

Recommendations for getting started (basic supply)



- ✓ Multivitamin for optimal basic care in the area of vitamins, minerals, trace elements & plant- accompanying substances

→ Double-X or "DAILY"



- ✓ For gut support:
→ Dietary fiber- Fibre powder & probiotics



- ✓ → Omega-3 complex + All Plant protein ,
 1. as a basic supply of healthy, unsaturated fats and proteins
 2. included
- ✓ Complete the questionnaire later



Video

More information about NUTRILITE
- click here



With vitamins and minerals it is like a clockwork, if one wheel is missing - the whole clock works only to a very limited extent or not at all .



Video



as a BASE

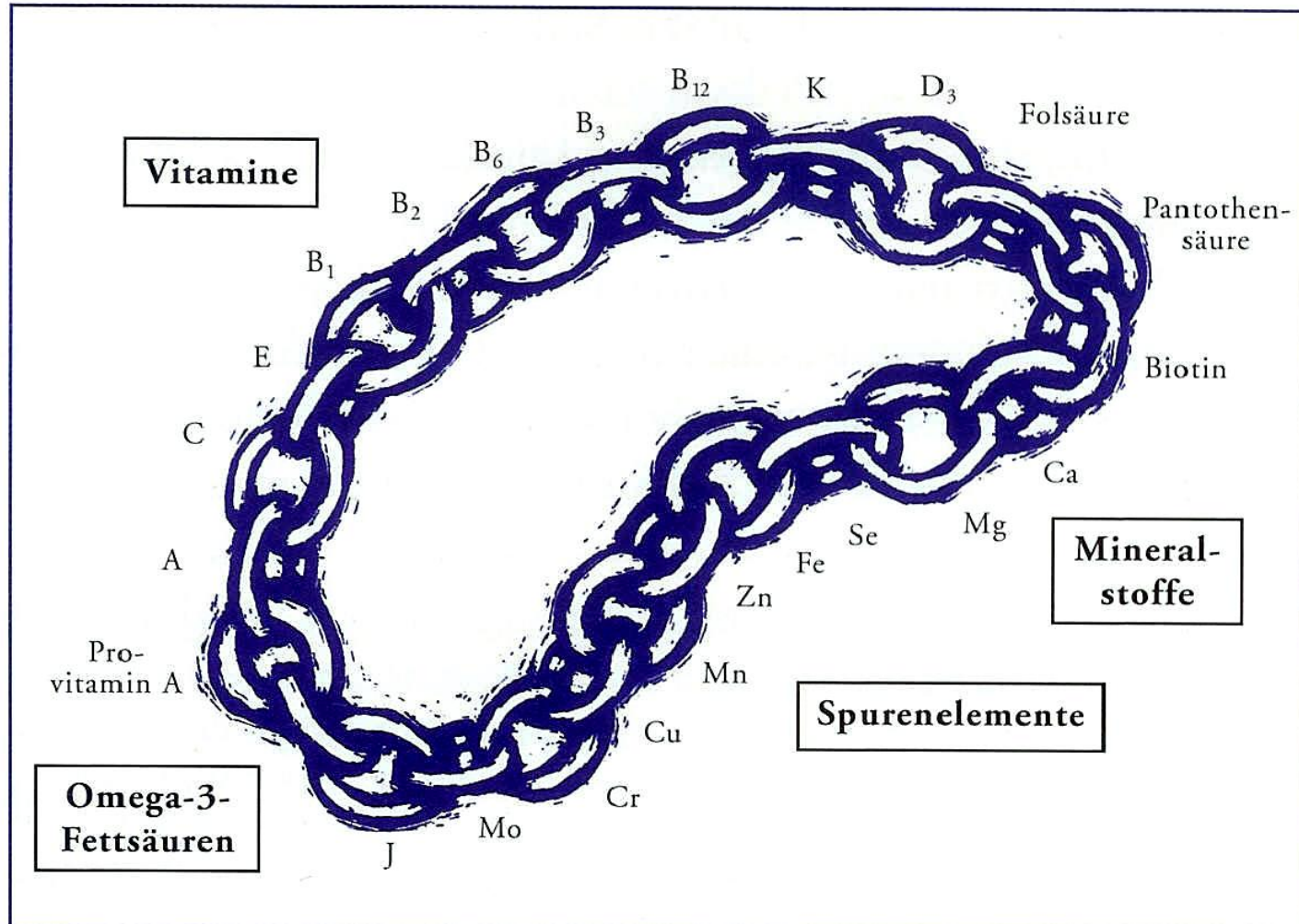
Multi-Vitamin /Mineral/Plant Ingredient Product ¹

- Vitamins work as a complex, they are mutually dependent .
- Plant ingredients in the Double-X:
 - enhance the effect of the vitamins
 - have their own highly effective health-promoting properties.

