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Creating the world’s number one brand of vitamins and dietary supplements* is a fascinating story of passion and pioneering spirit. The birth of Nutrilite®, marketed as NUTRIWAY in Australia and New Zealand, goes back to the early 1900s in China and one man’s keen observations.
Nutrilite® founder, Carl F Rehnborg

Carl realised plant-based substances were essential to the human diet and conceived the idea of using nutritional elements missing from a typical diet as a way to improve overall health.

Committed to healthier lives since 1934

Phytonutrients have been the cornerstone of Nutrilite products for over 80 years—setting us apart from other dietary supplement brands.

The birth of the vitamin supplement

Over six years, Carl developed techniques to dry plants while still preserving their nutrients. The revolutionary idea of combining essential vitamins and minerals into a single product led to his first nutrition product in 1934.

Quality control

Nutrilite maintains tight quality standards in all areas from source to supplement, to ensure that products contain the highest quality ingredients.

At the Nutrilite organic farms, we don’t use chemicals on the plants, so our organic plants work hard to grow and produce an abundant amount of higher quality phytonutrients.

*Source: Euromonitor International Limited, 2013; www.euromonitor.com/amway-claims. Nutrilite brand is marketed as a NUTRIWAY in Australia and New Zealand
WHY NUTRIWAY®?

Seed-to-supplement

NUTRIWAY’s exclusive seed-to-supplement process ensures peak concentrations of phytonutrients

Resulting in high-quality trusted products

Helping bridge the nutritional gap!


NUTRIWAY helps people live healthier lives

amway.com.au

90 Day 100% Satisfaction Guarantee
Vitamins & Supplements

BECAUSE EVERYBODY DESERVES GENERAL WELLBEING AND VITALITY

A healthy diet is essential for your health and wellbeing. While your body needs a complex combination of essential nutrients to function, our diets don’t always provide it. NUTRIWAY® offers the high quality supplementation your body may need.
The NUTRIWAY® Pack

All-round health support in one handy pack

*With DOUBLE X®, Concentrated Fruits and Vegetables and Omega-3 Complex, you can confidently cover nutritional gaps in your diet. The ideal combination of nutrients to maintain and support optimal health, while providing essential vitamins, minerals, phytonutrients, antioxidants and fatty acids.*
A. The NUTRIWAY Pack
A powerful combination of essential vitamins and minerals to support your health.

~ DOUBLE X® supports healthy bones, immune system and energy metabolism
~ Concentrated Fruits and Vegetables helps to provide you with the phytonutrients you need for general wellbeing
~ Omega-3 Complex helps to maintain cell membranes and support normal cholesterol levels

Supply: 31 days

VS-243117 FBV 393591534816883
RRP $224.95

Contains

1. DOUBLE X MULTIVITAMIN/MULTIMINERAL/CONCENTRATE
A high-potency multivitamin with 12 essential vitamins, 8 minerals and packed with plant concentrates.

2. CONCENTRATED FRUITS AND VEGETABLES
Contains phytonutrients equivalent to 10+ serves of fruit and vegetables in only 2 tablets.

3. 2 x BOTTLES OF OMEGA-3 COMPLEX
One capsule supplies omega-3 fatty acids equivalent to 90g of salmon.*

*180mg of EPA and 120 mg of DHA.
Always read the label, use only as directed. If symptoms persist, see your healthcare professional. Supply approximates are based on recommended dose.
A. - B. DOUBLE X Multivitamin/Multimineral/Concentrate
Supports healthy bones, immune system and energy metabolism.

Supports your natural resilience while converting food to energy.
~ Everything you need a high potency multivitamin to be
~ 12 essential vitamins, 8 minerals and packed with plant concentrates
~ For energy that lasts all day so that you can be on top of your game

Supply: 31 days  
A. VS-6133 FBV "2298*8961"9857  
RRP $133.05

Supply: 62 days  
B. VS-6134 FBV "4114*6046"17651  
RRP $238.35

No added dairy, gluten or lactose.

Did you know?

1 NUTRIWAY® DOUBLE X is a product you can trust to deliver a broad range of 20 essential vitamins and minerals together with phytonutrients in each and every dose.

2 NUTRIWAY DOUBLE X may help reduce the severity and duration of cold and flu symptoms.

3 NUTRIWAY DOUBLE X contains B vitamins that help relieve nervous tension, stress and mild anxiety.
# NutriWay

Includes ALL of these vitamins, minerals and nutrients to help support a healthy body.

<table>
<thead>
<tr>
<th>Active Ingredients</th>
<th>Per Gold Vitamin Tablet</th>
<th>Per Silver Mineral Tablet</th>
<th>Per Bronze Herbal Concentrate Tablet</th>
<th>Per Daily Dose of 2 of Each Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ascorbic acid (vitamin C)</td>
<td>240 mg</td>
<td></td>
<td>480 mg</td>
<td></td>
</tr>
<tr>
<td>Bioflavonoid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citrus paradisi (grapefruit) dehydrate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citrus reticulata (mandarin) dehydrate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Citrus limon (lemon) dehydrate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biotin (vitamin H)</td>
<td>150 mcg</td>
<td></td>
<td>300 mcg</td>
<td></td>
</tr>
<tr>
<td>Betacarotene</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium as calcium carbonate</td>
<td>170 mg</td>
<td>132.5 mg</td>
<td>240 mg</td>
<td>1085 mg</td>
</tr>
<tr>
<td>Calcium pantothenate</td>
<td>32.5 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chromium as chromic chloride</td>
<td></td>
<td>72.5 mcg</td>
<td></td>
<td>145 mcg</td>
</tr>
<tr>
<td>Copper as copper gluconate</td>
<td></td>
<td>1 mg</td>
<td></td>
<td>2 mg</td>
</tr>
<tr>
<td>Cholecalciferol (vitamin D3)</td>
<td></td>
<td>5 mcg &amp; 185 IU</td>
<td></td>
<td>10 mcg &amp; 370 IU</td>
</tr>
<tr>
<td>Cyanocobalamin (vitamin B12)</td>
<td></td>
<td>50 mcg</td>
<td></td>
<td>100 mcg</td>
</tr>
<tr>
<td>D-alpha-tocopheryl-succinate (vitamin E)</td>
<td>43 mcg &amp; 52 IU</td>
<td>43 mcg &amp; 52 IU</td>
<td>43 mcg &amp; 52 IU</td>
<td>258 mcg &amp; 312 IU</td>
</tr>
<tr>
<td>Folic acid</td>
<td>250 mcg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manganese as manganese gluconate</td>
<td></td>
<td>2.7 mg</td>
<td></td>
<td>5.4 mg</td>
</tr>
<tr>
<td>Magnesium as magnesium oxide</td>
<td>27.5 mg</td>
<td>117.5 mg</td>
<td>80 mg</td>
<td>450 mg</td>
</tr>
<tr>
<td>Nicotinamide</td>
<td>30 mg</td>
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<td></td>
<td></td>
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<tr>
<td>Nicotinic acid</td>
<td>5 mg</td>
<td></td>
<td></td>
<td>10 mg</td>
</tr>
<tr>
<td>Iodine as potassium iodide</td>
<td>80 mcg</td>
<td></td>
<td></td>
<td>160 mcg</td>
</tr>
<tr>
<td>Pyridoxine hydrochloride (vitamin B6)</td>
<td>20.5 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin (vitamin B2)</td>
<td>15 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Selenium as sodium selenite</td>
<td></td>
<td>26 mcg</td>
<td></td>
<td>52 mcg</td>
</tr>
<tr>
<td>Thiamine nitrate (vitamin B1)</td>
<td>12.5 mg</td>
<td></td>
<td></td>
<td>25 mg</td>
</tr>
<tr>
<td>Zinc as zinc gluconate</td>
<td>10 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Armoracia rusticana (horseradish) dry leaf</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brassica oleracea (broccoli) dry leaf</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malphigia glabra (ACEROLA) extract</td>
<td>100 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equivalent fresh fruit</td>
<td>1.82 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equivalent ascorbic acid</td>
<td>20 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicago sativa (alfalfa) extract</td>
<td>28.6 mg</td>
<td>28.6 mg</td>
<td>28.6 mg</td>
<td>171 mg</td>
</tr>
<tr>
<td>Nasturtium officinale (watercress) extract</td>
<td>140 mcg</td>
<td>140 mcg</td>
<td>140 mcg</td>
<td>840 mcg</td>
</tr>
<tr>
<td>Petroselinum crispum (parsley) extract</td>
<td>660 mcg</td>
<td>660 mcg</td>
<td>660 mcg</td>
<td>3.96 mg</td>
</tr>
</tbody>
</table>

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.
Supply approximates are based on recommended dose.
NUTRIWAY® DOUBLE X®

“NUTRIWAY DOUBLE X is a high-potency multimineral, multivitamin with the exceptional NUTRIWAY pure plant concentrates”

- Supports healthy eyes
- Strengthens bones and teeth
- Supports healthy thyroid function
- Supports a healthy heart by helping to maintain healthy cholesterol levels with crucial nutrients like vitamin B, vitamin E and folic acid
- May help to reduce the duration and severity of symptoms of colds and flu
- Fortifies the immune system
- Supports energy production and nerve function
- Helps to control metabolism of glucose, carbohydrate, protein and fat
- May help to assist in the prevention and treatment of osteoporosis
- Helps to relieve nervous tension and stress
- Helps to maintain normal blood pressure

HOW MUCH YOU GET WITH DOUBLE X!

These examples below show how much you would have to eat in order to get the optimum levels of just some of the nutrients in DOUBLE X.

