

**Amway**

nutrilite

# Morning Nutrition

NUTRILITE TRAINING



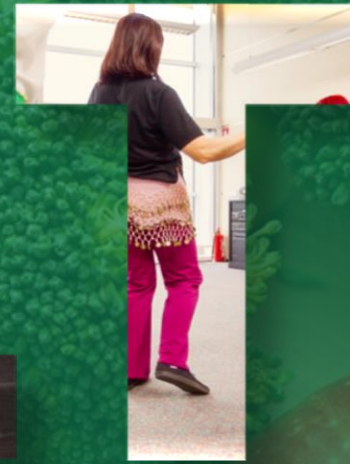




# Health and Well-being

**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

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



# Why Breakfast an important meal of the day?

**Break the Fast**

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**Metabolism Boost**

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**Blood Sugar Control**

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**Satiety and Hunger Management**

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**Nutrient Intake**

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**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



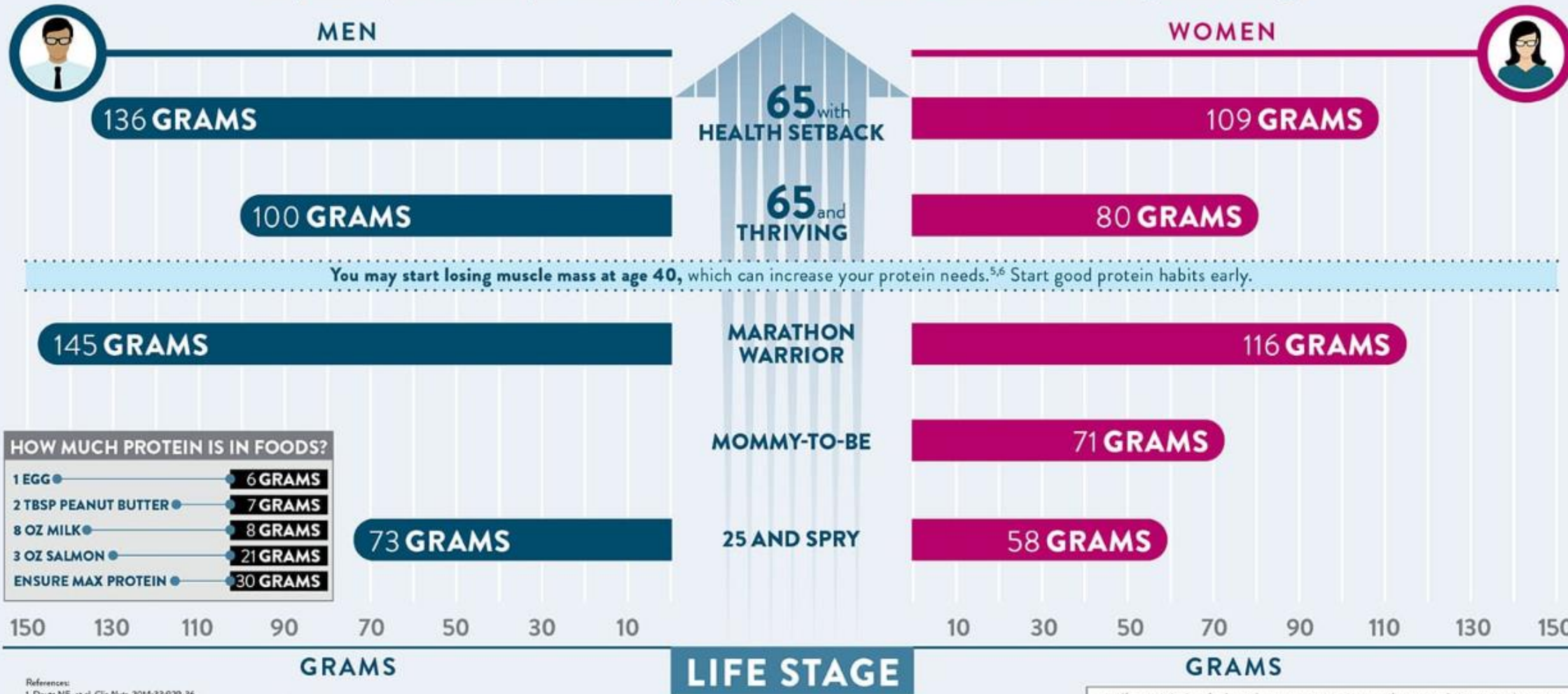
# The Power of Protein





# 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.<sup>1-4</sup>



**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

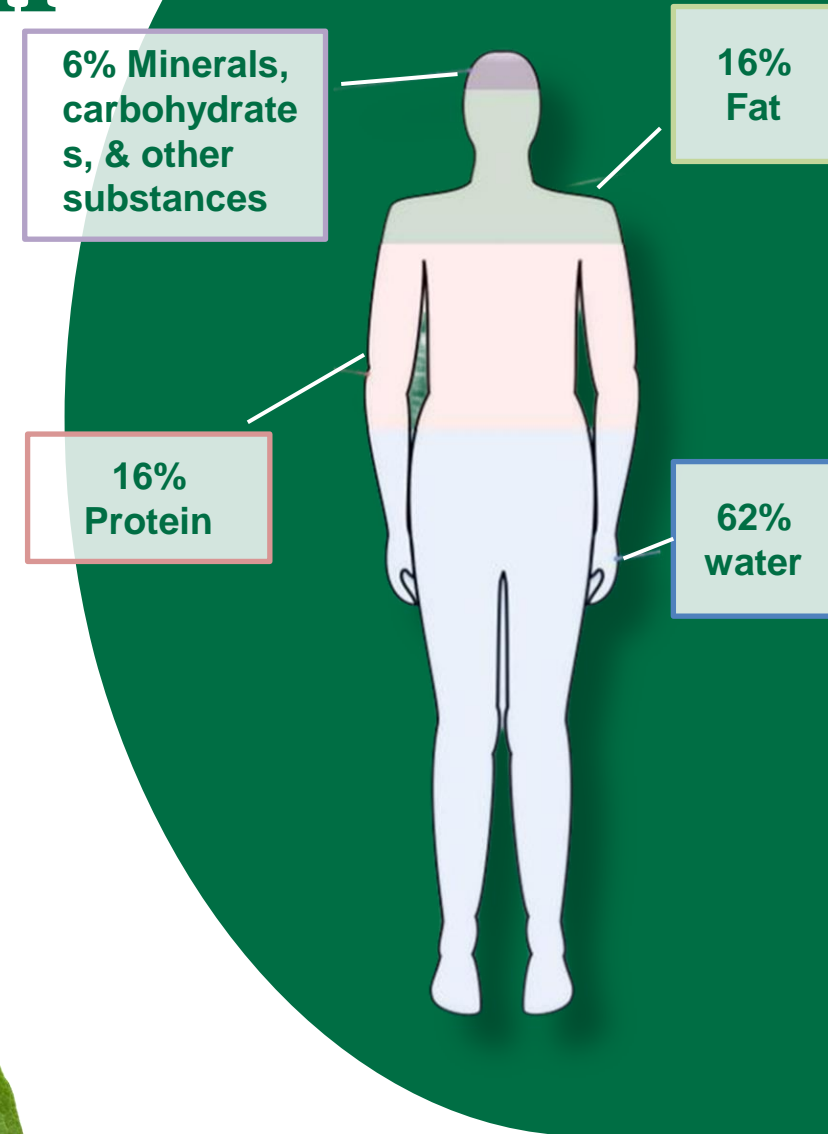


# Protein for Daily Nutrition

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

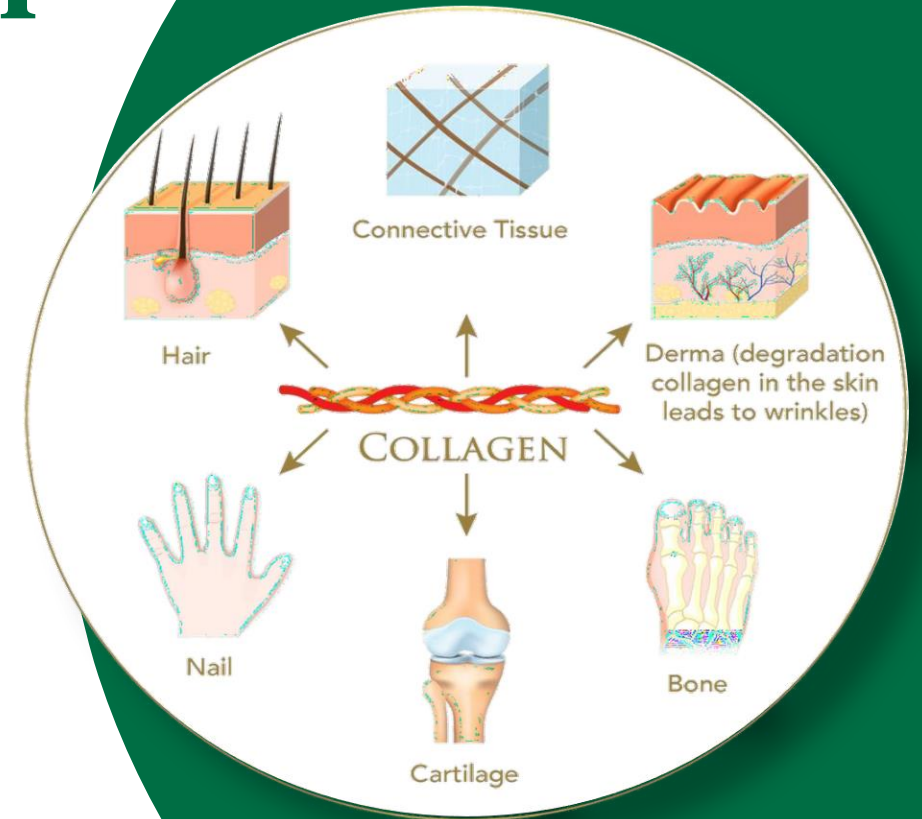


# Protein for Healthy Skin

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.



