important for the maintenance of the immune system.

Probiotics

Probiotics can support a healthy gut, which is the first line of defense for foundational body wellness.



Get Immunity Support in two ways.

Help your body help itself with Foundational Support from daily vitamins, and Targeted Support to stay well prepared and get back on track.



1 Foundational Immune Support

Your immune health starts with foundational building blocks – daily vitamins and nutrients to help support your overall wellness.

See pages 30–31 for foundational immunity products.



2 Targeted Immune Support

Go above and beyond with Targeted Support to stay well prepared and get back on track.

See pages 34–35 for targeted immunity products.

STAY WELL PREPARED

Antioxidants help support your body's ability to protect itself from cell-damaging free radicals.

See pages 34–35 for these products.

GET BACK ON TRACK

Give your body a helping hand.

See pages 36–37 for these products.



Foundational immunity: Everyday support.

Build a strong foundation with three key daily nutrients for a solid start to a healthy immune system.



or



CHOOSE YOUR DAILY MULTIVITAMIN

To help fill nutrient gaps in your diet and support immunity and overall health.

See pages 16–17 for multivitamin product details.

+

ADD VITAMIN D

To help support foundational immunity and healthy bones.



+

ADD PROBIOTICS

To help support healthy digestion and overall gastrointestinal health.





Nutrilite™ Vitamin D

A blend of 25 mcg of vitamin D from farm-grown Mushrooms, one of nature's most concentrated botanical sources of vitamin D, to help support healthy immune function and bone health.

118761 90 Tablets
\$25.00



Nutrilite™ Balance Within™ Probiotic

Helps your body maintain a natural balance of good gut flora, as well as digestive comfort and regularity.[†] Contains 6.3 billion live probiotic microorganisms from five clinically tested strains. Includes prebiotic fiber from chicory root – it's food that feeds and nourishes the good bacteria in your gut. Soy free and lactose free.

120571 30 Stick Packs
\$55.00



*The NSF logo is a registered trademark of NSF International.
 †With regular use.

Stay well prepared on your terms.

Choose your antioxidant support based on the format and plant-based ingredients you prefer. See additional product details on pages 34–35.

Click on a product for more information

Nutrilite™ Organics Antioxidant Superfood Powder

Delicious and natural antioxidant support.

Powder



Organic Superfruits

10

Natural Vitamin C

180 mg



Nutrilite™ Vitamin C Extended Release

Delivers all-day immune support.

Tablets



Vitamin C

575 mg

Citrus Bioflavonoids

35 mg



Nutrilite™ Immunity Defense

Provides immune and respiratory support.

Tablets



Zinc

10 mg

Holy Basil

200 mg



n* by Nutrilité™ Wellness Warrior – Immunity Gummies

A blend of immunity supporting ingredients.

Gummies



Vitamin C

90 mg

Zinc

7.5 mg



Find your way to get back on track.

Choose how to give your body a helping hand based on the format and plant-based ingredients you prefer. See additional product details on pages 36–37.

Nutriline™ Tri-Guard™ Echinacea

Support your body's defense system.

Tablets



Echinacea Triple Blend

840 mg

Citrus Multiflavonoid Complex

99 mg



Nutriline™ Twist Tubes 2GO™ Immunity Health

On-the-go immunity support.

Liquid Drink Mix



Vitamin C

1,000 mg

Vitamin Bs

6 mg



IMMUNITY PACK (SEE PAGE 67).

Pre-packaged, convenient and ready to go wherever you do.

Targeted immunity support: Stay well prepared.



Nutrilite™ Vitamin C Extended Release

Includes antioxidant-rich Acerola Cherries grown on our own farms. Provides 575 mg of Vitamin C in a slow, steady release formula for all-day immune support.

109745 60 Tablets
\$24.00

109747 180 Tablets
\$61.00



Nutrilite™ Organics Antioxidant Superfood Powder

Packed with nutrients from 10 superfruits, starring Acerola Cherries and Elderberries grown on our farms and partner farms. Delivers 180 mg natural vitamin C; more than what is found in 12 cups of fresh Blueberries.

125936 180 g/6.3 oz.
\$55.00





Nutrilite™ Immunity Defense

Support your immune and respiratory systems with a unique combination of 200 mg Holy Basil and 17.5 mg Citrus Bioflavonoids from our partner farms, plus 10 mg zinc with selenium and copper.

124692 60 Tablets
\$28.00



HOLY BASIL

A sacred plant traditionally used in Ayurveda (as an expectorant) to help relieve respiratory mucus buildup.



n* by Nutrilite™ Wellness Warrior – Immunity Gummies

Elderberry-Lemon flavored gummies with a 3-in-1 blend of 100 mg Elderberry, 90 mg vitamin C and 7.5 mg zinc to help support immunity.

124555 30 Servings
\$24.00



*The NSF logo is a registered trademark of NSF International.

Targeted immunity support: Get back on track.

Help support your immune system
with targeted supplements.



Nutrilite™ Tri-Guard™ Echinacea

Guaranteed for purity and botanical levels, our blend uses Echinacea grown on our certified organic farm.† Proprietary, triple blend of extracts plus Citrus Bioflavonoids support your overall health.

A5986 120 Tablets

\$45.00



Nutrilite™ Twist Tubes 2GO™ Immunity Health

Support your immune system with an excellent source of vitamin C (1,000 mg) and B-vitamins in these Strawberry-Kiwi flavored water infusers.

110855 20 Tubes

\$25.00





Nutrilite™ Immunity Pack

Each packet contains the following supplements:

- Vitamin C Extended Release
- Tri-Guard™ Echinacea

123843 20 Packets

\$36.00



†Products and ingredients are not organic.

*The NSF logo is a registered trademark of NSF International.

Nature's best nutrients bring your inner beauty out.



BUILD

FIRST THINGS FIRST:

Nutrilite™ Organics Plant Protein Powder provides all 9 essential amino acids – the building blocks for key skin proteins like keratin, collagen and elastin.

