

Amway | **nutrilite**

Morning Nutrition

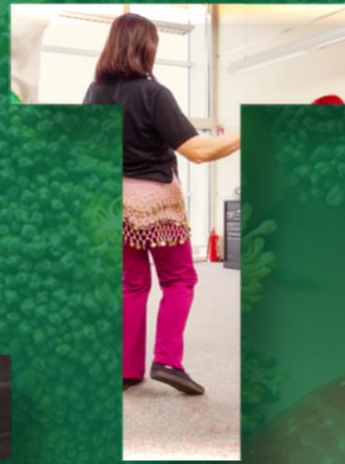
NUTRILITE TRAINING





Health and Well-being

Amway |  **nutrilite™**



ENVIRONMENT

Amway is purposeful and impactful in our contribution to healthier planet

HEALTHY MIND

Mental clarity, focus, and mindfulness create a positive emotional state that is attained through social, emotional and spiritual means

HEALTHY BODY

Maintaining a healthy body involves a combination of various factors, including nutrition, physical activity, mental well-being and lifestyle choices.

PERSONAL GROWTH

Personal Growth includes activities that develop a person's capabilities and potential, enhance quality of life and facilitate the realization of goals and aspirations.

COMMUNITY CONNECTION

Building meaningful relationships is critical to providing a sense of belonging and social connectedness which can lead to longer life, better health and improved wellbeing.

FINANCIAL WELL-BEING

Having control of your financial health contributes to holistic wellbeing.

Why Health & Wellbeing?

- Foundation for a fulfilling life
- Physical health impact on daily functions
- Mental & emotional resilience
- Enhanced productivity & creativity
- Prevention of illness
- Quality of relationships
- Longevity
- Community impact
- Economic impact





Run, dance, lift
Be happy



Achieve Wellness

- Address nutritional gaps
- Observe healthful diet (adequate, balanced, in portion and variety)
- Mindful rest
- Build meaning relationships
- Find balance in work
- Manage your money
- Be active in your community

Amway

 **nutrilite™**

**Morning nutrition plays
an important role in
people's health and
everyday performance.**



Why Breakfast an important meal of the day?

Break the Fast

Metabolism Boost


Blood Sugar Control

Satiety and Hunger Management

Nutrient Intake

Energy Level





**What happens to
our body during
SLEEP?**

- **Lose 0.5- 1L of water** through breath, sweat, and urine.
- **Slower heartbeat** and lower blood pressure & temperature
- The digestive system, including the **movement of the intestines, slows down** as part of the body's circadian rhythm and the gastrocolic reflex
- **Synthesize new memories** and integrate with existing memories.
- **Remove unnecessary memories** and byproducts harmful to brain.
- Faster muscle recovery and growth due to more growth hormones in blood vessels.
- **Use and break down protein** for muscle formation

Why Protein in the Morning?



Protein gets depleted throughout the night during sleep.

During sleep, the body repairs tissues, regulates hormones, and performs metabolic processes.

Protein is crucial for tissue repair and muscle synthesis.

Adding protein to breakfast replenishes stores, supports muscle recovery, maintains metabolism, and prevents muscle breakdown.

It also regulates appetite, promotes satiety, and aids in weight management and energy balance throughout the day.

EGGS AND EGG-BASED DISHES

Excellent source of high-quality protein, containing all nine essential amino acids.

Preparation: scrambled, boiled, poached, or as omelets.

DAIRY PRODUCTS LIKE GREEK YOGURT AND COTTAGE CHEESE

Greek yogurt and cottage cheese are rich in protein, with Greek yogurt typically containing more protein than traditional yogurt.

Preparation: provides a creamy and satisfying base for breakfast dishes

LEAN MEATS AND POULTRY

Lean meats such as turkey, chicken, and lean cuts of beef provide a significant amount of protein with less fat.

Preparation: Incorporate lean meats and poultry into breakfast dishes for added protein and flavor.

PLANT-BASED PROTEIN SOURCES (EG TOFU, LEGUMES)

Plant-based protein sources like tofu and tempeh are complete proteins, containing all essential amino acids.

Preparation: Incorporating plant-based proteins into breakfast adds diversity to your diet and can be suitable for vegetarians and vegans.



