

AGELOC® TRME® 90-DAY PROGRAM



TRANSFORMATION STARTS IN ME

Transform into a new ME with Nu Skin's latest comprehensive weight management program. ageLOC® TRME® is a personalized healthy lifestyle transformation brand encompassing science-based supplements, a balanced eating plan and an active lifestyle.

MEET AGELOC® TRME®

Tired of trying various weight management "solutions" that just leave you feeling frustrated to achieve a healthy weight and body composition? Whatever your motivation, you want to look and feel your best every day. But when you want to begin making positive lifestyle changes, getting started can be a real challenge. That's where ageLOC® TRME® Program helps you uncover your unique nuances—helping you crack your personal code to unlock your winning combination. It's designed to support your transformation to a healthier lifestyle with supplements, shakes, and diet and exercise recommendations. With personalization that transcends the standard, TRME® is the uniquely you system that simply fits, and make weight management program work for you.

ageLOC® TRME® Program is a 90-day personalized and healthy approach to weight management featuring innovative supplements and shakes based on the latest science, as well as our easy-to-follow 3-3-3 eating plan and exercise recommendation for a healthier and happier you.

ageLOC® TRME® products are powered by Nu Skin's exclusive ageLOC® science and formulated with ingredients that have gone through the Nu Skin 6S Process. When combined with healthy diet and exercise, this clinically studied program can help you control your appetite, resist the temptation to snack and maintain muscle while supporting fat reduction with a combination of a healthy diet and exercise.

ageLOC® TRME® Program is simple and easy to follow. It helps you make important changes as you transition to a

healthier lifestyle! Now, let's get this transformation party started.

WHY YOU'LL LOVE IT

- A comprehensive program designed to create a healthy, lean body transformation.
- ageLOC® TRME® Program, which is a combination of healthy diet and exercise program that may help you look slimmer and healthier.
- ageLOC® TRME® Program helps reset your body's balance and targets all three important areas of weight management: metabolism, lean muscle, and appetite control.
- Help achieve your target goal throughout the weight management journey of ageLOC® TRME® Program.
- Supports appetite control to help you make positive changes to your diet.
 - Help cut through the snacks and cravings.
 - Support fewer cravings, less snacking and help with better diet decision
- Supports a positive mood and mindset, and stress reduction.
- Assist in overcoming the urge for snacking, thereby reducing the frequency of snacking.
- Helps you maintain lean muscle while supporting fat loss when combined with a reduced-calorie diet and regular exercise.
- Helps support and/or maintain healthy metabolism.
- Provides an alternative to help you meet your daily optimal protein needs while managing your caloric intake.
- Provides a nutritious blend of protein, fats, carbohydrates, vitamins and minerals, and fiber.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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- Provides a meal complement to help you meet your daily optimal protein needs while managing your caloric intake.
- Contributes to your daily protein needs. Protein helps to build and repair body tissues. Protein is essential for growth and development. Protein provides amino acid required for protein synthesis.
- ageLOC® TRME® Program helps you feel fuller longer and reduce your food cravings with the combination of the healthy eating plan.
- ageLOC® TRME® TrimShake contains many essential amino acids, including Leucine.
- Promotes healthy weight loss for a healthier, leaner, younger looking body.
- Supports a healthy lifestyle.
- Clinically studied program shown to support your weight management efforts.
- Incorporates a scientifically based eating plan designed to help you eat the right foods, in the right proportions and at the right times throughout the day.

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WHO SHOULD TAKE IT

This TRME® Program is for healthy adults aged 18 and above who are concerned with weight management.

SCIENCE-BASED PRODUCTS

ageLOC® TRME® products are powered by our exclusive and latest science and formulated to support your transformation to a healthier lifestyle with clinically studied ingredients. ageLOC® TRME® products are specially formulated to support weight management regimen under TRME® Program which helps keep a positive mindset and reduce stress, assisting in appetite control, and helping maintain muscle while supporting fat reduction when combined with a reduced-calorie diet and exercise.