Artistry Skin Nutrition™ Balancing, Hydrating, Renewing and Firming Solutions address the 5 key Skin Nutritional requirements – purify, balance, rebuild, moisturize and protect.

TAKE IT A STEP FURTHER

with **Nutrilite™ SHiNe™**. It contains biotin and other nutrients that support healthy hair, skin and nails and vitamin C to protect against free radicals.

Nutrilite™ supplements support your body and skin from the inside out with pure, plant-based ingredients grown on our own Nutrilite™ farms and partner farms. And with skin care solutions backed by Nutrilite™-grown botanicals, Artistry Skin Nutrition™ products deliver exactly what your skin needs.



PROTECT

WANT EVEN MORE?

Add antioxidant protection inside and out.

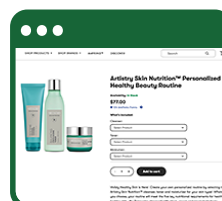
Nutrilite™ Double X™ Daily Vitamin/Mineral/Phytonutrient Supplement provides supportive nutrients from vitamins A, C, biotin and niacin to help support healthy skin.

Artistry Skin Nutrition™ Vitamin C + HA3 Daily Serum helps safeguard skin from damaging external free radicals.

EXTRA SUPPORT

FOR THE FINISHING TOUCH,

Balanced Health Omega provides a blend of two key omega-3 fatty acids, which play a critical role in maintaining your overall well-being.



CLICK & CREATE

Find your own personalized beauty solutions.

Make for healthy gut reactions.

Digestion is just the start! Your gut is often described as your 2nd brain – it affects your feelings, mood and your immunity. In fact, 70% of your immune system lives in your gut. An unhealthy gut can also impact your appetite and the appearance of your skin. So, there are many important reasons to help support it.



SUPPORT HEALTHY DIGESTION WITH:



Probiotics

Beneficial microorganisms that help increase the “good bacteria” in your gut to support your digestive health.



Dietary Fiber

Healthy parts of plant foods that sweep through your digestive system to promote regularity.

HELP KEEP YOUR GUT HAPPY.

- Eat bright colored fruits & vegetables rich in fiber
- Eat fermented foods like kimchi or yogurt
- Take probiotics
- Exercise regularly
- Stay hydrated

Find the right digestion product for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

Nutriline™ Stress Relief Probiotic

Helps manage occasional stress and supports mental focus and digestion. Helps fight free radicals.

Capsules



Probiotic CFUs

18 Billion

Melon Concentrate

10 mg

COMING SOON!



Nutriline™ Balance Within™ Probiotic

Support healthy digestion and overall intestinal health with a unique blend of clinically-tested probiotic strains that arrive alive in your gut and stay there.†

Powder Sticks



Probiotic strains

5

Probiotic CFUs

6.3 Billion



Nutriline™ Fiber Powder

Supports gut microbiome health and regularity.

Powder Sticks



Dietary Fiber

4 g

Number of Soluble Fibers

3



Nutriline™ Digestive Enzyme

Supports normal digestion of carbs, protein, fats and dairy.

Capsules



Proprietary Enzyme Blend

302 mg

Spirulina + Parsley

33 mg



†With regular use.

Feeling good takes guts.

Support healthy digestion to help your body feel its best.

Nutriline™ Balance Within™ Probiotic

Helps maintain a natural balance of gut flora, as well as digestive comfort and regularity.† Contains 6.3 billion live probiotic microorganisms from five clinically tested strains.

120571 30 Stick Packs
\$55.00



Nutriline™ Fiber Powder

A convenient way to add fiber to your diet and feed the good bacteria in your gut with 4 g of three natural fibers. This taste-free, non-gritty powder can be sprinkled on foods or mixed into liquids.

102736 30 Stick Packs
\$33.00



COMING SOON!

Nutriline™ Stress Relief Probiotic

Double defense formula with clinically supported levels of two strains of 18 billion CFUs and 10 mg of unique, non-GMO Extramel® Melon concentrate, a powerful antioxidant defense system. Helps reduce occasional stress, fight mental fatigue and aid healthy digestion.

125514 30 Capsules
\$60.00



PROBIOTIC & FIBER when used together, support a healthy balance of good bacteria in your gut.



Nutriline™ Digestive Enzyme

Aid the 22 enzymes in your body that help optimize nutrient absorption and break down carbohydrates, protein, fats and dairy with 302 mg of our proprietary enzyme blend and 17 mg of Spirulina from our partner farms.

A8903 90 Capsules
\$50.00



GUT REACTION.

Your gut can produce appetite signals that control whether you feel hungry or full. It can also affect the outer appearance of your skin.



CLICK & EXPLORE

*The NSF logo is a registered trademark of NSF International.
†With regular use.

Support strong bones & nimble joints.



STAND-OUT BONE & JOINT NUTRIENTS:

Calcium

Most of the calcium in your body is found in your bones – it's needed to support strong bones, nerves, tissues and muscle contraction.

Magnesium

Helps support strong bones, muscle function, metabolism and regular heartbeat.

Glucosamine

Helps support the maintenance of healthy joints and positively affects joint function.

Vitamin D

Helps your body absorb calcium from the foods you eat.



WHAT CAN YOU DO?

Consume calcium-rich foods.

Add fresh, wholesome ingredients to your grocery list such as dairy, sardines, salmon, seeds and deep green vegetables that contain a good source of calcium.

Research shows that a regular exercise routine helps support healthy bone mass.

Studies have found that daily exercise can help reduce the risk of bone- and joint-related issues and help keep joints lubricated.

Find the right bone & joint support product for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

Nutrilite™ Vitamin D

Supports strong, healthy bones.

Tablets



Vitamin D2

6.25 mcg

Vitamin D3

18.75 mcg



Nutrilite™ Cal Mag D

Helps maintain healthy bones at any age.

Tablets



Calcium

200 mg

Magnesium

67 mg



Nutrilite™ Joint Health

Supports healthy cartilage and joints.