Protein-rich Breakfast Options

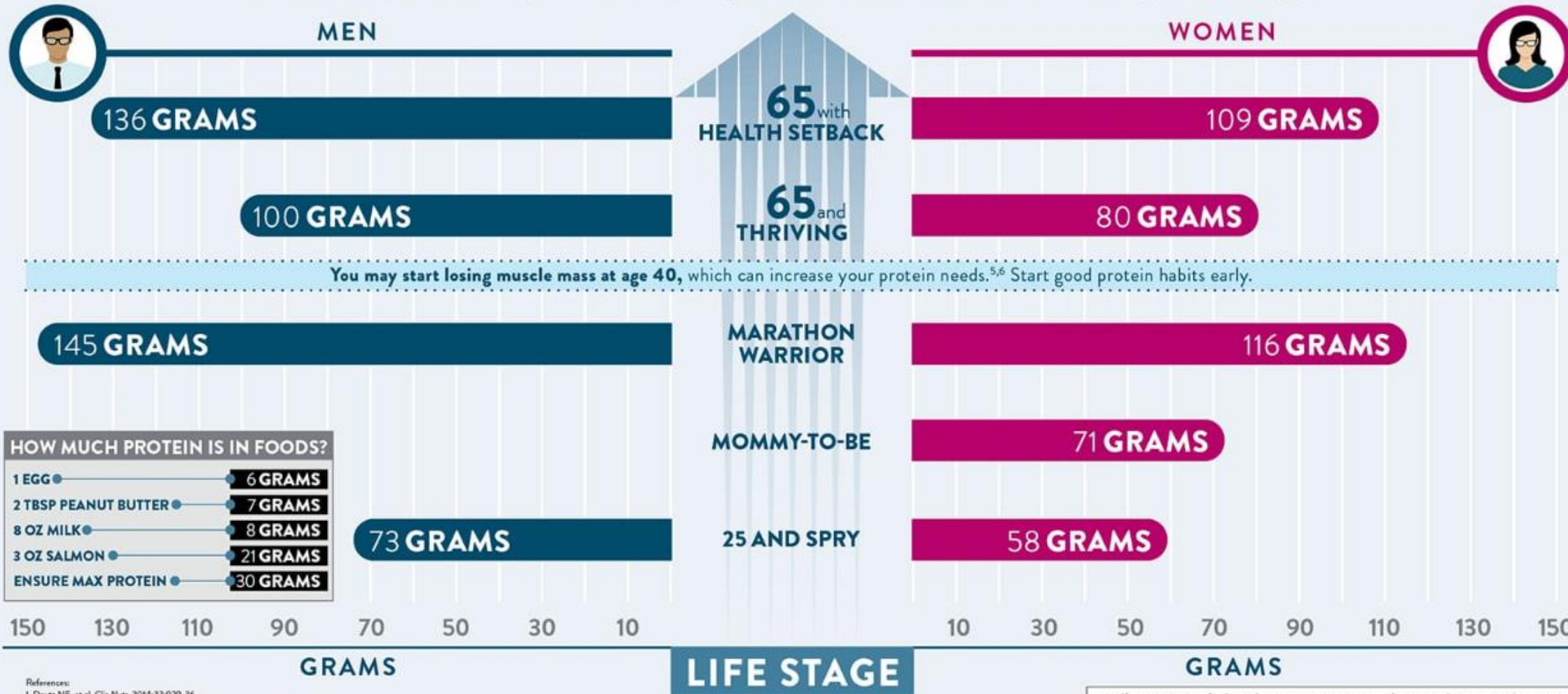


The Power of Protein



Are you getting enough?*

Experts agree that protein needs increase with pregnancy, exercise, illness and age. In fact, adults 65+ may need up to 2x more protein than younger adults to maintain muscle for strength and energy.¹⁻⁴



References:

1. Deutz NE, et al. *Clin Nutr*. 2014;33:929-36.
2. Otten JJ, et al. *DRI, dietary reference intakes: The essential guide to nutrient requirements*. 2006.
3. Thomas DT, et al. *J Acad Nutr Diet*. 2016;16:501-528.
4. Abbott Nutrition Institute. *Clinical Nutrition News* Achieving goals in nutrition at the 34th ESPEN Congress Barcelona, Spain, 2012.
5. Bauer S, et al. *J Parenter Enteral Nutr*. 2009;33:71-82.
6. Janssen I, et al. *J Appl Physiol*. 2000;89:81-88.

*Daily protein intake based on average 200-pound man and 160-pound woman and calculated using recommended gram per kilogram per day.

Source: Abbott





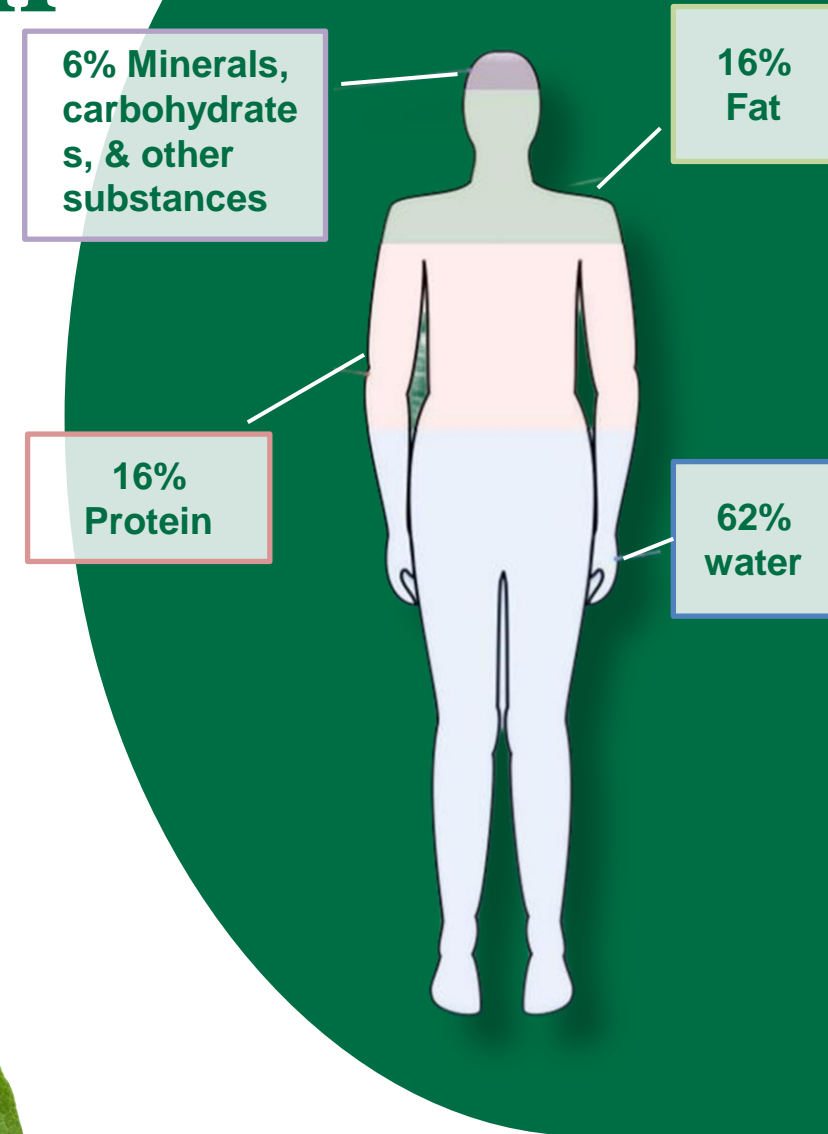
Other Functions Of Protein

Protein for Daily Nutrition

Protein is essential for overall health and wellbeing, playing critical roles in muscle function, tissue repair, enzyme activity, hormone regulation, immune function, satiety, and various other physiological processes.