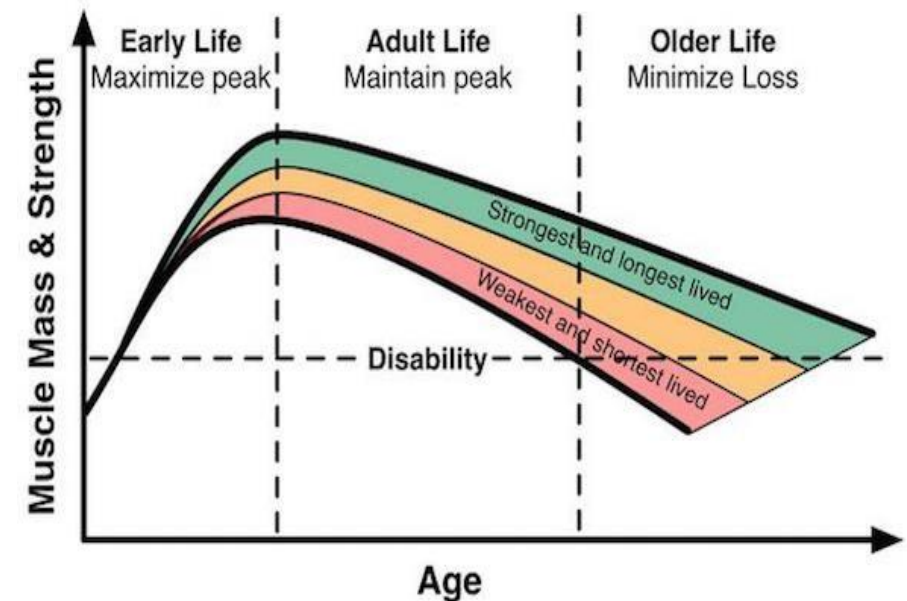


# Protein for Healthy Aging

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.

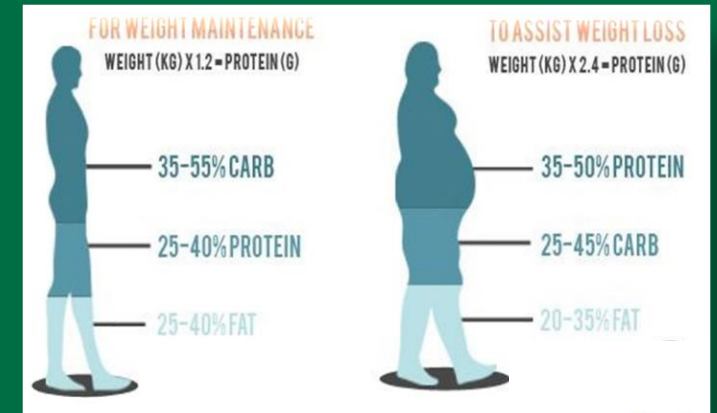


# Protein for Weight Management

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:



# 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.





- **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](http://www.euromonitor.com/amway-claims)



# Best Of Nature, Best Of Science



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# 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.