AGELOC® TRME® JUMPSTART

JumpStart is a botanical drink that helps you kick-start your TRME® journey and help make change easy along the way of building new healthy habits. Help achieve your target goal through the ageLOC® TRME® journey.

AGELOC® TRME® MYEDGE

MyEdge helps you feel fuller for longer, so you can better avoid bite-sized temptations and stick to your important lifestyle goals.

AGELOC® TRME® CSL CAPSULE

The formula of TRME® CSL supports an improved feeling of well-being.

AGELOC® TRME® MC COMPLEX

A botanical drink that compliments your efforts along ageLOC® TRME® journey while creating a healthier lifestyle.

AGELOC® TRME® TRIMSHAKE

TrimShake is nutritious with great-tasting sources of the protein that your muscles need. It delivers a well-rounded variety of key macro and micronutrients that helps you stay the course on your weight management journey. It also helps to reduce your food cravings while helping you feel fuller longer by producing a feeling of satiety.

BALANCED EATING PLAN

By incorporating a balanced amount of proteins, carbohydrates, and fruits and vegetables, the ageLOC® TRME® eating plan focuses on helping you learn how to eat in a healthy and balanced way. By following the balanced 3-3-3-3 eating plan, you are able to maintain lean muscle and increase healthy metabolism.

Each day, follow the 3-3-3-3 eating plan, which uses a simple hand size guide to determine daily portions. Make sure to drink one ageLOC® TRME® TrimShake daily as a convenient source of protein.

ACTIVE LIFESTYLE

The ageLOC® TRME® Program incorporates and recognizes the importance of exercise. Both the body and the mind need activity. When both are active, it not only helps maximize your weight management efforts, but also promotes a positive mood and outlook. So be active!

LEARN MORE ABOUT IT

How does JumpStart support the start of a new healthy diet and lifestyle transformation in 15 days?

JumpStart supports healthy weight management by kick-starting your TRME® journey and help make change easy as you begin your transformation with a new diet and lifestyle that includes regular exercise.

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But let's be clear—TRME® Program is not a quick-weight-loss gimmick. It's a science based program. A program that, along with a healthy diet and regular exercise, incorporates psychological principles by helping you see measurable results in the first 15 days.

Why is it important to see measurable results quickly from my weight management efforts?

Staying motivated is key to making lifestyle changes that support a sustainable body transformation. When you see early results, you're far more likely to continue with your diet and exercise program and work toward longer-term success as well. This helps you stay motivated to continue to make the right decisions and reach greater, long-term goals.

How does MyEdge help with reduced snacking?

MyEdge combines the benefits of Mulberry Leaf Extract with the power of Guar Gum to provide dual-action support for reduced snacking. Mulberry Leaf Extract helps support a balanced response to what you eat, and Guar Gum helps improve feelings of satiety. These two benefits work together to help reduce snacking, so that you can make better diet decisions.

Why is stress such a big deal when trying to manage your weight?

When your body is stressed, it can impact your hunger and even the types of foods you crave, which can be detrimental to weight wellness.

How does TRME® CSL support healthy weight wellness efforts?

TRME® CSL helps support improved feelings of well-being. Mood and stress can both influence your behavior, so supporting these factors can be important for success with any long-term weight management goals.

Why is resting metabolic rate important for weight wellness?

Resting metabolic rate (or RMR) is a measure of the energy or calories your body burns at rest to keep you alive. RMR typically comprises anywhere from 50–80% of your daily energy expenditure. So, it's important to have a healthy resting metabolic rate—particularly when you're working on weight wellness. Lower RMR means you burn fewer calories at rest compared to if you have a higher/ healthier RMR.

Why is lean muscle important for weight wellness?

Lean muscle is one of the biggest contributors to your RMR. Muscle is a metabolically active tissue, which means it burns calories both when you are active and when your body is at rest. Having more lean muscle increases your RMR, which can aid in weight wellness efforts.

How does TrimShake support healthy weight management?

