



 nutrilite™

# Begin 30

HOLISTIC WELLNESS PROGRAM





# What are programs?

Programs help you and your customers be accountable to daily lifestyle changes. Most programs incorporate Solutions – these products pair with a program guide to support participants over a set period of time and help deliver real results against top wellness needs.

## Program benefits:

- Delivers strong health outcomes for IBOs & Customers to drive credibility
- Helps New IBOs start strong → Previous Programs increased New IBO productivity by +86% and increased contributing months by +2.3 months
- Deepens engagement & loyalty









# Building on Success of to Enhance & Improve in January!



**NUTRITION**



**HYDRATION**



**PHYSICAL  
ACTIVITY**



**MINDFULNESS**

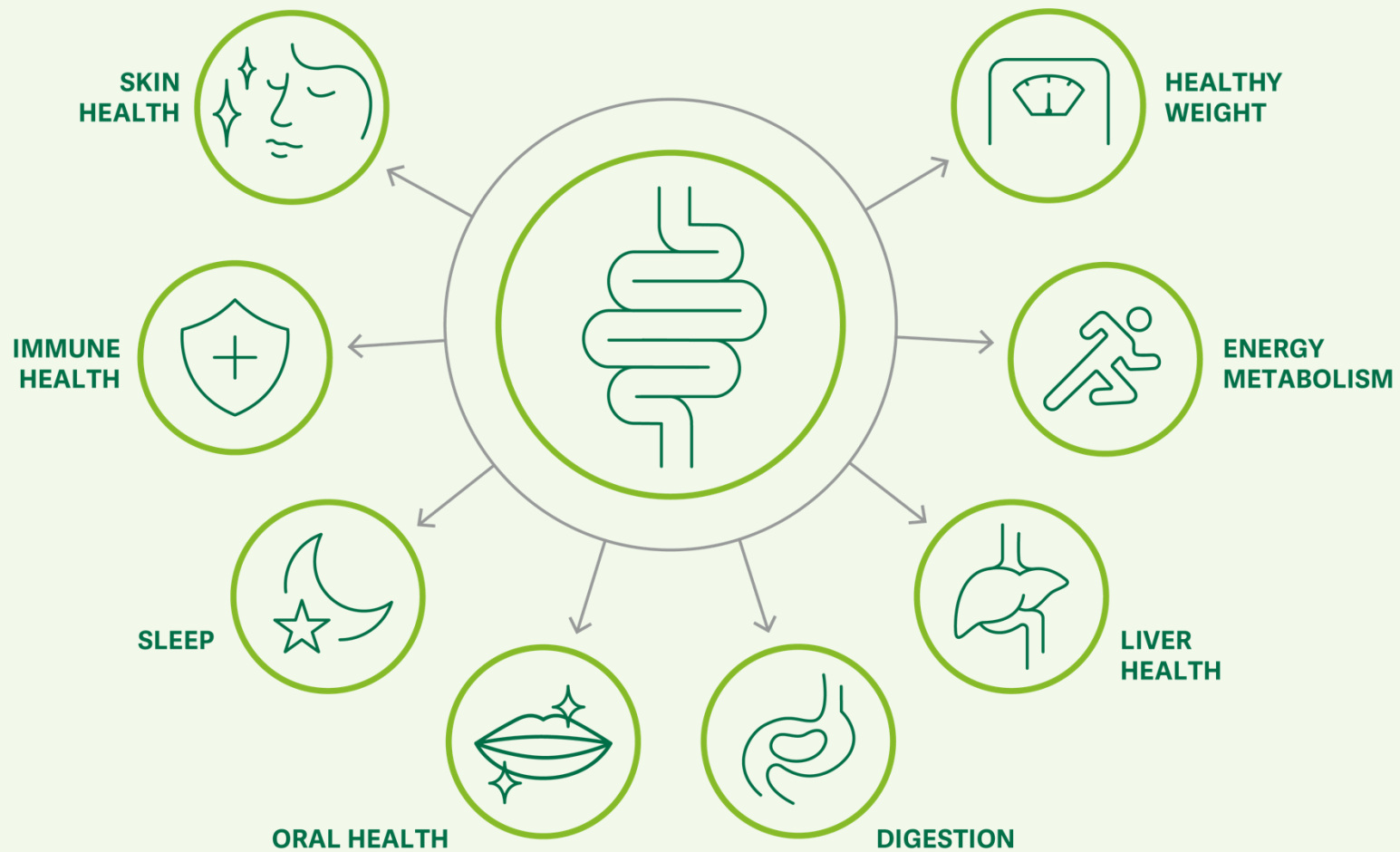


**FOUR PILLARS OF WELLNESS +  
THREE GUT LOVING PRODUCTS**





# Your gut and you



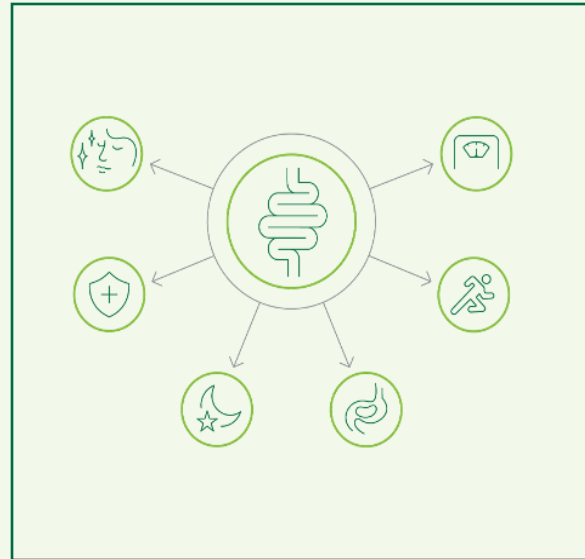