1. VITAMIN E: 67 tablespoons of peanut butter
2. NIACIN: 3 whole chicken breasts
3. VITAMIN C: 7 cups of rock melon pieces
4. THIAMIN: 3.3 cups of raw sunflower seeds
5. VITAMIN B12: 4.3 kg of ground beef
6. RIBOFLAVIN: 17 litres of milk
7. FOLATE: 4 cups of baked beans
8. VITAMIN B6: 76 medium bananas
9. MAGNESIUM: 6.3 cups of peas

Always read the label, use only as directed. If symptoms persist, see your healthcare professional. Supply approximates are based on recommended dose.
**Multivitamin/Multimineral/Concentrate**

**HOW WILL DOUBLE X® SUPPORT ME?**

<table>
<thead>
<tr>
<th>Helps Support</th>
<th>Vitamins</th>
<th>Amount Per Daily Serving</th>
<th>RDI**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy eyes and skin, bone development and immune system</td>
<td>Natural beta carotene (Equivalent to vitamin A)</td>
<td>3.6 mg &amp; 6000 IU</td>
<td>750 mcg Vitamin A</td>
</tr>
<tr>
<td>Healthy bones and teeth, and calcium absorption</td>
<td>Vitamin D3</td>
<td>10 mcg &amp; 370 IU</td>
<td>++</td>
</tr>
<tr>
<td>Immune system, cell membranes, connective tissue and capillary strength.</td>
<td>Vitamin C from natural acerola Concentrate and ascorbic acid</td>
<td>520 mg</td>
<td>40 mg</td>
</tr>
<tr>
<td>Provides relief of symptoms and may reduce the severity and duration of colds and flu</td>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart maintenance and cellular health with antioxidants</td>
<td>Vitamin E</td>
<td>258 mg &amp; 312 IU</td>
<td>10 mg</td>
</tr>
<tr>
<td>Normal blood through B vitamins. They help relieve nervous tension, stress and mild anxiety. Essential for energy production, nerve function and cellular metabolism, they help to maintain a healthy heart</td>
<td>Vitamin B1 (thiamin) , Vitamin B2 (riboflavin) , Vitamin B3 (niacin) , Vitamin B6 (pyridoxine hydrochloride) , Vitamin B12 (cyanocobalamin)</td>
<td>25 mg</td>
<td>1.1 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 mg</td>
<td>1.7 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 mg</td>
<td>18 - 20 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>41 mg</td>
<td>1.3 - 1.9 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100 mcg</td>
<td>2 mcg</td>
</tr>
<tr>
<td>Provides a daily dose of 500 mcg of folic acid, which, if taken daily for one month before conception and during pregnancy, may reduce the risk of women having a child with birth defects of the brain and/or spinal cord such as the neural tube defects known as spina bifida and anencephaly</td>
<td>Folic acid</td>
<td>500 mcg</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Energy production</td>
<td>Biotin</td>
<td></td>
<td>++</td>
</tr>
<tr>
<td>Energy production, hormones, cellular metabolism and calcium</td>
<td>Calcium pantothenate</td>
<td>65 mg</td>
<td>++</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helps Support</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong bones, nerves, tissues, muscle activity, nerve activity and bone metabolism. May assist in prevention and/or treatment of osteoporosis, energy production and healthy cells</td>
<td>Calcium as calcium carbonate</td>
</tr>
<tr>
<td>Healthy thyroid function</td>
<td>Iodine</td>
</tr>
<tr>
<td>Strong bones and muscle function, energy metabolism, muscle activity, nerve activity and bone metabolism</td>
<td>Magnesium</td>
</tr>
<tr>
<td>Nerve activity, energy production and antioxidant</td>
<td>Copper</td>
</tr>
<tr>
<td>Protein building and cell membranes</td>
<td>Zinc</td>
</tr>
<tr>
<td>Muscle and nerve activity and energy production</td>
<td>Manganese</td>
</tr>
<tr>
<td>Cells and intracellular structures, as well as the body's antioxidant defence system</td>
<td>Selenium</td>
</tr>
<tr>
<td>Metabolism of glucose, carbohydrate, protein and fat</td>
<td>Chromium</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helps Support</th>
<th>Plant Concentrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural antioxidants</td>
<td>Citrus bioflavanoid concentrate</td>
</tr>
</tbody>
</table>

Natural source of phytonutrients: NUTRIWAY® DOUBLE X Concentrate contains natural AWP concentrate-alfalfa extract (leaf, stem), watercress dehydrate (leaf, stem), parsley dehydrate (leaf, stem), brassica concentrate-broccoli (brassica oleracea) (floral), armorgacia rusticana, (horseradish) (root), citrus bioflavonoid concentrate (grapefruit, mandarin and lemon) (whole fruit and peel). These phytonutrients as well as the additional 12 essential vitamins (vitamin A, C, E, D, B1, B2, niacin, B6, B12, folic acid, biotin and pantothenic acid), 8 minerals (calcium, magnesium, zinc, copper, manganese, iodine, selenium, chromium) and 7 plant-based antioxidants provide the exceptional NUTRIWAY advantage and help support your body’s natural defences.

**Recommended Dietary Intake (RDI) for adult males 19-64 years of age. ++ RDI not established**

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.

Supply approximates are based on recommended dose.

amway.com.au
90 Day 100% Satisfaction Guarantee
The Good Oil

Helps to maintain cell membranes and support healthy cholesterol levels.

A. Omega-3 Complex

Goodness from the deep blue sea providing you with quality omega-3 fatty acids.

~ Contains essential fatty acids not manufactured by the body
~ Helps relieve the pain from arthritis
~ Assists the maintenance of normal eye and brain function
~ Helps support memory, learning and concentration
~ Helps to maintain normal blood cholesterol levels and a healthy heart in a healthy individual

Amount: 90 capsules Supply: 15–30 days
VS-2127 FBV 67826442908
RRP $36.35
No added dairy, gluten, yeast, lactose or sugar.

Each 1000 mg fish oil capsule contains: Per capsule
Omega-3 marine triglycerides 300 mg
Which is equivalent to:
Eicosapentaenoic acid (EPA) 180 mg
Docosahexaenoic acid (DHA) 120 mg

This highly concentrated formula offers a great way to get the benefits of omega-3, even if you don’t eat fish daily. Each capsule has omega-3 equivalent to 90g of salmon.* Omega-3 fatty acids are absolutely necessary for normal health and development. Without them, cells can’t function, renew or maintain themselves properly.

*That’s 180mg of EPA and 120mg of DHA

Did you know?

1. Omega-3 is a building block of every living cell in the human body.
2. Cold water fish are excellent sources of essential fatty acids DHA and EPA.
3. Our fish are harvested from deep, cold waters.
NUTRIWAY® Omega-3 Complex combines a balanced formula of essential fatty acids from three deep cold water fish, menhaden, sardines, and anchovies.

Who can benefit?

Anyone who:

- Is not eating foods rich in omega-3 fatty acids (ocean fish such as tuna, salmon and sardines; leafy vegetables; canola oil; soy bean oil and walnuts).
- Wants to maintain normal cholesterol levels and a healthy heart.
- Is on a diet with reduced dietary fat, increased consumption of fibre-rich foods and regular exercise.

May help reduce joint inflammation associated with arthritis

Provides temporary relief of arthritic pain*

Helps to support memory, learning and concentration

Helps in the maintenance of normal eye and brain function

Helps to maintain normal blood cholesterol levels

Helps to maintain the health of the heart

The NUTRIWAY Advantage

1. The fish we use have been identified as excellent sources of DHA and EPA.
2. They are harvested from deep, cold waters. They are not farmed.
3. The fish oil used in Omega-3 Complex complies with the GO ED monograph standard for DHA and EPA.*
4. Each NUTRIWAY Omega-3 Complex capsule also contains naturally sourced vitamin E to prevent oxidation.

Daily Diet Support

Helps provide total body wellbeing and vitality.

A. Daily

Helps get the balance right on your daily dietary intake.

~ Contains 12 essential vitamins and 11 minerals including iron, zinc and vitamins A, B, C and E
~ Helps relieve nervous tension and stress
~ A potent, convenient way to help fill your daily diet gaps

Amount: 60 tablets Supply: 60 days

VS-123 FBV 65025372790
RRP $37.65
No added gluten.

Each tablet provides:
- Retinol (as Vitamin A Acetate) 1275 mcg
- Thiamine Nitrate (Vitamin B1) 2.2 mg
- Riboflavin (Vitamin B2) 2.6 mg
- Nicotinamide 20 mg
- Calcium Pantothenate 12 mg
- Pyridoxine Hydrochloride (Vitamin B6) 1.8 mg
- Cyanocobalamin (Vitamin B12) 10.5 mcg
- Folic Acid 400 mcg
- Biotin 20 mcg
- Ascorbic Acid (Vitamin C) 85 mg
- Cholecalciferol (Vitamin D3) 10 mcg / 400 IU
- Alpha-tocopherol-succinate (Vitamin E) 215 mg
- Phosphorous (as Calcium Phosphate and as Calcium Hydrogen Phosphate) 131 mg
- Iodine (as Potassium Iodide and Kelp) 185 mcg
- Iron (as Ferrous Fumarate) 5 mg
- Magnesium (as Magnesium Oxide) 111 mg
- Copper (as Copper Gluconate) 2 mg
- Zinc (as Zinc Oxide) 15.6 mg
- Manganese (as Manganese Sulphate) 5 mg
- Chromium (as Chromium Yeast) 25 mcg
- Molybdenum (as Molybdenum Yeast) 19 mcg
- Yeast, dried 20 mg
- Spinacia oleracea (SPINACH), dried leaf 1.22 mg
- Carota daucus (CARROT), dried root 2.22 mg
- Medicago sativa (ALFALFA), dried leaf and stalk 1.23 mg
- Petroselenium crispum (PARSLEY), dried leaf 360 mcg
- Nasturtium officianalus (WATERCRESS), dried leaf 70 mcg
- Malphigia glabra (ACEROLA), dried fruit 3.4 mg
- KELP powder 3.6 mg

B. Concentrated Fruits and Vegetables

Find it hard to tick all the boxes in the greens department?

~ Contains phytonutrients equivalent to 10+ serves of fruit and vegetables in only 2 tablets
~ Power your health and maintain general wellbeing
~ Rich in plant compounds and antioxidants
~ Helps maintain eye health

Amount: 60 tablets Supply: 30 days

VS-102992 FBV 96037444119
RRP $55.60
No added dairy, gluten, yeast or lactose.

Each tablet provides:
- Quercetin 105 mg
- Tagetes erecta (marigold) dry flower extract 16.8 mg
- Equivalent to tagetes erecta dry flower 672 mg
- Citrus sinensis (orange) fresh fruit peel extract 2.77 g
- Punica granatum (pomegranate) fresh fruit extract 61.49 mg
- Equivalent to punica granatum fresh fruit 2.77 g
- Citrus sinensis (green tea) dry leaf extract 123.8 mg
- Camellia sinensis (green tea) dry leaf extract 30.9 g
- Rosmarinus officinalis (rosemary) dry leaf extract 9.8 g
- Malpighia glabra (acerola) fresh fruit extract 6.02 g
- Samabucus nigra (elderberry) dry fruit powder 93.9 mg
- Brassica oleracea (broccoli) dry flower powder 5 mg
- Spinacea oleracea (spinach) fresh leaf powder 5 mg
- Daucus carota (carrot) dry root powder 4.97 mg

amway.com.au
90 Day 100% Satisfaction Guarantee

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.
Supply approximates are based on recommended dose.
Imagine your own personal produce market right in the palm of your hand

CONCENTRATED FRUITS AND VEGETABLES

Concentrated Fruits and Vegetables by NUTRIWAY® is the only supplement where just 2 tablets daily delivers important phytonutrients and antioxidants equivalent to more than 10 servings of fruits and vegetables.