TrimShake is a delicious, convenient shake with essential macro and micronutrients. The macronutrients include protein, carbohydrates, and fats, while the micronutrients include vitamins and minerals. TrimShake makes it easy for you to get the nutrients you need without opting for more high-calorie or unhealthy options.

How do the TrimShake fit into the ageLOC® TRME® eating plan?

Each TrimShake serving is designed to fill 1 serving of protein and 1 serving of carbohydrate recommended as part of the ageLOC® TRME® eating plan. The shakes contribute to daily protein intake, which helps promote satiety and support lean muscle mass. For best result, replace your heaviest meal of the day with it.

Why are diet and exercise important parts of the TRME® Program?

There is no magic pill when it comes to weight wellness. To achieve results, you need to combine TRME® products with healthy, sustainable habits, including a balanced diet and regular exercise. TRME® is designed to help you make those important changes as you work toward your weight management goals.

Why is it important to follow the ageLOC® TRME® eating plan?

The ageLOC® TRME® eating plan is designed to help you transition to a healthier lifestyle by focusing on eating the right portions of lean protein, vegetables and fruits, and whole grains. ageLOC® TRME® is not a highly restrictive diet; instead, it is based on sustainable eating principles that you can maintain during the program and even after.

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Do ageLOC® TRME® products follow the 6S Process?

Yes. Nu Skin's 6S Process is an exclusive process we use to carefully maintain stringent quality, efficacy, and safety controls through each and every stage of development and manufacturing. It involves a set of highly integrated activities, multiple layers of scientific testing, and an extraordinary attention to detail to ensure unsurpassed results that meet the highest standards and comply with all relevant government requirements.

SCIENCE THAT SUPPORTS IT

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AGELOC® TRME® JUMPSTART

Nutrition Facts

Serving Size 1 packet

Servings Per Container 15

Amount	Per Serving (12 g)	Per 100 g
Energy	43 kcal	355 kcal
Fat	0 g	0 g
Sodium	8 mg	64 mg
Carbohydrate	10.5 g	86.4 g
Total Sugars	0.7 g	6.1 g
Protein	0 g	0 g

INGREDIENTS: Maltodextrin, Prickly Pear Fruit Powder, Pomegranate Juice Concentrate Powder, Saffron Flower Extract Powder, Red Orange Fruit Extract Powder.

Direction: Mix one (1) packet in two to eight (2-8) ounces of water or favorite beverage.

AGELOC® TRME® MYEDGE

Each 3288mg powder contains

Mulberry Leaf (<i>Morus alba</i>) Extract	1288 mg
Semen Cyamopsis tetragonoloba (guar) gum	2000 mg

Direction: Mix one stickpack with 6-8 ounces (about 175-235 mL) of water and take once daily right before mealtime.

AGELOC® TRME® CSL CAPSULE

Each 272mg capsule contains

Crocus sativus stigma extract	77 mg
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Source of capsule shell: Hypromellose

Direction: Take one capsule once daily with a meal.

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AGELOC® TRME® MC COMPLEX

Nutrition Information

Serving Per Container: 30

Servings Size: 2.94 g

	Per serving	Per 100 g
Energy	9 kcal	306 kcal
Carbohydrates	2 g	68 g
Total Sugars	0.2 g	6.8 g
Protein	0.1 g	3.4 g
Fat	0.1 g	3.4 g
Sodium	2 mg	19.4 mg

suitable for vegetarians 

INGREDIENTS: Plant blend (Moringa leaf extract, Curry leaf extract, Turmeric extract), Maltodextrin, Fructo-oligosaccharide, Acidity regulator (INS 296), Lemon flavour powder, Stevia.

Direction: Mix one stickpack with 6–8 ounces (about 175–235 mL) of water or your favorite beverage and take right before mealtime.

