

ageLOC®  
TR90™

WEIGHT MANAGEMENT AND  
BODY SHAPING SYSTEM

TRANSFORM YOUR LIFE IN 90 DAYS



**POSITIONING STATEMENT**

When it comes to living well and living young, there's one obstacle that millions of us are trying to overcome. Whether it's hunger, lack of willpower, or life getting in the way, reaching a healthy weight and shape is a very difficult endeavor. The desire is there, but you need your mind and body working together—and working for you. Transformation is about more than a number on a scale. It's about redefining your body composition to build a healthier, leaner you.

Now research reveals that changes in body weight and shape are likely linked to gene expression. By better understanding gene expression, we have developed products that help promote normal metabolism and improve your mindset while helping maintain your lean muscle.

Introducing ageLOC TR90, a breakthrough weight management and body shaping system, based on highly innovative gene expression science, that unifies your mind and body—for a leaner, younger looking you. ageLOC TR90 will help you stay motivated as you work toward your goals.

Together with a powerful, yet simple eating plan, an important part of the ageLOC TR90 system, and a more active lifestyle, ageLOC TR90 guides you on the path toward a healthier, happier life. With mind, body, and ageLOC working for you, you can succeed. ageLOC TR90—transform your life in 90 days.

**CONCEPT**

Diet after diet, fad after fad, we've become obsessed with a number on the scale. We weigh ourselves every day hoping the number will go down—and cringing when it goes up. It's time to lose our dependence on the scale and embrace a better approach to the way we look and feel. Because the key to a lean and healthy body is not about the number on the scale, it's about redefining your body composition to build a healthier, leaner you.

The term “body composition” is used to describe the percentages of fat, bone, and muscle in human bodies. Because muscle tissue takes up less space in the body than fat tissue, both body composition and weight determine leanness. Experts agree that one key to improving body composition is to promote lean muscle through nutrition.

Nu Skin's scientists have designed a weight management and body shaping system based on what we believe is the strongest, most up to date scientific research. The result is a healthy and safe approach to weight management, with a program that will help you achieve and maintain your desired goals.

**ALL PROGRAMS ARE NOT CREATED EQUAL**

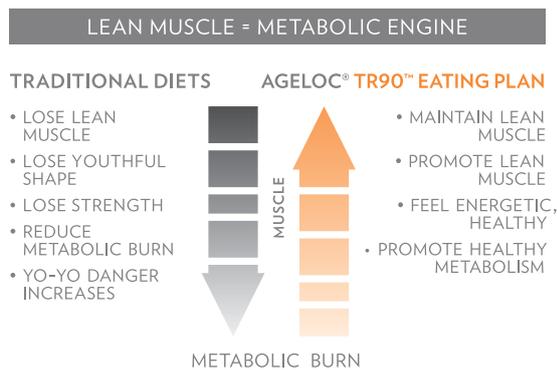
With traditional diets, the weight people lose is part water, part fat, and part muscle. Muscle loss can account for 20 to 40 percent of overall weight loss. And with that loss of metabolically active muscle, metabolism slows down. In fact, for every pound of muscle you lose, as part of your resting energy expenditure (in other words, just sitting around) you burn 25–40 kcals fewer each day.<sup>1</sup> With the ageLOC TR90 program, the focus is on redefining your body composition by maintaining more lean muscle through our innovative meal plan and supplements, shifting the balance and making it easier to achieve your goals.

**THE AGELOC TR90 EATING PLAN**

**The Problem—Traditional Diets and Eating Habits**  
When consumed in excess, eating refined carbohydrates and dietary fat can produce fat storing effects in your body, while protein has “fat burning” effects. Unfortunately, traditional diets usually reduce the intake of these macronutrients equally, reducing your protein intake to suboptimal levels. Another problem is that most people consume the majority of their protein at dinner, minimizing lean muscle maintenance and metabolic burn potential, leaving them in the fat storing zone, rather than the fat