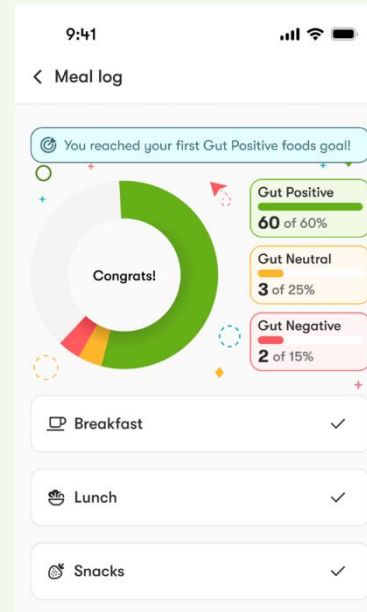
# Builds upon the success of for an even stronger & more compelling program coming in January!



**NEW PRODUCT, SCIENCE & PROGRAM PROTOCOL!**



**STRONGER CLAIMS!**



**NEW PARTICIPANT APP & DIGITAL CONTENT!**



**MD / NUTRITIONIST ENDORSEMENT FOR ADDED CREDIBILITY!**



# Nutrition

Support metabolism + key bodily functions

a maximum of

## 15%

of your daily calories should be from **GUT NEGATIVE** foods like processed foods, meats high in saturated fats, and refined carbs.

a maximum of

## 25%

of your daily calories should be from **GUT NEUTRAL** foods in moderation like lean red meats, caffeine, regular dairy, and foods with a naturally high content of simple sugar like honey.



at least

## 60%

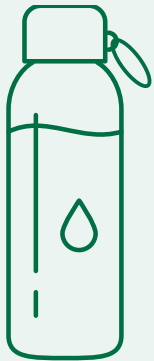
of your daily calories should be from **GUT POSITIVE** foods like veggies, greens, berries, legumes, nuts, whole grains, fish, lean poultry, and fermented foods.





