



ageLOC® TR90® V Kit

• 04001297 | HKD 13,888 (PV1388.8)

• Package Content :

- ageLOC® TR90® JUMPSTART (1 box)
- ageLOC® TR90® FIT (3 bottles)
- ageLOC® TR90® CONTROL (3 bottles)
- ageLOC® TR90® TRIMSHAKE® (vanilla) (6 boxes)
- ageLOC® R² (3 boxes)



ageLOC® TR90®






TRANSFORM YOUR LIFE IN 90 DAYS

★ This document is intended for Hong Kong only. Laws and regulations vary in different markets. Please refer to the applicable market for information on Nu Skin or the products sold in markets outside Hong Kong.



Numbers You Do Not Know

▶ How many people desire a healthy body weight and shape in the world?

-  **42%** Dissatisfied with their current body shape
-  **68%** Care about their body shape
-  **72%** Agreed that healthy body weight maintenance is important
-  **77%** Trying to control their body weight or actively working on to lose their body weights
-  **90%** Desire to live a healthy life

(Source : Datamonitor Consumer Survey, July/August 2010)
(Source : Datamonitor Analysis 2009)

Muscles make you look better

▶ Weight management and body shaping are far more about a number on a scale. Two men with same height and weight may look quite different. Therefore, rather than focusing on the number on the scale, we should focus on promoting lean muscle maintenance.



Muscles are lost as you age

▶ Beginning at the age of 40, we will lose 8% muscle tissue in body ratio per decade. However, muscles growth is closely influenced by our health.

(Adapted from: 1 Borkan GA, Norris AH. Hum Biol. 1977;49:495-514. 2 Chumlea WC, et al. Hum Biol. 1988;60:917-925. 3 Shimokata H, et al. Int J Obes. 1989;13:455-464. 4 Rissanen AM, et al. Int J Obes. 1988;12:391-401. 5 Allen T, et al. J Gerontol. 1960;15:348-357. 6 Pierson RN, et al. Am J Physiol. 1974;226:206-212.)

PRODUCT | ageLOC® TR90® V Kit



ageLOC® TR90® JUMPSTART
Uniquely formulated, ageLOC® TR90® JumpStart is the perfect push to get you primed and ready for success. You can see the beginnings of success and experience all the motivation that comes along with it.



ageLOC® TR90® FIT
With exclusive ageLOC® formula, ageLOC® TR90® FIT features Whole Grape Extract, Red Orange Fruit Extract and other ingredients that offer a great way to get your body back on track.



ageLOC® TR90® CONTROL
ageLOC® TR90® Control makes it easier to stay on the path to success.



ageLOC® TR90® TRIMSHAKE®
ageLOC® TR90® TRIMSHAKE® helps you control calories and is a great source of the high-quality protein that your muscles need. It also helps you reduce your food cravings while helping you feel fuller longer by producing a feeling of satiety.



ageLOC® R²
ageLOC® R² helps you feel younger and more vibrant—renewed and recharged: supporting cellular energy production throughout the day and cellular purification throughout the night.

Direction of Use

	Breakfast	Lunch	Dinner
ageLOC® TR90® JUMPSTART (First 15 days)	1 packet		
ageLOC® TR90® FIT (15-20 minutes before meals)	2 capsules	2 capsules	
ageLOC® TR90® CONTROL(15-20 minutes before meals)	2 capsules	2 capsules	
ageLOCV TR90® TRIMSHAKE®			1 packet
ageLOC® R ²	6 capsules(Day)		2 capsules(Night)

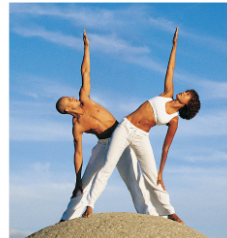
ageLOC® TR90® Program

ageLOC® TR90® is an innovative system. Through the high quality products developed using the ageLOC® science, together with a balanced eating plan and regular exercises, it guides you on the path toward a healthy life. ageLOC® TR90® helps you redefine yourself, predominate your life and regain your confidence and charm. It is time to build your own V life and a better you!



EXERCISE | Regular Exercise Leads To a Healthy Life

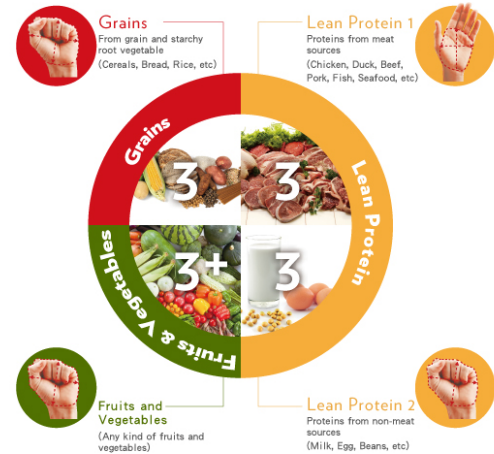
Regular exercise helps increase strength and stamina, relieves stress, prevents disease, and slows down aging. Therefore, to maintain healthiness and improve the quality of life, it is important for all of us to exercise daily. Besides aerobic exercise, anaerobic exercise is also very important. Making a habit of exercising and gradually increasing the intensity of your exercise are the keys to manage your body shape.



Eating Plan | 3333*Eating Plan

By incorporating a balanced amount of protein, carbohydrates, and fruits & vegetables, the ageLOC® TR90® 3333+ eating plan focuses on helping you learn how to eat in a healthy and balanced way. By following the eating plan, you are able to promote lean muscle and increase healthy metabolism, and therefore able to consume more calories, and achieve your body shaping goal more easily.

▼ 3333* Eating Principle:



▼ Eat smart for a good figure. Choose the green cooking methods:

Steam	Salad	Braise	Deep-fry	Pastry
Poach	Boil	Stew	Simmer	Confit
Grill	Smoke	Stir-fry	Bake	Pickle
Sashimi	In soup	Mix	Pan-fry	Canned/Instant

Might absorb too much oil (points to Deep-fry, Confit, Pan-fry)

Might absorb too much sodium (points to Mix)

Might absorb too much sodium and oil (points to Canned/Instant)