Tablets



Glucosamine HCl

500 mg

Chondroitin Sulfate

85 mg



n* by Nutrilite™ Turmeric Gummies

Supports healthy joints and overall health.

Gummies



Turmeric Root Extract

120 mg



Nutrilite™ Twist Tubes 2GO™ Joint Health

Helps support flexibility and movement on the go.

Liquid Drink Mix



Glucosamine

1,500 mg

Vitamin C

70 mg



Take bone and joint support in stride.

Stay active – help support healthy bones and joints with plant-based nutrition.



Nutrilite™ Cal Mag D

Helps your body maintain healthy bones at every age with calcium and magnesium derived from Icelandic calcified seaweed and vitamin D to optimize absorption.

110610 180 Tablets
\$49.00



Nutrilite™ Joint Health

A unique blend of six powerful joint-supporting ingredients designed to support healthy joint function and help maintain healthy cartilage.

103977 180 Tablets
\$39.00

Nutrilite™ Vitamin D

Plant-based vitamin D from Mushrooms supports strong bones by helping them absorb and use calcium.

118761 90 Tablets
\$25.00





**n* by Nutrilite™
Turmeric Gummies**

Help promote joint and overall health with tasty, Pineapple-Coconut flavored gummy supplements that are easier than ever to take.

124940 30 Servings
\$27.00



**Nutrilite™ Twist Tubes
2GO™ Joint Health**

Support cartilage and joints on the go with 1,500 mg of glucosamine in these refreshing Raspberry flavored water infusers.

110857 20 Tubes
\$25.00

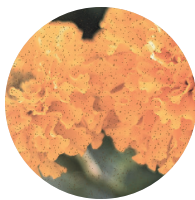


*The NSF logo is a registered trademark of NSF International.

Support your sight.

Today's digital-forward work/life balance can take a real toll on your vision, so it's more important than ever to support your overall eye health.

NUTRIENTS FOR HEALTHY EYESIGHT:



Lutein and Zeaxanthin:

Two important carotenoids, which are pigments produced by plants that give fruits and vegetables a yellow to reddish hue. Both are potent antioxidants offering a range of health benefits and are best known for protecting your eyes.



Vitamin A from Beta Carotene:

Helps to maintain healthy vision.



Lycopene:

A carotenoid found in red and pink fruits. It is a strong antioxidant that can protect your body against oxidative stress.



Bilberry:

Loaded with vitamin C, anthocyanins, and other antioxidants that help fight free radicals in your body.



PROTECT YOUR EYES:

Against UV rays

Always wear sunglasses when you're outside to help shield and protect your eyes from the sun's harmful UV rays.

Against blue light

Take a break from your desktop, laptop, tablet, smartphone and TV screens every 2 hours to rest your eyes.

Against dryness

Keep on blinking. It helps spread natural tears over the surface of your eyes to keep them moist and protect the fragile tissue that they're made of.

Tablets or capsules?

Support your vision and eye health the way you prefer.



or



Nutrilite™ Vision Health with Lutein

Antioxidant complex helps protect eyes from free radical damage. Supports healthy retinas, macula and blood vessel integrity.

104144 62 Tablets

\$40.00



Nutrilite™ Multi Carotene

Key nutrients help protect eyes from free radicals. Incorporates a mix of natural carotenoids from Algae, Palm Fruit oil and Marigold, similar to those in fruits and vegetables.

109536 90 Capsules

\$23.00



*The NSF logo is a registered trademark of NSF International.

Show your heart some love.

Your heartbeat is life. Every pump nourishes your cells with oxygen and tells them how to function.

SUPPORT YOUR HEART HEALTH WITH:



CoQ10:

Concentrated in the heart, liver and kidneys, CoQ10 delivers key antioxidant support for healthy blood vessels.



Garlic (alliin):

This popular ingredient helps maintain cardiovascular health.



Green Tea (EGCG):

Green Tea extract helps maintain already normal cholesterol levels.



Omega-3 Fatty Acids:

Help support blood flow and heart health.



DO YOUR PART FOR YOUR HEART

Eat:

Fuel your heart and your whole body with leafy greens and fresh fruit. These superfoods offer the nutrients your heart needs to function.

Move:

Strengthen your heart with regular exercise. A quick pump-up brings oxygen to all your cells and clears out excess cholesterol.

Ahhhhh:

Relax your body and manage stress to support your heart and your immune system. Improving blood flow to stiff or tense muscles helps your heart not work as hard.

Find the right heart health product for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

HEALTHY BLOOD PRESSURE

Nutriline™ Garlic Heart Care

Helps maintain already normal blood pressure and cholesterol levels.

Tablets



Garlic 397 mg



HEALTHY CHOLESTEROL LEVELS

Nutriline™ Cholesterol Health

Helps maintain already normal cholesterol levels.

Capsules



Green Tea 395 mg



HEALTHY COQ10 LEVELS

Nutriline™ Heart Health CoQ10

Helps maintain necessary CoQ10 levels and helps cells produce energy for heart health.

Capsules



Coenzyme Q10 30 mg

Vitamin E 13.4 mg



HEALTHY HEART & BLOOD FLOW

Nutriline™ Heart Health Omega

Supports healthy blood flow and heart function.

Capsules



EPA 420 mg

DHA 210 mg



Never skip a beat.

Take care of your heart with our targeted supplements.



Nutrilite™ Cholesterol Health

Helps maintain already normal cholesterol levels with phytonutrients from 395 mg Green Tea. Protects against cell-damaging free radicals.

100070 60 Capsules
\$40.00



Nutrilite™ Garlic Heart Care

Helps maintain already normal blood pressure and cholesterol levels when used as part of a diet low in fat and cholesterol. A special coating of soothing Peppermint oil minimizes “garlic breath”.

A5923 120 Tablets
\$38.00



Nutrilite™ Heart Health Omega

This naturally sourced omega-3 supplement has a 2:1 ratio of EPA to DHA omega-3s to help support optimal heart health. Helps reduce serum triglycerides with fatty acids from fatty fish.