# ageLOC® TR90™ Weight Management and Body Shaping System

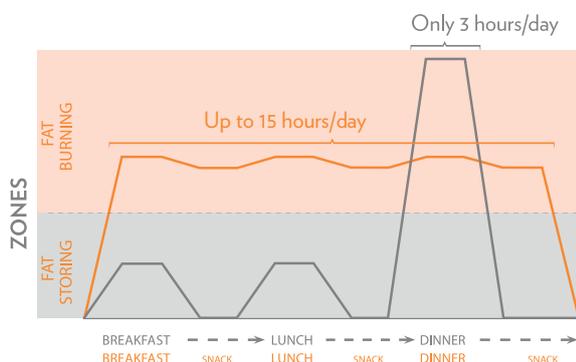
burning zone, for the majority of the day. In short, following traditional diets frequently contributes to fat storage and consistently leads to the loss of lean muscle, which can slow your metabolic burn—a counterproductive downward spiral.



## THE SOLUTION—AGELOC TR90 EATING PLAN

By incorporating a balanced amount of “burning foods,” “storing foods,” and “color foods,” the ageLOC TR90 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.

The first place to start is to reduce your intake of storing foods (refined carbohydrates and fatty foods), thus minimizing fat storage in your body. At the same time, it’s important to focus on maintaining your protein, fruit, and vegetable intake. And by distributing your protein intake evenly throughout the day, the ageLOC TR90 Eating Plan can promote metabolically active lean muscle.



## PRIMARY PROGRAM BENEFITS

- This powerful, comprehensive program is designed to create a healthy, lean body transformation.\*
- Helps support and maintain lean muscle.\*
- Helps you increase healthy metabolism.\*
- Promotes healthy weight loss for a healthier, leaner, younger looking body.\*
- Helps support a positive mood and mindset while dieting.\*
- Helps reduce your food cravings.\*
- Supports healthy appetite control.\*
- Helps you meet your daily optimal protein needs while managing your caloric intake.\*
- 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.\*
- Products leverage innovative gene expression science.\*
- A comprehensive website is dedicated to provide all the support you need to reach your goals.

## WHO SHOULD USE THIS PROGRAM?

This program is for any adult 18 and above who is concerned with weight management.

## DID YOU KNOW?

- 65% of people feel dissatisfied with their weight and body shape.<sup>2</sup>
- 77% of global consumers say they are actively trying to manage their weight.<sup>3</sup>
- Since 1980, the percentage of overweight people has more than doubled globally.<sup>4</sup>

## PROGRAM PRODUCTS

At the core of the clinically proven system are the newest members of ageLOC products. These products are powered by our exclusive science and formulated to strengthen your mind, body, and emotional well-being. These products are designed to work in harmony with the ageLOC TR90 eating plan.

## AGELOC TR90 JUMPSTART

When beginning a weight management system, a good start is key to your success. ageLOC TR90 JumpStart is the perfect push to get you primed and ready for success. You can see the beginnings of success in just 15 days—and experience all the motivation that comes along with it.\*

For the first 15 days of the program, take this innovative product in the morning to help you achieve your goals. Mix it in water or your favorite beverage (for example, try it in hot water or g3).

# ageLOC® TR90™ Weight Management and Body Shaping System

## AGELOC TR90 COMPLEX

ageLOC TR90 Complex is a great way to get your body back on track.\* For 90 days, take two ageLOC TR90 Complex capsules twice daily with meals. For best results, take 15–20 minutes before meals.

## AGELOC TR90 CNTRL

ageLOC TR90 CNTRL makes it easier to stay on the path to success.\* For 90 days, take two ageLOC TR90 CNTRL capsules twice daily with meals. For best results, take 15–20 minutes before meals.

## 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.\*

## SYSTEM WARNINGS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician prior to use. Discontinue use and consult a physician if any adverse reactions occur. If you have any questions or concerns or any medical conditions you should consult your physician prior to starting any diet or change in exercise program.

## FREQUENTLY ASKED QUESTIONS

**What kind of results can I expect from the ageLOC TR90 program?**

The ageLOC TR90 program promotes healthy weight loss. Although the standard bathroom scale registers the same whether you've lost muscle or fat, it is important to understand that the loss of lean muscle tissue is counterproductive to weight management. Traditional weight management programs may not always distinguish between loss of fat and loss of lean muscle, and these programs often promote unhealthy weight loss practices that can lead to loss of metabolically active muscle tissue. ageLOC TR90 supports lean muscle and promotes an improved metabolism to help you improve your body for a healthier you.