1 - contains 12 vitamins , 10 minerals & 22 plant concentrates

Our metabolism is only as strong as its weakest link

Vitamins, minerals, trace elements & plant
-accompanying substances work together



NUTRILITE™ DOUBLE X™ steckt voller Pflanzenstoffe aller

fünf Farbgruppen

und bringt Farbe in die Ernährung.



Petersilie



Seetang



Spinat



Pfefferminz



Rosmarin



Brunnenkresse



Luzerne



Heidelbeere



Holunderbeere



Amia



Trauben



schwarze
Johannisbeere



Honigbaum



Zwiebel



Tomate



Acerolakirsche



Süßorange



Studentenblume



Mandarine



Grapefruit



Kurkuma



Zitrone

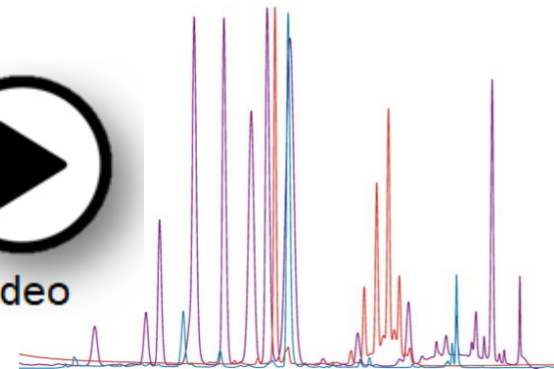


12 vitamins and 10 minerals , Double-X contains highly effective **plant ingredients** (phytonutrients) from 22 different plant concentrates

from harvest-ripe fruit, vegetables and herbs



Video



carotenoids polyphenols anthocyanins

Scientifically proven support for your body

DOUBLE X™



Video

NUTRILITE™ DOUBLE X™ provides your body with valuable nutrients and first-class support in the following areas ¹ :



- 

Brain & Nervous System
- 

control of inflammatory responses
- 

immune system
- 

Healthy digestion and liver
- 

energy metabolism
- 

Cell health and protection against oxidative stress
- 

heart health
- 

eye health
- 

Bone Health
- 

Healthy skin, hair and nails
- 

healthy muscles
- 

Balanced hormonal balance



¹ DOUBLE X™ contains essential nutrients that support optimal health. BRAIN: Iodine, iron and zinc support normal cognitive function. Biotin, folic acid, magnesium, niacin, thiamine, vitamin B12, vitamin B6 and vitamin C contribute to normal psychological function. NERVOUS SYSTEM: Copper, biotin, iodine, niacin, riboflavin, thiamin, vitamin B12, vitamin B6, vitamin C and magnesium support the normal functioning of the nervous system. IMMUNE SYSTEM: Copper, folic acid, vitamin A, selenium, vitamin B12, vitamin B6, vitamin D, vitamin C and zinc contribute to the normal functioning of the immune system. ENERGY METABOLISM: Biotin, calcium, copper, iodine, iron, magnesium, manganese, niacin, pantothenic acid, phosphorus, riboflavin, thiamin, vitamin B12, vitamin B6 and vitamin C support normal energy metabolism. HEART: Folic acid, vitamin B12 and vitamin B6 support normal homocysteine metabolism and thiamine contributes to normal heart function. BONES: Calcium, magnesium, phosphorus, manganese, vitamin C and vitamin D are needed for the maintenance of normal bones. MUSCLES: Calcium, magnesium and vitamin D contribute to normal muscle function. CONTROL OF INFLAMMATORY RESPONSES: Curcumin supports the control of inflammatory reactions. DIGESTION AND LIVER: Calcium supports the normal function of digestive enzymes. Rosemary and curcumin help support normal liver function. CELL HEALTH: Calcium plays a role in cell division and specialization. Folic acid, iron, magnesium, vitamin B12, vitamin D and zinc play a role in cell division. Vitamin A plays a role in cell specialization. OXIDATIVE STRESS: Copper, manganese, riboflavin, selenium, vitamin C, vitamin E and zinc help protect cells from oxidative stress. EYES: Vitamin A, riboflavin and zinc support the maintenance of normal vision. SKIN: Biotin, iodine, niacin, riboflavin, vitamin A and zinc contribute to the normal maintenance of the skin. Vitamin C contributes to normal collagen formation and the normal functioning of the skin. HAIR & NAILS: Biotin, zinc and selenium contribute to the maintenance of normal hair. Copper supports the normal pigmentation of the hair. Selenium and zinc contribute to the normal maintenance of nails. HORMONES: Vitamin B6 supports the regulation of hormonal activity and pantothenic acid supports the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. A varied and balanced diet is generally important.