A8919 90 Capsules

\$44.00



Nutrilite™ Heart Health CoQ10

Helps maintain necessary CoQ10 levels, which help produce energy for a healthy heart. It also supports the liver, kidneys and all cells with daily use.

A8601 60 Capsules

\$23.00



*The NSF logo is a registered trademark of NSF International.

Healthy inside. Happy outside.

Rich, plant-based ingredients in our digestive, liver and cellular health supplements provide the support you need to be your best.



Nutrilite™ Chewable Vitamin E

Helps provide antioxidant protection for your cells. These chewable tablets also contain lecithin from Soybean oil to help your body more effectively absorb vitamin E.

A4042 150 Tablets

\$28.00





Nutrilite™ Liver Support

Provides antioxidant protection from free radicals and supports normal liver function with plant-based ingredients, including Milk Thistle, Dandelion Root and Turmeric.

A8084 60 Tablets
\$44.00



Nutrilite™ Glucose Health

Supports your ability to metabolize carbohydrates, fats and protein efficiently to help maintain already normal blood glucose levels. Contains Garcinia Fruit and chromium.

A8600 120 Capsules
\$30.00



*The NSF logo is a registered trademark of NSF International.

Daily nutrition for her & him.

Women's and men's health and nutrition needs vary due to physiological and biological differences that change with age. Support your well-being with daily support and plant-based supplements for all of life's stages.



FOR HER:

Iron

Helps form red blood cells and helps in their proper function.

Folic Acid & Folate:

Essential for prenatal and pregnancy health.

Black Cohosh:

Support during menopause for overall wellness.

Calcium & Vitamin D

Helps to build strong bones and maintain immune function.



FOR HIM:

Saw Palmetto Extract & Pumpkin Seed Oil

Supports normal prostate function.

Nettle Root

Supports normal urinary flow.

Calcium & Vitamin D

Helps to build strong bones.

Find the right men's or women's support products for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

Nutriline™ Prostate Health

Helps support a healthy prostate for men 35 and over.

Capsules



Saw Palmetto

106 mg

Pumpkin Seed Oil

160 mg



Nutriline™ Cal Mag D

Helps maintain healthy bones at any age.

Tablets



Calcium

200 mg

Magnesium

67 mg



Nutriline™ SHiNe™

Provides nutrients that promote healthy skin, hair and nails.

Tablets



Biotin

500 mcg

Vitamin C

59 mg



Nutriline™ Menopause Ease™

Provides hot flash and night sweat relief. Black cohosh supports overall well-being during menopause.

Tablets



Black Cohosh

40 mg

Soy Protein

108 mg



Nutriline™ Iron Folic

Includes a unique blend of three iron sources and folic acid, essential for women.

Tablets



Iron

10 mg

Folate

195 mcg



Live life well supported.

Personal support for every stage of life.



Nutrilite™ Prostate Health

Our Saw Palmetto, Pumpkin Seed oil and Nettle Root extract blend helps support healthy prostate function and urinary flow in men.

A8004 100 Capsules
\$55.00



Nutrilite™ Cal Mag D

Contains plant-based calcium and magnesium with vitamin D to help maintain healthy bones at any age and zinc to help in connective tissue formation.

110610 180 Tablets
\$49.00





Nutrilite™ SHiNe™

Includes biotin to help promote healthy skin, hair and nails. Helps metabolize proteins, which supports hair and nail growth. Vitamin C protects against free radicals.

A7554 120 Tablets
\$31.00



Nutrilite™ Menopause Ease™

Made with 40 mg Black Cohosh and antioxidant protection from Acerola Concentrate and Lemon Bioflavonoid Complex to help relieve the symptoms of menopause for overall well-being.

A8085 90 Tablets
\$40.00



Nutrilite™ Iron Folic

A blend of folic acid and 3 iron sources, including Spinach, helps transport oxygen in your body and helps in the formation of proper functioning of red blood cells.

102046 90 Tablets
\$22.00



*The NSF logo is a registered trademark of NSF International.

We grow plants so you can grow kids.

Powered by plants and backed with nutrients, Nutrilite™ Kids products are one more way you can bring big results for your kids ... little by little.

PLANT-POWERED GOODNESS TO HELP THEM GROW BIG AND STRONG



Acerola Cherries

A superfruit with the vitamin C equivalent of nearly 50 oranges.



Blueberries

Bursting with anthocyanins, rich in antioxidants.



Dark Green Spinach

Contains vitamins A, C, K and lutein – important nutrients for growing kids on the move.



Vitamin C

Helps support the immune system, healthy bones and teeth. Also helps the body increase iron absorption.



Find the right kids' nutrition support for your little ones.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

NEW!

Nutriline™ Kids Immunity Blend

3-in-1 immunity support for kids.

Powder Sticks



Vitamin C 30 mg

Zinc 2.6 mg



Nutriline™ Kids Chewable Daily

Delicious, daily multivitamins offer optimal nutrition to help support growing kids.

Tablets



Vitamins & Minerals 19

Flavors 3



Nutriline™ Kids Chewable Concentrated Fruits & Vegetables

A delicious way for kids to get plant nutrients to support optimal health.

Tablets



Phytonutrients 5+



Nutriline™ Kids Chewable Vitamin C

Supports children's immune systems year-round.

Tablets



Vitamin C 30 mg

Acerola Cherry Concentrate 200 mg



Help them grow big, little by little.

With wholesome plant nutrients you'll recognize, and your kids will love, you can feel confident knowing they are getting exactly what they need to support growth and development.





NEW!

Nutriline™ Kids Immunity Blend Fast-Melt Powder

Fun and tasty, this fast-melt powder dissolves quickly on the tongue or easily mixes with cold foods and beverages to help support your child’s immune system.

