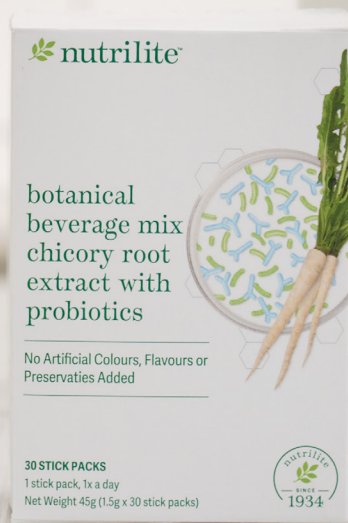




Say Hello To
MY Nutrilite™
Regimen

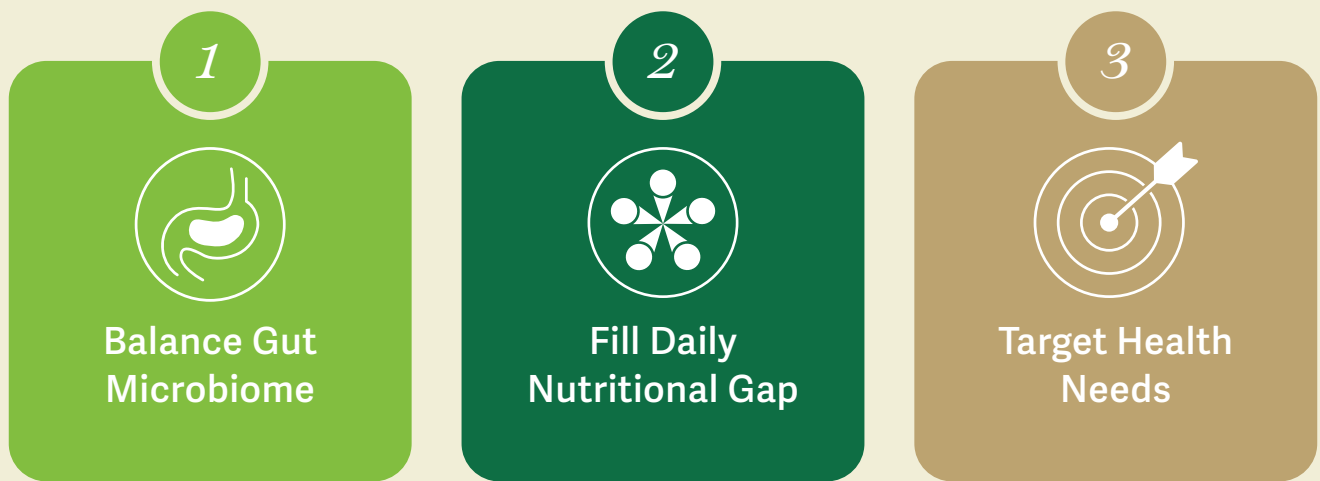
A personalised supplement regimen, just for you—because your lifestyle deserves a wellness plan that works with you.





No two bodies are the same. So why settle for one-size-fits-all supplements?

Our personalised 3-step supplement regimen is built around the way you live. Whether you're juggling a busy schedule, chasing fitness goals, or simply aiming to feel your best every day, this tailored approach ensures you get the right nutrients to support your health needs and unique lifestyle.



Here's how you can tailor your Nutrilite™ supplement regimen in 3 easy steps:

1

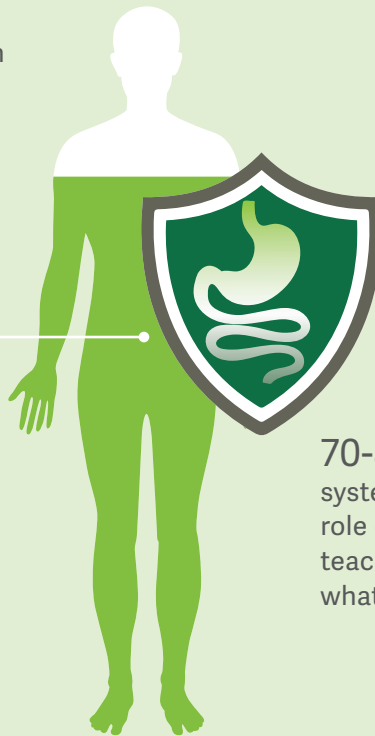
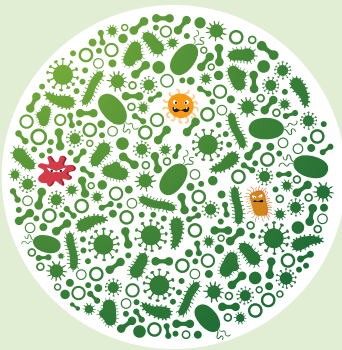


Balance

Your Gut Microbiome

 [Click To View Video](#)

Your gut contains trillions of microorganisms that have their own genes, collectively known as the gut microbiome.