Multi-Vitamin "DAILY"

- Contains 20 vitamins & minerals as well as **plant concentrates** (acerola cherry , elderberry, purple carrot & marigold)
- Promotes in particular:
 - Well-being by avoiding nutrient gaps
 - More energy through 7 B vitamins, iron & magnesium
 - Strengthens eyesight with vitamins A, B₂, zinc & lutein (marigold)
 - Strengthens the immune system with elderberries, vitamins C, D, zinc, iron and selenium
- Pollutant-free plants through organic farming (more than just organic)
- Vegetarian, gluten-free , lactose-free , no artificial . dyes
- Optimum bio-availability/effect through plant concentrates
- Plant-accompanying substances in the concentrates increase the effect of the vitamins and minerals and have many other positive health effects
- High-quality multivitamin from plant concentrates for only 45 ct/day (customer price) you won't even get an organic apple for that in the supermarket



Video

All Plant Protein



- ✓ Important for building and maintaining muscles, bones , hair and nails
- ✓ accelerates regeneration after sport and physical activity
- ✓ Formation of serotonin (happiness hormone) & melatonin (sleep hormone)
- ✓ maintenance of the immune system, which consists of protein, Melatonin controls & stimulates the immune system
- ✓ Low-molecular , short-chain protein , therefore very high biological value, easily digestible and therefore very effective
- ✓ Also suitable for people with lactose intolerance as it contains no milk protein .
- ✓ High effectiveness due to optimal composition of the 9 essential amino acids (82% soy protein + 10% wheat protein + 8% pea protein)
- ✓ supports the effect of the vitamins & is involved in the
- ✓ Accelerates fat burning
- ✓ For "more energy "
- ✓ Very basic (unlike animal protein)
- ✓ Decreases cravings for sweets



Video



Omega 3 complex with vitamin E

- ✓ lowering cholesterol levels
- ✓ Improves blood flow properties
- ✓ Improves ability to concentrate
- ✓ Decreases depression
- ✓ Important for baby's brain training in pregnant women and nursing mothers
- ✓ Reduces inflammatory processes
- ✓ lowering of blood lipid levels
- ✓ Keeps veins more supple & protects against deposits & cracks

What makes NUTRILITE Omega 3 different from the competition

- ✓ Made from freshly caught cold water fish (from 3 different types of herring: sardines, anchovies & mackerel, many competitors use fish from aqua cultures or fish waste)
- ✓ Pollutants, heavy metals & unhealthy saturated fats were filtered out
- ✓ Aldehydes and ketones have been filtered out for a less unpleasant fishy smell



Video

Multi-vitamin vitamin/mineral chewable tablets



Video

- ✓ Multivitamin/multimineral with 15 vitamins & minerals for children and adults who cannot/don't want to swallow .
- ✓ Tropical fruit concentrate with ingredients from the whole fruit
- ✓ The nutrients take effect very quickly thanks to immediate absorption through the oral mucosa
- ✓ Pleasant orange taste
- ✓ Ideal for on the go in sports & driving



Kids Omega 3 chewable tablets

for optimal brain function and strong bones in children

- ✓ Omega 3 for children as jelly drops with a delicious fruit flavor (no fish flavor)
- ✓ Made from sustainably produced fish oil (from " Friends of the Sea " certified)
- ✓ Contains EPA & DHA for optimal brain function, heart function & vision
- ✓ to the special needs of children, higher DHA content (than Omega 3 complex) for optimal brain development of children
- ✓ Vitamin D for strong bones & immune system



Video



Calcium magnesium chewable tablet

✓ Calcium:

- Structure and maintenance of bones, teeth and fingernails

✓ Magnesium:

- Relaxation of the muscles (eg for athletes against cramps)
- Calms the nerves (known as the “anti-stress mineral ”)
- Important mineral for a healthy heart rhythm

✓ Natural source from oyster shells

✓ Chewable tablet with a pleasant taste, easy to take

✓ Suitable for children and adults

✓ Rapid reduction of gastrointestinal disorders and heartburn

✓ Accelerates alcohol breakdown in the intestine



Video



Video

Kids Immun

for a strong immune system of our children & grandchildren

✓ 4 in 1 product for a strong immune system & intestinal health in children

- 1 billion healthy gut bacteria (70% of the immune system is in the gut)
- Vitamin C from acerola cherries , zinc & Vitamin D

✓ optimal metabolism of food in the intestine

✓ Bacteria arrive alive in the intestine due to the very good acid tolerance of the bacteria (lactic acid-producing bifidobacteria)

✓ practical intake as a stick, melts very quickly on the tongue with a cooling effect & wow effect

✓ Popular with children because of its good taste





Video

Balance Within - "good" bacteria for a healthy gut & microbiome, structure of the gut flora

