



PHARMANEX[®] SUPPLEMENTS GUIDE

WEIGHT MANAGEMENT TRANSFORM YOUR LIFE IN 90 DAYS

ageLOC® TR90® SYSTEM

A breakthrough weight management system, based on highly innovative gene expression science that unifies your mind and body for a leaner, younger looking you.

ADVANCED PRODUCTS

At the core of the clinically proven system are the newest members of the “SUPERCLASS” of ageLOC products – leveraging in gene expression science to unify body and mind in powerful partnership.



ageLOC® TR90® JUMPSTART

is the perfect push to get you primed and ready for success by resetting your body's balance and targeting all three important areas for weight management: metabolism, lean muscle, and appetite control.



ageLOC® TR90® CONTROL

is formulated to support healthy appetite control, reduce food cravings and support a positive mood and mindset for enhanced will power – making it much easier to stay on the path to success.



ageLOC® TR90® COMPLEX

is a great way to get your healthy metabolism back on track, while also making sure to maintain that incredibly important lean muscle.

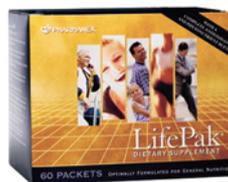


ageLOC® TR90® TRIMSHAKE®

is a great tasting source of the high-quality protein that your muscles need. It also helps to reduce your food cravings while helping you feel fuller longer by producing a feeling of satiety.

Each packet of ageLOC TR90 TrimShake is equivalent to 1 serving of protein and 1 serving of carbohydrate.

**Available in vanilla and chocolate flavor*



LIFEPAK®

provides essential nutrients during a weight management program, and helps offset oxidative stress during the fat burning process.

PHYSICIANS' DESK REFERENCE (PDR)



PDR is the most recognized drug information reference available in United States. Nu Skin products listed on the PDR include ageLOC® TR90® System, ageLOC® Y-Span®, g3 Superfruit Blend, ReishiMax GLp® and Tegreen 97®

WEIGHT MANAGEMENT

TRANSFORM YOUR LIFE IN 90 DAYS

ageLOC® SCIENCE



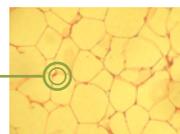
• Positive Mood Willpower



• Supports Metabolically Active Lean Muscle

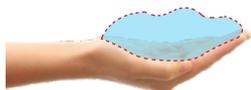


• Healthy Metabolism



POWERFUL, SIMPLE 3-3-3-3 EATING PLAN

ageLOC® TR90® supplements work together with the 3-3-3-3 eating plan which focuses on improving metabolism and maintaining muscle mass. The right eating plan complements the effects of active ingredients; the wrong eating plan can negate them. Consume one portion of the following for 3 meals of the day to make up your 3-3-3-3 eating plan. Use your individual hand size as a simple guide to determine your daily meal portions.



3 x PROTECTING FOODS

Fruits & Vegetables

Amount that can be held by open palm

Eg: Apples, Green leafy vegetables



3 x STORING FOODS

Grains, Cereals & Pasta

Amount that can fit into cupped hand

Eg: Rice, noodles, bread, etc



3 x BURNING FOODS

Protein from Non-Meat Sources

Size and thickness of fist

Eg: Tofu, Eggs



3 x BURNING FOODS

Protein from Meat Sources

Size and thickness of fist

Eg: Fish Fillet, Chicken Breast

ACTIVE LIFESTYLE

The ageLOC TR90 System incorporates and recognizes the importance of exercise. So be active and have fun! Find activities that interest you and are at the right intensity for your physical state. After some time, you can increase the intensity.

RECOMMENDED 3-3-3-3 EXERCISE GUIDE:



3 times a week



30 minutes every time



130 heartbeats per minute



3 months persistence



TARGETED SOLUTIONS

FORMULATED TO MEET THE DEMANDS OF EVERYDAY LIVES

CELL PROTECTION



REISHIMAX GLp®

A standardized Reishi mushroom extract that incorporates cracked spores, a proprietary technology that releases Reishi's active ingredients, providing unique immune system activity not found in other Reishi products.



TEGREEN 97®

A proprietary, highly concentrated extract of the antioxidant catechins found naturally in green tea that promote long-term cellular health.