123046 30 Stick Packs
\$39.00



Nutriline™ Kids Chewable Daily

Optimal nutrition is important to support growing kids. Contains essential vitamins and minerals, including calcium and vitamin D for strong bones. Helps support a healthy immune system and promotes eye health.

104276 60 Tablets
\$24.00



Nutriline™ Kids Chewable Concentrated Fruits & Vegetables

A delicious way for kids to get plant nutrients to support optimal health. Contains phytonutrients of 5+ servings of fruits and vegetables. Our exclusive concentrate is derived from whole foods.

100346 60 Tablets
\$33.00



Nutriline™ Kids Chewable Vitamin C

All the vitamin C kids need from our exclusive Nutrilite™ Acerola Cherry concentrate. Supports immune function and helps develop and maintain healthy bones, teeth and gums.

A5353 180 Tablets
\$36.00



*The NSF logo is a registered trademark of NSF International.

Personalized packs. Good to go.

MyPacks make it easy to meet your nutritional needs on the go.



Nutrilite™ Perfect Pack

Each daily serving contains:

- Double X™ Vitamin/Mineral/Phytonutrient Supplement
- Concentrated Fruits and Vegetables
- Balanced Health Omega
- Vitamin D

123377 60 Packets (30 A.M. & 30 P.M.)

\$158.00





Nutrilite™ Men's Pack

Each packet contains:

- Daily Multivitamin
- Concentrated Fruits and Vegetables
- Balanced Health Omega
- Vitamin C Extended Release

123365 30 Packets

\$63.00



Nutrilite™ Women's Pack

Each packet contains:

- Daily Multivitamin
- Concentrated Fruits and Vegetables
- Cal Mag D
- SHiNe™

123372 30 Packets

\$65.00



Everything you need, nothing you don't.

Specialized packs are perfect to take on a trip, on the go or just keep at home.



Nutriline™ Heart Health Pack

Each daily serving contains:

- Heart Health Omega
- Heart Health CoQ10
- Cholesterol Health

123367 60 Packets
(30 A.M. & 30 P.M.)

\$137.00





Nutrilite™ Immunity Pack

Each packet contains:

- Vitamin C Extended Release
- Tri-Guard™ Echinacea

123843 20 Packets

\$36.00



Nutrilite™ Ultra Focus + Energy Pack

Each packet contains:

- Vitamin B Dual-Action
- Memory Builder™
- XS™ Boost + Focus

123842 20 Packets

\$46.00

Drinks & snacks that love you back.

Simple, convenient ways to support your nutrition and wellness when you're on the move.



Nutrilite™ Twist Tubes 2GO™ Antioxidant Health

An excellent source of vitamins A and C to support a healthy immune system as well as eye and skin health with Mango-Citrus flavored water infusers.

110538 20 Tubes
\$25.00



Nutrilite™ Twist Tubes 2GO™ Variety Pack

All the flavors together! Includes 10 Antioxidant Health, 5 Joint Health and 5 Immunity Health water infuser tubes.

110922 20 Tubes
\$25.00



**SEE IMMUNITY HEALTH TWIST TUBES 2GO™ ON PAGE 36.
 SEE JOINT HEALTH TWIST TUBES 2GO™ ON PAGE 47.**

Nutrilite™ Wellness Bar

Packed with wholesome ingredients, these bars are great grab-and-go options for the whole family. No artificial flavors, colors or preservatives.

111045 Nutty Dark Chocolate

111044 Coconut Almond

12 Bars

\$36.00



Perfect Empowered Drinking Water®†

A refreshing, smooth-tasting, drinking water specially filtered to optimize your hydration.

285376 Twenty-four
500 mL/16.9 fl. oz. Bottles

\$70.00



*The NSF logo is a registered trademark of NSF International.

†Perfect Empowered Drinking Water® is a registered trademark of Perfect Water & Essentials, LLC.

Gain more from losing weight.

BodyKey by Nutrilite™ products are here to support your efforts.



2 pounds each year

average weight gain in North America

There's so much to gain from losing weight.

RELIEVE STRESS

on your body and

ENJOY LIVING MORE.

BodyKey by Nutrilite™

products are designed to support your efforts and your consistent moderate exercise.

TASTY TOOLS FOR MAINTAINING A HEALTHY WEIGHT.

Fill up. Start every plate with 50% vegetables, then include plant protein and high-fiber carbs to support fullness and energy.

Shake. Whip up a nutritious powerhouse to replace some meals and speed through your busy day. Shakes or bars go where you go!

Sip. Enjoy tasty hydration with herbal teas that provide organic nutrients and replace sugary drinks.

Snack. Get crunchy satisfaction from treats with more protein and fiber to keep you fueled up.

Share. Find support groups with similar goals to motivate your daily exercise & celebrate your successes.

Find the right healthy weight support products for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

TASTY, FILLING ON-THE-GO DRINK

BodyKey by Nutrilite™ Meal Replacement Shake Mix

Nourishing shakes that help you replace up to 2 meals per day as part of a healthy diet to help you lose weight.



PORTABLE DELICIOUS BARS

BodyKey by Nutrilite™ Nutritional Supplement Bars

Tasty, better-for-you treats with vitamins and minerals.



ORGANIC ALTERNATIVES TO SUGARY DRINKS

BodyKey by Nutrilite™ Teas

Soothing teas with zero calories.



CONVENIENT, CRUNCHY SNACKS ANYTIME

BodyKey by Nutrilite™ Snacks

Wholesome snacks for between meals.



Portable,
delicious
& on your
plan.





No nutrition sacrifice here, our meal replacement shakes and nutritional supplement bars are full of the goodness you need.



BodyKey by Nutrilite™ Meal Replacement Shake

Replace one to two meals per day, and satisfy hunger with a creamy shake. Enjoy 20 grams of protein and 25 vitamins and minerals. Gluten free and soy free.

- 122276 Chocolate
- 122277 French Vanilla
- 122278 Strawberry

1 Tub (16 servings)
\$69.00



BodyKey by Nutrilite™ Nutritional Supplement Bars

Made with wholesome, delicious ingredients that fulfill cravings. Well-balanced snack or meal packed with vitamins and minerals.