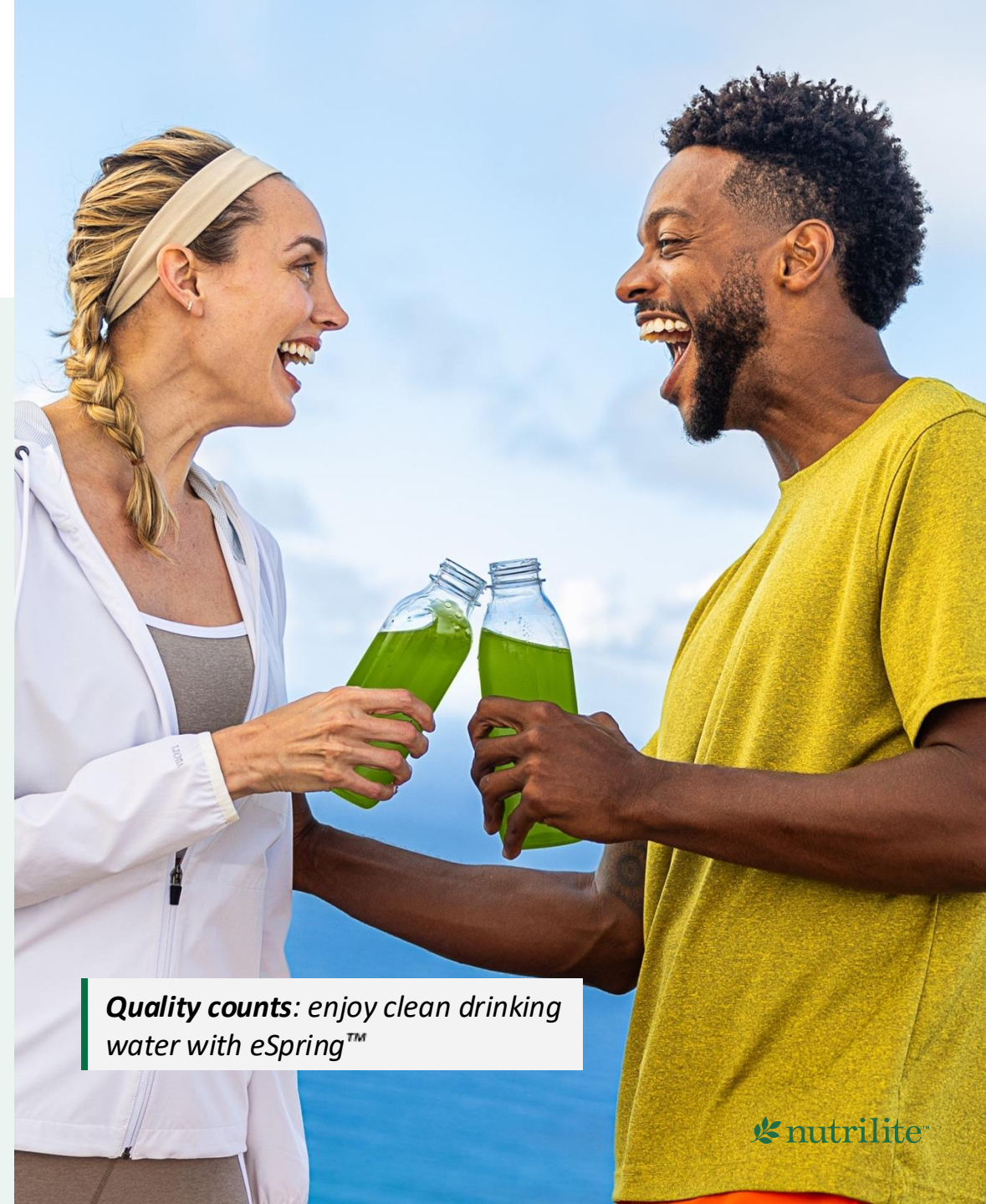


**Hydration**  
Helps cleanse



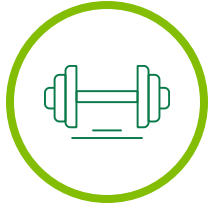
## **DIVIDE**

*½ your body weight  
in ounces per day*



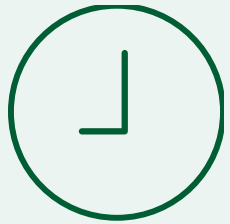
**Quality counts:** enjoy clean drinking water with eSpring™