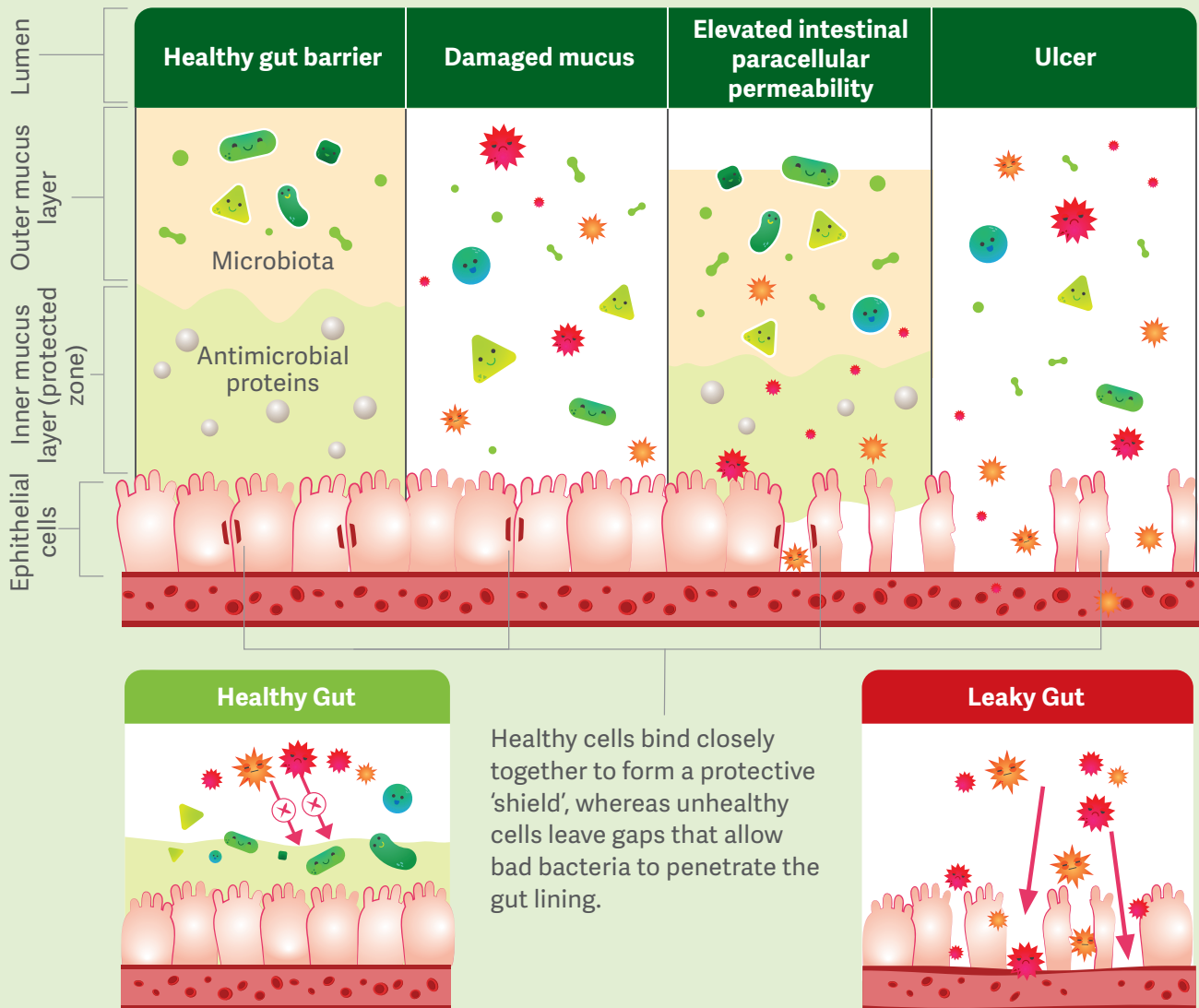


70-80% of the body's immune system lies in the gut. The primary role of our gut microbiome is to teach immune cells when to react, what to target, and what to ignore.



Gut Lining: Your Body's Fortress

Think of your gut lining as a fortress wall. When it's strong, it keeps harmful invaders out. However, when your gut lining is damaged, it becomes permeable, leading to what is known as a "leaky gut".



If you often feel bloated or gassy after a heavy meal, it could be a sign of imbalance in the gut microbiota. Restoring balance in the gut involves providing essential nutrients that support the gut lining, introduce beneficial bacteria, and promote their growth.



Probiotics replenish beneficial gut bacteria to maintain a balanced gut microbiome



Prebiotics supply the food that beneficial gut bacteria need to thrive

2



Fill Your Nutrient Gaps

Filling nutritional gaps is an essential second step because even with a balanced gut, your body needs the right amount of vitamins and minerals to function properly. A balanced diet incorporates sufficient macronutrients, micronutrients, and phytonutrients each day.

[Click To View Video](#)

Boosting Your Energy Levels by Regulating Metabolism

Feeling tired all the time? Your gut health might be affecting your energy levels. When the gut is functioning optimally, it ensures that we get the most out of the food we eat. This includes converting:



Carbohydrates into glucose which our cells use for **energy**

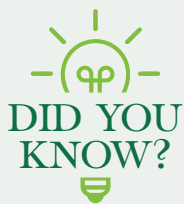


Proteins into amino acids



Fats into fatty acids

A Balanced Gut Microbiome = Healthy Metabolism



DID YOU KNOW?

You can boost your energy levels by consuming protein.



Protein consumed before bed aids muscle recovery by increasing amino acids in your blood overnight.

*Individual results may vary depending on diet, activity level, and overall lifestyle.

By maintaining stable blood sugar levels, a healthy gut prevents energy crashes and keeps you feeling alert throughout the day.

Your body needs **protein** to:



Increase satiety after meals



Boosts your metabolic rate (i.e. burn more calories after eating & during sleep)



Enhance concentration throughout the day



Improve glucose regulation

Macronutrients (protein and healthy fats)

Macronutrients are the food components that your body needs larger amounts of – such as carbohydrates, protein, and fat – in order to function properly.

Healthy fats: The primary function of fat is to supply energy. Dietary fat is the carrier of the fat soluble vitamins A,D,E, and K.

Micronutrients (vitamins and minerals)

Micronutrients include vitamins and minerals that your body needs in small amounts but are absolutely vital.

They support:

- ✓ Energy production
- ✓ Immune defense
- ✓ Cognitive function
- ✓ Healthy skin, eyes, and bones
- ✓ Hormone regulation

Common deficiencies include:

- | | |
|---------------------|---------------------|
| Fe Iron | B B Vitamins |
| Mg Magnesium | Ca Calcium |

Phytonutrients (natural nutrients found in plants)

Phytonutrients (or plant nutrients) are natural compounds found in colourful fruits, vegetables, and herbs that offer powerful antioxidant and anti-inflammatory properties.