- 110832 Blueberries & Yogurt
- 110844 Cookies & Cream

14 Bars
\$53.00



BodyKey by Nutrilite™ Low Net Carb* Nutritional Supplement Bars

These well-balanced bars offer delicious, gluten-free ingredients.

- 290761 Cinnamon Swirl

14 Bars
\$53.00



*Net Carbs = Total Carbs - Dietary Fiber - Sugar Alcohol.

Grab a handful of guilt-free goodness.

Treat yourself to portion-controlled snacks and herbal teas in between meals.



CLICK & EXPLORE

Get easy weight-management tips.





BodyKey by Nutralite™ Zesty Protein Snack

A delicious, savory snack. Soy free.
120 calories per 28 g bag.

282065 14 Servings
(28 g/1.0 oz./Bags)

\$44.00



BodyKey by Nutralite™ Whole Grain Tortilla Chips

Made from a Rice-based dough mixed with Sesame, Flax and Chia Seeds for a delicious and convenient snack.

110342 18 Servings
(43 g/1.5 oz./Bags)

\$47.00



BodyKey by Nutralite™ Slim Popcorn

A delicious, salty snack with a touch of Green Tea. 3 grams of fiber. 110 calories per 20 g bag.

285370 24 Single-Serve Pouches
\$53.00



BodyKey by Nutralite™ Tulsi & Chamomile Tea

Caffeine-free, zero-calorie tea is formulated with a variety of botanical herbs known for their soothing benefits. USDA Organic.

282063 25 Tea Sachets
\$12.50



BodyKey by Nutralite™ Oolong Green Tea

Perfectly blended with just enough caffeine to get you going. Zero calories. USDA Organic.

110341 100 Tea Bags per Box
\$33.00



Reach your healthy weight goal.





Nutrilite™ Slimmetry™

GreenSelect®* Phytosome caffeine-free Green Tea extract is designed to help your body lose weight when combined with diet and exercise. Complements a healthy lifestyle that incorporates a calorie-reduced diet and physical activity for those in a weight management program.

117085 60 Tablets

\$36.00



Nutrilite™ Carb Blocker

Blocks carbs without depriving your body of vitamins, minerals and fiber. Designed to inhibit the digestion of both simple sugars and complex carbohydrates.

100193 90 Tablets

\$38.00



Nutrilite™ CLA 500

Provides Conjugated Linoleic Acid (CLA), an essential fatty acid, which is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.†

100280 180 Capsules

\$58.00



†Anyone with a medical condition, including diabetes and hypoglycemia, should consult a physician before using this product.

*GreenSelect® is a registered trademark of Idena S.p.A.

Celebrating 20 years of adventure with fun, new flavors!





For over two decades we've been fueling your thirst for adventure, helping you crush your goals and reach new heights – and we're not slowing down! The future is bright and you can seize the opportunity to #ExperienceMore with our latest and greatest all-natural flavors.

NEW!

**XS™ Sports Protein Bar –
Birthday Cake**

Celebrate the XS™ way with a delicious bar powered by 20 g of whey and casein proteins and only 9 g of sugar. Natural cake batter flavor, with sprinkles on top and no artificial colors or sweeteners! Perfect anytime, even pre-workout.

308600 12 Bars
\$44.00

**XS™ Energy Drink –
Maple Lemonade**

Natural maple flavor, with a refreshing lemonade finish, this unique energy drink gives a nod to Amway's 60th anniversary in Canada. Positive energy from 83 mg of caffeine and B-vitamins with no sugar or carbs and just 10 calories.

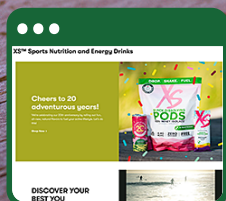
125586 Twelve 250 mL/8.4 oz. Cans
\$30.00*

COMING SOON!

**XS™ Protein Pods –
Chocolate & Vanilla**

Contains 20 g of whey protein isolate and 4.4 g BCAAs** to help build lean muscle mass. Keto-friendly, with no sugar or fat and naturally sweetened with Stevia. With delicious, natural Chocolate and Vanilla flavors, we're getting serious ice cream vibes – cake and shake, anyone?

300855 Vanilla
300856 Chocolate
16 Pods
\$48.00



**CLICK &
EXPLORE**

Learn more about the XS™ brand, products and active lifestyle.

*Deposit charges and refunds will vary by province. For deposit information, visit Amway.ca.
**Branch-Chain Amino Acids

Harness your positive energy.

Get pumped for your next adventure or workout. Fuel up with XS™ Energy Drinks and supplements and enjoy a boost of energy without artificial colors or flavors.

PLANT-BASED ENERGIZERS:



Rhodiola Rosea

An herb that can help combat fatigue, increase mental performance, reduce stress and improve physical and mental fitness and resilience.



Ginseng

A root that helps support the cardiovascular system, fight mental fatigue and promote energy so you can stay dialed into your workout longer.



Natural Caffeine

Found in tea and fruit leaves and beans of coffee, cacao and guarana plants, caffeine helps you stay alert and energized.



B-Vitamins

Help convert proteins, carbohydrates and fats into energy your body can use throughout the day.

