

SAY HELLO TO HEALTHY, HAPPY AGING



Let me share you one inspiring story. I was inside an elevator with an old man and other young people around. A young man asked; Sir, may I know how old you are? "I'm 83," replied the old man. "What 83? How come you're still working and look very strong?" The old man happily shared, "When I was young, I do boxing, until now, I still do it, and I still have sharp mind". After this wonderful experience, a lesson inspired me.

"When I get old, there's no excuse in getting weaker, No excuse of being forgetful and no reason to live a sedentary life."



When is really the Start of Old Age?

The answer is in YOU. It depends on how you take care of yourself at any stage of your life. Some senior citizens still look and feel young, active physically and mentally. Others in their mid-40's and mid 50's appear older with lack of energy, feel weak after getting up from bed, complain more about their joints, and can't remember where they placed their keys or eyeglasses. All of these problems bring more stress in your body that will make you more ill and weaker.

Love YOURSELF, Love Your BODY

Natural changes happen to our body when we age. Your skin starts to wrinkle, your bones become brittle, and you easily get tired. Don't let these negative changes surprise you before it's too late. You can do something to stay young and maintain an active lifestyle. Live your dreams, because the possibilities are endless even at old age. Your skin, eyes, brain, heart, bones, joints, as well as your physical performance, metabolism, cellular health and immunity must be taken cared of to live longer and younger. Here are some health tips to make it happen.

YOUR SKIN

With old age, your skin loses its elasticity and may start to sag and wrinkle. Start protecting your skin now to prevent further damage.

- Always wear sunscreen. Choose a product with sun protection factor (SPF) 15 or greater.
- Moisturize your skin every day. You will have softer, more elastic and hydrated skin.
- Maintain a diet high in carotenoids to protect your skin, tissue, and cells from environmental toxins and disease.

YOUR BONES

Bones can become thinner and brittle in old age, especially for women, sometimes resulting to osteoporosis.

- Get enough calcium, vitamin D, eat a well-balanced diet and exercise regularly.
- Eat fruits and vegetables.
- Vitamin D is a fat-soluble vitamin. It helps your body absorb calcium into the bloodstream. When your body is depleted of vitamin D or has an insufficient supply, the blood levels of calcium decrease. Vitamin D can be obtained through minimal sun exposure (10 minutes a day) and from your diet

YOUR HEART

Your heart is your hardest working muscle. It pumps blood all day long.

- Reduce your intake of salts and sweets
- Exercise regularly and manage stress
- Keep blood pressure and cholesterol level controlled
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids
- Don't smoke. Avoid secondhand smoke too.

YOUR BRAIN

Getting older can cause changes in your reflexes and even your senses. It is common for people to experience some forgetfulness as they get older.

- Don't skip breakfast as it is the most important meal of the day.
- Challenge your mind daily such as memorizing song lyrics, playing games, etc.
- Eat citrus fruits. It is rich in bioflavonoids to protect your brain function
- Get enough sleep

YOUR JOINTS

If arthritis starts to develop, see your doctor or rheumatologist right away to prevent more damage to your joints.

- Exercise and control your weight.
- Avoid injury. Always use proper safety equipment while engaging in a physical activity.
- Using the right techniques when sitting, working, and lifting can help protect joints from everyday strains. For example, lift with your knees and hips—not your back—when picking up objects.
- Omega 3 and Vitamin D3 are beneficial to maintain healthy joints

YOUR EYES

- Maintaining healthy eyesight also depends on getting sufficient vitamins and nutrients. Vitamins A, C, and E are essential for good eyesight. Antioxidants such as lutein, beta-carotene, and astaxanthin will protect your eyes from macular degeneration.
- Eat fresh dark green and leafy vegetables
- Be cool and wear your shades to protect your eyes from the sun's ultraviolet rays.
- Clean your hands and your contact lenses properly to avoid risk of infection.



MOOD AND COGNITION

SKIN

CELLULAR HEALTH

SYSTEMIC CYTOKINE RESPONSES

IMMUNE FUNCTION

METABOLISM

JOINTS

PHYSICAL PERFORMANCE

BRAIN

EYES

DNA REPAIR

HEART

ANTIOXIDANT PROTECTION

DNA PROTECTION

BONES

LIVE MORE YOUTHFUL YEARS



Introducing the first and the most advanced anti-aging gene expression science and the revolutionary nutritional supplement that will defy your age.

AGELOC Y-SPAN

- Boosts your internal ageing defense mechanisms
- Targets and promotes the expression of a select group of genes that promotes YOUTHFULNESS
- Formulated with ingredients carefully selected for their remarkable ability to impact gene expression, strengthening and supporting your ageing defense mechanisms
- Can help prolong the years you can be active, energetic and healthy – the years you can enjoy life. It's about having "youth span."

LIVING YOUNG WITH ageLOC® Y-SPAN

Our latest in anti-aging has already been changing the way some of us live. See how this monumental product has improved people's lives.



“The launch of ageLOC Y-Span is just so exciting for the fact that the product itself is revolutionary and people will experience and feel something different which they've never experience before. They will now be so excited to age because of the age-defying benefits of the product. Aside from that, as a business, this can really grow and people can maximize because of revolutionary and ground-breaking technology.”

RYAN GUDANI



“Living young is healthy living, physically fit, and younger-looking skin thru Nu Skin's innovative products.”

PEN ILAGAN



“I'll grow my family more, I'll have more kids. I'll help more people have happier families and I will spread the beauty of the Nu Skin business. I have no fear of growing old.”

MARLON ILAGAN



“My passion is to live as healthy as long as I can to enjoy my grandchildren.”

GINA PACULABA



“With ageLOC Y-Span, I look younger and my body feels lighter.”

PAX PACULABA



“ageLOC Y-Span helped me wake up even before my alarm rings. I feel energized and refreshed.”

DANIEL LAOGAN, JR.



“It's our responsibility to manage our body well. One of the ways I take care of my body is by using ageLOC Y-Span.”

TOR RODRIGUEZ



“Live a life of youthful regeneration with ageLOC Y-span! Faster healing and a better feeling!”

JUSTIN GATMAITAN



“ageLOC Y-Span gave me the energy to carry more than 5 kilograms in my backpack and now use both hands in writing and using chopsticks which I could not do before.”

DR. ROMULO DE VILLA



“I've been using ageLOC Y-Span for many months already. Before Y-Span, everytime I climb the stairs, my knees would hurt. But now, not anymore! I would no longer experience pain on my knees. I also felt very energetic. Through ageLOC Y-Span, I now have no fear of growing old.”

VIOLETA SIA



“I started taking ageLOC Y-Span in September 2015. Prior ageLOC Y-Span, I had difficulty sleeping. I have always been active in working out, but even then, I would find it hard to carry some of the weights at the gym. But since taking Y-Span, sleeping was no longer difficult. In fact, I noticed that the quality of my sleep is really good, I would even remember vividly the dreams I had. I also no longer strain as much when exercising, even if the intensity of my workout has become more strenuous. Last December 2015, my family and I went hiking. I did not encounter trouble in going up the volcano, and had no struggle in my breathing despite the physical demand of the activity. Through ageLOC Y-Span, I definitely have no fear of growing old.”

ANTHONY FRANK TAN

**The sharing is based on the personal experience of the interviewees. It does not represent the opinion of the Company. Product effectiveness may vary between individuals.*