Who can benefit?

Anyone who:

- Has an inadequate diet (skips meals, eats less than 2 servings of fruit and 5 servings of vegetables per day).
- Wants to increase their antioxidant levels.
- Has higher nutritional needs due to lifestyle or lifestage demands (e.g. sports people).
- Regularly eats highly processed foods.
- Drinks alcohol and/or smokes.

The NUTRIWAY Advantage

1. We grow plants on our own organic farms, then remove the water and fibre to provide the exclusive phytonutrient plant compounds.

2. The exclusive Nutrilite® phytonutrient concentrate contains phytonutrients from elderberries, rosemary, acerola cherries, marigold, orange, green tea, broccoli, carrots, spinach and pomegranate.

3. Concentrated Fruits and Vegetables provides a range of phytonutrients that are naturally present in a wide variety of fruit and vegetables necessary to maintain optimal health.

Just two tablets provide selected phytonutrients:

- Ellagic acid of 1 ½ servings of raspberries
- Lutein of 2 servings of spinach
- EGCG of 2 servings of green tea
- Hesperidin found in 3 oranges and quercetin found in 5 apples
Assist & Defend

The support you need to shield against those winter bugs.

A. Vitamin C Plus
Boost your immunity with just one tablet per day.

- Helps relieve severity and duration of cold and flu symptoms
- Acts as an antioxidant and supports the immune system
- Steady release over 8 hours for maximum effect
- Each tablet contains vitamin C plus plant based nutrients from oranges, lemons, grapefruit and acerola cherries

Amount: 120 tablets  Supply: 120 days
VS-109746  FBV ®970°3781®160
RRP $56.15
No added gluten, dairy, yeast or lactose.

Each tablet provides
- Ascorbic acid (vitamin C)  500 mg
- Malpighia glabra (acerola) fruit extract  107 mg
  Equivalent to fresh fruit  1.8 g
- Citrus x paradisi (grapefruit) fruit powder  17.14 mg
- Citrus reticulata (mandarin) fruit powder  17.14 mg
- Citrus limon (lemon) fruit powder  0.7 mg

B. Triple Shield® Echinacea
Helps relieve cold & flu symptoms.

- Can assist in the treatment of cold/flu by reducing the severity and duration of symptoms
- Increases T-cells to help your body resist cold and flu viruses
- Includes three distinct organically grown forms of echinacea
- Contains phytonutrients from grapefruit, royal mandarin and lemon concentrates
- For the symptomatic relief of upper respiratory tract infections

Amount: 120 tablets  Supply: 40 days
VS-111  FBV ®1322°5157°5672
RRP $76.60
No added gluten, dairy, yeast or lactose.

Each tablet provides
- Echinacea purpurea
  (Echinacea) extract equivalent to dry root and aerial parts  385 mg
- Echinacea angustifolia
  (Echinacea) extract equivalent to dry root  125 mg

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.
Supply approximates are based on recommended dose.

amway.com.au
90 Day 100% Satisfaction Guarantee
VITAMIN C PLUS EXTENDED RELEASE

Each tablet includes vitamin C, plus plant-based nutrients from oranges, lemons, grapefruit and acerola cherries.

Helps keep your natural immune defenses strong.

Vitamin C contributes to the body’s collagen and is what makes skin firm, strong and elastic.

Vitamin C acts as an antioxidant and plays a role in minimising the damage caused by free radicals.

It is essential that vitamin C is replenished in our bodies every single day.

Who can benefit?

Anyone who:

- Wants a more effective way to keep their body’s natural defences strong.
- Does not regularly eat fruit or vegetables high in vitamin C.
- Smokes, because smoking can deplete vitamin C in the body.
- Wants to relieve symptoms of cold and flu.

Slow steady release for 8 hours

Introducing a better way to get the most out of your vitamin C. It releases slowly and gently throughout the day, so your body can use it more efficiently.

Now, just one tablet of NUTRIWAY® Vitamin C Plus Extended Release gives you all the vitamin C you need for a whole day.
A. Cholesterol Health
Helps to maintain normal cholesterol levels.

~ Delivers two different phytonutrients in each softgel capsule: catechins and theaflavins (tea bioflavonoids)
~ Contains naturally occurring antioxidants to help protect your cells and tissues from oxidative damage
~ Helps to maintain a healthy balance between good (HDL) and bad (LDL) cholesterol in people with a healthy lifestyle

Amount: 60 softgels Supply: Approx. 30 days
VS-100070 FBV *1190*4640*5104
RRP *68.90
No added dairy, gluten, yeast or lactose.

Each softgel provides
Camellia sinensis (green tea) extract 197.50 mg
Equivalent camellia sinensis (green tea) leaves 4.93 g
Equivalent catechins 79 mg
 Equivalent caffeine 8 mg

B. Garlic Heart Care
Support for your heart health.

~ Contains peppermint to minimise odour
~ Provides clinically significant levels of garlic’s active compounds alliin and allicin
~ Helps reduce the symptoms of colds, flu, catarrh and hayfever
~ It may assist in maintaining a healthy heart in healthy individuals

Amount: 120 tablets Supply: 60 days
VS-6160 FBV *786*3066*3373
RRP *45.50
No added dairy, gluten, sugar, yeast or lactose.

Each tablet provides
Allium sativum (garlic) bulb powder 385 mg
 Equivalent garlic powder 1,200 mg
 Equivalent amount of allicin 3.0 mg
 Equivalent amount of alliin 6.7 mg

FACT: Each tablet of Garlic Heart Care contains 385mg of concentrated garlic which is equivalent to 1200mg of fresh garlic bulb.
Did you know?

- Worldwide, osteoporosis causes more than 8.9 million fractures annually.*
- Glucosamine is a key building block of cartilage that makes up our joint tissue and helps keep our joints healthy.
- Glucosamine HCl with Boswellia contributes significantly towards the important nutrients that are missing from the typical Australian diet.

### Bone & Joints

Aids bone strength and cushions cartilage to help you feel more flexible.

#### C. Cal Mag D Advanced

- Helps build and maintain healthy bones and bone density.
  - Advanced formula for improved calcium absorption
  - Supports strong, healthy bones with absorbable calcium from two sources: calcium carbonate and calcified seaweed
  - Adequate calcium and vitamin D as part of a healthy diet, along with physical activity, may reduce the risk of osteoporosis later in life

Amount: 180 tablets
Supply: 60 days

VS-110606 FBV 7727828363120
RRP $42.10

No added dairy, sugar, yeast, gluten or lactose.

Each tablet provides:
- Calcium as calcium carbonate: 200 mg
- Magnesium as magnesium oxide: 83.33 mg
- Vitamin D as vitamin D3: 3.33 mcg (133IU)
- Calcified Lithothamnion tophiforme (Calcified Seaweed): 63.33 mg

#### D. Glucosamine HCl with Boswellia

Welcome relief from pain associated with osteoarthritis.
- Helps lubricate joints and may alleviate swelling associated with osteoarthritis
- Helps to control the pain from osteoarthritis
- May reduce symptoms of injuries by repairing damaged cartilage and therefore promotes improved joint function

Amount: 120 capsules
Supply: 30 days

VS-6122 FBV 106341474562
RRP $61.55

No added dairy, sugar, yeast, or lactose.

Each capsule provides:
- Glucosamine hydrochloride: 375 mg
- Bromelains: 28 mg
- Malpighia glabra (ACEROLA) extract: 8.52 mg
- Equivalent to Malpighia glabra fruit fresh: 183.18 mg
- Equivalent to ascorbic acid: 1.2 mg
- Boswellia serrata extract: 22.8 mg
- Equivalent to Boswellia serrata gum oleoresin fresh: 114 mg
- Citrus X paradisi (GRAPEFRUIT) fruit powder: 4.31 mg
- Citrus reticulata (MANDARIN) fruit powder: 4.31 mg
- Citrus limon (LEMON) fruit skin powder: 180 mcg

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A. Milk Thistle & Dandelion

Helps to support and maintain liver function.

~ Helps protect the liver from free radicals generated by smoking, regular drinking, air pollution and fatty foods

~ Supports the liver so it can do its job, including detoxing the body and metabolising fats and carbs

~ Provides support to the liver when on a weight management program

Amount: 60 capsules
Supply: 30 days

VS-100352 FBV*642*2503*2754
RRP $37.20

No added dairy, gluten, yeast or lactose.

Each capsule provides
Silybum marianum (milk thistle) extract 150.3 mg
Equivalent silybum marianum (milk thistle) fruit 3 g
Equivalent silybin 50 mg
Equivalent silymarin 85 mg
Malpighia glabra (acerola) extract 6 mg
Equivalent malpighia glabra (acerola fruit) 37.6 mg
Taraxacum officinale (dandelion) extract 41.5 mg
Equivalent taraxacum officinale (dandelion) root and rhizome 166 mg
Curcuma longa (tumeric) extract 42.5 mg
Equivalent curcuma longa (tumeric) root 850.2 mg
Citrus limon (lemon) dry fruit powder 660 mcg
Citrus reticulate (royal mandarin) dry fruit powder 16.2 mg
Citrus paradis (grapefruit) dry fruit powder 16.2 mg

B. Fibre Blend Chewable Tablet

Provides your body with adequate fibre to help maintain a healthy digestive system.

~ Natural fibres from sources including sugar cane, acerola cherries, lemons, soy, opuntia cactus, peas, barley and carrots

~ Helps to maintain healthy digestive function and healthy cholesterol levels

~ Adds extra fibre to your diet to help achieve an adequate fibre intake

Amount: 60 tablets
Supply: 20–60 days

VS-104402 FBV*912*3559*3914
RRP $52.85

No added dairy, lactose or yeast.

Each tablet provides
Oligofructose 750 mg
Acacia 258 mg
Saccharum officinarum (SUGARCANE), root and stolon powder 258 mg
Malpighia glabra (ACEROLA) fruit powder 95 mg
Glycine max (SOY) seed powder 69 mg
Citrus limon (LEMON) fruit powder 69 mg
Opuntia ficus-indica (CACTUS) leaf stalk powder 60 mg
Hordeum vulgare (BARLEY) fruit hull powder 43 mg
Pisum sativum (PEA) fruit hull powder 43 mg
Daucus carota (CARROT) root powder 43 mg

* Disclaimer: Always read the label, use only as directed. If symptoms persist, see your healthcare professional. Supply approximates are based on recommended dose.
Why is a healthy liver important?