ENERGY LEVELS

1. STARTING ENERGY

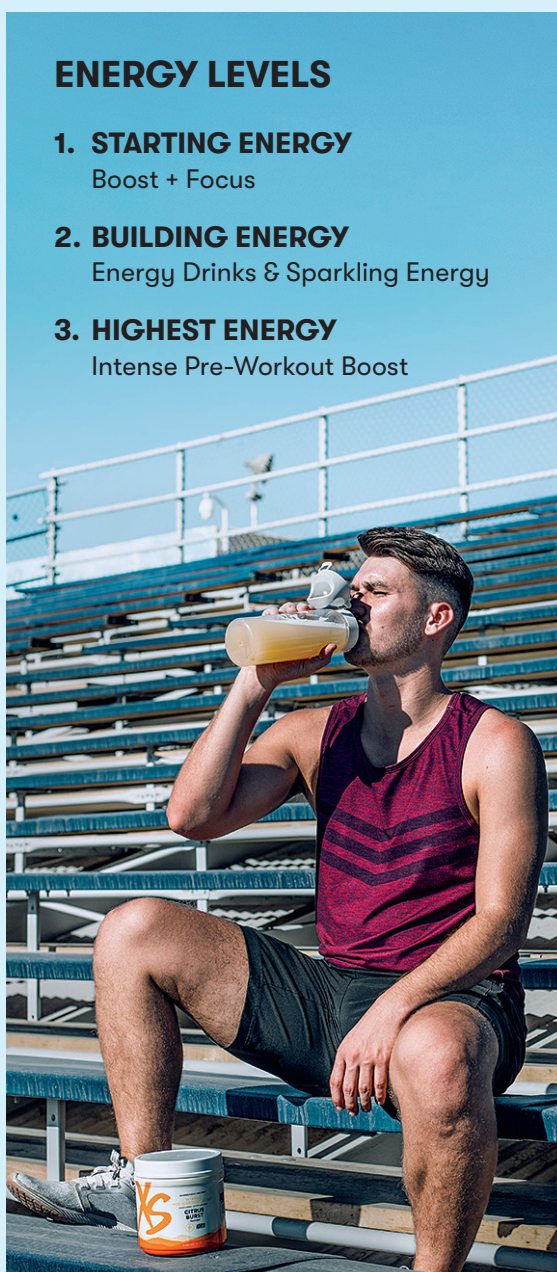
Boost + Focus

2. BUILDING ENERGY

Energy Drinks & Sparkling Energy

3. HIGHEST ENERGY

Intense Pre-Workout Boost



Find the right energy products for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

XS™ Boost + Focus

Helps maximize physical endurance and mental focus.

Tablets



Caffeine

170 mg

Rhodiola
Rosea

105 mg



XS™ Intense Pre-Workout Boost

Provides maximum energy and focus to power your workout and performance.

Powder
Drink
Mix



Caffeine

100 mg

CarnoSyn®††
Beta
Alanine

3.2 g



XS™ Sparkling Energy

Helps provide energy and vitamin C from natural fruit juices and zero added sugar.

Drink



Caffeine

83 mg

Vitamin C

200%



XS™ Energy Drinks

Blast of positive energy without a sugar crash.

Drink



Caffeine

83 mg

Vitamin
B12

500%



††CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

Pump it up with all-day energy.

Supercharge your workouts with XS™ Energy supplements.



XS™ Boost + Focus

Boost energy naturally with 170 mg of caffeine from Green Tea extract and 105 mg of Rhodiola Rosea to sharpen focus.

107846 30 Tablets
(Three 10-tablet blister packs)

\$25.00

101593 60 Tablets

\$45.00



XS™ Intense Pre-Workout Boost

Helps increase energy and sharpen focus with an invigorating 600 mg blend containing 100 mg of natural caffeine. Packed with 3.2 g of CarnoSyn®†† Beta Alanine and 100 mg of Nutrilite™-approved Rhodiola Rosea to help you level up.

110408 Citrus Burst 1 Tub (30 Servings)

\$60.00



CLICK & EXPLORE

Learn more about the ingredients that help pump up your pre-game.

††CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

High energy. Low sugar.

Get going with a variety of refreshing, great-tasting energy drinks that are packed with the extras you want, but free from the added sugar and calories you don't.





XS™ Energy Drinks

A blast of energy and none of the sugar!™ Packed with 83 mg of caffeine, mega doses of B-vitamins and delicious, all-natural flavor to fuel all of your adventures.

- 124635 Citrus
- 124636 Cranberry-Grape
- 124637 Tropical
- 124638 Naranja
- 124639 Summit
- 124640 Root Beer
- 125586 Maple Lemonade
(While supplies last)
- 124653 Variety Case†

Twelve 250 mL/8.4 oz. Cans

\$30.00*



XS™ Sparkling Energy

All the energy plus 25% real fruit juice, 200% of your daily vitamin C and no added sugar. In deliciously refreshing, all-natural, tropical flavors, you'll definitely want to try them all.

- 124641 Mango Pineapple Guava
- 124642 Pink Grapefruit

Twelve 250 mL/8.4 oz. Cans

\$30.00*



*Deposit charges and refunds will vary by province. For deposit information, visit Amway.ca.

†Flavors and assortments are subject to change.

Hit the hydration station.

Staying hydrated is key for healthy, active lifestyles. Quench your thirst, replenish electrolytes and get back out there with sports drinks that never contain artificial flavors or colors.





XS™ Sports Twist Tubes

A delicious and refreshing hydration supplement with B-vitamins, selenium and just 5 grams of sugar, which can be easily added to any bottle or cup of water.

305555 Raspberry Lemonade
110390 Fruit Punch

20 Tubes
\$23.00



Get stronger. Play longer.

Own your next workout with conveniently packaged protein shakes, drinks and snacks to help build and support lean muscle.

AMINO ACIDS

The ultimate fuel to help build lean muscle. The nine essential Amino Acids and L-Arginine in XS™ Muscle Multiplier* give your body instant access to exactly what it needs to help maximize lean muscle growth and retention.



PROTEIN SHAKES

The perfect post-workout drink. Protein shakes digest quickly to deliver nutrients to your muscles faster. Plus, they're convenient and portable to help support muscles post-workout and throughout the day.



PROTEIN SNACKS

Ditch the potato chips and candy bars. Enjoy snacks with some real nutritional value instead. Protein bars and crisps are an easy – and tasty – way to help achieve your daily protein intake goals.



Find the right protein products for you.

Choose based on health benefits, product format, ingredients and more.