Key phytonutrient benefits:

- ✓ Protect your cells from oxidative stress
- ✓ Support heart and brain health
- ✓ Enhance immune resilience
- ✓ Slow down aging from within

Why Does Your Body Need Phytonutrients?



Modern diets lack variety and diversity of plant colours



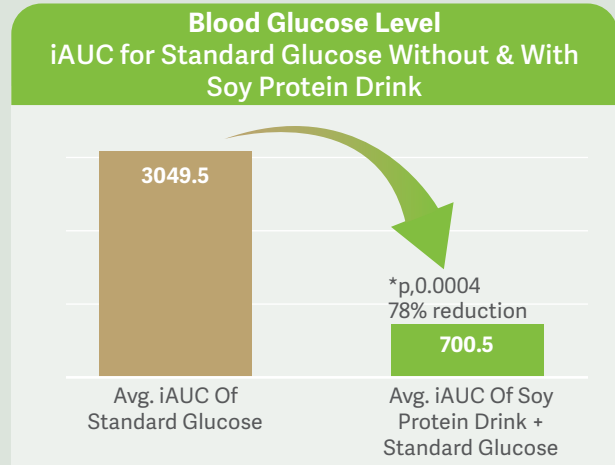
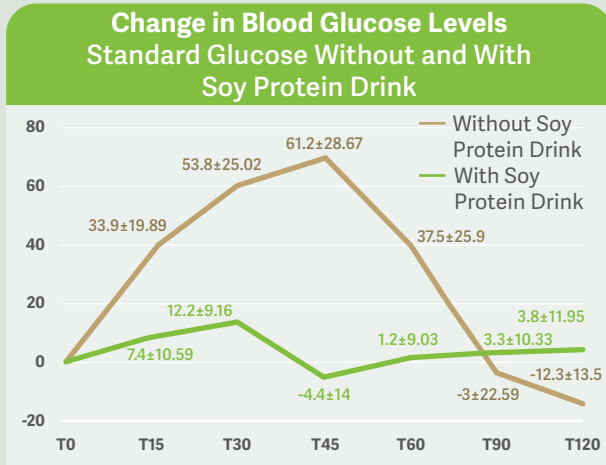
Stress, pollution, and aging increase free radical damage



Gut health improves nutrient absorption, but you still need these nutrients to fill the gaps

Plant Protein Scientific Facts

Plant Protein can work in the body to modulate blood glucose:



The study demonstrated significant improvement in blood glucose control following the consumption of a soy protein drink containing 30 grams of soy protein drink (3 scoops).

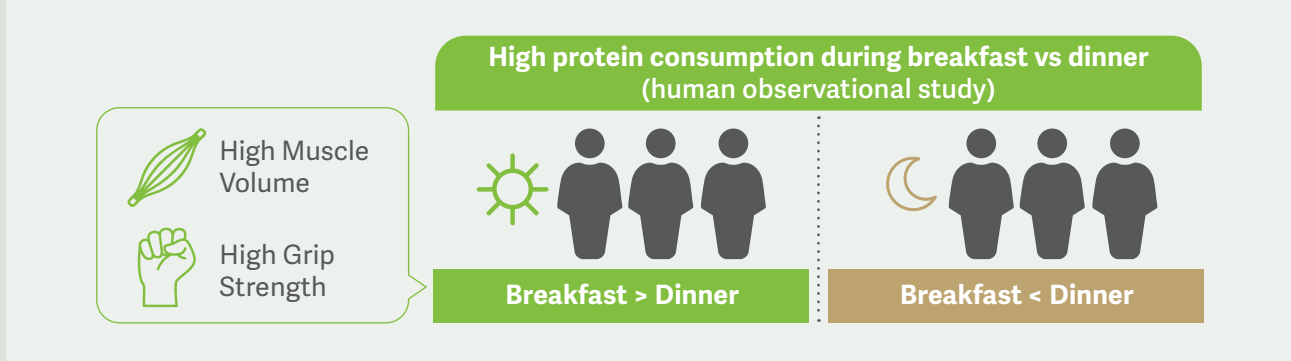
iAUC = incremental area under the curve

*A larger iAUC may lead to energy slump & food cravings⁷

*A smaller iAUC may keep you full & energised for longer⁷

Why protein in the morning?

