

# 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



Soy Free



Non-GMO  
Project Verified



Non-GMO



NSF Contents  
Certified



Vegan Friendly



Vegetarian



Sugar Free



Gluten Free



No High-Fructose  
Corn Syrup



Lactose Free



Friend of  
the Sea



Dairy Free



Caffeine 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.com](http://Amway.com) and search: AmwayPromise.



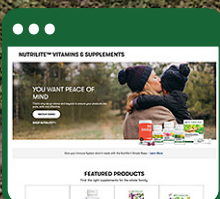


# Plant. Grow. Thrive.

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 Nutrilite™ 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](http://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 nutrition 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, Nutrilite™ 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 the thing to do and using 69% less plastic in our new Nutrilite Organics Plant Protein Powder packaging when compared with the previous version, saving the equivalent of 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.\*



COMING SOON!

\*Euromonitor International Limited, [www.euromonitor.com/Amway-claims](http://www.euromonitor.com/Amway-claims).



# nutrilite organics FROM OUR FARMS TO YOUR FAMILY™



**COMING SOON!**



**COMING SOON!**

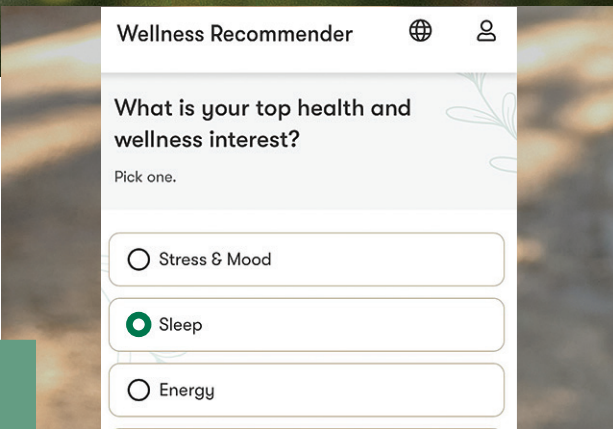


WELLNESS RECOMMENDER

# Nutrition tips at your fingertips.

It's simple, just tell us a little about yourself, and we'll guide you through the best food, product and health tips 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 [wellness.Amway.com](https://wellness.Amway.com)



### CLICK & PLAN

Make your personal plan with our Wellness Recommender.

Every  
body.  
Every  
need.



Supporting your top needs like **immunity, energy, stress and mood** 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 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 H<sub>2</sub>O 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 .....

## Nutrilite™ Double X™ Multivitamin Supplement

Supports a healthy heart, brain, immunity, energy, eyes, skin health, healthy aging, cellular health and vitality.† Take twice daily.



Tablets



Vitamins & Minerals

22

Plant Nutrients

450+ mg

## Nutrilite™ Men's and Women's Daily Multivitamin

Once daily convenient tablet supports immunity and energy, plus muscle and heart health for men, and eye and bone health for women.†



Tablets



Vitamins & Minerals

W: 23  
M: 22

Plant Nutrients

200 mg

## Nutrilite™ Organics Men's and Women's Daily Multi Gummies

Supports immunity and energy, plus muscle and heart health for men, and eye and bone health for women.†



Gummies



Vitamins & Minerals

W: 15  
M: 13

Plant Nutrients

75 mg



## Nutrilite™ Kids Multivitamin Gummy

Supports kids' (aged 4–12) growth, development, eye and bone health.†



Gummies



Vitamins & Minerals

12

Plant Nutrients

20 mg

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 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.



## Nutrilite™ Organics Women's Daily Multi Gummies



Designed specifically for women's needs with essential vitamins and minerals.

Made with 75 mg of organic Cranberry, Acerola Cherry and Purple Carrot grown on our own certified organic farms and partner farms.

125562 120 Gummies  
(30-Day Supply)

**\$35.00**



## + Nutrilite™ Double X™ Multivitamin Supplement

Plant-powered with 12 essential vitamins, 10 essential minerals and nutrients from 22 fruits, vegetables and herbs to support a healthy heart, brain, immunity, energy, eyes, skin, healthy aging, cellular health and vitality.<sup>†</sup> 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.<sup>†</sup>

A4300 31-Day Supply with Tray/186 Tablets  
**\$61.00**

A0244 31-Day Refill/186 Tablets  
**\$59.00**

123364 10-Day Supply/20 Packets  
**\$23.00**



COMING  
SOON!



## Nutriline™ Organics Men's Daily Multi Gummies

Designed specifically for men's needs with essential vitamins and minerals. Made with 75 mg of organic Tomato, Acerola Cherry and Purple Carrot from plants grown on our own certified organic and partner farms.

125561 120 Gummies  
(30-Day Supply)

**\$35.00**



**COMING SOON!**



## + Nutrilite™ Women's Daily Multivitamin

Take on the day with nourishing support from essential vitamins and minerals, plus 200 mg of organic Cranberry, Purple Carrot, Acerola Cherries, Elderberry and Pomegranate. Dairy free.

125559 90 Tablets  
**\$27.00**



## + Nutrilite™ Men's Daily Multivitamin

Kick-start your morning with support from essential vitamins and minerals, plus 200 mg of organic Tomato, Purple Carrot, Acerola Cherries, Elderberry and Turmeric. Soy free.

125557 90 Tablets  
**\$27.00**



**SEE PAGE 71 FOR  
KID'S MULTIVITAMINS.**

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

# 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 94–99.**

# 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



## DROP, SHAKE, FUEL.

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



or

### + 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.  
**\$36.00**

125923 Vanilla 525 g/18.52 oz.  
**\$36.00**



### + XS™ Protein Pods

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs<sup>††</sup> to help build lean muscle mass.<sup>†</sup> 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  
 308559 Strawberry – **NEW!**

16 Pods  
**\$37.00**



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

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.  
<sup>\*</sup>The NSF logo is a registered trademark of NSF International.  
<sup>\*\*</sup>When compared with All Plant Protein Powder (110415) (450 g/15.87 oz.).  
<sup>‡</sup>9.9 g PET water bottle (500 mL/16.9 fl. oz.).

# Superfoods are super good for you.



## + Nutrilite™ Organics Immunity Superfood Powder

Each mixed berry flavored serving is packed with nutrients from 10 plant-based superfruits. Starring Acerola Cherries and Elderberries to deliver 180 mg of natural vitamin C equal to 2-1/2 oranges.

125936 180 g/6.3 oz.

**\$45.00**



## + 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.

**\$38.00**



## + 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.<sup>1</sup>

100648 60 Tablets

**\$44.00**



## Open your heart to omegas.

Support optimal heart, brain and eye health when you add omegas to your everyday nutrition routine. 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, brain and eye health.<sup>†‡</sup>

### **Nutriline™ Balanced Health Omega**

Contains the equivalent DHA and EPA omega-3s found in three servings of ocean fish. Helps support memory, learning and concentration.<sup>†</sup>

A8914 90 Softgels  
**\$21.00**



**SEE  
NUTRILITE™  
HEART  
HEALTH  
OMEGA ON  
PAGE 61.**



**LOOK FOR  
NEW &  
IMPROVED  
OMEGAS  
COMING  
EARLY 2023!**



<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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<sup>‡</sup>Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that although there is scientific evidence supporting the claim, the evidence is not conclusive. One serving of Nutrilite™ Heart Health Omega provides 1.8 grams of EPA and DHA omega-3 fatty acids.