CARDIOVASCULAR HEALTH



MARINEOMEGA / OPTIMUM OMEGA®

Provides an excellent source of omega-3 fatty acids including EPA and DHA. Helps in normalizing the inflammatory response in the blood vessels thus supporting cardiovascular health.



CHOLESTIN®

A proprietary red yeast rice supplement that promotes healthy cholesterol levels*.

*Note: Please consult a doctor if you are currently on prescription medication or cholesterol medication.

IMMUNE SUPPORT



REISHIMAX GLp®

High concentration of active ingredients which makes it powerful to support the body's own natural immune system by promoting the activity of your antibodies.



COLOSTRUM MFT®

A proprietary extract of bovine colostrum, clinically shown to boost primary immune functions by providing a concentrated spectrum of supplemental immune antibody proteins called immunoglobulin G (IgG).



BIOGINKGO^{27/7}

An exclusive extra strength (50:1) preparation of ginkgo biloba leaf extract for the maintenance of healthy cognitive performance and circulatory health.

DIGESTIVE HEALTH



COLOSTRUM MFT®

A proprietary extract of bovine colostrum which supports the immune system's role in weakening and destroying harmful organisms in the gut while neutralizing toxic waste products.



PROBIO PCC®

Contains a potent and proprietary probiotic bacteria culture of *Lactobacillus fermentum*, which helps to relieve symptoms associated with occasional gastrointestinal (GI) discomfort, occasional bowel irregularity, diarrhea, and other common digestive system discomforts.



CORDYMAX CS-4®

A proprietary, standardized extract of *Cordyceps sinensis* mushroom to promote stamina and vitality while reducing fatigue.

BONE AND JOINT HEALTH



BONE FORMULA

Provides important bone nutrients including calcium, vitamin D, magnesium, and vitamin C, to help maintain proper bone structure and function.



FLEXCARE®

Contains ingredients that can reduce inflammation, relieve pain, increase mobility, and provide cartilage nutrition for those suffering from osteoarthritis or joint discomfort.



FLEXCRÈME®

A unique, proprietary topical crème that helps temporarily relieve minor aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises, and sprains.

MOOD SUPPORT



RELAXATION FORMULA

A unique dietary supplement that helps you stay calm and relaxed through a proprietary blend of ingredients shown to promote healthy cortisol levels.

ageLOC®

OUR MOST ADVANCED ANTI-AGING SUPPLEMENTS EVER, TARGETING AGING AT ITS SOURCE

NUTRITIONAL FOUNDATION PROVIDE OPTIMAL LEVELS OF IMPORTANT VITAMIN, MINERALS AND ANTIOXIDANTS

ULTIMATE ANTI-AGING DUO

At Nu Skin, we have a unique understanding of Gene Expression Science that became the foundation for our development of ageLOC products. With our knowledge in nutrition, anti-aging and proprietary gene expression research, we are at the forefront of scientific innovation, creating products that target the sources of aging.

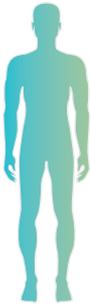
By understanding the way genes react to specific ingredients, we have created the ultimate anti-aging pack — ageLOC Y-Span & ageLOC R².

Taking both products together promotes positive expression of key groups of genes and those related to our body's natural defense mechanisms. They deliver enhanced anti-aging benefits for long term optimal health and youth preservation.

SCAN TO LEARN MORE



ageLOC® Y-SPAN®



SYSTEMIC BENEFITS

ageLOC Y-Span influences multiple aging defense mechanisms to provide broad-spectrum nutritional benefits and promote healthy systemic balance, cellular response, DNA integrity, systemic cytokine responses, antioxidant protection, brain, eyes, heart, skin, immune function, bones, joints, lipid metabolism, glucose metabolism and physical performance.

ageLOC® R²



ENERGY PRODUCTION

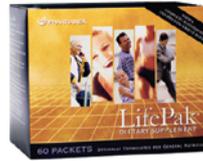
ageLOC® R² Day improves three dimensions of energy production - physical vigor, mental acuity and vitality - by promoting youthful gene expression.



CELLULAR PURIFICATION

ageLOC® R² Night optimizes each cell's natural purification process by removing the toxic by-products, helping you to start each day feeling refreshed and renewed.