The relationship between the distribution of proteins in meals and muscle functions, such as skeletal muscle index and grip strength in humans:



For those who got their protein early in the day, skeletal muscle mass index and grip strength were significantly higher.

Reference: Distribution of dietary protein intake in daily meals influences skeletal muscle hypertrophy via the muscle clock. Aoyama, Shinya et al. Cell Reports, Volume 36, Issue 1, 109336.

Optimal protein consumption



Supports muscle growth & repair



Enhances metabolism



Promotes longer satiety



Why Multivitamin, Multimineral?



Breakfast Skippers & Micronutrient Deficiencies



Population: 240 individuals with metabolic syndrome



Intervention: 3-month dietary instruction followed by 9-month maintenance



Nutrients Included: B vitamins; thiamine(B1), folate (B9), niacin (B3)



Outcome: Breakfast skippers had significantly lower level of B vitamins (thiamine, folate, and niacin), potentially increasing metabolic and chronic disease risk.



Supplements can help **fill** these gaps and provide essential nutrients your body needs to start the day well.



Multivitamin Supplementation and Cognitive Health



Study Design: Two short-term intervention studies

Group 1: 58 adults aged 18–40

Group 2: 80 adults aged 50–87



Intervention Duration: 4 or 8 weeks of **multivitamin supplementation**



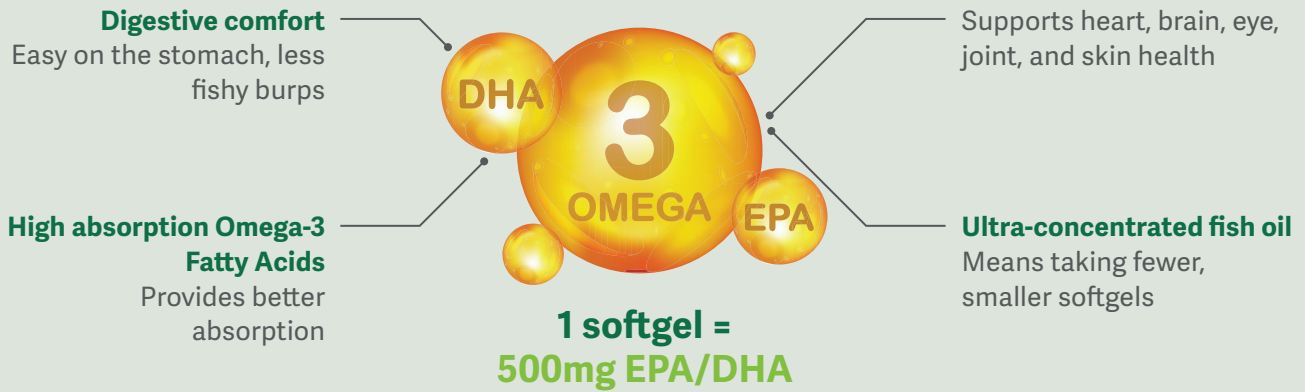
Nutrients Included: B2, B5, B6, B9, B12, C, D



Outcome: Improved mood and cognitive health. It supports energy metabolism, and enhances body defence.