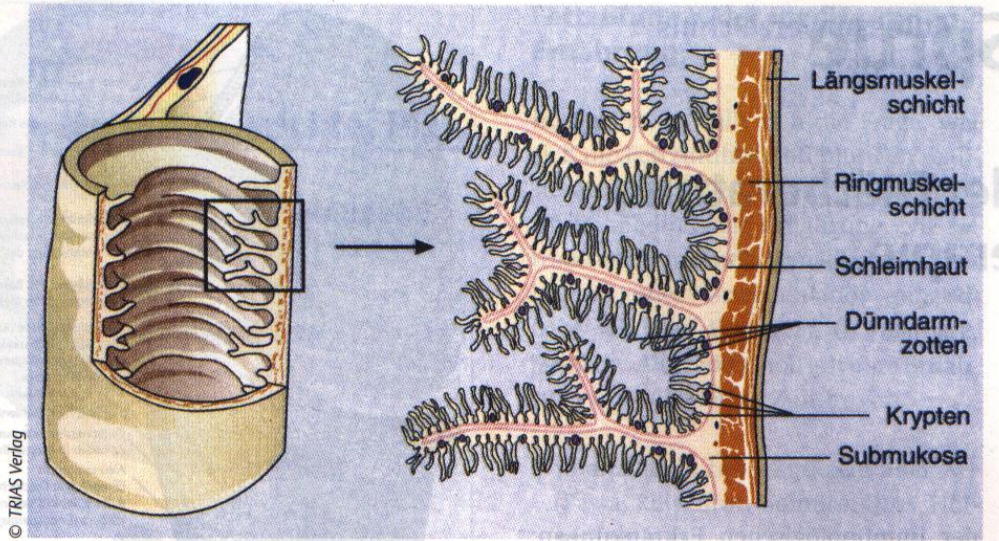
- 6 billion lactic acid producing bacteria (optimal number) that are scientifically well documented
- Supporting a healthy gut, microbiome & immune system (70% of the immune system is in the gut)
- optimal metabolism of food in the intestine
 - supports weight reduction
 - promotes mental strength and stress resistance through increased formation of happiness hormones (serotonin, dopamine)
- additional vitamin B6 & B9 (folic acid) for improved functioning of the nervous system and mood-enhancing effect
- Convenient to take as a stick, can be placed on the tongue
- pleasant vanilla taste
- Bifido - & lactic acid bacteria arrive alive in the intestine (good acid resistance & are not already metabolized)



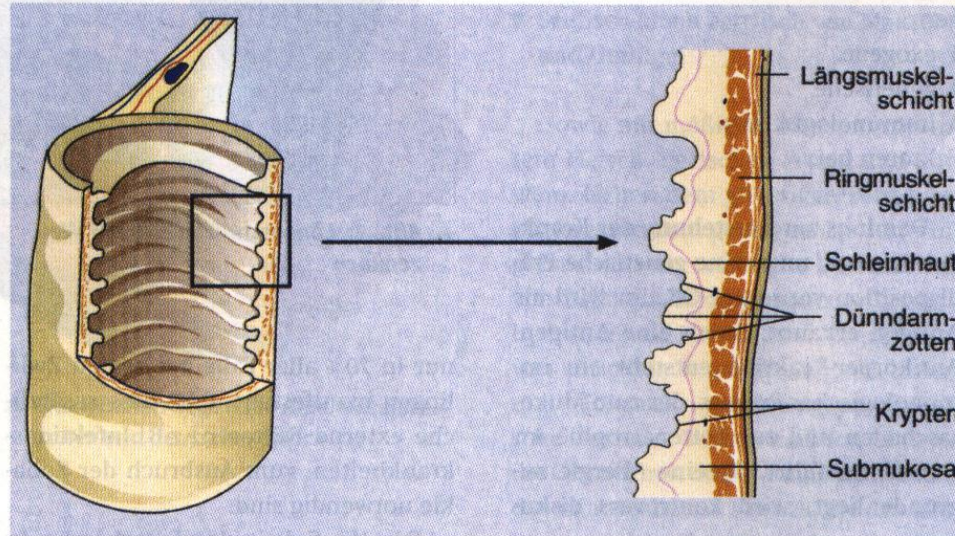
Soluble Dietary Fiber- Fibre powder

- ✓ Pre -biotics : nourish & promote healthy gut bacteria & thereby promote optimal functioning of the gut
- ✓ Easily soluble in water and food, odorless and tasteless
- ✓ Greater feeling of satiety due to delayed gastric emptying
- ✓ Positive effect of blood sugar regulation through inulin (from chicory root): Sugar enters the blood more slowly, resulting in lower blood sugar “spikes”
- ✓ Promote heart health by lowering harmful LDL cholesterol
- ✓ Binds excess bile acid in the intestine
- ✓ Better "disposal" of waste products and toxins, as they are better bound and excreted.
- ✓ Easier bowel movements

If the intestine is healthy, the person is healthy!