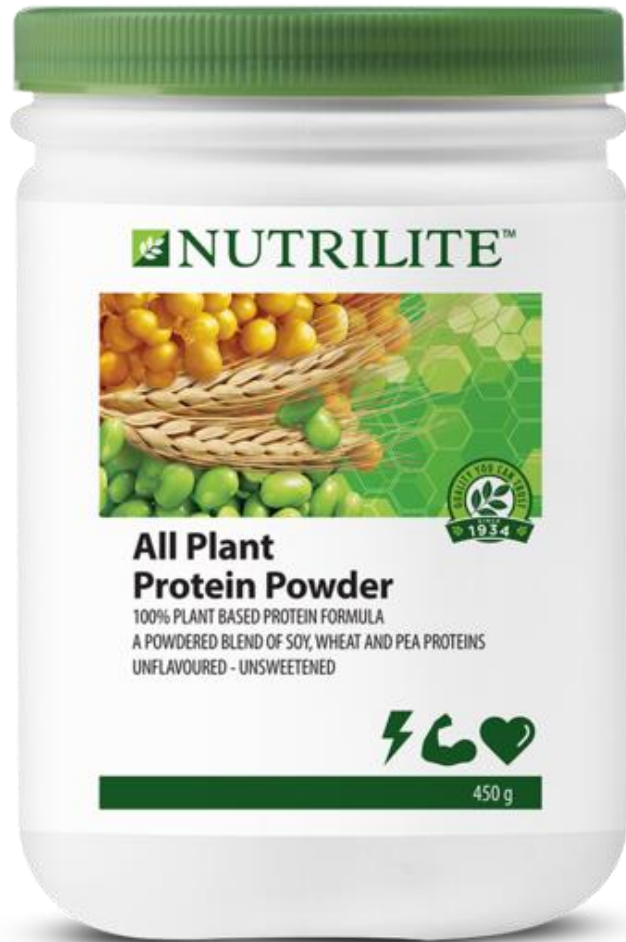
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# Nutrilite Products





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



# NUTRILITE™ Protein Mix Berries Flavor Drink Mix

## Soy Protein Meets Mixed Berries Fix

Combines soy proteins with a yummy mixed berries flavor that provides you with 8g of proteins with essential amino acids and 250mg of calcium and 30 mg of vitamin C per serving.

# NUTRILITE™ Protein Mix Berries



## 8g of High-Quality Plant based Protein with nine (9) essential amino acids

A well-balanced and high-quality protein drink mix that provides 8g of protein with nine essential amino acids, 250mg of calcium and 30mg of vitamin C per serving (23.5g)



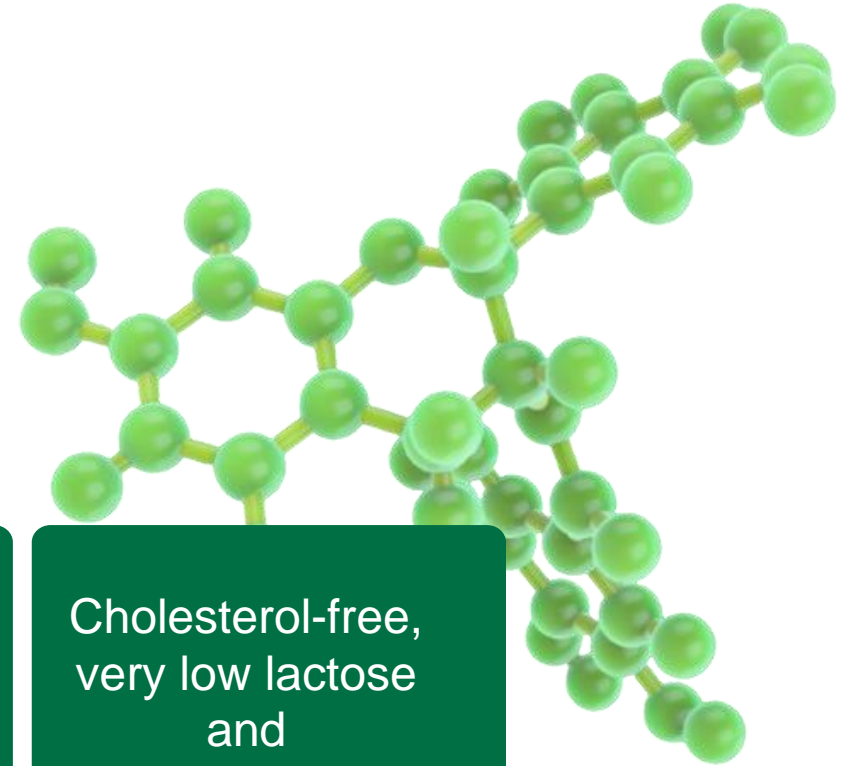
# Key Features

Contains Soy Protein Isolate ideal for people seeking for a delicious, convenient source of complete daily protein suitable for the whole family