SCIENCE STORY:

Protein is foundational and makes up 16% of your body- in muscle, bone, skin, hair, and virtually every other body part or tissue

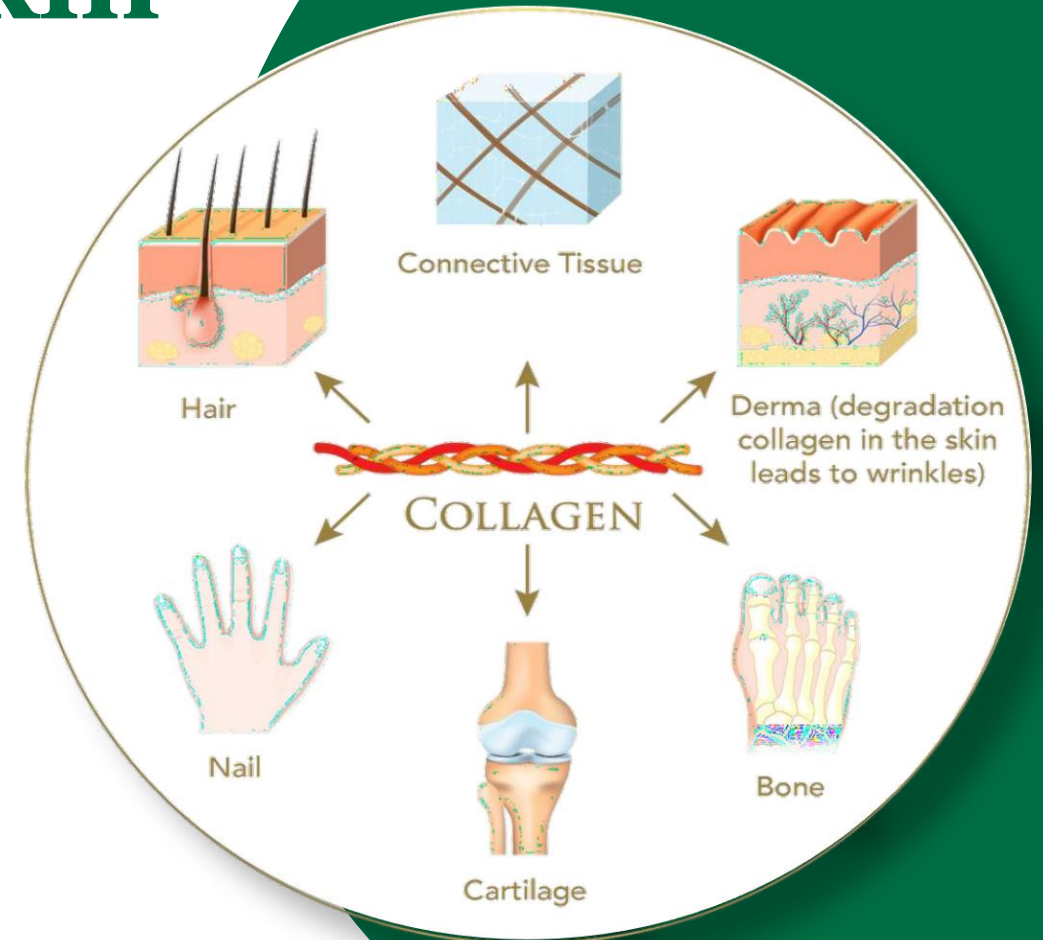


Protein for Healthy Skin

Collagen begins to decline at age 25, which has a negative impact on skin, bones, muscles, and tendons.

SCIENCE STORY:

Collagen accounts for 1/3 of the protein in our bodies and we lose 50% of our body's collagen by age 60.

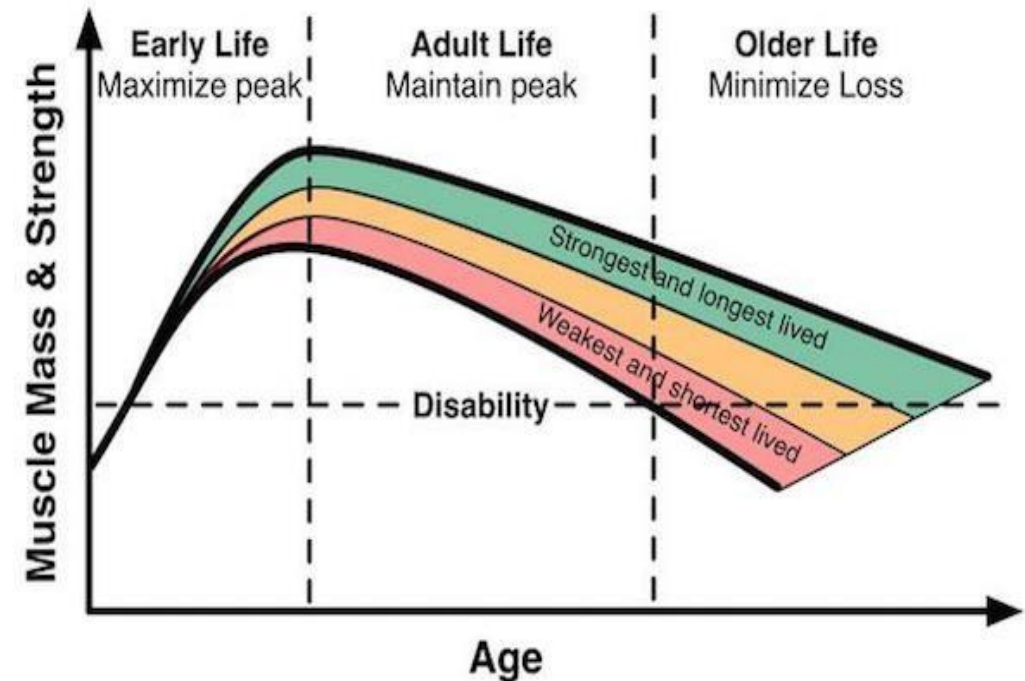


Protein for Healthy Aging

As we get older, we may need up to 50% more protein than when we were younger to keep our muscle mass.

SCIENCE STORY:

Muscle strength is the main culprit in the functional decline with age (in both men and women). On average, individuals can lose 3% to 5% of their muscle mass per decade.



Protein for Weight Management

Obesity is on the rise globally due to modern sedentary lifestyles. According to the Institute of Health Metrics and Evaluation, 30.0% of the world's population is either obese or overweight.