AGELOC® TRME® TRIMSHAKE VANILLA

Fakta Nutrisi / Nutrition Facts

Saliz hidangan / Serving size: 1 paket / packet (56.9g)

Hidangan bagi setiap bungkus / Servings per box: 15

	Setiap Hidangan/ Per Serving	Setiap/ Per 100g
Tenaga / Energy	210 kcal	390 kcal
Lemak / Fat	3.5 g	6.5 g
Kolesterol / Cholesterol	10 mg	19 mg
Natrium / Sodium	140 mg	260 mg
Karbohidrat / Carbohydrate	24 g	45 g
Jumlah Gula / Total Sugars	15.8 g	29.3 g
Serat / Fiber	4 g	7.4 g
Protein	20 g	37 g
Vitamin A	375 mcg RE	697 mcg RE
Vitamin C	17 mg	32 mg
Vitamin E	3 mg	5.6 mg

Vitamin B ₁	0.3 mg	0.6 mg
Vitamin B ₂	0.2 mg	0.3 mg
Vitamin B ₃	7.3 mg NE	13.6 mg NE
Vitamin B ₆	0.4 mg	0.8 mg
Asid Folik/Folic Acid	100 mcg DFE	186 mcg DFE
Vitamin B ₁₂	1.4 mcg	2.6 mcg
Kalsium/Calcium	669 mg	1,243 mg
Magnesium	100 mg	186 mg
Zat Besi/Iron	5.2 mg	9.7 mg
Zink/Zinc	4.5 mg	8.4 mg
Iodin/Iodine	15 mcg	28 mcg
Biotin	1.5 mcg	2.8 mcg
Asid Pantotenik/ Panthotenate	1.3 mg	2.4 mg
Kuprum/Copper	410 mcg	762 mcg
Mangan/ Manganese	0.4 mg	0.7 mg
Fosforus/ Phosphorus	321 mg	597 mg
Selenium	11 mcg	20 mcg

INGREDIENTS: Skim Milk Powder, Milk Protein Isolate (23%), Fructose, Corn Oil Powder, Whey Protein Concentrate, Premix Vitamin & Mineral (Potassium Citrate, Magnesium Oxide, Ferrous Fumarate, Vitamin C, D-Alpha Tocopherol, Vitamin B3, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine

Hydrochloride, Vitamin B1, Potassium Iodide, Biotin, Vitamin B2, Vitamin B12, Folic Acid, Vitamin D3), Soy Fiber, Vanilla Flavour, Pea Fiber, Oat Fiber. Stabiliser (INS414) and Thickeners (INS415, INS467).

Direction: Add one (1) packet of TrimShake to eight (8) ounces of cold water or milk. Blend or shake vigorously.

AGELOC® TRME® TRIMSHAKE CHOCOLATE

Fakta Nutrisi / Nutrition Facts

Saliz hidangan / Serving size: 1 paket / packet (56.9g)

Hidangan bagi setiap bungkus / Servings per box: 15

	Setiap Hidangan/ Per Serving	Setiap/ Per 100g
Tenaga / Energy	210 kcal	369 kcal
Lemak / Fat	3.5 g	6 g
Kolesterol/Cholesterol	10 mg	18 mg
Natrium/Sodium	240 mg	422 mg
Karbohidrat / Carbohydrate	27 g	47 g
Jumlah Gula/Total Sugars	17.3 g	30.4 g
Serat / Fiber	5 g	8.8 g
Protein	20 g	35 g
Vitamin A	300 mcg RE	527 mcg RE
Vitamin C	17 mg	30 mg
Vitamin E	3 mg	5.3 mg
Vitamin B ₁	0.4 mg	0.6 mg
Vitamin B ₂	0.2 mg	0.3 mg
Vitamin B ₃	7.4 mg NE	13 mg NE

Vitamin B ₆	0.4 mg	0.7 mg
Asid Folik/Folic Acid	100 mcg DFE	176 mcg DFE
Vitamin B ₁₂	1.3 mcg	2.3 mcg
Kalsium/Calcium	639 mg	1,123 mg
Magnesium	109 mg	192 mg
Zat Besi/Iron	6 mg	11 mg
Zink/Zinc	4.5 mg	7.9 mg
Iodin/Iodine	15 mcg	26 mcg
Biotin	1.5 mcg	2.6 mcg
Asid Pantotenik/ Panthotenate	1.4 mg	2.5 mg
Kuprum/Copper	410 mcg	721 mcg
Mangan/ Manganese	0.4 mg	0.6 mg
Fosforus/ Phosphorus	340 mg	598 mg
Selenium	11 mcg	19 mcg