▲ Abb. 3a: Aufbau des Dünndarms (normal)



▲ Abb. 3b: Die Veränderungen im Dünndarm bei Zöliakie/Sprue

fiber causes a mild intestinal cleansing, so that the intestinal villi can regenerate (picture above)

Advantage:

Nutrients are absorbed much better &
Better elimination of pollutants.

Requirement:

For people who eat too little & irregularly fiber (raw fruit & vegetables, whole grain products)
→ see picture below.



TRUVIVITY

- **Nutri -Kosmetik** Special nutrients for healthy & beautiful skin

Beauty drink powder (morning)

✓ Contains vitamin C, zinc, cranberry extract, acerola cherry extract & patented phyto - ceramide complex



Video

Tablets (before sleep) for:

- ✓ Regeneration & repair of the skin
- ✓ Improve sleep cycle
- ✓ Wake up fresh & invigorated
- ✓ reduction of stress

✓ Contains: Vitamin C & A, zinc, patented phyto - ceramide - & phyto - infuse complex (wolfberry extract, Cherokee - rosehip, grape seed extract)



Vitamin D - the sunshine vitamin



- ✓ Very good bio-availability (from natural sources: yeast , lanolin)
- ✓ Contains vitamin D 2 AND D 3
- ✓ Significantly supports
 - ✓ health of Bones & teeth (D promotes calcium absorption)
 - ✓ normal muscle function
 - ✓ normal function of the immune system
 - ✓ Process cell division process (gene regulation, protects telomeres)
 - ✓ Cardiovascular system (strengthens heart muscle, protects inner vessel walls)

✓ have additional needs

- Those who do not work "outside" (office, trade, factory...)
- People of the northern latitudes from Italy (lower UVB radiation)
- Older (70% old skin prod . only 25% Vit . D compared to young skin)
- vegan
- Sun Avoider
- Sunscreen users
- for darker skin (which protects against UVB but reduces Vit .-D synthesis)



Video

Vitamin C Plus - with delayed release

✓ delayed release of vitamin C over 8 hours, thus optimal supply throughout the day

✓ Strengthen immune system

✓ cell protection

✓ Strengthens connective tissue & prevents cellulite, arteriosclerosis...

✓ Improves concentration & thinking skills

✓ Promotes the natural healing processes after surgery & injuries

✓ Promotes fat burning

✓ Also contains citrus - bio- flavonoids with additional benefits & boosts vitamin C



Video

Vitamin B Plus

Optimum B complex supply for 8 hours

✓ Double effect through 2 layers

1st layer: strong immediate effect

2nd layer release B vitamins over 8 hours

✓ Improves energy metabolism

✓ Reduces signs of fatigue

✓ Strengthens nervous system & reduces irritability

✓ Better concentration & memory

✓ Contains Spirulina algae

(strengthens the immune system, improves self-healing & LDL values, anti-inflammatory, strongly alkaline, promotes the formation of the happiness hormone serotonin & "sleep hormone" melatonin)

✓ Regulates blood sugar levels

✓ Lowers homocysteine (atherosclerosis risk factor)

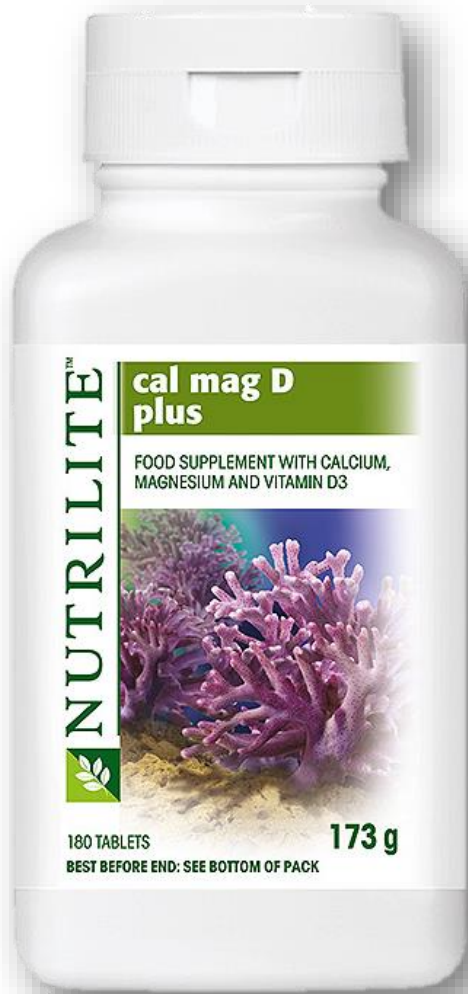
✓ Increased need for medication,
alcohol consumption, sport