SCIENCE STORY:

Protein supports weight management by:



BETTER
APPETITE
CONTROL



METABOLIC
BOOST



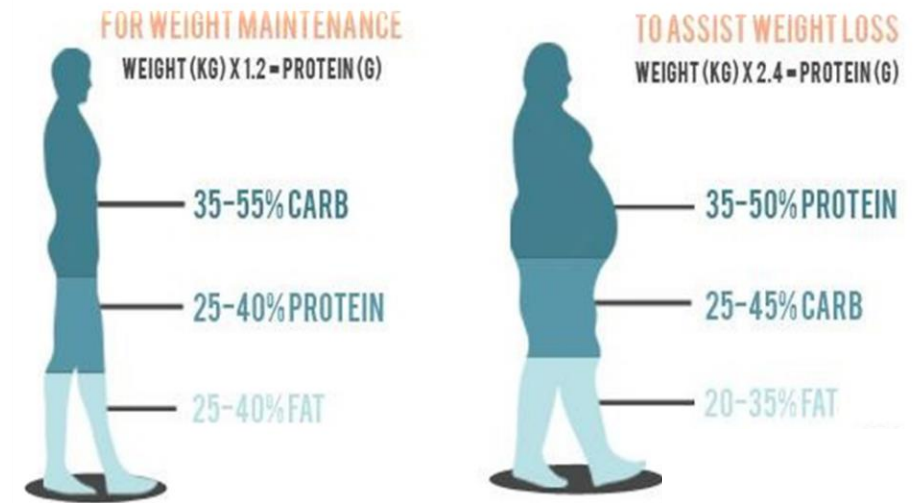
REDUCED
FOOD
CRAVINGS



IMPROVED
BODY
COMPOSITION



REDUCED
ENERGY
INTAKE





Protein for Muscle Building & Athletic Performance

Protein plays a critical role in muscle building and athletic performance by supporting muscle repair, growth, and recovery.

SCIENCE STORY:

Athletes, or those engaged in intense training or endurance activities, have higher protein requirements ranging from 1.2 to 2.0 grams of protein per kilogram of body weight per day, depending on factors such as training intensity, duration, and individual goals.





Protein for Specific Dietary Needs (Vegan, Vegetarian)

A vegan diet excludes all animal products, including meat, dairy, eggs, and honey. A vegetarian diet excludes meat but may include dairy products and eggs.

SCIENCE STORY:

Breakfast options for vegans focus on plant-based ingredients rich in protein, fiber, vitamins, and minerals. Breakfast options for vegetarians focus on plant-based ingredients while incorporating dairy and eggs as sources of protein and nutrients.



**Start the
Day Right
with
Omega 3
Fatty Acids**



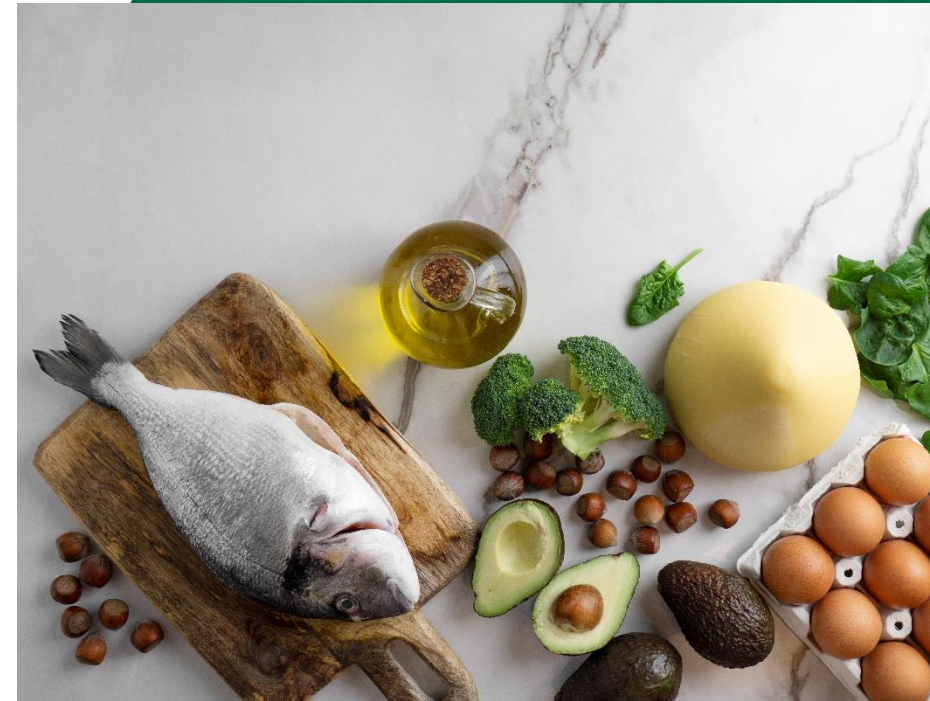
The Power of Omega 3 Fatty Acids



What are Omega 3 Fatty Acids?

Omega-3s are a family of essential fatty acids that play important roles in your body and may provide a number of health benefits.

As your body cannot produce them on its own, you must get them from your diet.



Why Omega 3 Fatty Acids are Important

Omega-3 fatty acids help all the cells in your body function as they should. They're a vital part of your cell membranes, helping to provide structure and supporting interactions between cells.

While they're important to all your cells, omega-3s are concentrated in high levels in cells in your eyes and brain.





Omega 3 Fatty Acids Support Brain Health

The human brain is approximately 66 percent fat, and about 20 percent of that fat is omega-3.