INGREDIENTS: Skim Milk Powder, Milk Protein Isolate (21%), Fructose, Corn Oil Powder, Cocoa Powder Alkalized (3.7%), Whey Protein Concentrate, Premix Vitamin & Mineral (Potassium Citrate, Magnesium Oxide, Ferrous Fumarate, Vitamin C, D-Alpha Tocopherol, Vitamin B3, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Vitamin B1, Potassium Iodide, Biotin, Vitamin B2, Vitamin B12, Folic Acid, Vitamin D3), Soy Fiber, Milk Flavour, Vanilla Flavour, Cocoa Flavour, Cream Flavour, Pea Fiber, Salt, Oat Fiber. Stabiliser (INS414) and Thickeners (INS415, INS467).

Direction: Add one (1) packet of TrimShake to eight (8) ounces of cold water or milk. Blend or shake vigorously.

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AGELOC® TRME® TRIMSHAKE MOCHA

Fakta Nutrisi / Nutrition Facts

Saiz hidangan / Serving size: 1 paket / packet (57g)

Hidangan bagi setiap bungkus / Servings per box: 15

	Setiap Hidangan/ Per Serving	Setiap/ Per 100g
Tenaga / Energy	220 kcal	386 kcal
Lemak / Fat	3.8 g	6.7 g
Kolesterol/Cholesterol	14 mg	25 mg
Natrium/Sodium	154 mg	270 mg
Karbohidrat / Carbohydrate	26 g	45.6 g
Jumlah Gula/Total Sugars	15.3 g	26.8 g
Serat / Fiber	5 g	8.8 g
Protein	20 g	35 g
Vitamin A	375 mcg RE	658 mcg RE
Vitamin C	17 mg	29.8 mg
Vitamin E	3 mg	5.3 mg
Vitamin B ₁	0.4 mg	0.6 mg
Vitamin B ₂	0.2 mg	0.3 mg
Vitamin B ₃	7.4 mg NE	13 mg NE

Vitamin B ₆	0.4 mg	0.7 mg
Asid Folik/Folic Acid	100 mcg DFE	175 mcg DFE
Vitamin B ₁₂	1.3 mcg	2.3 mcg
Kalsium/Calcium	618 mg	1,084 mg
Magnesium	123 mg	216 mg
Zat Besi/Iron	6.4 mg	11.2 mg
Zink/Zinc	4.6 mg	8 mg
Iodin/Iodine	15 mcg	26.3 mcg
Biotin	1.5 mcg	2.6 mcg
Asid Pantotenik/ Panthothenate	1.4 mg	2.5 mg
Kuprum/Copper	410 mcg	719 mcg
Mangan/ Manganese	0.4 mg	0.6 mg
Fosforus/ Phosphorus	403 mg	707 mg
Selenium	11 mcg	19 mcg

INGREDIENTS: Skim Milk Powder, Milk Protein Isolate (21%), Fructose, Corn Oil Powder, Cocoa Powder Alkalized (5.3%), Whey Protein Concentrate, Premix Vitamins & Minerals (Potassium Citrate, Magnesium Oxide, Ferrous Fumarate, Vitamin C, D-Alpha Tocopherol, Vitamin B3, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Vitamin B1, Potassium Iodide, Biotin, Vitamin B2, Vitamin B12, Folic Acid, Vitamin D3), Soy Fiber, Coffee Flavour, Pea Fiber, Oat Fiber. Stabiliser (INS414) and Thickeners (INS415, INS467).

Direction: Add one (1) packet of TrimShake to eight (8) ounces of cold water or milk. Blend or shake vigorously.