**What makes ageLOC TR90 JumpStart different from other products in the ageLOC TR90 program?**

ageLOC TR90 JumpStart is specially formulated to provide an initial boost to the benefits of the program, including a healthy start in the first 15 days.

**Do I need to take ageLOC TR90 JumpStart at a specific time of day or in conjunction with a meal?**

ageLOC TR90 JumpStart should be taken each morning during the first 15 days of the program. It does not need to be taken in conjunction with a meal. If you forget to take it in the morning, or if you simply prefer to take it at a different time of

the day, it is suitable to take at any time of the day.

**What should I do if I forget to take my ageLOC TR90 dietary supplements 15–20 minutes prior to a meal?**

By taking them 15–20 minutes prior to the meal, you allow the ingredients to begin taking effect by the time the meal starts. If you forget to take your supplements prior to a meal, simply take them with the meal or as soon as you remember. It is important that you achieve the full amount from the supplements each day.

**How do the shakes fit into the ageLOC TR90 eating plan?**

Each ageLOC TR90 TrimShake serving is designed to fill one burning foods portion and one storing foods portion recommended as part of the ageLOC TR90 eating plan. The shakes contribute to daily protein intake, which helps promote satiety and support lean muscle mass.

**Can I take ageLOC TR90 TrimShake after the 90 days?**

We recommend that you continue to incorporate the ageLOC TR90 eating plan as part of your lifestyle even after you reach your goals. You can use ageLOC TR90 TrimShake as a protein source with any meal to ensure that you continue to get adequate protein throughout the day to help support metabolically active lean tissues.

**Does it matter when I take the ageLOC TR90 TrimShake?**

It can be taken with any meal based on the user's preference. Each meal should achieve a total intake of two portions of burning foods and at least one portion of fruits or vegetables.

**How is the ageLOC TR90 eating plan unique from other diets?**

Traditional diets tend to reduce calories evenly across all macronutrient categories (protein, fat, and carbohydrates), often resulting in a high proportion of carbohydrates to protein, which can lead to loss of metabolically active lean muscle. The ageLOC TR90 system incorporates a simple, scientifically based eating plan that focuses on weight loss while protecting against the loss of metabolically active lean tissues. The eating plan emphasizes reduced intake of carbohydrates and fat while maintaining optimal levels of protein and distributing that protein evenly across all three meals of the day. For most individuals, this will not represent an increase in protein intake; rather it will represent a redistribution of pre-diet protein intakes. The eating plan also recommends consuming healthy snacks between meals in order to extend metabolic benefits throughout the day.

**Do I need to follow the eating plan to see results with the ageLOC TR90 products?**

Yes. The ageLOC TR90 eating plan, the ageLOC TR90 supplements, and activity guidelines are each an essential component to the success of the program.