Beyond the treatment of liver disorders, everyday care of the liver lays a cornerstone for optimal health. Naturopaths and other healthcare practitioners who look beneath the symptoms of an illness to its underlying cause often discover that poor liver function is a contributing factor. This is true across a vast range of ailments from headaches to PMT.

C. Ginkgo Biloba & DHA Blend

Supports your circulation and memory function.

- Ginkgo biloba is extensively studied for its ability to maintain memory function
- Helps promote blood flow to the extremities of the body
- Includes brain-essential DHA from fish oils and antioxidants

Amount: 60 capsules Supply: 20 days
VS-202492 FBV '124248455329
RRP $71.95

No added dairy, gluten, yeast or lactose.

Each capsule provides

- Ginkgo biloba leaf extract 53.3mg
- Equivalent to Ginkgo biloba dry leaf 2.66g
- Equivalent to Ginkgo flavonglycosides 12.8mg
- Equivalent to Ginkgolides and bilolaidle 3.2 mg
- Centella asiatica (GOTU KOLA) dry herb extract 22.67 mg
- Equivalent to Centella asiatica dry herb 80 mg
- Citrus Bioflavonoid Extract 33.3 mg
- Fish Oil Natural (TUNA) 260.5 mg
- Equivalent to Docosahexaenoic Acid (DHA) 60 mg
- Beta Carotene-Natural 100 mcg

D. Bilberry & Lutein Blend

An advanced formula to support your eye health.

- A herbal dietary supplement that assists with night vision and aids in the function of the retina
- Bilberry is rich in nutrients that support vision and is known to help protect the retina
- Lutein helps provide potent antioxidant action, scavenging free radicals that may be generated by lifestyle factors

Amount: 62 capsules Supply: 31 days
VS-202491 FBV '127049545449
RRP $73.60

No added dairy, gluten, yeast or lactose.

Each capsule provides

- Vaccinium myrtillus (BILBERRY) fresh fruit extract 37.8 mg
- Equivalent to Vaccinium myrtillus fresh fruit 3.78 g
- Tagetes erecta (MARGOLD) dried flower extract 7.9 mg
- Equivalent to Tagetes erecta dried flower 59.25 mg
- Equivalent to LUTEIN 0.6 mg
- Malphighia glabra (ACEROLA) fresh fruit extract 24 mg
- Equivalent to Malphigia glabra (ACEROLA) fresh fruit 149 mg
- Equivalent to Ascorbic Acid (VITAMIN C) 4 mg
- Citrus bioflavonoids extract 25 mg
- Equivalent to citrus limon dry fruit 50 mg
- Fish oil (TUNA) 209 mg
- Equivalent to Docosahexaenoic Acid (DHA) 45 mg
A. Parselenium-E®
A high-potency antioxidant supplement.

~ Contains vitamin E and selenium, which act as antioxidants to combat free radicals
~ Contains vitamin E, which helps reduce oxidation of LDL lipids
~ Helps support a healthy immune system

Amount: 60 tablets Supply: 60 days
VS-3178 FBV *125794904*5394
RRP $72.85
No added dairy, gluten or lactose.

<table>
<thead>
<tr>
<th>Each tablet provides</th>
<th>Per tablet</th>
<th>Per tablet (Vit E)</th>
</tr>
</thead>
<tbody>
<tr>
<td>d-Alpha Tocopheryl Acid Succinate</td>
<td>327 mg</td>
<td>396 IU</td>
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<tr>
<td>d-Alpha Tocopherol</td>
<td>3 mg</td>
<td>4.47 IU</td>
</tr>
<tr>
<td>Selenium (as Sodium Selenite)</td>
<td>10 mcg</td>
<td></td>
</tr>
<tr>
<td>Petroselenium crispum (PARSLEY) dry herb</td>
<td>50 mg</td>
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</tr>
<tr>
<td>Total vitamin E</td>
<td></td>
<td>400 IU</td>
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</table>

B. Vitamin B Complete
Combat stress and fatigue before it begins, so you can be at your best all day, every day.

~ Uses both instant and extended release technologies to help optimise nutrient absorption for each B vitamin
~ Packed with natural spirulina which contributes a broad spectrum of naturally occurring nutrients including B vitamins and phytonutrients
~ Easy to swallow, one tablet per day dose providing 8 hours of support

Amount: 120 tablets Supply: 120 days
VS-110171 FBV *94136704*037
RRP $54.50
No added dairy or gluten.

<table>
<thead>
<tr>
<th>Each tablet provides</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Thiamine Mononitrate (Vitamin B1)</td>
<td>3 mg</td>
</tr>
<tr>
<td>Riboflavin (Vitamin B2)</td>
<td>3.4 mg</td>
</tr>
<tr>
<td>Niacinamide (Vitamin B3)</td>
<td>20 mg</td>
</tr>
<tr>
<td>D-Calcium Pantothenate (Vitamin B5)</td>
<td>20 mg</td>
</tr>
<tr>
<td>Pyridoxine Hydrochloride (Vitamin B6)</td>
<td>4 mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>125 mcg</td>
</tr>
<tr>
<td>Cyanocobalamin (Vitamin B12)</td>
<td>6 mcg</td>
</tr>
<tr>
<td>Arthrospira platensis (SPIRULINA), whole plant powder</td>
<td>75 mg</td>
</tr>
</tbody>
</table>
C. Siberian Ginseng & Ginkgo Biloba Blend

Helps to maintain stamina and energy levels.

- Helps you feel less fatigued, even on those never-ending days
- Has a beneficial effect on stamina and endurance
- May also help improve blood flow to the extremities of the body and support memory function

Amount: 100 tablets  Supply: 25 days

VS-93  FBV "1677"6542"7196

RRP $97.15

No added dairy, gluten or lactose.

Each tablet provides

- *Eleutherococcus senticosus* (SIBERIAN GINSENG) extract equivalent to dry root 900 mg
- *Ginkgo biloba* (GINKGO) extract equivalent to dry leaf 1.67 g
- *Schisandra chinensis* (SCHISANDRA) extract equivalent to dry fruit flesh 70 mg
- *Mentha X Piperita* (PEPPERMINT) extract equivalent to dry leaf 1.5 mg
- *Citrus aurantium* (BITTER ORANGE) fruit powder 33 mg
- *Malpighia glabra* (ACEROLA) extract equivalent to fresh fruit 37.7 mg

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**Energy**

Busy lifestyle boosters

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One dual-action, bi-layer tablet is packed with all eight essential B vitamins.

First, two B vitamins are released – quickly and completely.

The remaining six B vitamins are released over time - slowly and steadily for eight hours.

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.

Supply approximates are based on recommended dose.
Vitamin Drinks

Contains NO artificial flavours, colours, sweeteners or preservatives.

A. PhytoPowder™ Defend Cherry
An immune boosting hydration formula, that helps support your natural defences.

- Contains zinc which helps to support the body’s immune system
- Includes natural sources of vitamin C from acerola cherries grown on our NUTRILITE™ certified organic farms
- Invigorates your body's natural defences to help you stay hydrated and healthy

Amount: 20 Sticks
VS-118896 FBV ‘989°3859°4245
RRP $57.30

Amount: 45 Serve Tub
VS-118893 FBV ‘1491°5815°6397
RRP $86.35

B. PhytoPowder™ Electrolyte Orange
Infusion of electrolytes, vitamins and phytonutrients designed to support your body during and after physical activity.

- Helps replenish electrolytes such as sodium and potassium lost through perspiration
- Blended with Red Orange Complex™ containing a mix of antioxidants rich in phytonutrients
- Supports the body's natural defences against oxidative stress

Amount: 20 Sticks
VS-118894 FBV ‘989°3859°4245
RRP $57.30

Amount: 45 Serve Tub
VS-118891 FBV ‘1491°5815°6397
RRP $86.35

<table>
<thead>
<tr>
<th></th>
<th>Per 8g Serve</th>
<th>Per 100g</th>
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<tbody>
<tr>
<td>Energy</td>
<td>123 kJ</td>
<td>1538 kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>0.06 g</td>
<td>0.75 g</td>
</tr>
<tr>
<td>Fat Total</td>
<td>0.08 g</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.03 g</td>
<td>0.375 g</td>
</tr>
<tr>
<td>Carbohydrate Total</td>
<td>7.22 g</td>
<td>90.25 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3.66 g</td>
<td>45.75 g</td>
</tr>
<tr>
<td>Dietary Fibre</td>
<td>3 g</td>
<td>37.5 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>1.06 mg</td>
<td>13.25 mg</td>
</tr>
<tr>
<td>Thiamin (B1)</td>
<td>0.7 mg</td>
<td>8.75 mg</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>0.8 mg</td>
<td>10 mg</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>6 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Pantothenic Acid (B5)</td>
<td>1.65 mg</td>
<td>20.63 mg</td>
</tr>
<tr>
<td>Pyridoxine(B6)</td>
<td>1 mg</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>Folic Acid (B9)</td>
<td>100 mcg</td>
<td>1.25 mg</td>
</tr>
<tr>
<td>Cyanocobalamin (B12)</td>
<td>2 mcg</td>
<td>25 mcg</td>
</tr>
<tr>
<td>Biotin (B7)</td>
<td>30 mcg</td>
<td>375 mcg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>45 mg</td>
<td>562.5 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>4.5 mg</td>
<td>58.25 mg</td>
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<table>
<thead>
<tr>
<th></th>
<th>Per 8g Serve</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>119 kJ</td>
<td>1488 kJ</td>
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<tr>
<td>Protein</td>
<td>0.04 g</td>
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<tr>
<td>Fat Total</td>
<td>0.06 g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Carbohydrate Total</td>
<td>7.05 g</td>
<td>88.125 g</td>
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<tr>
<td>Sugars</td>
<td>3.42 g</td>
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<tr>
<td>Dietary Fibre</td>
<td>3 g</td>
<td>37.5 g</td>
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<tr>
<td>Sodium</td>
<td>83.15 mg</td>
<td>1039.4 mg</td>
</tr>
<tr>
<td>Thiamin (B1)</td>
<td>0.7 mg</td>
<td>8.75 mg</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>0.8 mg</td>
<td>10 mg</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>6 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Pantothenic Acid (B5)</td>
<td>1.65 mg</td>
<td>20.63 mg</td>
</tr>
<tr>
<td>Pyridoxine(B6)</td>
<td>1 mg</td>
<td>12.5 mg</td>
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<tr>
<td>Folic Acid (B9)</td>
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<td>1.25 mg</td>
</tr>
<tr>
<td>Cyanocobalamin (B12)</td>
<td>2 mcg</td>
<td>25 mcg</td>
</tr>
<tr>
<td>Biotin (B7)</td>
<td>30 mcg</td>
<td>375 mcg</td>
</tr>
<tr>
<td>Vitamin C</td>
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<td>375 mg</td>
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<tr>
<td>ROC</td>
<td>50 mg</td>
<td>625 mg</td>
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<tr>
<td>Potassium</td>
<td>30 mg</td>
<td>375 mg</td>
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C. PhytoPowder™ Refresh Lemon

Refreshing hydration to support busy lifestyles, so you feel your best all day.