# 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  
L-Theanine  
Lavender  
Chamomile  
Passionflower  
Valerian

# Your sleep, your way.

Get exactly what you want out of a good night's sleep.



or



## SWEET DREAMS ARE MADE OF THESE.

## GET YOUR BEAUTY SLEEP ON.



### n\* by Nutrilite™ Sweet Dreams – Sleep Gummies

These Blueberry Lavender sleep gummies are made with 3 mg of melatonin, 50 mg of magnesium and 5 mg of Passionflower, a botanical traditionally used to promote a good night's sleep.†

124506 30 Servings  
**\$17.50**



### n\* by Nutrilite™ #nofilter Sleep

Don't forget the last step in your daily beauty routine – beauty sleep! 300 mcg of biotin, 0.5 mg of melatonin and 10 mg of L-Theanine promote good sleep, so you can wake up feeling gorgeous!† Tropical Fruit flavored.

125543 30 Servings  
**\$25.00**



### Nutrilite™ Sleep Health

A proprietary blend of Valerian Root from our farms along with Lemon Balm and Hops extract helps you relax and supports quality sleep.†

A8992 90 Tablets  
**\$25.00**



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

# Forget the stress, feel the yes.

Stress can negatively impact your focus, thinking, mood, sleep and immunity. Eliminating occasional stress helps support your overall wellness.

## FEELING STRESSED? TRY THIS.



### Listen to music

Tune into your favorite song and tune out stress. Music has the power to instantly lift your mood and help calm you.



### Get outside

Take a break and head out for a walk. Being outside can help lower stress levels and improve concentration.



### Cut back on caffeine

While it can help kick-start your day, too much caffeine can actually increase feelings of exhaustion.



### Breathe in, breathe out

Deep breathing exercises help lower your heart rate, blood pressure and the amount of cortisol, a stress hormone, in your body.



## NATURAL STRESS RELIEVERS:

Magnesium  
Lemon Balm  
L-Theanine  
Lavender  
Chamomile  
Probiotics  
Vitamin D



# Find the right stress and mood 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, digestion and immunity.†

Capsules



Probiotics  
CFUs

18 million

Melon  
Concentrate

10 mg



## n\* by Nutrilite™ Rays for Days – Sunny Gummies

Helps offset the negative effects that come with lack of sunshine.†

Gummies



Vitamin D3

25 mcg

Saffron

10 mg



## n\* by Nutrilite™ Less Stress More Yes – Relax Effervescent Tablets

Supports a calm/relaxed feeling to help melt away occasional stress.†

Effervescent  
Tablets



Magnesium

200 mg

L-Tyrosine

100 mg



## n\* by Nutrilite™ Less Stress More Yes – Relax Gummies

Promotes relaxation to help reduce occasional stress.†

Gummies



L-Theanine

50 mg

Lemon  
Balm

20 mg



## n\* by Nutrilite™ Take A Sec – Relax Tea

Calms and soothes the senses with Chamomile and Hibiscus.

Tea



Floral  
blend

Chamomile  
Hibiscus &  
Lavender

More

Caffeine  
free



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# Live your best, don't be stressed.

## **+** Nutrilite™ 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, support immunity, fight mental fatigue and aid healthy digestion.† Soy and lactose free.

125514 30 Capsules

**\$46.00**



## **n\* by Nutrilite™ Rays for Days – Sunny Vitamin D Gummies**

Made with 10 mg vitamin D3 and 10 mg Saffron. These Watermelon-Orange flavored gummies can help offset the negative effects of a lack of sunshine.†

124504 30 Servings

**\$17.50**



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**n\* by Nutrilite™**  
**Take a Sec – Relax Tea**

Take a pause and quiet your mind and body as you sip your way to inner calm with a soothing blend of Chamomile, Hibiscus and Lavender.

124559 25 Tea Sachets  
**\$12.00**



**n\* by Nutrilite™** **Less Stress, More Yes – Relax Gummies**

Enjoy Mango-Lemon flavored gummies to help reduce occasional stress with 50 mg L-Theanine and 200 mg Lemon Balm.

124505 30 Servings  
**\$17.50**



**n\* by Nutrilite™** **Less Stress, More Yes – Relax Effervescent Tablets**

Add fizzing tablets to water to create a bubbling beverage packed with 200 mg magnesium and 100 mg L-Tyrosine to help melt away occasional stress.

125554 10 Effervescent Tablets  
**\$9.00**



# 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

supports short-term memory, brain health and helps support healthy blood flow to protect and nourish the brain.



### Cistanche Tubulosa

has long been used in Traditional Chinese Medicine to help support healthy memory, focus and concentration.

# 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 .....

## Nutriline™ Vitamin B Dual-Action

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

Tablets



B-Vitamins

8

Spirulina

75 mg



## XS™ Energy + Focus Dietary Supplement

Supports mental focus and quicker recovery after physical activity.†

Tablets



Rhodiola  
Rosea

100 mg

Green-Tea  
Caffeine

75 mg



## Nutriline™ Memory Builder™ Supplement

Helps support short-term and long-term memory, focus and recall.†

Tablets



Ginkgo  
Biloba

120 mg

Cistanche  
Tubulosa

300 mg



## n\* by Nutrilite™ Slay the Day – Focus Gummies

Helps support focus.†

Gummies



Vitamin B6

2 mg

Vitamin  
B12

50 mcg



## n\* by Nutrilite™ Slay the Day – Focus Shot

Helps support focus.†

Shots



Vitamin  
B6

12 mg

Vitamin  
B12

10 mcg



## n\* by Nutrilite™ Slay the Day – Focus Soft Chew

Supports brain health and focus.†

Soft  
Chews



Boron

1,000  
mcg

Bacopa  
Monnieri

100 mg



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Don't just play it, slay it.

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



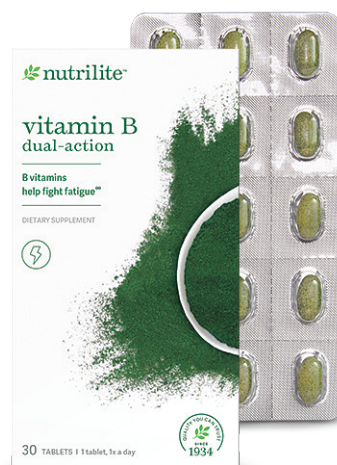
## **+** Nutrilite™ Vitamin B Dual-Action

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

122971 30 Tablets  
(Two 15-tablet blister packs)

**\$11.75**

110171 120 Tablets  
**\$37.00**



## **ULTRA FOCUS + ENERGY PACK (SEE PAGE 73).**

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



**XS™ Energy + Focus  
Dietary Supplement**

Helps maximize physical endurance and mental focus during exercise.†

107846 30 Tablets (Three 10-tablet blister packs)

**\$21.00**

101593 60 Tablets

**\$38.00**



**Nutralite™ Memory Builder™  
Supplement**

Provides short- and long-term memory benefits.†† Supports short-term memory with 120 mg Ginkgo Biloba.† Also supports optimal blood flow to nourish the brain.†

111106 60 Tablets

**\$42.00**



**n\* by Nutralite™ Slay the Day –  
Focus Gummies Dietary Supplement**

Yummy, Tangerine-Lemon flavored gummies can help support your concentration when you need it most.† Powered with vitamins B6, B12 and Ginseng.