With high protein quality, equivalent PDCAAS score of 1,

Natural Berry Flavor and contains the Exclusive Nutrilite Tropical Concentrate

Cholesterol-free, very low lactose and low fat and naturally occurring soy isoflavones



# Other Features and Benefits

- Halal Certified
- Kosher Certified
- No artificial colors, flavors, or preservatives added
- Satisfaction Guarantee







# Product information

## How to Use

- ✓ 500 grams per canister
- ✓ Add 2 level scoops (23.5g) into 200ml of cool water. Stir until dissolved.
- ✓ 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.





# NUTRILITE™ Soy Protein Drink Mix Chocolate Flavor

## Soy Protein Meets Chocolate Fix

Combines soy proteins with a yummy chocolate flavor that provides you with 10g of proteins with essential amino acids and 140mg of calcium per serving.



# NUTRILITE™

## Soy Protein Drink Mix Chocolate Flavor

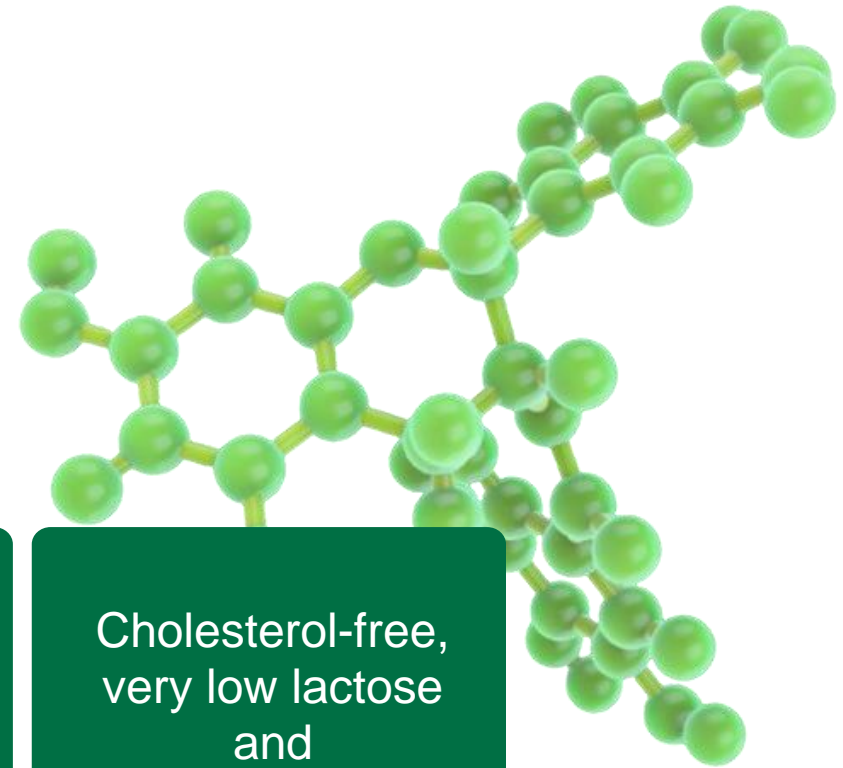


**10g of High-Quality Plant based Protein with nine (9) essential amino acids coming from natural, non-GMO sources**

One serving (two scoops) of NUTRILITE™ Protein Drink Mix (Chocolate Flavor) provides you with 10g of proteins with essential amino acids and is fortified with 140mg of calcium per serving and contains less than 0.5 grams lactose.



# Key Features



Contains Soy Protein Isolate ideal for people seeking for a delicious, convenient source of complete daily protein suitable for the whole family

With high protein quality, equivalent PDCAAS score of 1,

Cocoa Flavor and easily hydrates in hot or cold water.

Cholesterol-free, very low lactose and low calorie with naturally occurring soy isoflavones



# Other Features and Benefits

- Halal Certified
- Kosher Certified
- No artificial colors, flavors, or preservatives added
- Satisfaction Guarantee







# Product information

## How to Use

- ✓ 500 grams per canister
- ✓ Add 2 heaping scoops (24.2 g) into 200 ml of cool water. Stir until dispersed.
- ✓ 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.