Video

Cal-Mag-D-plus

Calcium Magnesium Plus Vitamin D



- ✓ Important for building and maintaining bones, teeth and fingernails
- ✓ Magnesium: Muscle relaxation (eg for athletes with cramps)
- ✓ calming of the nerves
 - "Anti-Stress Mineral"
- ✓ Important mineral for a healthy heart rhythm
- ✓ significantly improves the absorption of Ca & has many additional functions for skin health, bone health, hearing, immune system and cancer prevention
- ✓ Made from algae lime - highly concentrated vegetable Ca - Mg source
- ✓ Very environmentally friendly extraction, since only pieces of algae lime washed up on the beach are used

iron plus folic acid



✓ Important for women of childbearing age and pregnancy as well as athletes

✓ Contains:

- 2 Iron Forms (Ferrous Fumarate & Ferrous Gluconate)
- spinach concentrate
- folic acid

✓ Iron improves oxygen transport by forming hemoglobin (red blood pigment)

✓ As a result , more performance, more energy, less tiredness

✓ Folic acid is important for fetal development in early pregnancy

✓ Contains easily digestible iron II fumarate , which is absorbed directly

(many other iron preparations have to be converted in the intestine and cause stomach problems)

Lecithin E chewable tablet

For a strong brain & nervous system,
healthy liver & cardiovascular system



✓ Vitamin E : strong cell protection (from natural sources)

✓ pleasant walnut & honey taste

✓ Lecithin supports the following functions:

➤ Liver detoxification & elimination of environmental chemicals, drugs...

➤ Breakdown of triglycerides & other fats by the liver

➤ Structure of the cell membranes throughout the body, especially the nerve cells and the brain

➤ significantly improves the formation of the myelin layer (protective layer of the nerve tracts) & cell membranes in the brain

➤ Formation of neurotransmitters that control emotions & behavior in the brain





multi-carotene

- ✓ Better eyesight
- ✓ Contains a wide range of eye nutrients
 - Alpha Carotene & Beta Carotene
 - Lutein & Zeaxantin
- ✓ Strengthen immune system
- ✓ Healthy mucous membranes
- ✓ Reduces risk of sunburn

Vision Plus

for healthy eyes



Video

- Contains Vitamin A & Zinc to maintain & improve eye health & improve vision
- Contains 4 carotenoids from sustainable organic farming that are important for eye health
 - Beta carotene (from Dunaliella algae)
 - lycopene (from tomatoes)
 - Lutein & Zeaxantin (from marigold/ marigold)
- Especially lutein & zeaxanthin protects the retina & macula because they consist of it, among other things
- Beta carotene & lycopene protect the eyes from aggressive free radicals & UV radiation
- Important as protection against strain on our eyes due to regular/excessive use of digital devices such as smartphones, computers/laptops , TV, solar radiation



Fruit & Vegetable Concentrate

- ✓ Supply of plant-accompanying substances from 11 different types of fruit and vegetables
- ✓ Antioxidants from phytofactors including green tea extract - one of the strongest antioxidants
- ✓ Contains very good base formers

Fruit & Vegetable Concentrate Content / Compact

Hesperidin (flavonoid) 30 mg

Lycopene (**tomato** /carotenoid) 1.55 mg

Ellagic Acid (ECGC) 20 mg

(**green tea** extract 24%)

Pomegranate extract 11%

Oregano extract 10%

Blueberry powder 1%

Elderberry 2%

Rosemary extract 2%

Broccoli powder 1%

Spinach powder 1%

Carrot powder 1%

Acerola cherry concentrate 1%

Coenzyme Q10

✓ Q10 is essential for the generation of energy from food in the mitochondria

✓ Strong anti -oxidant (cell protection)

✓ Especially important for the heart muscle

✓ Q10 production decreases after the age of 40



Glucosamine - for joint & bone health



- ✓ Glucosamine is an important component of cartilage tissue and synovial fluid
- ✓ Promotes the maintenance and regeneration of joints, cartilage and bones
- ✓ High-quality, natural glucosamine from crustaceans
- ✓ Promotes new formation and maintenance of articular cartilage, synovial fluid and can thereby relieve pain in the knee and promote mobility
- ✓ Also to maintain (still) healthy joints and bones, especially in the case of special challenges caused by sport, physical work, poor nutrition, etc.
- ✓ Acerola - Vitamin C promotes collagen formation for normal cartilage function and protection against free radicals
- ✓ Lemon extract (bioflavonoids) enhances the effect of vitamin C