124556 30 Servings

**\$17.50**



**n\* by Nutralite™ Slay the Day –  
Focus Shot**

Delicious, Strawberry-Lemonade flavored liquid shot helps support focus with vitamins B6, B12, Ginseng and a Focus Blend.†

124557 9 Shots –

89 mL/3.0 fl. oz. each

**\$29.00**



**n\* by Nutralite™ Slay the Day –  
Focus Soft Chews**

Get on it and stay on it with tasty, Cranberry-Apple flavored chews that help support focus and brain health with 1,000 mg Boron and 100 mg Bacopa Monnieri.†

125546 30 Soft Chews

**\$20.00**



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†Preliminary Clinical Research shows Nutralite™-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

Widely used and well-documented for its immunity-supporting benefits.

### Zinc

Helps your body regulate its normal inflammatory response and supports normal immune system function.

### 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 34–35 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 36–37 for targeted immunity products.

#### STAY WELL PREPARED

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

See pages 38–39 for these products.

#### GET BACK ON TRACK

Give your body a helping hand.†

See pages 40–41 for these products.



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 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.†

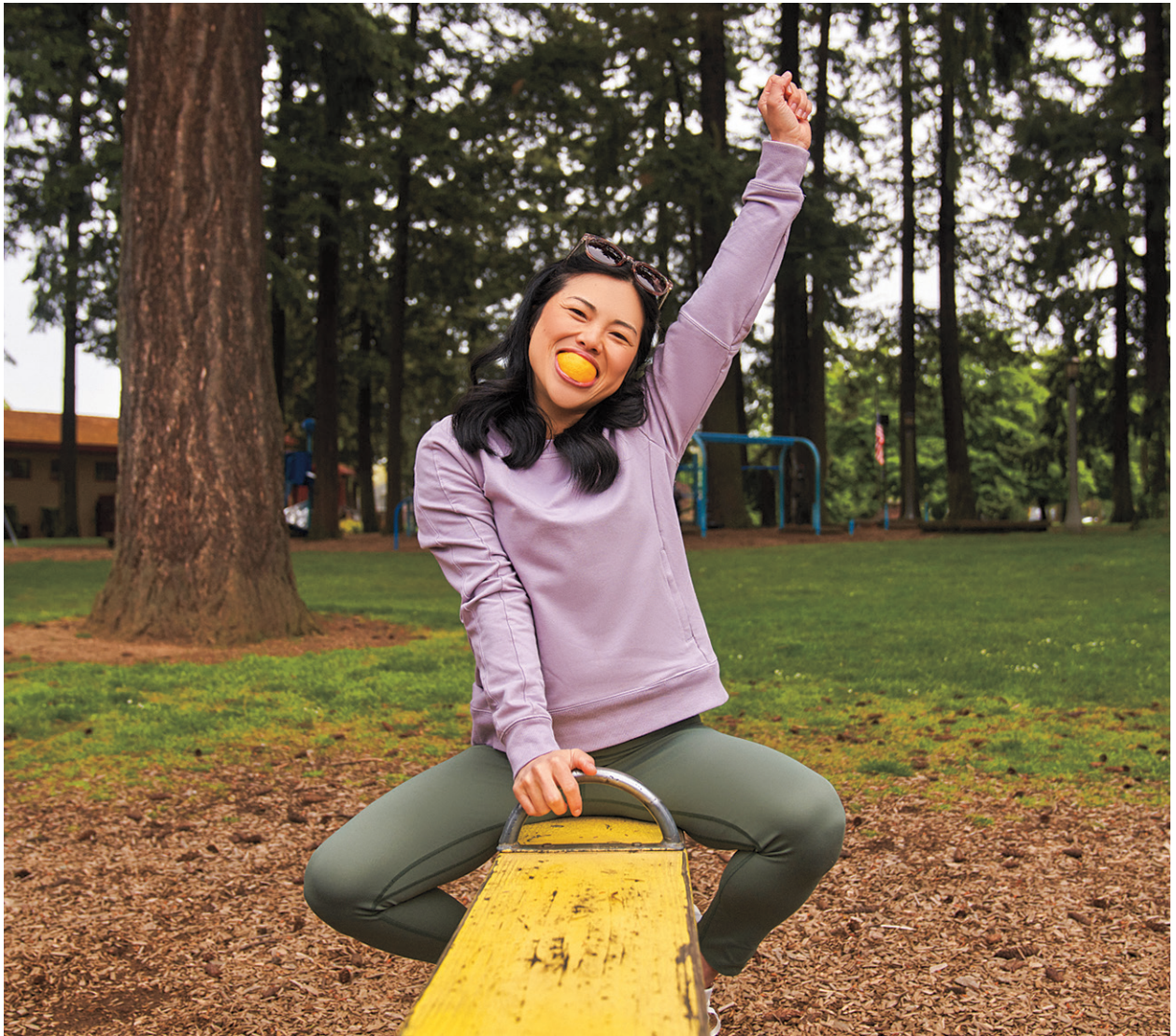


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## ADD PROBIOTICS

To help support healthy digestion and immunity.†





### Nutrilite™ Vitamin D

A blend of 50 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.†

119346 90 Tablets

**\$29.00**



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

‡With regular use.



### Nutrilite™ Balance Within™ Probiotic

Unique blend of clinically tested probiotic strains with 6.3 billion CFUs supports immunity and healthy digestion with Arrive Alive and Stick to the Gut Technology.††

120571 30 Stick Packs

**\$43.00**



## 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 38–39.

Click on a product for more information

### Nutriline™ Organics Immunity Superfood Powder

Delicious and natural immunity support.†

Powder



**Natural Immune Support Blend**

1,300 mg

**Natural Vitamin C**

180 mg



### Nutriline™ Vitamin C Extended Release

Delivers all-day, vitamin-C for immunity support.†

Tablets



**Vitamin C** 500 mg

**Citrus Bioflavonoids Complex**

35 mg



### Nutriline™ Immunity Defense Zinc + Holy Basil

Provides immunity and respiratory support.†

Tablets



**Zinc** 20 mg

**Holy Basil** 400 mg



### n\* by Nutriline™ Go Shield – Immunity Gummies Dietary Supplement

3-in-1 immunity support.†

Gummies



**Vitamin C** 90 mg

**Elderberry** 100 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 40–41.



## IMMUNITY PACK (SEE PAGE 73).

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

### Nutriline™ Immunity Echinacea

Provides immune system support.†

Tablets



**Echinacea Triple Blend**

506 mg

**Citrus Multiflavanoid Complex**

100 mg



### Nutriline™ ClearGuard™ Supplement

Helps clear nasal passages in 3 days or less.†

Tablets



**Acerola Cherries**

150 mg

**Cinnamon + Spanish Needles**

300 mg



### Nutriline™ Twist Tubes 2GO™ Immunity Health†

On-the-go immunity support.†

Liquid Drink Mix



**Vitamin C**

1,000 mg

**Vitamin Bs**

6 mg



### n\* by Nutriline™ Go Shield – Immunity Effervescent Tablets

Supports the body's defense system.†

Effervescent Tablets



**Vitamin C**

1,000 mg

**Echinacea**

100 mg



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# Targeted immunity support: Stay well prepared.