### KEY SCIENTIFIC STUDIES

1. Leidy HJ, Ortinau LC, Douglas SM, Hoertel HA. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr.* 2013 Apr;97(4):677-88.
2. Wycherley TP, Moran LJ, Clifton PM, Noakes M, Brinkworth GD. Effects of energy-restricted high-protein, low-fat compared with standard-protein, low-fat diets: a meta-analysis of randomized controlled trials. *Am J Clin Nutr.* 2012 Dec;96(6):1281-98.
3. Carbone JW, McClung JP, Pasiakos SM. Skeletal muscle responses to negative energy balance: effects of dietary protein. *Adv Nutr.* 2012 Mar 1;3(2):119-26.
4. Evans EM, Mojtahedi MC, Thorpe MP, Valentine RJ, Kris-Etherton PM, Layman DK. Effects of protein intake and gender on body composition changes: a randomized clinical weight loss trial. *Nutr Metab (Lond).* 2012 Jun 12;9(1):55.
5. Devkota S, Layman DK. Increased ratio of dietary carbohydrate to protein shifts the focus of metabolic signaling from skeletal muscle to adipose. *Nutr Metab (Lond).* 2011 Mar 4;8(1):13.
6. Devkota S, Layman DK. Protein metabolic roles in treatment of obesity. *Curr Opin Clin Nutr Metab Care.* 2010 Jul;13(4):403-7.
7. Layman DK, Evans EM, Erickson D, Seyler J, Weber J, Bagshaw D, Griel A, Psota T, Kris-Etherton P. A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. *J Nutr.* 2009 Mar;139(3):514-21
8. Westerterp-Plantenga MS, Nieuwenhuizen A, Tomé D, Soenen S, Westerterp KR. Dietary protein, weight loss, and weight maintenance. *Annu Rev Nutr.* 2009;29:21-41
9. Clifton PM, Bastiaans K, Keogh JB. High protein diets decrease total and abdominal fat and improve CVD risk profile in overweight and obese men and women with elevated triacylglycerol. *Nutr Metab Cardiovasc Dis.* 2009 Oct;19(8):548-54.
10. Paddon-Jones D, Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia. *Curr Opin Clin Nutr Metab Care.* 2009 Jan;12(1):86-90.
11. Layman DK. Dietary Guidelines should reflect new understandings about adult protein needs. *Nutr Metab (Lond).* 2009 Mar 13;6:12.
12. Krieger JW, Sitren HS, Daniels MJ, Langkamp-Henken B. Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression 1. *Am J Clin Nutr.* 2006 Feb;83(2):260-74.
13. Layman DK, Walker DA. Potential importance of leucine in treatment of obesity and the metabolic syndrome. *J Nutr.* 2006 Jan;136(1 Suppl):319S-23S. Review.

14. Layman DK, Baum JL. Dietary protein impact on glycemic control during weight loss. *J Nutr.* 2004 Apr;134(4):968S-73S. Review.
15. Layman DK, Shiue H, Sather C, Erickson DJ, Baum J. Increased dietary protein modifies glucose and insulin homeostasis in adult women during weight loss. *J Nutr.* 2003 Feb;133(2):405-10.
16. Gannon MC, Nuttall FQ, Saeed A, Jordan K, Hoover H. An increase in dietary protein improves the blood glucose response in persons with type 2 diabetes. *Am J Clin Nutr.* 2003 Oct;78(4):734-41.

### SOURCES

- <sup>1</sup> Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr.* 2006 Sep;84(3):475-82.
- <sup>1</sup> Pratley, R., Nicklas, B., Rubin, M., Miller, J., Smith, A., Smith, M., Hurley, B., & Goldberg, A. (1994). Strength training increases resting metabolic rate and norepinephrine levels in healthy 50- to 65-yr-old men. *Journal of Applied Physiology*, 76, 133-137
- <sup>1</sup> Van Etten, L.M., Westerterp, K.R., Verstappen, F.T., Boon, B.J., & Saris, W.H. (1997). Effect of an 18-wk weight-training program on energy expenditure and physical activity. *Journal of Applied Physiology*, 82, 298-304
- <sup>1</sup> Poehlman, E.T., Denino, W.F., Beckett, T., Kinaman, K.A., Dionne, I.J., Dvorak, R., & Ades, P.A. (2002). Effects of endurance and resistance training on total daily energy expenditure in young women: a controlled randomized trial. *Journal of Clinical Endocrinology and Metabolism*, 87, 1004-1009
- <sup>2</sup> Datamonitor Analysis 2009
- <sup>3</sup> Datamonitor Consumer Survey, July/August 2010
- <sup>4</sup> Euromonitor, July 30, 2012

 **ageLOC® TR90™** Weight Management and Body Shaping System

**AGELOC TR90 JUMPSTART**

<b>Supplement Facts</b>		
Serving Size 1 Packet		Servings Per Container 15
AMOUNT PER SERVING:		% RENEI VALUE
ageLOC® JUMPSTART Blend		
Prickly Pear ( <i>Opuntia ficus-indica</i> ) fruit powder	2000 mg	*
Red Orange ( <i>Citrus sinensis</i> ) fruit extract	125 mg	*
Pomegranate ( <i>Punica concentrate powder granatum</i> ) fruit juice	300 mg	*
Satiereal® Saffron ( <i>Crocus sativus L.</i> ) stigma extract	177 mg	*

\* RENEI Value not established.