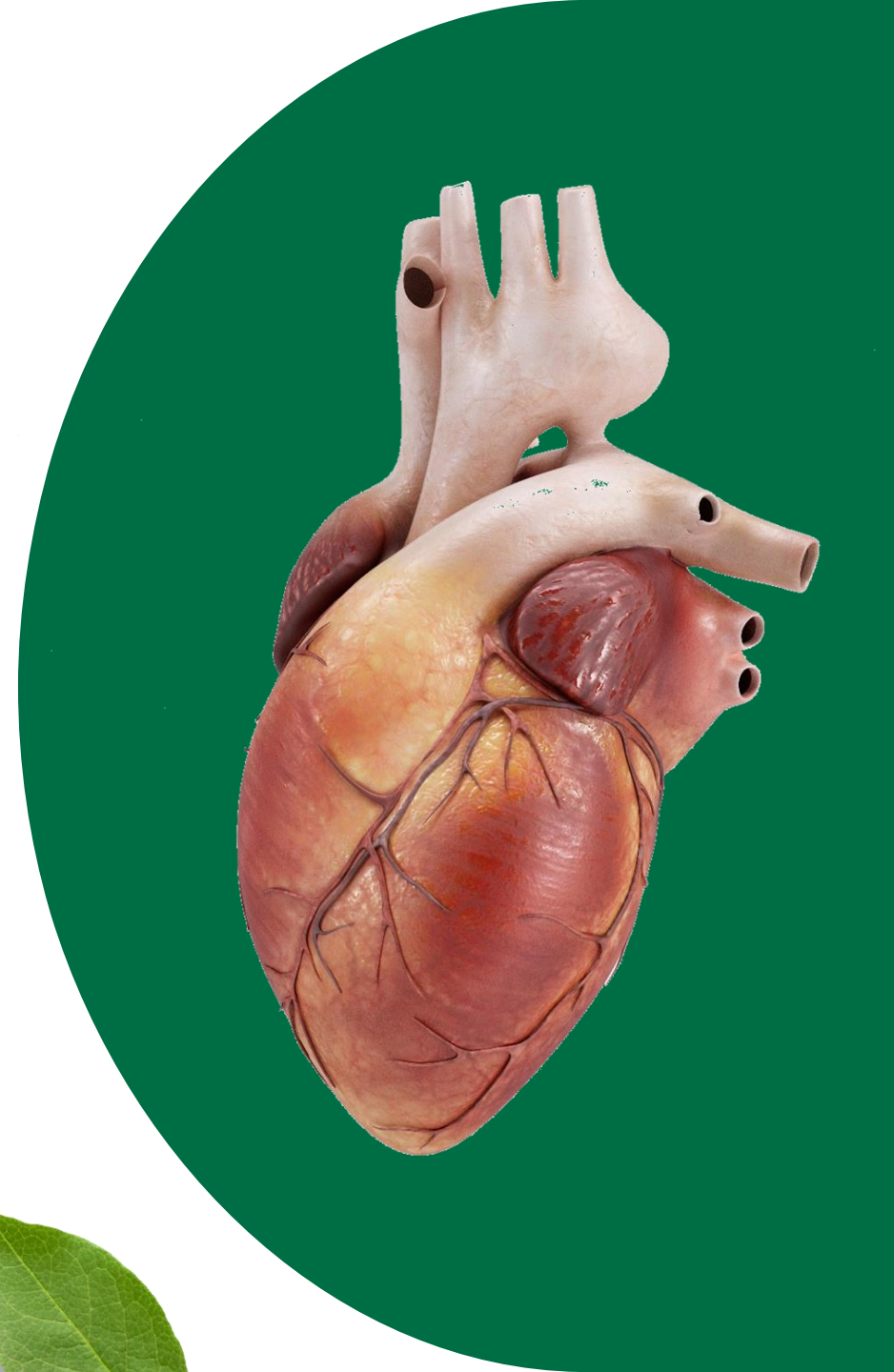
Studies show that in the nervous system, omega-3s foster the development of brain circuitry and the speedy processing of information. Fatty acids play an important role in stabilizing mood and staving off cognitive decline.



Omega 3 Fatty Acids Support Heart Health

Omega-3s are good for your heart and blood vessels in several ways.

- Reduce triglycerides, a type of fat in your blood.
- Reduce the risk of developing an irregular heartbeat.
- Slow the buildup of plaque, a substance comprising fat, cholesterol, and calcium, which hardens and blocks your arteries.
- Help to slightly lower your blood pressure.