## ⊕ Nutralite™ Vitamin C Extended Release

Includes antioxidant-rich Acerola Cherries grown on our own farms. Provides 500 mg of Vitamin C in a slow, steady release formula for all-day immune support.†

109745 60 Tablets  
**\$20.00**

109747 180 Tablets  
**\$54.00**



## ⊕ Nutralite™ Organics Immunity 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 equal to 2–2 1/2 oranges.

125936 180 g/6.3 oz.  
**\$45.00**





**+** **Nutrilite™ Immunity Defense Zinc + Holy Basil**

Support your immune and respiratory systems with a unique combination of 400 mg Holy Basil and 100 mg Orange Bioflavonoids from our partner farms, plus 20 mg zinc with selenium and copper.†

124692 60 Tablets  
**\$17.25**



**HOLY BASIL**

A sacred plant in Traditional Ayurvedic Medicine, Holy Basil supports respiratory and immune system health – and can even help support a healthy response to occasional stress.†



**+** **n\* by Nutrilite™ Go Shield – Immunity Gummies Dietary Supplement**

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  
**\$17.50**



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\*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™ Immunity Echinacea

This proprietary, triple blend of Echinacea extracts from our Nutrilite™ farms is clinically tested to support immune function and your body's defense system.†

A5986 120 Tablets

**\$38.00**



## n+ by Nutrilite™ Go Shield – Immunity Effervescent Tablets

This bubbly Cherry-Pomegranate flavored drink helps support your defenses from the inside out with 1,000 mg of vitamin C and 100 mg of Echinacea.†

124931 10 Effervescent Tablets

**\$9.00**





**+ Nutrilite™ Immunity Pack**

Each packet contains the following supplements:

- Vitamin C Extended Release
- Immunity Echinacea

123843 20 Packets  
**\$31.00**



**+ Nutrilite™ ClearGuard™ Supplement**

This unique blend of botanical ingredients, including Spanish Needles from our farms, helps support clear nasal passages in 3 days or less.†

102735 180 Tablets  
**\$22.00**



**+ 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  
**\$19.00**



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

# Beautiful skin begins within.

Healthy skin supports your health and wellness. It's your first defense against the outside world & helps you feel confident in your appearance.

## INGREDIENTS TO SUPPORT YOUR SKIN'S BEST LIFE.



### Collagen

An essential structural component in healthy skin, it helps keep skin looking firm and youthful.



### Biotin

Works at the cellular level to help support healthy hair and nail growth.



### Hyaluronic Acid

A molecule found naturally in the skin that helps it retain moisture.



### Vitamin C

From superfruit Acerola Cherry helps support collagen production and synthesis.



## KEEP IT GLOWING:

- Use SPF and moisturizer every day
- Stay hydrated, drink plenty of water
- Get a healthy amount of sleep
- Add a daily multivitamin to your wellness routine
- Eat a colorful, well-balanced diet
- Limit your intake of processed sugars
- Avoid smoking

## SUPPORT YOUR SKIN AT THE SURFACE.

Cleanse, tone and moisturize! Follow a daily skin care routine with Artistry Skin Nutrition™ skin care products backed by powerful, plant-based ingredients from our Nutrilite™ farms and partner farms.



# Find the right 'beauty from within' product for you.

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

Click on a product for more information .....

## n\* by Nutrilite™ #nofilter Collagen Peptides

Supports healthy skin and provides beneficial antioxidants.†

**Powder Drink Mix**



**Collagen**

13 g

**Aloe leaf Extract**

125 mg



## n\* by Nutrilite™ Collagen Shots

Supports healthy skin.†

**Shots**



**Collagen**

7 g

**Hyaluronic Acid**

60 mg



## n\* by Nutrilite™ #nofilter Collagen Gummies

Supports firm, healthy skin.†

**Gummies**



**Collagen**

2,500 mg

**Ceramides**

50 mg



## n\* by Nutrilite™ #nofilter Collagen Creamer

Provides clean energy and supports healthy skin.†

**Powder Drink Mix**



**Collagen**

5 g

**MCT Oil**

4.5 g



## n\* by Nutrilite™ #nofilter Beauty Tea

Supports beautiful, healthy skin.†

**Tea**



**Proprietary Blend**

1,500 mg



## Nutrilite™ Hair, Skin & Nail Health

Combines plant nutrients, biotin, and collagen to support healthy looking hair, skin and nails.†

**Tablets**



**Collagen**

500 mg

**Acerola Cherries**

67 mg



When following usage instructions, all products can be consumed the same day.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# It's time for a glow up.

Help your skin be its best from the inside out with our collection of fun, nourishing collagen products.



## + n\* by Nutralite™ #nofilter Collagen Gummies

Yummy gummies contain 2.5 g of collagen, vitamins C and E, Amla and Wheat Ceramides to help nourish your skin for a gorgeous, healthy-looking glow, while helping maintain firmness and overall skin health.†

125545 45 Gummies  
**\$18.50**



## + n\* by Nutralite™ Collagen Shots

Cheers to a convenient and delicious, Cherry-Berry flavored shot. Made with a powerful blend of 7 g of collagen, 50 mg of hyaluronic acid and Acerola Cherry superfruit to help support healthy skin from the inside out.†

124936 9 Shots – 89 mL/3.0 fl. oz. each  
**\$38.00**





**+ n\* by Nutrilite™ #nofilter Collagen Peptides**

Mix into your favorite bevvies for a potent beauty boost: 13 g of collagen to nourish skin and Aloe extract for antioxidant protection.†

125553 Fifteen 13.5 g/0.48 oz. Sachets

**\$32.00**



**+ n\* by Nutrilite™ #nofilter Beauty Tea**

This floral beauty tea is rich with skin-loving benefits. Blended with Dandelion Root, Rose and Jasmine to help promote healthy-looking skin and soothe your senses.

125551 25 Tea Bags

**\$15.25**



**+ Nutrilite™ Hair, Skin & Nail Health**

Each all-in-one serving combines 1,000 mcg biotin, 500 mg collagen, and powerful plant nutrients from our farms and partner farms to help support healthy hair, skin and nails.†

A7553 60 Tablets

**\$25.00**



**+ n\* by Nutrilite™ #nofilter Collagen Creamer**

Get glowing and start your daily beauty routine off right! This decadent creamer is the perfect addition to your morning beverage. 5 g of collagen helps promote healthy skin while MCT oil provides a burst of energy.

125596 Fifteen 12 g/0.42 oz. Sachets

**\$29.00**



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*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 **n\* by Nutrilite™ #nofilter Collagen Peptides** with 13 g of collagen and hydroxyproline, a rare amino acid used by the body in collagen formation.

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 Multivitamin** provides supportive nutrients from vitamins A, C, biotin and niacin to help support healthy skin.†

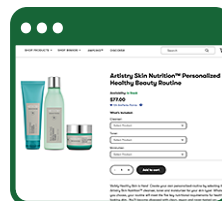
**Artistry Skin Nutrition™ Vitamin C + HA3 Daily Serum** helps safeguard skin from damaging external free radicals.

## EXTRA SUPPORT

### FOR THE FINISHING TOUCH,

**Nutrilite™ Advanced Omega** provides a highly concentrated blend of 1,000 mg of Omega-3 fatty acids, which play a critical role in supporting skin health from the inside out.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



### CLICK & CREATE

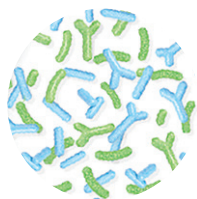
Find your own personalized beauty solutions.

