

## Feeling Well Begins with Living Well and Eating Well

- Research has shown that a healthy lifestyle and good nutrition are two important factors to achieving optimal health.
- Research also tells us that almost everyone can benefit from supplementation – because you may still lack optimal amounts of vitamins and minerals, as well as important plant compounds.



Optimal health does not mean perfect health. Optimal health means adapting known inherited health risks and your current lifestyle to make the personal choices necessary to live your life as healthy as possible.



- **Nutrition & Supplementation** – Do you eat a balanced diet, including whole grains, fruits, vegetables, and lean proteins? Do you know which supplements are recommended for your type of diet?
- **Lifestyle** – Have you adopted healthy lifestyle habits, such as exercising? Do you smoke?
- **Rest & Relaxation** – Do you get sufficient sleep on a regular basis? Do you run to the nearest sweet shop when you are stressed? Or, have you learned relaxation techniques?
- **Genetics** – Does high blood pressure or cancer run in your family?

While you cannot change your genetic makeup, you can modify your lifestyle in your quest for optimal health.

**Nutrition and the pursuit of optimal health are at the heart of the NUTRILITE™ brand.**

### A Personalized Approach to Health with Nutralite

No two people need the same health enrichment program. Optimal health for you might mean adopting a diet with more fruits and vegetables. Or you might be eating a healthy diet but need to incorporate daily exercise in your life. Clearly, a personalized health program is needed – taking into account your specific health and wellness needs.

This is your chance to begin your quest for optimal health. We will give you important nutrition information and supplementation products for your individual needs.

For a personalized approach to your good health, choose the best dietary, lifestyle, rest and relaxation habits for you – then, select supplementation products to support your healthy life.

**Whatever your health needs and concerns, NUTRILITE products are here to help.**



The best supplements begin with the best plants. **NUTRILITE™ is the only global brand to grow, harvest and process plants on its own certified organic farms.**

**THE BEST OF NATURE. THE BEST OF SCIENCE.**