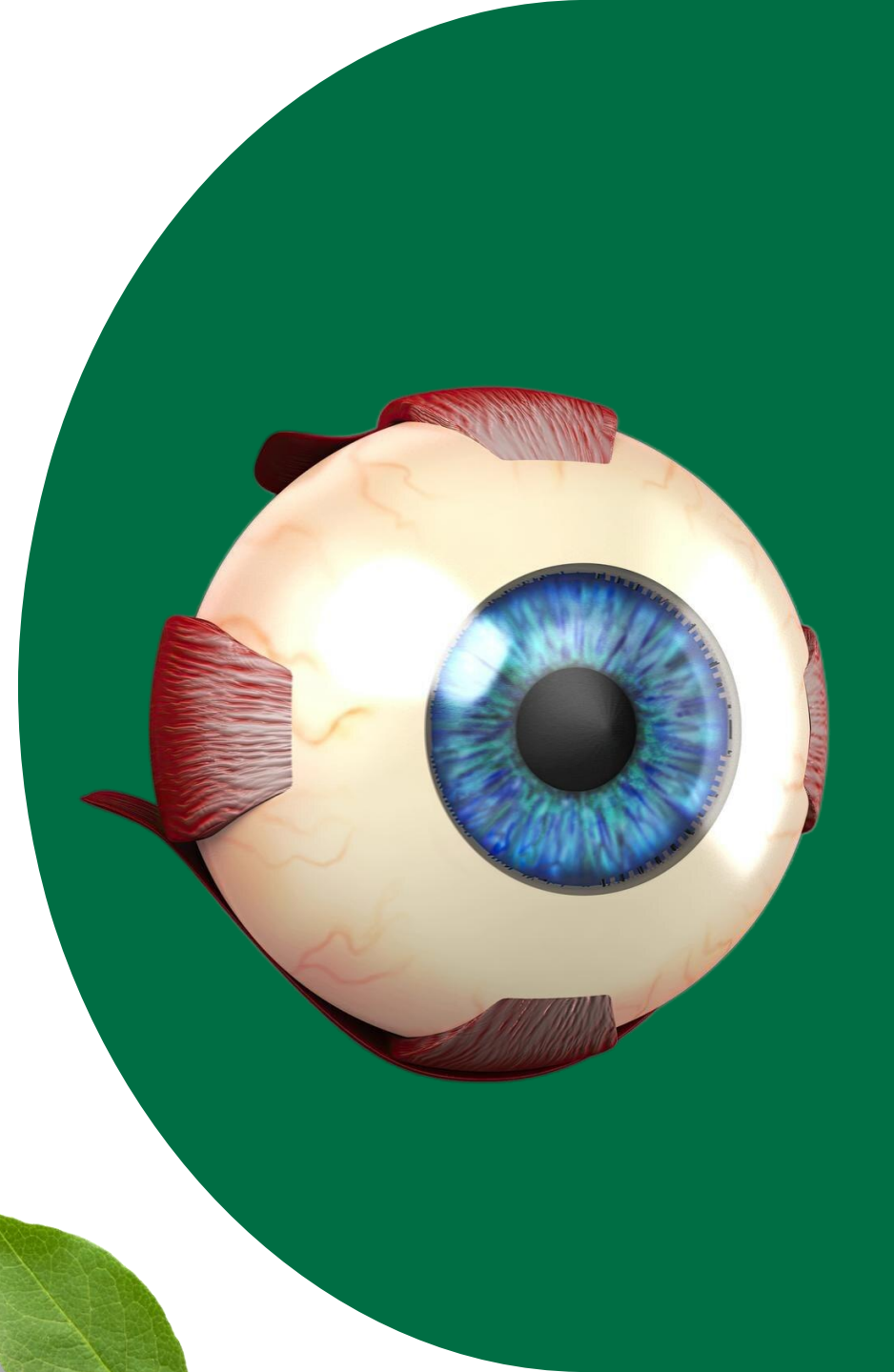


Omega 3 Fatty Acids Support Eye Health

There is evidence to suggest that diets rich in omega-3 essential fatty acids, obtained from food sources or supplementation, may have ocular benefits.

Omega-3 fatty acids are termed ‘essential’ as they cannot be synthesized in the body and, thus, must be obtained from the diet.

DHA is especially helpful since there are high levels of it present in the retina of the eye.



**Jumpstart
Your
Morning with
Essential
Nutrients**



Vitamins

The body cannot produce most vitamins on its own, so the body needs to obtain vitamins from the diet or supplementation.

Vitamins are directly involved in the process of cell structure, energy metabolism as well as all vital activities of the body. Our bodies cannot be healthy without an adequate supply of vitamins.



Minerals

Minerals are not found naturally in our bodies. We don't manufacture essential minerals in the body.

Minerals fulfil a wide variety of functions, such as building materials for our bones, influencing muscle and nerve function, and regulating the body's water balance.



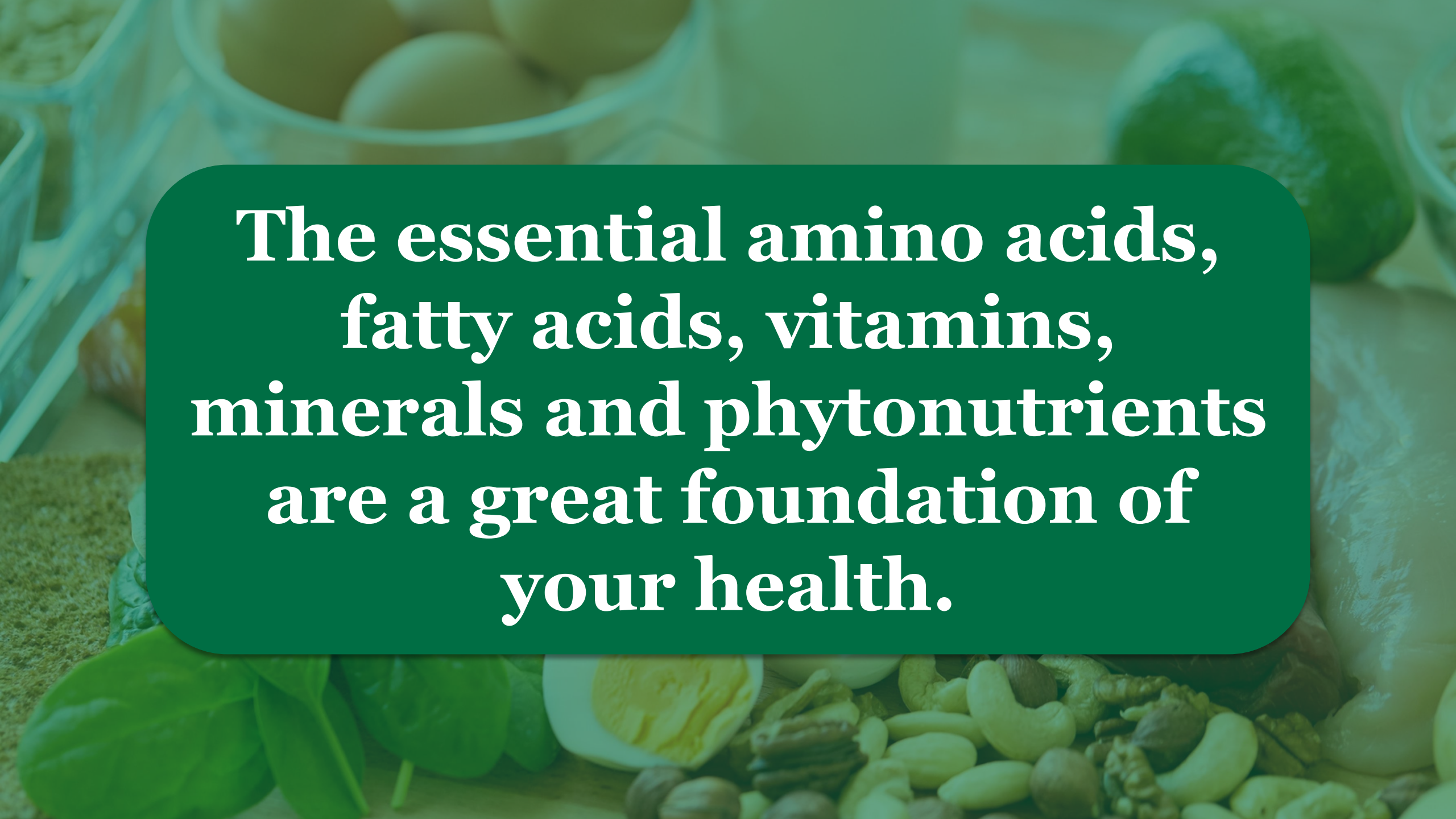
Phytonutrients

Phytonutrients are nutrients that come from plants.