# 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™ Balance Within™ Probiotic

Support healthy digestion and immunity 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™ Stress Relief Probiotic

Supports digestion, immunity, mental focus and helps manage occasional stress with 2 clinically-supported strains.†

**Capsules**



**Probiotic Strains**

2

**Probiotic CFUs**

18 Billion



## Nutriline™ Fiber Powder

Supports gut microbiome health and regularity.†

**Powder Sticks**



**Dietary Fiber**

4 g

**Natural Prebiotic Fiber**

4.5 g



## Nutriline™ Digestive Enzyme

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

**Capsules**



**Proprietary Enzyme Blend**

302 mg

**Spirulina + Parsley**

33 mg



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‡With regular use.

# Feeling good takes guts.

Support healthy digestion to help your body be its best.



## **+** Nutrilite™ Balance Within™ Probiotic

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

120571 30 Stick Packs

**\$43.00**



## **+** Nutrilite™ Fiber Powder

A convenient way to add fiber to your diet and feed the good bacteria in your gut with 4 g of fiber and 4.5 g of three natural prebiotic fibers.<sup>†</sup> This taste-free, non-gritty powder can be sprinkled on foods or mixed into liquids.

102736 30 Stick Packs

**\$29.00**



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



## **+** Nutrilite™ 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  
**\$38.00**



## **NUTRILITE™ STRESS RELIEF PROBIOTIC**

See page 26 for full product details.



## **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**

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\*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



**Vitamins D2 & D3**

50 mcg

**Vitamin K2**

20 mcg



## Nutrilite™ Cal Mag D

Helps maintain healthy bones at any age.†

Tablets



**Calcium**

600 mg

**Magnesium**

200 mg



## Nutrilite™ Joint Health

Promotes joint mobility and flexibility.†

Tablets



**Glucosamine Sulfate**

1,500 mg

**Chondroitin Sulfate Blend**

1.7 g



## n\* by Nutrilite™ Turmeric Latte

Supports healthy joints and overall health.†

Powder Drink Mix



**Turmeric Root Extract**

250 mg

**MCT Oil**

250 mg



## Nutrilite™ Twist Tubes 2GO™ Joint Health

Helps support flexibility and movement on the go.†

Liquid Drink Mix



**Glucosamine**

1,500 mg

**Vitamin C**

60 mg



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# Take bone and joint support in stride.

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



## Nutralite™ 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.<sup>†</sup>

110610 180 Tablets  
**\$41.00**



## Nutralite™ Joint Health

A unique blend of seven powerful joint-supporting ingredients, including clinically significant levels of glucosamine and chondroitin, to support joint cartilage and connective tissue.<sup>†</sup>

104664 120 Tablets  
**\$36.00**

106964 240 Tablets  
**\$64.00**

## + Nutralite™ Vitamin D

Plant-based vitamin D from Mushrooms supports strong bones by helping them absorb calcium.<sup>†</sup>

119346 90 Tablets  
**\$29.00**





**+ n\* by Nutrilite™ Turmeric Latte**

Wake up with this vibrant Turmeric latte that helps support healthy joints and general well-being with MCT oil and no added caffeine.† Turmeric Spice flavored.

124941 15 Sachets

**\$28.00**



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

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

110857 20 Tubes

**\$19.00**



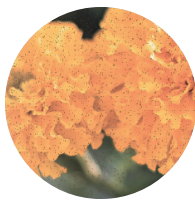
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\*The NSF logo is a registered trademark of NSF International.

# 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 carotenoids in the eye that filter both blue light and UV light.



### Vitamin A from Beta Carotene:

Used to form the visual pigments that convert light energy into the kind of energy used by the brain.



### Lycopene:

Provides antioxidant support during times of visual fatigue that might be associated with long days at the computer.



### Bilberry:

Commonly thought to help night vision and visual clarity.



## 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.



# Softgels or gummies?

Support your vision and eye health the way you prefer.



or



**COMING SOON!**

## Nutrilite™ Vision Health

Delivers 15 mg plant-based Lutein from Marigolds and 3 mg Zeaxanthin with Beta Carotene, Lycopene from Tomatoes and Zinc to support healthy aging eyes – lens, macula and retina – and help filter blue light.†

124708 60 Softgels  
**\$35.00**



## + n\* by Nutrilite™ Eye Mojo – Blue Light Vision Gummies

It's like magic! Two daily gummies deliver 20 mg Lutein, 4 mg Zeaxanthin, and Bilberry for eye support with digital devices.† Red Apple-Tangerine flavored.

125544 30 Servings  
**\$21.00**



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.  
 \*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 already healthy blood lipid levels and already normal blood pressure.



### Green Tea (EGCG):

Green Tea extract helps maintain already normal blood 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 600 mg

Peppermint 30 mg



## HEALTHY CHOLESTEROL LEVELS

**Nutriline™ Cholesterol Health**  
Helps maintain already normal cholesterol levels.†

Softgels



Green Tea 395 mg



## HEALTHY COQ10 LEVELS

**Nutriline™ Heart Health CoQ10**  
Supports CoQ10 levels and helps cells produce energy for heart health.†

Softgels



Coenzyme Q10 30 mg

Rosemary & Citrus  
Bioflavonoid Blend 35 mg



## HEALTHY HEART & BLOOD FLOW

**Nutriline™ Heart Health Omega**  
Supports healthy blood flow and heart function.†

Softgels



EPA 1,200 mg

DHA 600 mg



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# Never skip a beat.

Take care of your heart with our targeted, heart-support supplements.



## **+** Nutrilite™ Cholesterol Health

Helps maintain already normal cholesterol levels with phytonutrients from 395 mg Green Tea and protects against cell-damaging free radicals.<sup>†</sup>

100070 60 Softgels  
**\$33.00**



## **+** 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.<sup>†</sup> A special coating of soothing Peppermint oil minimizes “garlic breath.”

A5923 120 Tablets  
**\$32.00**



**+ 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 support already normal lipid levels with fatty acids from fatty fish.†

A8919 90 Softgels  
**\$35.00**



**+ 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 Softgels  
**\$19.50**



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\*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.



## **+** Nutralite™ Chewable Vitamin E

Helps provide antioxidant protection for your cells.<sup>1</sup> These chewable tablets also contain lecithin from Soybean oil to help your body more effectively absorb vitamin E.<sup>1</sup>

A4042 270 Tablets

**\$43.00**

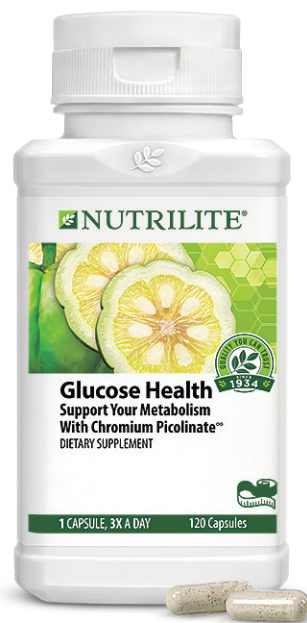




**+ Nutrilite™ Liver Support**

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  
**\$35.00**



**+ Nutrilite™ Glucose Health**

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

A8600 120 Capsules  
**\$25.00**



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# Daily nutrition for her & him.