Garlic- for heart & blood vessel health

- ✓ Peppermint flavor eliminates garlic smell
- ✓ Antibacterial (natural antibiotics)
- ✓ anticarcinogen
- ✓ antioxidant
- ✓ antithrombotic
- ✓ Lipid & cholesterol lowering
- ✓ Immunomodulating
- ✓ positively influences blood pressure



milk thistle

for liver health & better detoxification, purification & digestion

- ✓ **Milk Thistle** : Maintains a healthy liver & causes detoxification & purification of the body, promotes digestion
- ✓ Liver is the largest organ with over 500 functions, must constantly - 24/7 filter pollutants from food, air, water, alcohol, medicines and fatty food!
- ✓ For more energy in life, because tiredness is the "pain" of the liver
- ✓ **Dandelion root** has a prebiotic effect, promotes and nourishes the intestinal bacteria and thus digestion
- ✓ **Turmeric & Acerola Cherries** are strong cell protectors, thereby increased liver protection
- ✓ All contained plant concentrates from the highest quality organic farming



Video

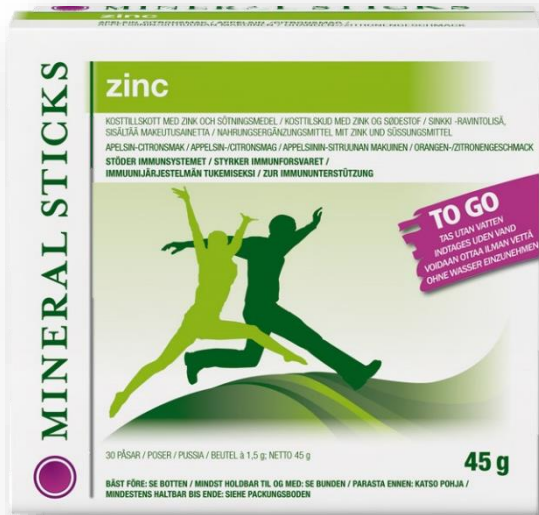


Biotin-C-Plus **hair, skin, nails**

✓ Optimal care for hair, skin & nails through:

✓ a unique combination of

- biotin,
- collagen,
- glycine
- grape seed extract
- vitamin C + acerola cherry concentrate .



Zinc Sticks To Go

- ✓ Strengthening of the immune system, especially during the autumn and winter months
- ✓ excellent for the regeneration & maintenance of healthy skin, hair and nails
- ✓ supports wound healing after injuries, operations, burns
- ✓ Reduces hair fall
- ✓ Improves fertility in men & women

- ✓ Practical granules that dissolve in the mouth without water, ideal for on the go
- ✓ Pleasant orange/lemon taste

myBodyID

scientifically based metabolism optimization
& weight reduction program **with genetic testing**

**Personalized nutrition - a program that is tailored
to you and your body**



Video



Video

- Genetic testing is used to determine
 - How the body metabolizes carbohydrates & fats & what to look out for, optimal distribution of proteins, carbohydrates, fats
 - Which sport is best for you to lose weight
- online platform with
 - Lots of recipe suggestions
 - Personal training plan
 - Analysis of micronutrients (vitamins, minerals ...) & macronutrients (protein, carbohydrates, fats, fiber)
 - Weight Log
 - Current information on the subject of nutrition, motivation & sport
- Contains:
 - genetic test
 - All Plant Protein
 - Fiber - Powder (soluble fiber)
 - Herbal tea (detox tea)
 - shaker

Bodykey Meal Replacement Bars

tropical fruits & dark chocolate



✓ meal on the go

- ✓ pleasant taste
- ✓ high-quality
- ✓ practical _
- ✓ full



✓ Contain 13 vitamins & 11 minerals

✓ High fiber content

✓ High protein content (13.6g for fruit & 15.9g for chocolate)

bodykey - milk

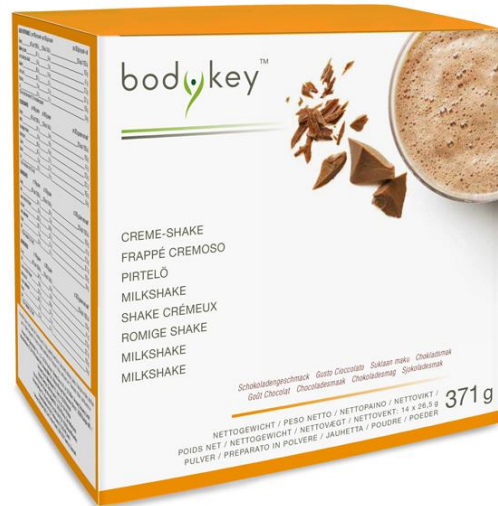
Supports weight reduction

✓ 2 delicious flavors:
vanilla & chocolate

✓ Convenient meal on the go

✓ Very easy and quick to prepare in a shaker with cold milk

✓ Personalized: depending on the gene type, there are 3 different shakes (reduced fat, reduced carbohydrates & balanced)