LIFEPAK®



A nutritional supplement which provides a comprehensive array of antioxidants, vitamins and minerals typically lacking in the average adult diet, optimally formulated to support longevity and wellness.

g3 SUPERFRUIT BLEND



A nutrient-rich juice developed with gâc and 3 additional superfruits — Chinese lycium, Siberian pineapple, and Cili fruit — that synergistically provide powerful antioxidant protection while supporting healthy immune function.

MARINEOMEGA / OPTIMUM OMEGA®



Provides ultra-pure omega-3 fatty acids from fish. Rich in EPA and DHA, it is recommended for daily supplementation as part of an essential nutritional supplement program for optimal health and wellness, including normal heart function, brain function, immune health and joint health.

JUNGAMALS (LIFEPAK® FOR KIDS)



Protects and nourishes young bodies with key antioxidants and essential vitamins, minerals, and trace elements, helping to balance children's diets with the nutrients that are scientifically shown to be necessary for healthy, growing bodies.



THE NU SKIN 6S PROCESS

THE HIGHEST QUALITY AVAILABLE

S1 SELECTION	S2 SOURCING	S3 SPECIFICATION	S4 STANDARDIZATION	S5 SAFETY	S6 SUBSTANTIATION
<p>We work with experts and raw material suppliers around the world to gather both historical and new scientific insights about the unique ingredients within our products.</p> 	<p>Once a raw material selection is made, Nu Skin scientists investigate potential commercial sources that can guarantee availability, quality and concentration of key ingredient components.</p> 	<p>We set specifications to provide a basis for active compounds, ingredients, and criteria for finished products. These criteria help establish ingredient standards, and guide consistent manufacturing.</p> 	<p>We formulate products to contain ingredients at the concentration shown to be efficacious. Once manufactured, products are tested to meet their finished good specifications before leaving the manufacturer.</p> 	<p>We adhere to high product safety standards by reviewing scientific literature and conducting standard safety studies, like testing for the presence of microbes, heavy metals and other contaminants.</p> 	<p>We take great care to ensure that our final products and ingredients are not only safe to consume, but also effective. Each product claim is supported by scientific literature and/or research studies.</p> 

HOW DO YOU KNOW IF YOU ARE TAKING THE RIGHT SUPPLEMENTS?

PHARMANEX
BIOPHOTONIC SCANNER

S3



An understanding of antioxidants and their effect on overall health would empower you to make better supplementation/diet choices. With the use of our patented Pharmanex BioPhotonic Scanner, you will be able to find out your Skin Carotenoid Score (SCS) for an instant indication of carotenoid antioxidant activity within your body. Pharmanex products that are SCS certified include ageLOC Y-Span, LifePak and g3 superfruit blend. These products are proven to improve your antioxidant levels!

WHAT DOES YOUR SCORE MEAN AND HOW CAN YOU IMPROVE?

10,000 - 20,000



30,000 - 40,000



50,000 - 60,000



	10,000 - 20,000	30,000 - 40,000	50,000 - 60,000
DIETARY HABITS	<ul style="list-style-type: none"> Low consumption of fruits and vegetables 	<ul style="list-style-type: none"> Moderate consumption of fruits and vegetables 	<ul style="list-style-type: none"> High consumption of fruits and vegetables
SUPPLEMENTATION	<ul style="list-style-type: none"> Irregular or no supplementation 	<ul style="list-style-type: none"> Regular supplementation 	<ul style="list-style-type: none"> Optimal supplementation
LIFESTYLE CHOICES	<ul style="list-style-type: none"> High stress High sun and pollution exposure Smoker (including secondhand smoke) 	<ul style="list-style-type: none"> Moderate stress Moderate sun and pollution exposure 	<ul style="list-style-type: none"> Low stress Low sun and pollution exposure

- The above are general parameters based on over 1,000,000 scans. Your individual SCS may vary.
- Dietary habits, supplementation, and lifestyle choices represent possible score outcomes and do not effect guaranteed score outcomes.
- Individual genetic differences can significantly influence the rate of antioxidant absorption and therefore your personal Skin Carotenoid Score.

To know more about Nu Skin products, please contact our authorized distributors.