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



## FOR HER:

### Evening Primrose & Borage Oil

Helps provide relief from symptoms associated with PMS.†

### Iron

Supports improved oxygen use for energy.

### 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.



## 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 .....

## Nutrilite™ Prostate Health

Helps support a healthy prostate for men 40 and over.†

Softgels



**Saw Palmetto** 106 mg

**Pumpkin Seed Oil** 150 mg



## Nutrilite™ Cal Mag D

Helps maintain healthy bones at any age.†

Tablets



**Calcium** 600 mcg

**Magnesium** 200 mg



## Nutrilite™ PMS Women's Health

Helps ease premenstrual and menstrual cycle symptoms.†

Softgels



**Evening Primrose** 125 mg

**Chasteberry** 25 mg



## Nutrilite™ Menopause Ease™ Dietary Supplement

Relieves hot flashes, night sweats and occasional mood swings; supports bone mass and heart health.†

Tablets



**Black Cohosh** 40 mg

**Calcium** 20 mg



## Nutrilite™ Iron Folic

Supports iron and folic acid levels for women during childbearing years.†

Tablets



**Iron** 10 mg

**Folate** 340 mg



**SEE MEN'S & WOMEN'S MULTIVITAMINS ON PAGES 16-17 AND PACKS ON PAGE 72.**

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# Live life well supported.

Personal support for every stage of life.



## Nutralite™ 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 Softgels

**\$44.00**



## Nutralite™ Cal Mag D

Contains plant-based calcium and magnesium with vitamin D to help maintain healthy bones at any age and zinc to support bone growth.†

110610 180 Tablets

**\$41.00**





### **Nutriline™ PMS Women's Health**

Designed to support well-being during a woman's menstrual cycle.<sup>†</sup> Contains a unique blend of Chasteberry, Evening Primrose oil, Dong Quai, Borage and Ginger to help alleviate premenstrual stresses.<sup>†</sup>

A8006 120 Softgels  
**\$35.00**



### **Nutriline™ Menopause Ease™ Dietary Supplement**

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.<sup>†</sup>

A8085 90 Tablets  
**\$34.00**



### **Nutriline™ Iron Folic**

A blend of folic acid and 3 iron sources, including Spinach, helps transport oxygen in your body and helps reduce the risk of brain or spinal cord birth defects.<sup>‡‡</sup>

102046 90 Tablets  
**\$16.50**



<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>‡‡</sup>Healthful diets with adequate folate may reduce a woman's risk of having a child with brain or spinal cord birth defects.

\*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



### Chia

This superfood is a great source of antioxidants, fiber, protein, iron, calcium and magnesium.



### 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 C, A and K – important nutrients for growing kids on the move.



# 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 .....

## Nutriline™ Kids Multivitamin Gummy

Fills nutrition gaps and supports immunity, bone and vision health.†

Gummies



Vitamins & Minerals

12

Nutrients

5



## Nutriline™ Kids USDA Organic Complete Superfood Powder

Provides essential nutrients and 8 grams of protein.

COMING SOON!

Powder Drink Mix



Protein

8 g

Plant ingredients

10



## Nutriline™ Kids Superfood Smoothie, Tropical Mango

Convenient support for overall wellness.†

Smoothie Pouches



Fruit & veggie purees

8

Food groups

5



## Nutriline™ Kids Complete Immunity Stick Pack

4-in-1 immunity support for kids.†

Powder Sticks



Vitamin C

30 mg

Zinc

2.6 mg



## Nutriline™ Kids Brainiums DHA™ Jelly Splats Blister Pack

Supports brain health in little ones.†

Jelly Splats



Omega-3

360 mg

DHA

250 mg



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 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.



## Nutrilite™ Kids USDA Organic Complete Superfood Powder



A little scoop is packed with real plant ingredients like 10 leaves of Spinach, 8 g of protein, vitamins and minerals. Just mix into your favorite milk to help fuel their healthiest lives.





### Nutriline™ Kids Multivitamin Gummy

Vitamin A and lutein support eye health.† Vitamin K supports bone health.† Vitamins C and D plus zinc support little immune systems.† Contains Chia, Blueberry, Spinach, Sea Buckthorn and Lutein.

123044 120 Gummies  
**\$27.00**



### Nutriline™ Kids Brainiums DHA™ Jelly Splats Blister Pack

Sugar-free, Strawberry-Citrus flavored jelly splats contain omega-3 fatty acids from sustainably sourced fish and organic Chia Seed oil to support your child's brain health.†

305554 30 Jelly Splats  
(2 sleeves with 15 jelly splats)

**\$24.00**



### TAKE A TRIP TO THE FARM!

Look for the QR code on our product packaging and scan to let your kids play a fun, interactive game where they'll sow seeds, then feed and water fruits and vegetables to watch them grow.



### Nutriline™ Kids Superfood Smoothie, Tropical Mango

Made with organic Chia, Kiwi, Banana, Apple, Pineapple, organic Sweet Potato and organic Coconut Cream. So tasty, they won't know it's good for them.

123047 6 Pouches – 99 g/3.5 oz. each  
**\$16.00**



### Nutriline™ Kids Complete Immunity 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  
**\$29.00**



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

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Personalized packs. Good to go.

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



## Nutriline™ Perfect Pack

Each daily serving contains:

- Double X™ Multivitamin
- Concentrated Fruits and Vegetables
- Balanced Health Omega
- Vitamin D

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

**\$132.00**



## Nutriline™ Men's Pack

Each packet contains:

- Men's Daily Multivitamin Tablet
- Concentrated Fruits and Vegetables
- Balanced Health Omega
- Vitamin C Extended Release

123365 30 Packets

**\$53.00**



## Nutriline™ Women's Pack

Each packet contains:

- Women's Daily Multivitamin Tablet
- Concentrated Fruits and Vegetables
- Cal Mag D
- Hair, Skin & Nail Health

123372 30 Packets

**\$55.00**



**NEW LOOK  
COMING SOON!**





### Nutrilite™ Immunity Pack

Each packet contains:

- Vitamin C Extended Release
- Immunity Echinacea

123843 20 Packets

**\$31.00**



### Nutrilite Ultra Focus + Energy Pack

Each packet contains:

- Vitamin B Dual-Action
- Memory Builder™ Supplement
- XS™ Energy + Focus

123842 20 Packets

**\$39.00**



### Nutrilite™ Heart Health Pack

Each daily serving contains:

- Heart Health Omega
- Heart Health CoQ10
- Cholesterol Health

123367 60 Packets

(30 A.M. & 30 P.M.)

**\$117.00**



### Nutrilite™ Bone Health Pack

Each daily serving contains:

- Cal Mag D
- Vitamin D
- Bone Guard™ supplement (not sold separately)

123362 60 Packets

(30 A.M. & 30 P.M.)

**\$96.00**



# 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<sup>1</sup> with Mango-Citrus flavored water infusers.

110538 20 Tubes  
**\$19.00**



## + 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  
**\$19.00**



**SEE IMMUNITY HEALTH TWIST TUBES 2GO™ ON PAGE 41 & JOINT HEALTH TWIST TUBES 2GO™ ON PAGE 55.**

**+ 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  
**\$24.00**



**+ n<sup>+</sup> by Nutrilite™ Hit Reset Effervescent Tablets**

Sip and refresh. Electrolytes help keep you hydrated while Ginger calms the stomach and supports healthy digestion.† Lime-Ginger flavored.