Bodykey - Meal Replacement Soup

Supports weight reduction

- ✓ 2 delicious flavors: mushrooms with parsley & Asian
- ✓ Very easy and quick to prepare: stir 3 tablespoons into 300 ml hot water and wait 3 minutes
- ✓ Contains 13 vitamins & 11 minerals
- ✓ Contains 13 g or 17 g protein (1 chicken egg contains 6 g protein)

XS- Pre workout drink

activates energy BEFORE exercise



- ✓ Instant energy boost with a special triple energy complex before exercise
- ✓ BCAA's support energy release during exercise
- ✓ Creatine provides energy before & at the beginning of training
- ✓ Vitamin B complex increases energy conversion & delays exhaustion
- ✓ Vitamin E, C & zinc protect against oxidative stress
- ✓ refreshing lemon-lime taste
- ✓ balanced supply of carbohydrates before training
- ✓ Drink 30 minutes before training (with 300-500ml water)



Video

XS – Electrolyte Drink

energy **DURING & AFTER** your workout



- ✓ For long-lasting performance & delaying fatigue
- ✓ 5 electrolytes (potassium, calcium, magnesium, sodium, chloride)
 - promote water transport into the cells
 - support muscle contraction
 - prevent cramps
- ✓ Made from high quality guarana (caffeine), maca root and quercetin (cell protection)
- ✓ Caffeine from guarana increases mental strength
- ✓ Slow & Fast Release Carbohydrates for Longer Workouts & Delayed Fatigue
- ✓ 400 ml water for isotonic (during intensive training) & 500 ml for hypotonic drink



Video



Video

XS - Hydrolyzed Protein Build Muscle & Recovery AFTER Training

- ✓ Hydrolyzed (short-chain, broken down) protein accelerates absorption into the cells & facilitates muscle building & regeneration
- ✓ 3 BCAA (leucine , isoleucine and valine) promote muscle growth
- ✓ Cell protection by Red Orange Complex , Vitamins C & E
- ✓ Delicious cocoa chocolate taste
- ✓ Dissolve 3 tablespoons in 150-260 ml water/milk
- ✓ Drink within 60 minutes after training

Protein bar with chocolate & caramel flavor delicious protein meal after exercise & for on the go



- ✓ High protein content (32%-20 g) for maintaining & building lean muscle mass
(daily protein requirement: 1-2 g/kg body weight)
- ✓ delicious chocolate or caramel flavor
- ✓ sweetened with stevia
- ✓ Creates a feeling of satiety & reduces cravings by stabilizing blood sugar levels
- ✓ Continuous supply of the muscles thanks to fast & slow digestible proteins from 4 different sources
- ✓ High fiber content (50% of the daily requirement)
- ✓ B vitamins for energy metabolism against tiredness and exhaustion
- ✓ Cell protection against oxidative stress by selenium



Video



Magnesium Sticks- To Go

- ✓ relaxation mineral for muscles & nerves , especially the heart muscle
- ✓ The fast magnesium boost in between against muscle cramps for athletes
- ✓ can counteract fatigue
- ✓ Convenient granules that work without water dissolves in the mouth, ideal for on the go
- ✓ Pleasantly fresh lemon taste





Rhodiola Plus - for 110% in life

For brain power, more concentration and energy for athletes and active people

- ✓ Contains in addition to Rhodiola rosea (rose root) additional caffeine from green tea , vitamin C from acerola cherry , spinach
- ✓ Improves brain performance/mental strength (increases the formation of the happiness hormones serotonin and dopamine, among other things):
 - More focus
 - Better learning skills & cognitive abilities
 - Against tiredness
 - Greater emotional stability/ more mental balance
 - Against depressive moods and fears
- ✓ Improves physical endurance (optimizes energy metabolism with vitamin C, among other things)
- ✓ Increases stress resistance (adaptogen) to:
(stress is the cause of many health problems)
 - Psychological factors (mental stress, anxiety, depression, listlessness)
 - Environmental factors (heat, cold, noise, pollutants)
 - Physical stress (sport, work)



CLA 500

Conjugated Linolenic Acid

- ✓ Promotes fat burning, thereby improving the muscle to body fat ratio
- ✓ strengthening of muscle tissue
- ✓ Effect is increased by sport
- ✓ from pure safflower oil
- ✓ 3x 2 capsules daily
about 30 minutes before meals



NUTRILITE pill box

- Practical box for Nutrilite nutritional supplements for daily use and on the go
- 2 large compartments on the left & 5 small compartments on the right
- Handy format: 10.2 x 6.2 x 3.3 cm