~ Contains a balanced blend of B vitamins, that are necessary for energy production

~ Made with NUTRILITE’s® exclusive, proprietary blend of lemon, sea buckthorn, pineapple and pomegranate

~ Provides your body with an array of phytonutrients to promote optimal health

Amount: 20 Sticks

**VS-118895** FBV♯989♯3859♯4245
RRP $57.30

Amount: 45 Serve Tub

**VS-118892** FBV♯1491♯5815♯6397
RRP $86.35

<table>
<thead>
<tr>
<th>Energy</th>
<th>Per 8g Serve</th>
<th>Per 100g</th>
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<tbody>
<tr>
<td>125 kJ</td>
<td>1.125 g</td>
<td>1563 kJ</td>
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<tr>
<td>0.04 g</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>0.09 g</td>
<td>1.125 g</td>
<td></td>
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<tr>
<td>0.02 g</td>
<td>0.25 g</td>
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<tr>
<td>7.34 g</td>
<td>91.75 g</td>
<td></td>
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<tr>
<td>3.67 g</td>
<td>45.875 g</td>
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<tr>
<td>3 g</td>
<td>37.5 g</td>
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</tr>
<tr>
<td>0.98 mg</td>
<td>12.25 mg</td>
<td></td>
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<tr>
<td>0.7 mg</td>
<td>8.75 mg</td>
<td></td>
</tr>
<tr>
<td>0.8 mg</td>
<td>10 mg</td>
<td></td>
</tr>
<tr>
<td>6 mg</td>
<td>75 mg</td>
<td></td>
</tr>
<tr>
<td>1.65 mg</td>
<td>20.63 mg</td>
<td></td>
</tr>
<tr>
<td>1 mg</td>
<td>12.5 mg</td>
<td></td>
</tr>
<tr>
<td>100 mcg</td>
<td>1.25 mg</td>
<td></td>
</tr>
<tr>
<td>2 mcg</td>
<td>25 mcg</td>
<td></td>
</tr>
<tr>
<td>30 mcg</td>
<td>375 mcg</td>
<td></td>
</tr>
<tr>
<td>30 mg</td>
<td>375 mg</td>
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</table>

**C. PhytoPowder™ Refresh Lemon**

**Nutrition Facts**

- **Energy**: 125 kJ per 8g serve, 1563 kJ per 100g
- **Protein**: 0.04 g per 8g serve, 0.5 g per 100g
- **Fat**: 0.09 g per 8g serve, 1.125 g per 100g
- **Saturated Fat**: 0.02 g per 8g serve, 0.25 g per 100g
- **Carbohydrate Total**: 7.34 g per 8g serve, 91.75 g per 100g
- **Sugars**: 3.67 g per 8g serve, 45.875 g per 100g
- **Dietary Fibre**: 3 g per 8g serve, 37.5 g per 100g
- **Sodium**: 0.98 mg per 8g serve, 12.25 mg per 100g
- **Thiamin (B1)**: 0.7 mg per 8g serve, 8.75 mg per 100g
- **Riboflavin (B2)**: 0.8 mg per 8g serve, 10 mg per 100g
- **Niacin (B3)**: 6 mg per 8g serve, 75 mg per 100g
- **Pantothenic Acid (B5)**: 1.65 mg per 8g serve, 20.63 mg per 100g
- **Pyridoxine (B6)**: 1 mg per 8g serve, 12.5 mg per 100g
- **Folic Acid (B9)**: 100 mcg per 8g serve, 1.25 mg per 100g
- **Cyanocobalamin (B12)**: 2 mcg per 8g serve, 25 mcg per 100g
- **Biotin (B7)**: 30 mcg per 8g serve, 375 mcg per 100g
- **Vitamin C**: 30 mg per 8g serve, 375 mg per 100g

**90 Day 100% Satisfaction Guarantee**

**amway.com.au**
Women’s Health

NUTRIWAY® products are especially formulated for every stage of a woman’s life.

A. Primrose Plus
Feel more like yourself, every day of the month.

~ Provides temporary relief of arthritic pain
~ For the symptomatic relief of pre-menstrual tension/syndrome

Amount: 120 softgels Supply: 30–120 days

VS-6108 FBV *1335*5207*5728
RRP *$77.30

No added dairy, gluten, yeast or lactose.

Each softgel provides

- Oenothera biennis (EVENING PRIMROSE) fresh seed oil 128.5 mg
  Equivalent to Oenothera biennis fresh seed 642.6 mg
- Borago officinalis (BORAGE) fresh seed oil 129.1 mg
  Equivalent to Borago officinale fresh seed 516.5 mg
- Zingiber officinale (GINGER) dry root extract 39.2 mg
  Equivalent to Zingiber officinale dry root 665.5 mg
- Vitex agnus-castus (CHASTEBERRY) fresh fruit extract 15 mg
  Equivalent to Vitex agnus castus fresh fruit 150 mg
- Angelica polymorpha (DONG QUAI) fresh fruit extract 17.4 mg
  Equivalent to Angelica polymorpha fresh fruit 121.9 mg
- Bioflavonoids from Citrus sinensis fruit 8.62 mg

B. Black Cohosh & Soy
Menopausal symptoms? Get the relief you need to get back to being you.

~ Regular use helps relieve hot flushes, night sweats and mood swings associated with menopause
~ Relief from menopausal symptoms
~ A natural alternative for a more peaceful way of life

Amount: 90 tablets Supply: 30 days

VS-6190 FBV *1110*4330*4763
RRP *$64.30

Contains soy, no added dairy, gluten, yeast or lactose.

Each tablet provides

- Actaea racemosa (BLACK COHOSH) extract 19.99 mg
  Equivalent Actaea racemosa (BLACK COHOSH) dry root & rhizome 129.94 mg
- Soy Isoflavones extract 40% 50 mg
- Equivalent Isoflavones 20 mg
- Malpighia glabra (ACEROLA) extract 6.02 mg
  Equivalent to Malpighia glabra (ACEROLA) fresh fruit 37.63 mg
- Citrus limon (LEMON) dry fruit powder 0.7 mg
- Citrus reticulata (ROYAL MANDARIN) dry fruit powder 17.14 mg
- Citrus X paradisi (GRAPEFRUIT) dry fruit powder 17.14 mg

always read the label, use only as directed. If symptoms persist, see your healthcare professional.
Supply approximates are based on recommended dose.
C. Complex for Hair, Skin & Nails
Protection from the inside out, to help improve your hair, skin and nails.

- Helps strengthen brittle nails and nourish dry hair
- Supports capillary health and promotes healthy-looking, radiant skin
- Contains vitamin C and silica, both essential for collagen production in skin

Amount: 60 tablets Supply: 30–60 days

VS-6107 FBV 85233243657
RRP $49.40

No added dairy, gluten or yeast.

Did you know?
- Our complex for hair, skin and nails contains grapeseed extract, a powerful antioxidant to promote capillary health for radiant and healthy skin. It also contains vitamin C, essential for the production of collagen and elastin.
- L-Cysteine promotes the formation of Keratin, a major protein in hair, skin and nails and Biotin to help nail brittleness.
- It also contains natural ingredients and plant compounds for additional nutritional and antioxidant benefits.

D. Tri-Iron Folic
May assist in the reduction of tiredness and fatigue.

- Women (particularly during pregnancy), teenage girls, athletes and vegetarians are most at risk of having inadequate iron intake, which can cause fatigue. This therefore makes iron supplementation important
- Unique blend of iron from three sources and folic acid
- With vitamin C for better iron absorption

Amount: 90 tablets Supply: 30 days

VS-102046 FBV 61924132654
RRP $35.85

No added dairy, gluten or yeast.

Always read the label, use only as directed. If symptoms persist, see your healthcare professional. Supply approximates are based on recommended dose.
Men’s Health

Relieves symptoms of benign prostate hypertrophy.

A. Saw Palmetto & Nettle Root Blend

Helps support your prostate health.

~ Helps to relieve symptoms of medically diagnosed benign prostate hypertrophy (BPH)

~ If BPH keeps you up at night, then get the relief you need for a good night’s sleep

Amount: 60 capsules Supply: 20 days

VS-202493 FBV*1040#4055#4461
RRP $60.25

No added dairy, gluten, yeast or lactose.

Each capsule provides

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serenoa Serrulata (SAW PALMETTO) fruit extract</td>
<td>110 mg</td>
</tr>
<tr>
<td>Equivalent to Serenoa Serrulata dry fruit</td>
<td>1.1 g</td>
</tr>
<tr>
<td>Urtica Dioica (COMMON NETTLE) dry root extract</td>
<td>78 mg</td>
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<tr>
<td>Equivalent to Urtica Dioica dry root</td>
<td>780 mg</td>
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<tr>
<td>Citrus Bioflavonoid extract</td>
<td>34.3 mg</td>
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<tr>
<td>Curcubita Pepo (PUMPKIN) seed oil fixed</td>
<td>165 mg</td>
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<tr>
<td>Equivalent to Curcubita Pepo seed fresh</td>
<td>330 mg</td>
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<tr>
<td>Beta Carotene – natural</td>
<td>180 mcg</td>
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</tbody>
</table>

Prostate health

Put your prostate health first

Our Saw Palmetto is a standardised extract so you have confidence that every dose is packed with consistent, high quality effectiveness.

Our formula contains NUTRIWAY® concentrates you won’t find in other prostate support formulas, such as phytonutrients (plant compounds), antioxidants as well as vitamin A.

Contains pumpkin seed oil, shown to support normal prostate function.

Who can benefit?

Men over 40:

- Who are interested in supporting general prostate health.
- Who lose sleep by having to use the restroom (urinate) during the night.
- Who would like to obtain symptomatic relief of medically diagnosed benign prostate hypertrophy (BHP).

amway.com.au
90 Day 100% Satisfaction Guarantee

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.
Supply approximates are based on recommended dose.
Children’s Health

The support your children need to fill nutritional gaps.