# Bodykey by NUTRILITE™

## Delicious and filling meal replacement

Provides balanced nutrients needed for a healthy meal including protein, fiber, healthy fats, vitamins and minerals and optimal calories to assist in weight management goals as part of a healthy lifestyle.



# Bodykey by NUTRILITE™

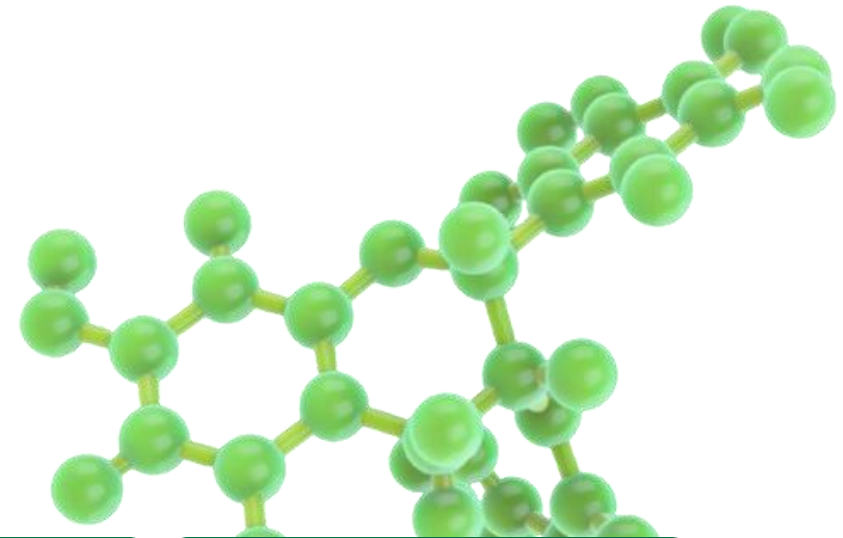


## Nutritionally-Balanced

Has Creamy flavor satisfied hunger. Replace one to two meals per day.  
17 grams of Protein, 5 grams of Fiber, and 22 essential Vitamins and  
Minerals. Gluten free.



# Key Features



It's **Nutritionally**<sup>43</sup>  
**Balanced** with 22  
vitamins & minerals, 5g  
fiber, 17g plant protein  
and 205 calories

It also offers  
**Convenience**, just add  
water for a great-tasting  
shake packed with all you  
need to power your day

Has **Plant proteins**  
that are Sourced  
from soy and white  
chia seeds, an  
excellent source of  
protein

It's **Clean** which  
contains non-GMO<sup>43</sup>  
ingredients, vegetarian  
friendly, gluten-free, no  
artificial sweeteners and  
preservatives, no  
artificial flavors and  
colors, halal & kosher,  
0% trans fats



# The Flavors

The perfect harmony of a well-balanced meal presented in a delectable Chocolate flavor.



CHOCOLATE

Indulge in the irresistible creaminess of Berry flavor that satisfies your cravings.



BERRY

Experience cafe bliss elegance with Cafe Latte, your Meal Replacement partner.



CAFE LATTE

# Other Features and Benefits

- No artificial flavors, colors, sweeteners, and preservatives
- Made with non-GMO ingredients
- Zero trans fats
- Halal
- Vegetarian
- Kosher







# Product information

## How to Use:

- ✓ 14 packets per box
- ✓ Replace 1-2 meals per day along with exercise and a healthy diet.
- ✓ 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



<b>Bodykey by NUTRILITE™</b>	<b>Brand X</b>	<b>Brand Y</b>
Servings Per Box: <b>14</b>	Servings Per Box: <b>22</b>	Servings Per Box: <b>9</b>
Number of Flavors Available <b>3</b>	Number of Flavors Available <b>5</b>	Number of Flavors Available <b>3</b>
Protein Content: <b>17g</b>	Protein Content: <b>9g</b>	Protein Content: <b>15g</b>
Calories Content: <b>205</b>	Calories Content: <b>90</b>	Calories Content: <b>256</b>
Calories from Fat: <b>0</b>	Calories from Fat: <b>6</b>	Calories from Fat: <b>66</b>
Vitamins & Minerals: <b>22</b>	Vitamins & Minerals: <b>18</b>	Vitamins & Minerals: <b>15</b>

# CONNECT WITH US



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# THANK YOU