**DIRECTIONS FOR USE**

Mix one (1) packet in two to eight (2–8) ounces of water or favorite beverage. Drink each morning for the first 15 days of the ageLOC TR90 program. Store in a cool, dry place. Do not use if safety seal is broken or missing.

**AGELOC TR90 COMPLEX**

<b>Supplement Facts</b>		
Serving Size 2 Capsules		Servings Per Container 60
AMOUNT PER SERVING:		% RENEI VALUE
ageLOC® COMPLEX Blend		
Whole Grape ( <i>Vitis vinifera L.</i> ) fruit extract	200 mg	*
Red Orange ( <i>Citrus sinensis</i> ) fruit extract	125 mg	*
Onion ( <i>Allium cepa alliaceae</i> ) bulb extract	125 mg	*
Green Tea ( <i>Camellia sinensis</i> ) leaf extract	75 mg	*
Citrus Bioflavonoids	50 mg	*
Cayenne ( <i>Capsicum annum L.</i> ) fruit powder	25 mg	*

\* RENEI Value not established.

**DIRECTIONS FOR USE**

Take two (2) capsules twice daily with meals. For best results, take 15–20 minutes before meals. Store in a cool, dry place. Do not use if safety seal is broken or missing.

**AGELOC TR90 CNTRL**

<b>Supplement Facts</b>		
Serving Size 2 Capsules		Servings Per Container 60
AMOUNT PER SERVING:		% DAILY VALUE
ageLOC® CNTRL Blend		
Cocoa ( <i>Theobroma Cacao</i> ) bean powder	375 mg	*
Pomegranate ( <i>Punica granatum</i> ) fruit extract	125 mg	*
Tea Leaves ( <i>Camellia sinensis</i> ) extract	75 mg	*
Tart Cherry ( <i>Prunus cerasus</i> ) fruit powder	150 mg	*

\* RENEI Value not established.

**OTHER INGREDIENTS:** Gelatin, Stearic Acid, Microcrystalline Cellulose, Silicon Dioxide.

**DIRECTIONS FOR USE**

Take two (2) capsules twice daily with meals. For best results, take 15–20 minutes before meals. Store in a cool, dry place. Do not use if safety seal is broken or missing.

**AGELOC TR90 TRIMSHAKE—CHOCOLATE**

**Nutrition Facts**

Serving Size One Packet (56.9g) Servings Per Container 15

AMOUNT PER SERVING:

	CALORIES 210	CALORIES FROM FAT 30	% RENEI VALUE
<b>Total Fat</b>		3.5 g	5%
Saturated Fat		1 g	5%
<b>Cholesterol</b>		15 mg	5%
<b>Sodium</b>		220 mg	9%
<b>Potassium</b>		580 mg	16%
<b>Total Carbohydrate</b>		25 g	8%
Dietary Fiber		5 g	19%
Soluble Fiber		3 g	
Insoluble Fiber		2 g	
Sugars		19 g	
<b>Protein</b>		20 g	

Vitamin A 20%	•	Vitamin C 25%
Calcium 60%	•	Iron 35%
Vitamin D**	•	Vitamin E 15%
Thiamine 30%	•	Riboflavin 35%
(Vitamin B <sub>1</sub> )	•	(Vitamin B <sub>2</sub> )
Niacin 35%	•	Vitamin B <sub>6</sub> 25%
Folate 20%	•	Vitamin B <sub>12</sub> 35%
Biotin**	•	Pantothenic Acid 20%
Phosphorus 45%	•	Iodine 10%
Magnesium 20%	•	Zinc 35%
Selenium 20%	•	Copper 25%
Manganese 15%	•	Chloride 2%

\*Percent RENEI Values are based on a 2,000 calorie diet. Your RENEI values may be higher or lower depending on your calorie needs.

\*\* Contains less than 2% of the RENEI Value of this nutrient.