B. Chewable Multivitamin & Iron

The kid-tested multi with top points for taste.

~ Packed with 11 vitamins and iron for diets that don’t quite go according to plan

~ Includes nutrients vital for growing bodies – blood tonic

~ Has a delicious orange flavour – it’s the treat you have when you’re not having a treat

Amount: 100 tablets
Supply: Approx. 50–90 days

VS-122 FBV *686*2677*2944
RRP $39.70
No added gluten.

Each tablet provides:
- Retinol (as VITAMIN A Acetate) 396 mcg
- Thiamin Nitrate (VITAMIN B1) 0.7 mg
- Riboflavin (VITAMIN B2) 1.1 mg
- Nicotinamide 13 mg
- Calcium Pantothenate 5 mg
- Pyridoxine Hydrochloride (VITAMIN B6) 1.3 mg
- Cyanocobalamin (VITAMIN B12) 1.5 mcg
- Folic Acid 100 mcg
- Ascorbic Acid (VITAMIN C) 30 mg
- Cholecalciferol (VITAMIN D3) 10 mcg
- d-Alpha-Tocopherol Succinate (VITAMIN E) 6 mg
- Iron (as Ferrous Fumarate) 2.5 mg

C. Chewable Natural C

Great tasting fruit punch treat packed with vitamin C for your kids.

~ For diets lacking in fresh fruits and vegetables

~ Vitamin C is necessary for building and maintaining healthy bones, teeth and skin.

Amount: 100 tablets
Supply: 50–100 days

VS-6109 FBV *764*2980*3279
RRP $44.25
No added dairy, gluten, yeast or lactose.

Each tablet provides:
- Malpighia Punicifolia (ACEROLA) fresh fruit flesh extract 137 mg
- Equivalent to Ascorbic Acid (VITAMIN C) 30 mg

Did you know?

Nutrilite® is the worlds number one selling children’s (paediatric) vitamins and dietary supplements brand.*

Always read the label, use only as directed. If symptoms persist, see your healthcare professional.

Supply approximates are based on recommended dose.

*Source: www.euromonitor.com/amway-claims.
Protein for Health

Boost your protein intake with high-quality protein sources.

A. All Plant Protein Powder
The protein you need to help build lean muscle.

~ Meets World Health Organisation standards for a source of high-quality protein
~ Contains naturally occurring soy isoflavones

Amount: 450g
VS-110415 FBV 7853332633659
RRP $49.40
No added dairy or lactose.
Cholesterol free, lactose-free, Halal and vegetarian.

Each serving provides

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<th>Per serving (10 g)</th>
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<tr>
<td>Energy</td>
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<tr>
<td>Saturated fat</td>
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<tr>
<td>Carbohydrates total</td>
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<tr>
<td>Sugars</td>
<td>0 g</td>
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<tr>
<td>Sodium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Lactose</td>
<td>0 mg</td>
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B. Protein Powder Berry Flavour
The soy protein powder alternative.

~ All the goodness of soy protein powder, with a massive burst of natural berry flavour
~ Great for shakes, smoothies and fruit juices

Amount: 500g
VS-100325 FBV 7104640784486
RRP $60.50
No added gluten or yeast.

Each serving provides

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<tr>
<th></th>
<th>Per serving (23.5 g)</th>
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<tbody>
<tr>
<td>Energy</td>
<td>395 kJ</td>
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<tr>
<td>Protein</td>
<td>8 g</td>
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<tr>
<td>Isoleucine</td>
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<td>Leucine</td>
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<td>Lysine</td>
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<td>Phenylalanine</td>
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<td>Valine</td>
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<td>Histidine</td>
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<td>Aspartic acid</td>
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<td>Glycine</td>
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<td>Alanine</td>
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<td>Cystine</td>
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<td>Tyrosine</td>
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<td>Arginine</td>
<td>670 mg</td>
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<tr>
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<td>Carbohydrate total</td>
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<td>Sugars</td>
<td>9 g</td>
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<tr>
<td>Sodium</td>
<td>100 mg</td>
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</table>
By having POSITRIM® Protein Bars on hand, you can help reduce the likelihood of having to snack on unhealthy options and get the most out of your snacks.

### C. - F. POSITRIM Protein Bars

A delicious high quality protein snack that is low in carbs, making it the perfect snack for anytime of the day and those on a weight management program.

- Each 60g serve provides 22.5g of high quality protein
- Contains added fibre to help support a healthy digestive system
- Packed with natural branch chain amino acids to support healthy muscle growth
- Delivers no more than 2 grams of carbohydrates per 60g serve, making it the perfect guilt free snack

Amount: 9 x 60g

| C. | Fudgy Brownie | VS-268280 |
| D. | Mixed Berry Smoothie | VS-268281 |
| E. | Café Latte | VS-268282 |
| F. | Honeycomb Almond | VS-268283 |

Each 60g serve provides:

- **Energy**
  - Fudgy Brownie: 984 kj
  - Mixed Berry Smoothie: 984 kj
  - Café Latte: 987 kj
  - Honeycomb Almond: 1023 kj
- **Protein**
  - Fudgy Brownie: 22.5 g
  - Mixed Berry Smoothie: 22.5 g
  - Café Latte: 22.5 g
  - Honeycomb Almond: 22.5 g
- **Fat total**
  - Fudgy Brownie: 7.1 g
  - Mixed Berry Smoothie: 7.4 g
  - Café Latte: 7.6 g
  - Honeycomb Almond: 9.0 g
- **Saturated**
  - Fudgy Brownie: 3.2 g
  - Mixed Berry Smoothie: 4.2 g
  - Café Latte: 4.3 g
  - Honeycomb Almond: 3.4 g
- **Trans fats**
  - Fudgy Brownie: <0.1 g
  - Mixed Berry Smoothie: <0.1 g
  - Café Latte: <0.1 g
  - Honeycomb Almond: <0.1 g
- **Carbohydrate**
  - Fudgy Brownie: 2.2 g
  - Mixed Berry Smoothie: 2.0 g
  - Café Latte: 1.8 g
  - Honeycomb Almond: 1.7 g
- **Sugars**
  - Fudgy Brownie: 0.7 g
  - Mixed Berry Smoothie: 0.7 g
  - Café Latte: 0.7 g
  - Honeycomb Almond: 1.1 g
- **Glycerol**
  - Fudgy Brownie: 9.6 g
  - Mixed Berry Smoothie: 9.0 g
  - Café Latte: 9.0 g
  - Honeycomb Almond: 9.0 g
- **Maltitol**
  - Fudgy Brownie: 7.2 g
  - Mixed Berry Smoothie: 7.2 g
  - Café Latte: 7.2 g
  - Honeycomb Almond: 6.0 g
- **Dietary fibre, total**
  - Fudgy Brownie: 4.2 g
  - Mixed Berry Smoothie: 4.7 g
  - Café Latte: 4.7 g
  - Honeycomb Almond: 4.6 g
- **Sodium**
  - Fudgy Brownie: 150 mg
  - Mixed Berry Smoothie: 138 mg
  - Café Latte: 150 mg
  - Honeycomb Almond: 120 mg
- **Calcium**
  - Fudgy Brownie: 412 mg
  - Mixed Berry Smoothie: 412 mg
  - Café Latte: 412 mg
  - Honeycomb Almond: 412 mg

By having POSITRIM® Protein Bars on hand, you can help reduce the likelihood of having to snack on unhealthy options and get the most out of your snacks.

*Discount applied at checkout.*
A. - B. BodyKey® Meal Replacements

~ BodyKey taste mapping technology for great taste
~ 23 vitamins and minerals
~ Contains no preservatives, no artificial flavours, colours and sweeteners, zero trans fat and non-GMO ingredients
~ Helps control calorie intake

Amount: 14 sachets
A. VS-117945 Vanilla
B. VS-117946 Chocolate
FBV "139554415985"
RRP $74.80
Contains lactose, milk, soy & tree nuts.

Contains: Lactose, Milk, Soy & Treenuts

Vanilla Per 29 g serve + 250 ml skim milk
Energy 480 kJ 850 kJ
Protein 6.2 g 15.0 g
Fat, total 4.0 g 4.2 g
Saturated Fat 1.1 g 1.2 g
Carbohydrate, total 16.0 g 29.0 g
Sugars 6.5 g 19.5 g
Dietary Fibre 5.0 g 5.0 g
Sodium 140 mg 250 mg

VITAMINS AND MINERALS Per serving (29 g)
Vitamin A 200.0 mcg
Thiamin Monochloride 0.38 mg
Riboflavin 0.43 mg
Niacin 5.0 mg
Folate 100.0 mcg
Vitamin B6 0.6 mg
Vitamin B12 0.9 mcg
Vitamin C 5.0 mcg
Vitamin E 5.0 mg
Biotin 5.0 mcg
Pantothenic Acid 0.8 mg
Calcium 100.0 mg
Iodine 70.0 mcg
Iron 4.8 mg
Magnesium 110.0 mg
Phosphorus 100.0 mg
Zinc 3.9 mg
Copper 0.5 mg
Manganese 0.85 mg
Molybdenum 20.0 mcg
Selenium 13.0 mcg
Chromium 22.0 mcg

Chocolate Per 30 g serve + 250 ml skim milk
Energy 491 kJ 860 kJ
Protein 6.2 g 15.0 g
Fat, total 4.5 g 4.7 g
Saturated Fat 1.5 g 1.6 g
Carbohydrate, total 17.0 g 29.8 g
Sugars 7.5 g 20.7 g
Dietary Fibre 5.0 g 5.0 g
Sodium 110 mg 219 mg

VITAMINS AND MINERALS Per serving (30 g)
Vitamin A 200.0 mcg
Thiamin Monochloride 0.38 mg
Riboflavin 0.43 mg
Niacin 5.0 mg
Folate 100.0 mcg
Vitamin B6 0.6 mg
Vitamin B12 0.9 mcg
Vitamin C 5.0 mcg
Vitamin E 5.0 mg TE
Biotin 5.0 mcg
Pantothenic Acid 0.8 mg
Calcium 100.0 mg
Iodine 70.0 mcg
Iron 4.8 mg
Magnesium 140.0 mg
Phosphorus 135.0 mg
Zinc 3.9 mg
Copper 0.5 mg
Manganese 0.85 mg
Molybdenum 20.0 mcg
Selenium 13.0 mcg
Chromium 22.0 mcg

Always read the label.
Use as directed. If symptoms persist, see your healthcare professional.
BodyKey® by NUTRIWAY® Program

What makes the BodyKey by NUTRIWAY program so unique?