Phytonutrients work together in synergy to allow optimal cellular function and communication.

Phytonutrients have antioxidant effects, which means that they help fight unstable molecules known as free radicals that cause oxidative stress, or cell damage.





**The essential amino acids,
fatty acids, vitamins,
minerals and phytonutrients
are a great foundation of
your health.**



- **Leader in Phytonutrient Science**
- **200+ Scientist around the world**
- **Nearly 6000 acres of certified organic farmland**
- **Worlds #1 selling vitamin and dietary supplement Brand ***

*Euromonitor International Limited www.euromonitor.com/amway-claims



Best Of Nature, Best Of Science



Amway

 **nutrilite™**



Certified Organic Farms

Nutriline is the only global vitamin and dietary supplement brand to grow, harvest, and process plants on their own certified organic farms.



Traceability

Food safety risks are real. Your best defense is to know where products come from. Join us to trace the journey of Nutrilite products.



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Nutrilite Products

Power Up Your Morning with Foundational Trio



Power Up Your Morning with Foundational Trio



DAILY - 11 essential vitamins and 8 minerals in it to fill your daily nutrient gaps.

ALL PLANT PROTEIN - low calorie, low fat, no cholesterol, high-quality, plant-based protein to help build a stronger foundation

OMEGA 3 - Contains the equivalent DHA and EPA omega 3s found in three servings of ocean fish.



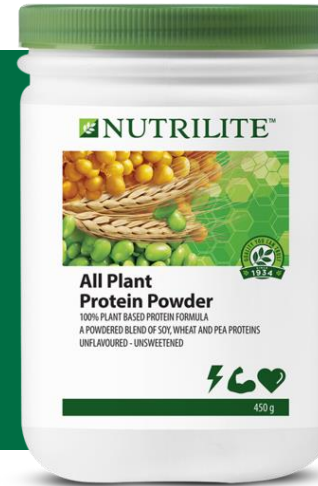
NUTRILITE™ All Plant Protein Powder

Supports lean muscle development

A supplement that has soy, wheat, and peas, which provide balanced amounts of the nine essential amino acids to build muscle and repair tissue.



NUTRILITE™ All Plant Protein



Plant based Protein with nine (9) essential amino acids

One 10g serving of NUTRILITE™ All Plant Protein Powder provides 8g of protein, with a balance of all nine essential amino acids your body needs. With high protein quality, equivalent PDCAAS score of 1, you can get a nutritionally complete protein source from NUTRILITE™ All Plant Protein Powder.



Key Features



It contains **natural plant based high-quality protein** with unique combination of soy, wheat and pea containing 9 amino acids.

With high protein quality, equivalent PDCAAS score of 1,

It is flavour-free and easily blendable into your diet.

It is an all-natural, lactose-free and no cholesterol protein



Other Features and Benefits

- Halal-certified
- Lactose Free
- No artificial colors, flavors, or preservatives added
- Has satisfaction guarantee



All Plant Protein Powder

100% PLANT BASED PROTEIN FORMULA
A POWDERED BLEND OF SOY, WHEAT AND PEA PROTEINS
UNFLAVOURED - UNSWEETENED



Product information

How to Use

- ✓ 450 grams per canister
- ✓ Add one scoop (10g) to a 225ml glass of any beverage once or several times per day.
- ✓ Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.



COMPARISON

See How We Compare



NUTRILITE™ All Plant Protein Powder

Brand X

Brand Y

Servings Per Box: 45	Servings Per Box: 40	Servings Per Box: 14
Protein: 8g	Protein: 5g per tablespoon	Protein: 20g
PDCAAS Score: Not Stated	PDCAAS Score: Not Stated	PDCAAS Score: Not Stated
Protein Source: Plant-based protein	Protein Source: Whey Protein Concentrate: Soy Protein Isolate	Protein Source: Soy Protein Isolate
Free From Lactose, Fat and Cholesterol: Yes	Free From Lactose, Fat and Cholesterol: No	Free From Lactose, Fat and Cholesterol: No
Artificial Preservatives, Flavors, Coloring None	Artificial Preservatives, Flavors, Coloring Yes	Artificial Preservatives, Flavors, Coloring Yes



NUTRILITE™ Omega 3 Complex

Supports brain, heart and eye health

A natural fish oil supplement that provides the essential omega-3 fatty acids which promote heart health and play an important role in brain and eye health.