124932 10 Effervescent Tablets  
**\$10.50**



**+ Perfect Empowered Drinking Water®††**

Drinking water infused with Molecular Bound Oxygen (MBO<sup>††</sup>) to help optimize your hydration.

285375 Twenty-four  
500 mL/16.9 fl. oz. Bottles

**\$51.00**



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

††Perfect Empowered Drinking Water® and MBO® are registered trademarks 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™ Meal 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 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)  
**\$56.00**



### BodyKey by Nutrilite™ Meal Bars

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

- 110274 Caramel Cookie Dough
- 110275 Mixed Berry Crisp
- 110276 Chocolate Brownie
- 110277 Caramel Peanut Butter
- 110828 Blueberries & Yogurt
- 110835 Cookies & Cream

14 Bars  
**\$46.00**



### BodyKey by Nutrilite™ Low Net Carb\* Meal Bars

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

- 290761 Cinnamon Swirl

14 Bars  
**\$46.00**



\*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 Nutrilite™ Zesty Protein Snack

A delicious, savory snack. Soy free. 120 calories per 1 oz. bag.

282064 14 Servings  
(28 g/1.0 oz./Bags)

**\$34.00**



### BodyKey by Nutrilite™ Whole Grain Tortilla Chips

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

110339 18 Servings  
(43 g/1.5 oz./Bags)

**\$40.00**



### BodyKey by Nutrilite™ Slim Popcorn

A delicious, salty snack with a touch of Green Tea. 3 grams of fiber. 110 calories per 0.7 oz. bag.

285369 24 Single-Serve Pouches  
**\$49.00**



### BodyKey by Nutrilite™ 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  
**\$10.00**



### BodyKey by Nutrilite™ Oolong Green Tea

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

110341 100 Tea Bags per Box  
**\$27.00**



# Reach your healthy weight goal.





### Nutrilite™ Slimmetry™ Dietary Supplement

Helps maintain a healthy waistline.<sup>†</sup> Made with GreenSelect®\* Phytosome caffeine-free Green Tea extract – designed to help your body lose weight when combined with diet and exercise.<sup>†</sup>

117085 60 Tablets

**\$33.00**



### 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.<sup>†</sup>

100193 90 Tablets

**\$35.00**



### Nutrilite™ Lean Muscle

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.<sup>††</sup>

100280 180 Softgels

**\$52.00**



<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>††</sup>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™ Energy Drink – Watermelon Lemonade**

Natural Watermelon flavor, with a refreshing lemonade finish. The XS™ brand was founded in Laguna Beach in 2002, and this delicious combination of natural fruit flavors pays homage to our So-Cal roots. Positive energy from 80 mg caffeine and B-vitamins with no sugar or carbs and just 10 calories.

126473 Twelve 250 mL/8.4 oz. Cans  
**\$25.00\***

**NEW!**

**+ XS™ Protein Pods – Strawberry**

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 strawberry, chocolate and vanilla flavors, we're getting serious Neapolitan ice cream vibes – cake and shake, anyone?

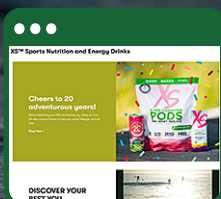
308599 16 Pods  
**\$37.00**

**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  
**\$35.00**



**CLICK & EXPLORE**

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

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*If this product is purchased in a state with a deposit law, the amount of deposit will be added to your cost. For deposit information, visit Amway.com.

\*\*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

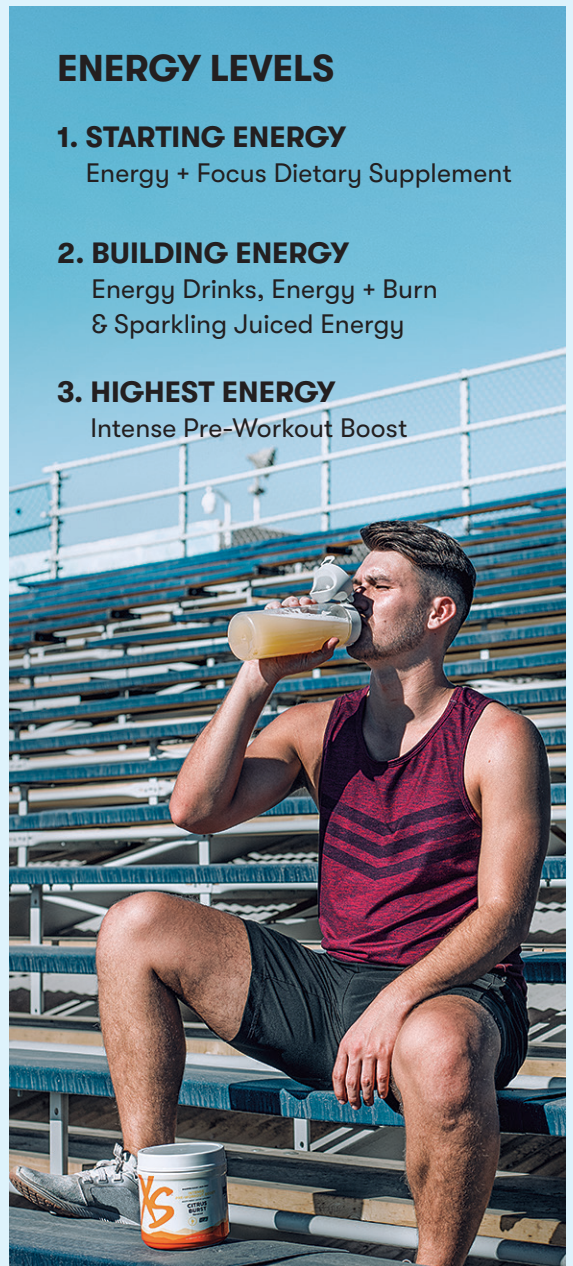
Energy + Focus Dietary Supplement

### 2. BUILDING ENERGY

Energy Drinks, Energy + Burn & Sparkling Juiced 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™ Energy + Focus Dietary Supplement

Helps maximize physical endurance and mental focus.†

Tablets



Caffeine

75 mg

Rhodiola  
Rosea

100 mg



### XS™ Intense Pre-Workout Boost Dietary Supplement

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 Juiced Energy

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

Drink



Caffeine

80 mg

Vitamin C

200%



### XS™ Energy + Burn

Improves focus, and boosts clarity and performance.

Drink



Caffeine

80 mg

Ashwagandha  
Root  
Extract

125 mg



### XS™ Energy Drinks

Blast of positive energy without a sugar crash.

Drink



Caffeine

80 mg

Vitamin  
B12

4,900%



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

††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™ Energy + Focus Dietary Supplement

Boost energy naturally with 75 mg of caffeine from Green Tea extract and 100 mg of Rhodiola Rosea to sharpen focus.<sup>†</sup>

107846 30 Tablets  
(Three 10-tablet blister packs)

**\$21.00**

101593 60 Tablets

**\$38.00**



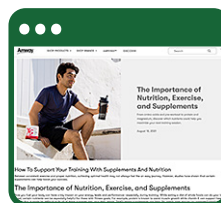


**+** **XS™ Intense Pre-Workout Boost Dietary Supplement**

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.