**BodyKey Assessment**
The BodyKey Personal Assessment is a clinically backed questionnaire evaluating an individual’s results on six key lifestyle components that our scientists believe, from their extensive research and studies, as critical to success: diet, physical activity, mindset, stress, sleep and meal habits. It also uses your results to generate personalised, research-based recommendations that, when followed, make it easier for a wide range of individuals to lose weight and keep it off.

**Simple Tools**
The BodyKey app is like your personal 24 hour coach, to guide you on your meal and exercise plan, and all on your mobile phone. It reports your progress and also syncs with the InBody BAND. Together, these tools offer you a seamless experience on your weight management journey.

**Effective Products**
Clinical studies have demonstrated the effectiveness of a meal replacement shake combined with exercise and diet for weight loss and ongoing weight management. BodyKey by NUTRIWAY Meal Replacement Shakes are scientifically formulated as a well-balanced meal, each containing 23 essential vitamins and minerals to provide you with at least one third of your daily nutritional needs while controlling your calorie intake.

For more visit: nutriwaybodykey.com.au

A. BodyKey 4 Week Jumpstart Pack

This pack contains all the contents you need to get started on your weight loss journey to success. This pack includes:

- 1 x BodyKey Meal Replacement - Chocolate
- 1 x BodyKey Meal Replacement - Vanilla
- 1 x NUTRIWAY All Plant Protein Powder
- 1 x NUTRIWAY Fibre Blend Chewable Tablets
- 1 x InBody BAND Device

Supply: Approx. 4 weeks
A. VS-268410 FBV '4100"15990"39865 RRP $449.42
The BodyKey® by NUTRIWAY® program is a holistic, comprehensive and personalised weight management solution developed by a collaboration of leading scientists, researchers and nutritional experts. The program offers a flexible 4 Week Jumpstart Pack and a Top Up Pack designed to help you lose 8kg in 8 weeks.

Did you know?
- Over 60% of people across Australia and New Zealand are overweight or obese.*
- BodyKey Meal Replacement shakes are the #1 selling meal replacement shake globally, that contains no artificial flavours, colours, sweeteners or preservatives.**
- The BodyKey Assessment is a clinically backed questionnaire based on scientifically validated methods known to give the greatest impact on weight management.

**B. BodyKey Top Up Pack**

Top up on the essentials with the BodyKey Top Up Pack to continue your weight loss journey to lose 8kg in 8 weeks.

- 1 x BodyKey Meal Replacement - Chocolate
- 1 x BodyKey Meal Replacement - Vanilla
- 1 x NUTRIWAY All Plant Protein Powder
- 1 x NUTRIWAY Fibre Blend Chewable Tablets

Supply: Approx. 4 weeks
B. VS268411 FBV 455581776719544
RRP $251.86

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**BodyKey by NUTRILITE™ Shake limited to powder form, Global brand rankings based on: Source Euromonitor International Limited; Packaged food, Meal Replacement Slimming, UBN, Retail Value RSP, % breakdown, 2015. NUTRILITE™ products are sold as NUTRIWAY® in Australia and New Zealand.
The Shake n’ Shape program by BodyKey® is a great solution for anyone looking to continue their weight loss journey or maintain a healthy and on trend lifestyle.

To support the program, we now have a dedicated playlist on our Amway AUSNZ YouTube channel where you can find all our exclusive Shake n’ Shape recipes in one place.

If you would like to get started, scan the QR code to follow our playlist and keep up to date with brand new videos each month. Nourish and support your body towards optimal health with Shake n’ Shape.

A. The Little Book Of BodyKey Super Shakes

This recipe book helps to guide and inspire you to get creative with your BodyKey Meal Replacement Shakes.

~ By grouping recipes into breakfast, lunch, dinner and sweet treats, it allows you to better plan your meals and help you live a balanced lifestyle.

~ The chocolate or vanilla Meal Replacement Shake is featured in each recipe to ensure you stay on track with your weight management goals.

VS 268199 *000*000*1995
RRP $19.95
Recipes To Try!

Go Green Smoothie Bowl
Incorporate essential greens into your diet and create a healthy green smoothie bowl you can’t get enough of! One of the key tips to remember when making a green smoothie bowl is to always add 1 to 2 fruits to help create a delicious flavour combination.

Ingredients
- ¼ Cup Pineapple
- ½ Teaspoon Matcha Green Tea Powder
- ¼ Cup Spinach
- ½ Cup Celery
- ¼ Cup Mixed Berries
- 1 Sachet Vanilla BodyKey Meal Replacement
- 250ml Skim Milk

Always read the label. Use as directed. If symptoms persist, see your healthcare professional.

NEED SOME GUIDANCE?
Scan the QR code to watch the demo on BodyKey TV.

Superfood Morning Booster
This smoothie is rich in antioxidants, packed with protein and full of fibre – the perfect combination to boost your mornings and revitalise your body for the day ahead.

Ingredients
- 1 Tablespoon Goji Berries
- ¼ Cup Mixed Berries
- ¼ Medium Sized Banana
- 4 Raw Almonds
- 1 Teaspoon LSA
- 1 Sachet Vanilla BodyKey Meal Replacement
- 250ml Skim Milk

Always read the label. Use as directed. If symptoms persist, see your healthcare professional.

NEED SOME GUIDANCE?
Scan the QR code to watch the demo on BodyKey TV.

39
Weight Management

A. Carb Blocker Plus
Helps reduce the absorption of carbs.

~ Helps to reduce the amount of kilojoules that are absorbed after meals high in complex carbohydrates such as pasta, rice, potatoes and bread

~ A powerful combination of herbs, including the white kidney bean and gymnema sylvestre extract, inhibit the action of enzymes that digest carbohydrates and help reduce the absorption of carb and sugar to support weight loss

~ Use in conjunction with a healthy eating and exercise plan to maximise results

Amount: 90 tablets Supply: 30 days
VS-102690 FBV *1015*3959*4355
RRP *$58.85
No added dairy, gluten, yeast or lactose.

Each tablet provides
- Phaseolus vulgaris (WHITE KIDNEY BEAN) seed extract 166 mg
  Equivalent to Phaseolus vulgaris seed 2.5 g
- Gymnema sylvestre (GYMNEMA) leaf extract 100 mg
  Equivalent to Gymnema sylvestre leaf 500 mg
- Petroselinum crispum (PARSLEY) leaf powder 10 mg

B. Trim Choice® Advance
New advanced formula to help a healthy weight management plan.

~ This new formulation contains a powerful combination of herbs, including green tea and brown algae

~ EGCG (Epigallocatechin gallate) is one of the most beneficial polyphenol components in green tea, which may support weight loss when used in conjunction with a low-calorie diet and regular exercise

~ Brown algae (Laminaria japonica), along with green tea extract help support your weight management program

Amount: 60 tablets Supply: 30 days
VS-117085 FBV *1138*4440*4884
RRP *$65.95
No added dairy, gluten, yeast or lactose.

Each tablet provides
- Camellia sinensis (Green Tea) extract 50.03 mg
  Equivalent to (Green Tea) dry leaves 600.4 mg
- Equivalent Catechins 30.02 mg
- Equivalent EGCG 20.02 mg
- Laminaria Japonica (Brown Algae) extract 1.79 mg
  Equivalent (Brown Algae) whole plant 716 mg
Go Digital with Amway Health!

TRY OUR TOP 3 PICKS...

Wondering which supplements and health products are right for you, to use and recommend?

Give the NUTRIWAY® Recommender a go!

Find it on Amway Central ANZ > My Health > Nutriway

Is weight management your health goal?

The BodyKey® by NUTRIWAY Program comes with access to the BodyKey App. Track your activity and stay on top of your goals with the BodyKey App. Download it today!

Find It on Amway Central ANZ > My Health > BodyKey

Stay updated on the latest XS™ products and share information about the range!

Download the XS folio now!

Find it on Amway Central ANZ > My Health > XS

Create your very own personalised page on the NUTRIWAY brand site.

Check it out today!

www.nutriway.com.au

Go Social with Amway Health!

www.facebook.com/xsenergyausnz
@xsenergyanz
@nutriwayanz
@amwayausnz

90 Day 100% Satisfaction Guarantee
# Nutrition Solutions

*Use this chart to find your ideal products*

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Page</th>
<th>Allergies &amp; Hayfever</th>
<th>Antioxidants</th>
<th>Arthritis &amp; Joints</th>
<th>Hair, Skin &amp; Nails</th>
<th>Breast Feeding</th>
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*Always read the label, use only as directed. If symptoms persist, see your healthcare professional. Supply approximates are based on recommended dose.*

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90 Day 100% Satisfaction Guarantee
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Scan this QR code with your Check Express App to view more.

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90 Day 100% Satisfaction Guarantee
The XS Energy brand is all about feeling energised, adventurous and free.
Take energy anywhere.

XS™ Energy

Looking for that kick start to get your day going? XS Energy drinks are low in sugar, light on kilojoules but big on taste!

Available in 9 delicious flavours, which are lightly sparkled to quench your thirst.

Low in sugar, light in kilojoules and are infused with 4 essential B vitamins to give you lasting energy.

A. - J. XS Energy Drinks

Looking for that kick start to get your day going? XS Energy drinks are low in sugar, light on kilojoules but big on taste!

~ Available in 9 delicious flavours
~ Contains a mix of 4 essential B vitamins, to give you energy without the crash

A. VS-832090 Classic Blast
B. VS-781848 Wild Berry Blast
C. VS-740238 Cola Blast
D. VS-708588 Tropical Blast
E. VS-634740 Citrus Blast
F. VS-803350 Orange Blast
G. VS-832226 Energy + Burn - Strawberry
H. VS-832225 Pink Grapefruit
I. VS-832227 Mango Pineapple Guava
J. VS-210336 XS Mixed Case

Amount: 12 x 250ml
PP$47*1455*2667
RRP $32.81

With 9 delicious flavours to choose from, which one will you pick?

Did you know?

- XS Energy was the first exclusively sugar free energy drink brand sold globally*. 
- There is less than 1 calorie (3 kilojoules) of sugar in each XS Energy Drink! 
- Each can contains about the same amount of caffeine as a normal cup of coffee. 
- Available in 9 delicious flavours, which are lightly sparkled to quench your thirst. 
- Low in sugar, light in kilojoules and are infused with 4 essential B vitamins to give you lasting energy.

*Source: http://www.euromonitor.com/amway-claims

amway.com.au

90 Day 100% Satisfaction Guarantee
XS™ Sports Nutrition believes that no matter your level of physical fitness, it is important to energise, hydrate and recharge. Providing your body with the essential nutrients during the different stages of your workout helps you to obtain maximum performance benefits and results. The XS Sports Nutrition range offers a more natural approach to sports nutrition and contains no artificial colours, sweeteners or flavours.