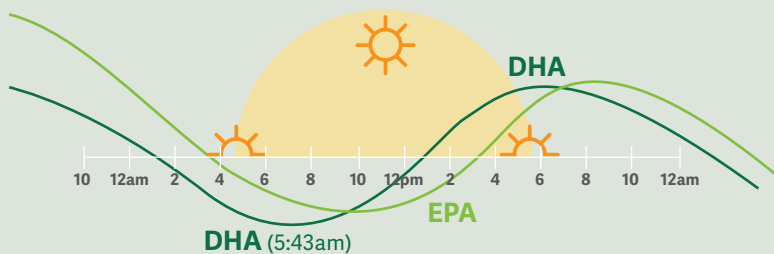


The Importance of Choosing High-Quality Omega-3s



Reference: Shimada, H., Nilsson, C., Noda, Y., Kim, H., Lundström, T., & Yajima, T. (2017). Effects of Food on the Pharmacokinetics of Omega-3-Carboxylic Acids in Healthy Japanese Male Subjects: A Phase I, Randomized, Open-label, Three-period, Crossover Trial. *Journal of atherosclerosis and thrombosis*, 24(9), 980–987. <https://doi.org/10.5551/jat.38737>

Why the Day Begins Better with Omega-3?



Taking omega-3 supplements in the morning may help replenish these essential fatty acids during daily low phase, potentially enhancing bioavailability and physiological benefits throughout the day.

Reference: https://www.researchgate.net/publication/338615591_Diurnal_rhythm_of_plasma_EPA_and_DHA_in_healthy_adults



Breakfast rich in Omega-3 Fatty Acids



Total cholesterol triglycerides (VLDL)

3



Target Your Needs

We know that the one-size-fits-all approach doesn't work for every body. That's where Nutralite™ Targeted Supplements come in.

They're designed to zero in on specific wellness areas so you get exactly what your body needs, when it needs it.

[Click To View Video](#)

What Are Targeted Supplements?

Nutralite™ Targeted Solutions are scientifically formulated to support individual health concerns. Each product delivers precise, concentrated support in areas such as:



Healthy
Aging



Bone & Joint
Health



Cognitive
& Mental
Focus



Heart &
Circulatory
Support



Eye &
Vision
Protection



Skin, Hair &
Beauty from
Within



Body
Defence

Why Choose Targeted Supplements?

Every lifestyle is unique, and so are its nutritional demands.



Active?

Nutrients to fuel your workouts, support muscle recovery, and maintain mobility health are essential.



Healthy aging?

Combining nutrition and lifestyle is the best way to improve healthspan and quality of life for older adults.



Weight management?

Prioritise a balanced diet with protein, fibre, and healthy fats, while managing calories and portions.

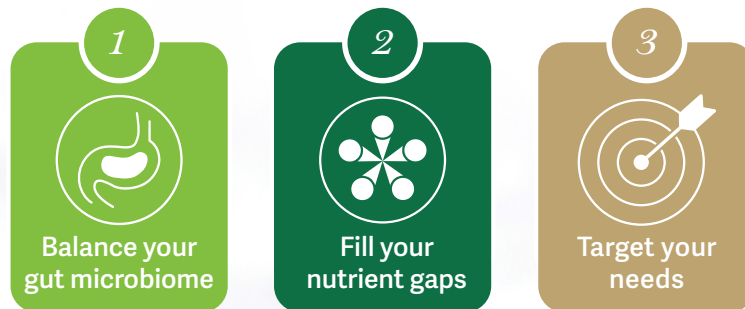


Women's health?

Getting enough essential nutrients helps maintain hormones, strengthen bones, and lower health risks.



MY Nutralite™ regimen lets you customise your wellness plan by building on your core foundational health with the targeted help your body truly needs. Embrace a better, healthier you in just 3 steps!



Disclaimer: Products are not intended to diagnose, treat, cure or prevent any disease. Results may vary depending on the individual's intake, exercise and diet.

Stay tuned for the MY Nutralite™ health assessment.

References:

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- https://www.researchgate.net/publication/383133371_Role_of_Micronutrients_Vitamins_Minerals
- https://www.researchgate.net/publication/350770344_Effects_of_dietary_fibers_micronutrients_and_phytonutrients_on_gut_microbiome_a_review