110371 Citrus Burst 12 Stick Packs  
**\$30.00**

110372 Citrus Burst 1 Tub (30 Servings)  
**\$49.00**



**CLICK & EXPLORE**

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

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 ††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 + Burn

Fuel your workouts and adventures with this high-performance energy drink packed with the same energy blend as XS™ Energy Drinks, plus adaptogenic herbs Garcinia Cambogia extract and Ashwagandha Root extract.

124633 Blood Orange

124634 Strawberry

Twelve 250 mL/8.4 oz. Cans

**\$30.00\***

124651 Juiced and Burn  
Variety Case

**\$27.50**



## + XS™ Energy Drinks

All of the energy! None of the sugar!™ Packed with 80 mg of caffeine, mega doses of B-vitamins and delicious, all-natural flavor to fuel all of your adventures.

124617	Citrus	124623	Black Cherry Cola
124618	Cranberry-Grape	124624	Root Beer
124620	Tamarindo	124625	Classic
124621	Tropical	124626	Naranja
124622	Wild Berry	124627	Summit
124628	Caffeine-free Cranberry-Grape		
126473	Watermelon Lemonade		
124652	Variety Case <sup>‡</sup>		

Twelve 250 mL/8.4 oz. Cans

**\$25.00\***



## + XS™ Sparkling Juiced 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.

124630	Dragon Fruit
124631	Mango Pineapple Guava
124632	Pink Grapefruit
124629	Caffeine-Free Mango Pineapple Guava

Twelve 250 mL/8.4 oz. Cans

**\$25.00\***



\*If this product is purchased in a state with a deposit law, the amount of deposit will be added to your cost. For deposit information, visit Amway.com.

‡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™ Cocowater Hydration Drink Mix

Packed with 12% coconut water, 15% magnesium and 13% potassium for hydration. Plus energy supporting B-vitamins and antioxidants like vitamins A, C and E.

110601 Strawberry Watermelon  
110631 Pineapple Coconut

12 Packets  
**\$25.00**





**+ 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  
**\$19.00**



# 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.†

COMING SOON!

**Powder Drink Mix**



**Essential Amino Acids**

All 9

**Amount per EAA**

4.1 g



## XS™ Protein Pods

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

**Shake**



20 g

**BCAAs**

4.4 g



## XS™ Sports Protein Shakes

Helps support lean muscle mass.†

**Shake**



**Whey/Casein Protein Blend**

25 g

**Whey Protein Isolate**

**Carbs**

5 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**

230 mg



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.  
\*\*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<sup>†</sup> Essential Amino Acid Supplement

New and improved formula with even more EAAs (Essential Amino Acids) and L-Arginine per serving! No gym bag should be without this naturally flavored fuel that boosts performance before, during and after exercise. A great-tasting blend, guaranteed to build lean muscle<sup>†</sup>, without lactose or sugar – and only 20 calories.

126755 Berry Blast  
 126756 Watermelon  
 12 (7.4 g/0.3 oz.) Stick Packs  
**\$29.00**

126753 Berry Blast  
 126754 Watermelon  
 222 g/7.3 oz. Pouch  
**\$47.00**



<sup>†</sup>When combined with regular weight/resistance training and a healthy, balanced diet.







**+ XS™ Protein Pods**

Packed with 20 grams of whey protein isolate and 4.4 grams BCAAs<sup>††</sup> to help build lean muscle mass.<sup>†</sup> 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
- 308599 Strawberry

16 Pods  
**\$37.00**



**CLICK & EXPLORE**

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

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\*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.

- 110385 Chocolate Peanut Butter
- 110386 Chocolate Berry Blast
- 308600 Birthday Cake  
(20th Anniversary) – **NEW!**

12 Bars  
**\$35.00**





## + XS™ Protein Crisps

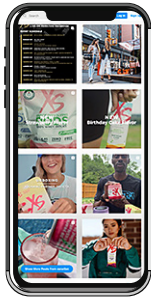
Combine real ingredients with 12 grams of high-quality Pea protein for a simple, savory, guilt-free snack. Great, natural flavor with no sugar, artificial colors, flavors or preservatives.

110628 Sriracha Lime

110627 Barbeque

12 Servings (42 g/1.5 oz./Bags)

**\$35.00**



### CLICK & SHARE

Follow us @XSNation and share your favorite protein fix.



## + XS™ Sports Protein Shakes

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 5 grams of carbs.

110370 Vanilla Crème

110369 Rich Chocolate

Twelve 325 mL/11 fl. oz. Shakes

**\$44.00**



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

# Rest, recover and recharge.

Time to slow it down and stretch it out and replenish lost nutrients. Taking care of your body after workouts is just as important as your actual activity. Help rejuvenate and relieve tired muscles and skin with XS™ recovery products.

## NATURAL & PLANT-BASED RECOVERY AGENTS:



### Full-Spectrum Hemp Extract

Supports recovery from an active lifestyle



### Aloe Vera

Soothes and moisturizes your skin before, during and after activity.



### Arnica Montana

Contains natural compounds that may help support recovery from workouts and adventures.



### Glucosamine

Clinically proven to help support joint health/ healthy joints.



### Turmeric

Supports healthy joints and overall well-being.



## Find the right recovery products for you.

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

Click on a product for more information .....

### XS™ CBD Cream

CBD and a blend of Arnica Montana extract, Menthol and Aloe Vera soothes and nourishes skin.

Topical



Full-Spectrum Hemp Extract

300 mg



### XS™ CBD Pro Cream

The same blend of Arnica Montana extract, Menthol and Aloe Vera, plus more CBD and HotAct® sensory agent, which warms the skin on contact.

Topical



Full-Spectrum Hemp Extract

400 mg



### XS™ Post-Workout Recovery

Glucosamine, Nutrilite™-approved Turmeric Root extract and Acerola Cherry extract help replenish muscle glycogen to support muscle recovery.†

Powder Drink Mix



Glucosamine, Turmeric & Acerola Cherry Blend

1.6 g



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**+ XS™ CBD Pro Cream**

Our most advanced formula contains 400 mg CBD and HotAct® for fast-acting and long-lasting warmth. Soothes and warms skin.

300323 56.69 g/2.0 oz./20–30 Uses  
**\$69.00**



# More soothing' for your movin'!

Recovery is an important step in your workout routine. Rub on a topical cream and sip a post-workout drink to help soothe skin and support muscles.†



## + XS™ CBD Cream

Original formula contains 300 mg CBD to soothe and nourish tired skin with a unique blend of Arnica Montana, Aloe Vera and Menthol.

296753 56.69 g/2.0 oz./20–30 Uses  
**\$59.00**



## + 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.†

110374 Cherry Lemonade

1 Tub (20 Servings)

**\$49.00**



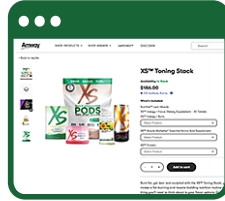
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 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.







## STACK UP YOUR FITNESS NEEDS.

Click to learn more, shop and personalize your XS™ Stack.



# Stack up purchases. Rack up rewards.





# 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!

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

[Amway.com/AmPerks](https://Amway.com/AmPerks)

# Seize the day with vitamin C.



## Customer Service:

Call 800-253-6500 Monday–Friday, 9 a.m. to 11 p.m. ET

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