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
Saturated Fat	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Potassium</b>		3,500mg	3,500mg
<b>Total Carbohydrate</b>		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Nonfat Dry Milk Powder, Milk Protein Isolate, Fructose, Corn Oil Creamer, Gum Arabic, Whey Protein Concentrate, Cocoa Powder, Soy Fiber, Milk Buds Flavor, Natural Vanilla Flavor, Chocolate Booster Natural Flavor, Xanthan Gum, Potassium Phosphate, Cream Buds Flavor, Cellulose Gum, Sodium Chloride, Pea Fiber, Magnesium Oxide, Sugar Beet Fiber, Oat Bran Flour, Ascorbic Acid, Ferrous Fumarate, Tricalcium Phosphate, Niacinamide, d-alpha-tocopherol Acetate, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Pantothenic Acid, Manganese Citrate, Selenium Sodium Selenite, Pyridoxine, Thiamine Mononitrate, Biotin, Riboflavin, Folic Acid, Vitamin D<sub>3</sub>, Potassium Iodide, Vitamin B<sub>12</sub>.

**DIRECTIONS FOR USE**

Mix one packet of powder with eight (8) ounces of cold water or milk. This product is not intended to be a meal replacement and should be consumed as part of a healthy meal. Store in a cool, dry place.

\*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.

**AGELOC TR90 TRIMSHAKE—VANILLA**

**Nutrition Facts**

Serving Size One Packet (53.3 g) Servings Per Container 15

AMOUNT PER SERVING:

	CALORIES 200	CALORIES FROM FAT 30	% RENEI VALUE
<b>Total Fat</b>		3.5 g	5%
Saturated Fat		0.5 g	3%
<b>Cholesterol</b>		15 mg	5%
<b>Sodium</b>		160 mg	7%
<b>Potassium</b>		580 mg	17%
<b>Total Carbohydrate</b>		24 g	8%
Dietary Fiber		4 g	16%
Soluble Fiber		3 g	
Insoluble Fiber		1 g	
Sugars		19 g	
<b>Protein</b>		20 g	

Vitamin A 25%	•	Vitamin C 25%
Calcium 60%	•	Iron 30%
Vitamin D**	•	Vitamin E 15%
Thiamine 30%	•	Riboflavin 35%
(Vitamin B <sub>1</sub> )	•	(Vitamin B <sub>2</sub> )
Niacin 35%	•	Vitamin B <sub>6</sub> 25%
Folate 20%	•	Vitamin B <sub>12</sub> 35%
Biotin**	•	Pantothenic Acid 20%
Phosphorus 45%	•	Iodine 10%
Magnesium 20%	•	Zinc 35%
Selenium 20%	•	Copper 20%
Manganese 15%	•	Chloride**

\*Percent RENEI Values are based on a 2,000 calorie diet. Your RENEI values may be higher or lower depending on your calorie needs.

\*\* Contains less than 2% of the RENEI Value of this nutrient.

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
Saturated Fat	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Potassium</b>		3,500mg	3,500mg
<b>Total Carbohydrate</b>		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Nonfat Dry Milk Powder, Milk Protein Isolate, Fructose, Corn Oil Creamer, Gum Arabic, Whey Protein Concentrate, Soy Fiber, Xanthan Gum, Potassium Phosphate, French Vanilla Flavor, Cellulose Gum, Pea Fiber, Magnesium Oxide, Sugar Beet Fiber, Oat Bran Flour, Ascorbic Acid, Ferrous Fumarate, Tricalcium Phosphate, Niacinamide, d-alpha-tocopherol Acetate, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Pantothenic Acid, Manganese Citrate, Selenium Sodium Selenite, Pyridoxine, Thiamine Mononitrate, Biotin, Riboflavin, Folic Acid, Vitamin D<sub>3</sub>, Potassium Iodide, Vitamin B<sub>12</sub>.

**DIRECTIONS FOR USE**

Mix one packet of powder with eight (8) ounces of cold water or milk. This product is not intended to be a meal replacement and should be consumed as part of a healthy meal. Store in a cool, dry place.