So if you’re ready to reach your XS destination, then get your fitness in order with XS Sports Nutrition.
Energise

Quick and sustained energy boost.

A. Energise Rhodiola

The energy support you need to help improve everyday physical activity.

- Helps to maintain peak energy while providing beneficial phytonutrients
- Supports mental and physical stamina
- Each tablet contains 75mg of caffeine, derived from natural sources such as green tea

Amount: 60 tablets  Supply: 30 – 60 days  
VS-101593  FBV 734°2753°3028  
RRP $40.88

Each tablet contains
Camellia sinensis (GREEN TEA) leaves extract 170 mg
Equivalent (Green Tea) leaves 4.25 g
Equivalent Caffeine 75mg
Rhodiola rosea (RHODIOLA) dry root extract 105 mg
Equivalnet(Rhodiola) dry root 525 mg
Spinacia oleracea (SPINACH) leaves Powder 50 mg
Malpighia glabra (ACEROLA) fruit extract 31.6 mg
Equivalent (Acerola) fruit 680 mg
Equivalent Ascorbic Acid (VITAMIN C). 7.5 mg
Ascorbic Acid (VITAMIN C) 22.5 mg

B. Pre-Workout Boost

Jump start your workout with increased energy and sharper focus.

- Helps to enhance and sustain energy levels during endurance workouts
- A good carbohydrate source - the body’s preferred energy fuel
- 114mg of caffeine per serve, from natural sources such as guarana and green coffee bean

Amount: 403g  
VS-268208  Melonade  
*1091°2455°4500  
RRP $55.35

Average Quantity Per Serving (13g)

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<tr>
<th>Nutrient</th>
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<tr>
<td>Energy</td>
<td>183 kJ (44Cal)</td>
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<tr>
<td>Protein</td>
<td>1.2 g</td>
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<td>Fat, total</td>
<td>Less than 1 g</td>
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<tr>
<td>- saturated</td>
<td>Less than 0.1 g</td>
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<tr>
<td>Carbohydrate</td>
<td>9.8 g</td>
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<tr>
<td>- sugars</td>
<td>6.5 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>39 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>2.2 mg (200%RDI*)</td>
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<tr>
<td>Riboflavin</td>
<td>3.4 mg (200%RDI)</td>
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<tr>
<td>Niacin</td>
<td>20 mg (200%RDI)</td>
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<tr>
<td>Pantothenic Acid</td>
<td>3.5 mg (70%ESADDI**)</td>
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<tr>
<td>Vitamin B12</td>
<td>4.0 ug (200%ESADDI)</td>
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<tr>
<td>Vitamin C</td>
<td>60 mg (150%RDI)</td>
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<tr>
<td>Vitamin B6</td>
<td>3.2 mg (200%RDI)</td>
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<tr>
<td>Folic Acid</td>
<td>400 ug (200%RDI)</td>
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<tr>
<td>Caffeine</td>
<td>114 mg</td>
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<tr>
<td>Beta Alanine</td>
<td>1.2 g</td>
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</table>

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90 Day 100% Satisfaction Guarantee

Always read the label. Use as directed.

*RDI = Recommended Dietary Intake
**ESADDI = Estimated Safe and Adequate Daily Dietary Intake
Why is an isotonic hydration formula great for exercise?

Consuming an isotonic product helps to balance out the concentration of fluid found in and outside your body’s cells. This means that the fluid does not dilute and instead will move at ease into the bloodstream, helping your body to hydrate and store energy faster*. 

*C. Electrolyte Plus
An isotonic formula which provides your body with key electrolytes and a good balance of carbohydrates, to give you fast hydration and energy when you need it most.

- Contains key electrolytes such as sodium, potassium, calcium and magnesium
- Good balance of carbohydrates to help enhance endurance
- Scientifically formulated and tested isotonic formula

Amount: 20 sachets
VS-268209 Berry Coconut
*R908204293743
RRP $44.92

Average Quantity Per Serving (400ml)

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<td>Less than 1 g</td>
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<td>Fat, total</td>
<td>Less than 1 g</td>
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<td>- saturated</td>
<td>Less than 0.1 g</td>
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<tr>
<td>Carbohydrate</td>
<td>22.9 g</td>
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<tr>
<td>- sugars</td>
<td>22.1 g</td>
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<tr>
<td>- sucrose</td>
<td>16.3 g</td>
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<tr>
<td>- glucose</td>
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<td>Sodium</td>
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<td>Magnesium</td>
<td>64 mg (20%RDI*)</td>
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<tr>
<td>Calcium</td>
<td>80 mg (10%RDI)</td>
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</table>

*RDI = Recommended Dietary Intake
Always read the label. Use as directed.

Hydrate
Replenish and quench thirst.
A. - B. Whey Protein

Fuel your body with a low fat, high quality and creamy protein shake.

- Packed with branch chain amino acids such as Leucine, Isoleucine, and Valine
- Helps promote lean muscle growth and improve recovery
- Helps to boost general nutrition with a blend of superfoods

Amount: 1.12kg
A. VS-268210 Vanilla
B. VS-268211 Chocolate
*1685^3791^6950
RRP $83.40

Average Qty Per Serving (45g) Chocolate Vanilla
Energy 730 kJ (174 Cal) 736 kJ (176 Cal)
Protein 30.4 g 30.5 g
- Methionine* 0.74 g 0.76 g
Fat, total 2.2 g 2.3 g
- Saturated 1.3 g 1.4 g
Carbohydrate 7.5 g 7.7 g
- Sugars 6.6 g 7.4 g
Sodium 132 mg 141 mg
Calcium 137 mg (17%RDI**) 136 mg (17%RDI**)

Other Ingredients
Cacao Powder 99 mg Barley Grass Powder 18 mg
Chia Seed Powder 99 mg Chia Seed Powder 99 mg
L-Isoleucine 245 mg L-Isoleucine 245 mg
L-Leucine 486 mg L-Leucine 486 mg
L-Valine 245 mg L-Valine 245 mg
Spirulina Powder 18 mg Spirulina Powder 18 mg

C. Probiotic Fibre Drink Mix

Get the support you need to help restore intestinal flora and promote good gut health.

- Helps to support the balance of bacteria in your gut
- Provides your body with a good source of dietary fibre to help support a balanced digestive system
- Contains 4 probiotic strains which includes Lactobacillus Rhamnosus, Bacillus Coagulans, Bifidobacterium Lactis and Lactobacillus Acidophilus

Amount: 160g
VS-268237 Vanilla
*1096^2465^4520
RRP $55.59

Average Qty Per Serving (8g)
Energy 91 kJ (22 Cal)
Protein 2.4 g
Fat, total Less than 1 g
- Saturated Less than 0.1 g
Carbohydrate Less than 1 g
- Sugars Less than 0.1 g
Dietary Fibre 4.5 g
Sodium Less than 5 mg
Zinc 6.0 mg (50%RDI)*
L-glutamine 1.9 g
Immunoglobulin G (IgG) 125 mg
Probiotics^ 2 billion^

Build & Restore

Promote lean muscle and support recovery

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90 Day 100% Satisfaction Guarantee
H. Muscle Recovery
Essential nutrients to help muscles repair and strengthen.

~ Help muscle recovery and development, high in protein
~ Provides your body with a good source of fibre
~ Low in carbs and fat, making it the ideal guilt free snack

Amount: 500g

VS-268214 Citrus
VS-268204 White Chocolate Raspberry
VS-268205 Cookies and Cream
VS-268206 Chocolate Mint
VS-268207 Chocolate Fudge

*1183°2661°4878
RRP *$60.00

If you want to add some variety to your life, buy one of each flavour and get a 5% discount!**

Average Qty Per Serving (20g)

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<th>White Chocolate Raspberry</th>
<th>Cookies &amp; Cream</th>
<th>Chocolate Mint</th>
<th>Chocolate Fudge</th>
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</thead>
<tbody>
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<td>Energy</td>
<td>462 kJ (110 Cal)</td>
<td>485 kJ (117 Cal)</td>
<td>459 kJ (111 Cal)</td>
<td>459 kJ (111 Cal)</td>
</tr>
<tr>
<td>Protein</td>
<td>10.2 g</td>
<td>10.4 g</td>
<td>10.3 g</td>
<td>10.2 g</td>
</tr>
<tr>
<td>Fat, total</td>
<td>2.9 g</td>
<td>3 g</td>
<td>3.1 g</td>
<td>3.2 g</td>
</tr>
<tr>
<td>- Saturated</td>
<td>2.3 g</td>
<td>2.3 g</td>
<td>2.3 g</td>
<td>2.4 g</td>
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<tr>
<td>- Trans fats</td>
<td>&lt;0.1 g</td>
<td>&lt;0.1 g</td>
<td>&lt;0.1 g</td>
<td>&lt;0.1 g</td>
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<tr>
<td>Carbohydrate</td>
<td>2.1 g</td>
<td>2.1 g</td>
<td>1.6 g</td>
<td>1 g</td>
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<tr>
<td>- Sugars</td>
<td>0.9 g</td>
<td>0.5 g</td>
<td>0.3 g</td>
<td>0.3 g</td>
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<tr>
<td>Maltitol</td>
<td>4.8 g</td>
<td>4.6 g</td>
<td>4.8 g</td>
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<td>Glycerol</td>
<td>3.9 g</td>
<td>3.8 g</td>
<td>3.9 g</td>
<td>4.2 g</td>
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<tr>
<td>Dietary fibre, total</td>
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<td>2.2 g</td>
<td>2.3 g</td>
<td>2.4 g</td>
</tr>
<tr>
<td>- Polydextrose</td>
<td>1.9 g</td>
<td>1.9 g</td>
<td>2 g</td>
<td>2.1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>45 mg</td>
<td>54 mg</td>
<td>45 mg</td>
<td>42 mg</td>
</tr>
</tbody>
</table>

D. - G. Protein Bars
Bounce back into action with this convenient, on the go and guilt free snack, available in 4 delicious flavours!

~ Helps muscle recovery and development, high in protein
~ Provides your body with a good source of fibre
~ Low in carbs and fat, making it the ideal guilt free snack

Amount: 20 x 30g bars

D. VS-268204 White Chocolate Raspberry
E. VS-268205 Cookies and Cream
F. VS-268206 Chocolate Mint
G. VS-268207 Chocolate Fudge

*1183°2661°4878
RRP *$60.00

If you want to add some variety to your life, buy one of each flavour and get a 5% discount!**