## Physical activity

Lift mood + improve cognitive performance



# 75 minutes

*per week*



# 8–10k

*steps per day*



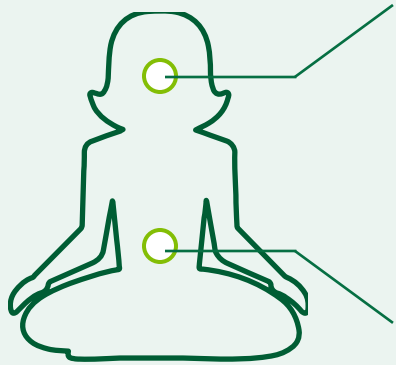




# Mindfulness

Reduce stress levels  
and support overall health

*Practice mindfulness 1–2 times per day:*



**MEDITATION**

**MINDFUL  
EATING**





# The gut health support trifecta



**NUTRILITE BALANCE  
WITHIN™ PROBIOTIC**

**NUTRILITE™ ORGANICS  
PLANT PROTEIN POWDER**

**NUTRILITE BEGIN™  
DAILY GI PRIMER**





# NEW! Nutrilite Begin™ Daily GI Primer

6-in-1 comprehensive gut health drink  
infused with plant-rich, gut-supporting blends!

- ✓ Fermented Greens
- ✓ Fruits & Vegetables concentrates
- ✓ Digestive Enzymes
- ✓ Prebiotics & Fibers
- ✓ Alkalizing Spices
- ✓ Postbiotics

Supports **healthy digestion and GI comfort, PLUS energy, metabolism, immune & liver health, skin & oral health**

**Gotta Love List:** NSF Contents Certified, Non-GMO, vegetarian, free from gluten, dairy, soy, & no artificial colors, flavors, preservatives, or sweeteners



Now Available!



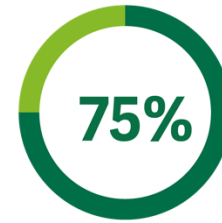


# Health and wellbeing happen here

What others are saying about Nutrilite™ Begin 30 Holistic Wellness Program



of participants were likely to continue parts of the regimen on their own.\*



of participants who committed to making healthy lifestyle changes for 30 days lost weight.\*\*



of participants reported feeling less tired.\*

\*Based on self-reported survey results compared to baseline after four weeks. Participants were instructed to follow a Mediterranean diet, take at least 7,000 steps per day with a minimum of 75 minutes of cardio or strength exercise per week, drink at least half their weight (lbs) in ounces of water per day and practice mindfulness one to two times daily. Participants also consumed Nutrilite™ supplements during the study, including Nutrilite Balance Within™ Probiotic and Nutrilite Begin™ Daily GI Primer.

\*\* Participants were instructed to follow a Mediterranean diet, take at least 7,000 steps per day with a minimum of 75 minutes of cardio or strength exercise per week, drink at least half their weight (lbs) in ounces of water per day, and to practice mindfulness one to two times daily. Some participants reported losing no weight, so there is no guarantee that you will experience similar results. The Nutrilite™ Begin 30 Holistic Wellness Program is designed and intended to promote healthy lifestyle changes, many of which are conducive to safely losing weight or maintaining a healthy weight. The program is not designed or intended for long-term weight loss or weight management.





# Pathway to Simplify the Portfolio, Unlock Holistic Wellness, Fuel Customer Loyalty & Significantly Increase New ABO Success!

## Step 1: Begin Holistic Wellness Program

## Step 2: Continue Your Journey Your Way



1

### Continue with the Nutralite Begin Program

to keep your gut microbiome in balance and unlock H&W goals

2

### Fil Your Daily Nutrition Gaps

Support the top nutrient deficiencies with the three product everyone needs in our Everyday Nutrition solution

3

### Meet Your Specific Needs

with more targeted solutions or other Programs like XS Fitness