NUTRILITE™ Omega 3 Complex

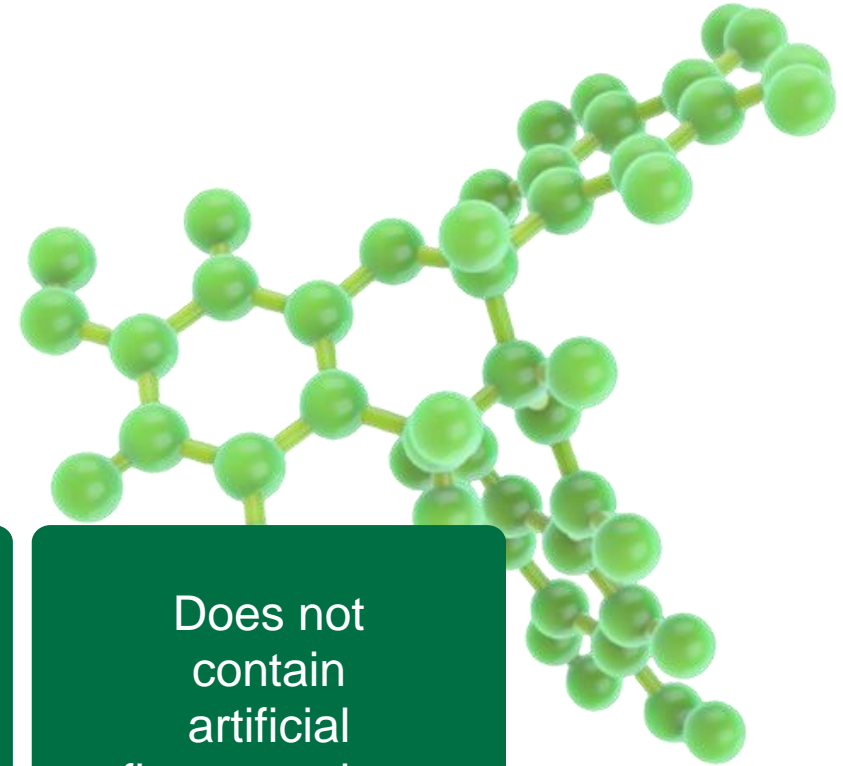


Has 180 mg of EPA and 120 mg DHA

Each softgel provides 180mg of EPA and 120mg DHA which provide everyday support for brain, eye, and heart health. It helps support memory, learning, and concentration with DHA omega 3s and supports healthy cardiovascular and nervous systems.



Key Features



Contains 180⁴⁸ milligrams of EPA (eicosapentaenoic acid) which supports cardiovascular health.

Contains 120 milligrams of DHA which helps support nervous system, cardiovascular system and vision health.

Has d-alpha tocopherol Vitamin E for nutritional fortification and to prevent the oxidation of omega-3 fatty acids.

Does not contain artificial flavors, colors or added preservatives



Other Features and Benefits

- Halal-certified
- No artificial colors, flavors, or preservatives added
- Has satisfaction-guarantee





Product information

How to Use

- ✓ 90 tablets/bottle
- ✓ One softgel daily preferably with a meal.
- ✓ Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.



COMPARISON

See How We Compare



NUTRILITE™

Omega 3 Complex

Brand X

Brand Y

Servings Per Bottle: 90	Servings Per Bottle: 90	Servings Per Bottle: 56
EPA 180 mg	EPA 114 mg	EPA 290 mg
DHA 120 mg	DHA 75 mg	DHA 235 mg
D-Alpha Tocopherol Yes	D-Alpha Tocopherol Yes	D-Alpha Tocopherol None
Artificial Preservatives None	Artificial Preservatives Yes	Artificial Preservatives Yes



NUTRILITE™ Daily

Meet your body's daily nutritional needs

A powerful and convenient supplement packed with essential vitamins and minerals to meet the body's daily nutritional needs.



NUTRILITE™ Daily

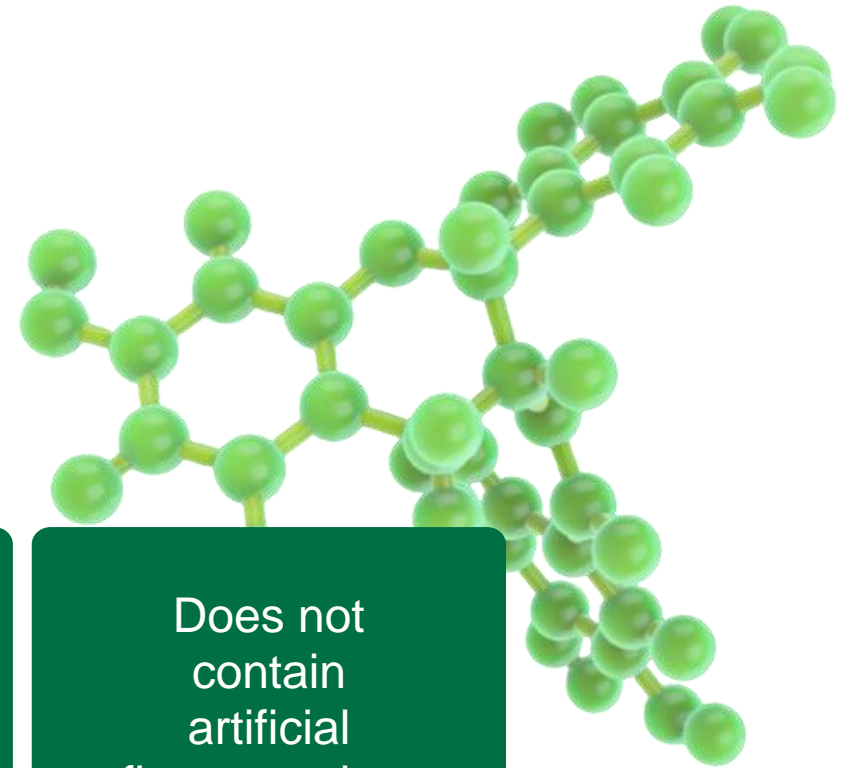


Your daily dose of 11 essential vitamins and 8 essential minerals

One NUTRILITE Daily tablet each day provides the benefit of essential vitamins and minerals, plus the added extra of organically-sourced plant concentrates that deliver the natural, nutritional support of phytonutrients.



Key Features



Has 11 essential vitamins which provide antioxidants and supports the immune system

Has 8 essential minerals crucial for energy production, bone health, and immune health

Has phytonutrients which help fight free radicals that can cause oxidative stress, or cell damage that is associated

Does not contain artificial flavors, colors or added preservatives



Other Features and Benefits

- Halal-certified
- No artificial colors, flavors, or preservatives added
- Has satisfaction guarantee





Product information

How to Use

- ✓ 60 tablets per bottle
- ✓ One tablet daily with a meal.
- ✓ Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.



COMPARISON

See How We Compare



NUTRILITE™ Daily

Brand X

Servings Per Box: 60	Servings Per Box: 90
Nutrients: 11 Vitamins, 8 Minerals, Plus phytonutrients	Nutrients: 24 Vitamins, Minerals
Ingredients: Plants-based	Ingredients: Synthetic
Certification: Halal	Certification: Not Halal-certified
Artificial Preservatives None	Artificial Preservatives Yes

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THANK YOU