Click on a product for more information

XS™ Muscle Multiplier* Essential Amino Acid Supplement

Helps build lean muscle before, during and after exercise.

Powder Drink Mix



Essential Amino Acids

All 9

Protein

4.0 g



COMING SOON!

XS™ Protein Pods

Quick-dissolving format helps build and support lean muscle mass.

Shake



Whey Protein Isolate

20 g

BCAAs

4.4 g



XS™ Sports Protein Shakes

Helps support lean muscle mass.

Shake



Whey/Casein Protein Blend

25 g

Carbs

6 g



XS™ Sports Protein Bars

Protein to help build and repair lean muscle.

Snack



Whey/Casein Protein Blend

20 g

Potassium

180 mg



XS™ Protein Crisps

Protein to help build and repair lean muscle.

Snack



Pea Protein

12 g

Potassium

225 mg



*When combined with regular weight/resistance training and a healthy, balanced diet.

Muscle up for more adventures.

Take your fitness to new heights with next-level protein and amino acid supplements.

XS™ Muscle Multiplier Essential[‡] Amino Acid Supplement

No gym bag should be without this naturally flavored fuel that boosts performance before, during and after exercise. A great-tasting blend of EAAs (Essential Amino Acids) guaranteed to build lean muscle, without lactose and sugar, and just 20 calories.

110848 Dragon Fruit Tub
183 g/6.45 oz. Tub (30 servings)

\$52.00



[‡]When combined with regular weight/resistance training and a healthy, balanced diet.



COMING SOON!



XS™ Protein Pods

Packed with 20 grams of whey protein isolate and 4.4 grams BCAAs^{††} to help build lean muscle mass. The keto-friendly formula is sugar-free and naturally sweetened with Stevia. With 90 calories and 1–2 grams of carbs to help maximize your workout investment.

300855 Vanilla
300856 Chocolate

16 Pods
\$48.00



CLICK & EXPLORE

Get our delicious pumpkin spice protein bites recipe – made with XS™ Protein Pods.

*The NSF logo is a registered trademark of NSF International.
††Branch-Chain Amino Acids.

DROP



SHAKE



FUEL



Get your protein fix on the go.

Savory or sweet snacks and drinks provide 12–25 grams of protein to help build and repair muscles.



XS™ Sports Protein Bars

Powered by 20 grams of whey and casein proteins, these bars are gluten free and contain no artificial colors, flavors or preservatives. Perfect anytime, even pre-workout.

- 110392 Chocolate Peanut Butter
- 110393 Chocolate Berry Blast
- 308600 Birthday Cake
(20th Anniversary) – **NEW!**

12 Bars
\$44.00



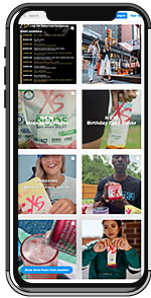


XS™ Protein Crisps

Combine real ingredients with 12 grams of high-quality Pea protein for a simple, savory, guilt-free snack. Great, natural flavor with no sugar, artificial colors, flavors or preservatives.

110630 Sriracha Lime
110629 Barbeque

12 Servings (42 g/1.5 oz. Bags)
\$44.00



CLICK & SHARE

Follow us @XSNation and share your favorite protein fix.



XS™ Sports Protein Shake

Delicious, convenient and packed with 25 grams of whey and casein proteins to fuel your muscles now and for the long haul. No added sugar and just 6 grams of carbs.

110426 Rich Chocolate

Twelve 325 mL/11 fl. oz. Shakes
\$54.00



*The NSF logo is a registered trademark of NSF International.



XS

ACEROLA CHERRY | GLUTEN FREE
POST WORKOUT RECOVERY
SUPPORTS MUSCLE RECOVERY
CHERRY LEMONADE

CERISE DES ANTILLES | SANS GLUTEN
RÉCUPÉRATION APRÈS L'ENTRAÎNEMENT
FAVORISE LA RÉCUPÉRATION MUSCULAIRE
LIMONADE À LA CERISE

MADE WITH
NUTRILITE
TURMERIC & GLUCOSAMINE

20 SERVINGS | NET WT 11.03 OZ (311g)

More soothin' for your movin'!

Recovery is an important step in your workout routine. Sip a post-workout drink to help soothe skin and support muscles.

XS™ Post-Workout Recovery

Helps replenish muscle glycogen to support muscle recovery. Created with a blend of Nutrilite™-approved Turmeric and glucosamine to support joint health.

110397 Cherry Lemonade

1 Tub (20 servings)

\$60.00



NATURAL & PLANT-BASED RECOVERY AGENTS:



Glucosamine

A natural chemical compound in your body that helps build tendons, ligaments, cartilage and the fluid that surrounds and cushions joints. Taking glucosamine supplements is clinically proven to help support joint health.



Turmeric

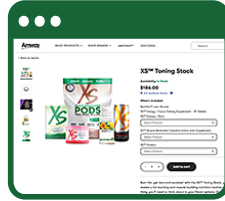
An ancient yellow herb known for its health benefits, including antioxidant and anti-inflammatory properties, turmeric helps support healthy joints and overall well-being.

Build your Stack your way.

Our convenient, one-stop-shop makes personalizing sports nutrition easy. Whether you're just starting out or a seasoned pro, no matter where you are on your fitness journey, we've got a customizable XS™ Stack to fit your workout needs.

COMING SOON!





STACK UP YOUR FITNESS NEEDS.

Scan to learn more about our XS™ Stacks.





Here's how it works.

Free to join, and being a member is easy.

1 Shop Products

Buy more products, get more perks!

2 Earn Points

You'll earn 2 points per dollar spent.

3 Get Rewards

Each time you get 500 points, you'll earn a \$5 reward.



TREAT YOURSELF!

Scan here to learn more about the AmPerks™ Customer Rewards Program and sign up today.

Amway.ca/AmPerks

Seize the day with vitamin C.



Customer Service:

Call 800-265-5470 Monday–Friday, 9 a.m. to 11 p.m. ET

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