

AGELOC® TRME® SYSTEM

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 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, diet and exercise recommendations. With personalization that transcends the standard, TRMe is the uniquely you system that simply fits, and make weight wellness work for you.

ageLOC TRMe program is a healthy and safe 90-day personalized 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.

The ageLOC TRMe products are powered by Nu Skin's exclusive ageLOC science and formulated with ingredients that are safe and have gone through the Nu Skin 6S quality process. The ageLOC TRMe system has multiple powerfully proven, clinically studied products to help you control your appetite, resist the temptation to snack, keep a positive mindset, help reduce stress, promote healthy metabolism, and maintain lean 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 powerful, comprehensive program designed to create a healthy, lean body transformation.
- Helps you start to achieve measurable results in the first 15 days of ageLOC TRMe program when combined with a reduced-calorie diet and exercise.
- Helps provide a quick win as you begin your weight management journey.
- Helps reset your body's balance and targets all three important areas for weight management: metabolism, lean muscle, and appetite control.
- Supports appetite control to help you make positive changes to your diet.
 - Supports a sustained feeling of fullness and satiety.
 - Helps reduce feelings of hunger, so you can better avoid snacks and other cravings.
- Helps provide a healthy response to your meal.
- Supports improved feelings of well-being, a positive mood and mindset, and stress reduction.
- Helps you snack less frequently and feel less hungry.
- Helps support feelings of well-being during female monthly cycles.
- Helps you maintain lean muscle while supporting fat loss when combined with a reduced-calorie diet and regular exercise.
- Helps improve your resting metabolic rate.
- Helps provide a thermogenic effect.
- Helps you meet your daily optimal protein needs while

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managing your caloric intake.

- Clinical studies suggest that incorporating sufficient amount of protein as part of a healthy diet and exercise plan can help improve weight management efforts.
- Provides a nutritious blend of high-quality protein, fats, carbohydrates, vitamins and minerals, and fiber.
- Contributes to your daily protein needs. When consumed in adequate amounts, protein is known to help support lean muscle.
- Helps reduce your food cravings.
- Contains many essential amino acids, including Leucine.
- Promotes healthy weight loss for a healthier, leaner, younger looking body.
- Supports a healthy lifestyle.
- Features clinically studied ingredients shown to support your weight wellness efforts.
- Features ingredients that are supported by gene expression science.
- 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.

WHO SHOULD TAKE IT

This system is for 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 deliver five benefits that support weight management, such as helping you keep a positive mindset and reduce stress, supporting a thermogenic effect, assisting in appetite control, and helping maintain lean muscle while supporting fat reduction when combined with a reduced-calorie diet and exercise.

AGELOC TRME JUMPSTART

Using safe, clinically proven ingredients, JumpStart is a powerful drink supplement that helps you see measurable results within 15 days when combined with a healthy diet and regular exercise. By promoting healthy metabolism, supporting lean muscle mass and helping appetite control, it helps set your body up for a quick, healthy win during your initial weight management efforts.

AGELOC TRME MYEDGE

The safe, effective ingredients in MyEdge work like champions to support appetite control and help you make positive and impactful changes in your diet. It's essential to helping you feel fuller for longer, so you can better avoid bite-sized temptations and stick to your important lifestyle goals.

AGELOC TRME CS CONTROL

Leap over your snacking hurdles with help from CS Control. The safe, exclusive formula of CS Control helps target snack attacks while helping to enhance your mood and supporting an improved feeling of well-being and stress reduction.

AGELOC TRME MC COMPLEX

MC Complex has the right ratios of safe, natural ingredients, clinically shown to help support your weight management efforts by helping maintain lean muscle and improve your resting metabolic rate when combined with a reduced-calorie diet and regular exercise.

AGELOC TRME TRIMSHAKE

TrimShake is a high protein nutritious shake with great-tasting sources of the high-quality 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.

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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 lean 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 helping to promote healthy metabolism, support lean muscle mass and control appetite. This helps you see measurable results in 15 days as you begin your transformation with a new diet and lifestyle that includes regular exercise.

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. But let's be clear—JumpStart is not a quick-weight-loss gimmick. It's one part of 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. This helps you stay motivated to continue to make the right decisions and reach greater, long-term goals.

How does MyEdge help with appetite control?

MyEdge combines the benefits of Mulberry Leaf Extract with the power of Guar Gum to provide dual-action support for appetite control. 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 support appetite control, 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 CS Control support healthy weight wellness efforts?

CS Control focuses on stress and other mental components that can impact weight wellness. It helps address the struggle with snacking and supports 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.

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How does MC Complex support healthy weight wellness?

MC Complex supports healthy weight wellness by helping you maintain lean muscle while you lose weight when combined with a reduced-calorie diet and regular exercise. Additionally, MC Complex helps improve your resting metabolic rate and provides a thermogenic effect.

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. Clinical studies suggest that incorporating sufficient amount of protein as part of a healthy diet and exercise plan can support weight management efforts.

How does 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, fruits and vegetables, 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.

How are TRMe products ageLOC?

ageLOC TRMe products include ingredients that support various aspects related to weight wellness. The research on these ingredients suggests that one of the mechanisms of action by which these ingredients impact the body is through gene expression.

Do ageLOC TRMe products follow the 6S Quality Process?

Yes. Nu Skin's 6S Quality 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

Supplement Facts

Serving Size 1 packet (Powder) Servings Per Container 15

	Amount Per Serving	% Daily 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 granatum</i>) juice concentrate powder	300 mg	*
Satiereal Saffron (<i>Crocus sativus</i> L.) stigma extract	177 mg	*

* Daily Value (DV) not established

OTHER INGREDIENTS: Maltodextrin

Direction: Mix one (1) packet in two to eight (2-8) ounces (about 60-235 mL) of water or favorite beverage.

AGELOC TRME MYEDGE

Supplement Facts

Serving Size: 1 packet (Powder)
Servings Per Container: 30

	Amount per serving	% DV
Calories	6.8	
Total Carbohydrates	2.6 g	1%*
Dietary Fiber	1.5 g	6%*
Sugars	0.5 g	**
Partially Hydrolyzed Guar Gum Seed (<i>Cyamopsis tetragonolobus</i>)	2,000 mg	**
Mulberry Leaf (<i>Morus alba</i>) Extract	1,250 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.



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

AGELOC TRME CS CONTROL

Supplement Facts

Serving Size: 1 capsule Servings Per Container: 30

	Amount per serving
Saffron (<i>Crocus sativus</i> L.) Stigma Extract	177 mg

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

Direction: Take one capsule once daily with a meal.

AGELOC TRME MC COMPLEX

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount per capsule
Drumstick (<i>Moringa oleifera</i>) Leaf Extract	270 mg
Curry (<i>Murraya koenigii</i>) Leaf Extract	135 mg
Turmeric (<i>Curcuma longa</i>) Rhizome Extract	45 mg

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Silicone Dioxide, Magnesium Stearate.

Direction: Take two capsules once daily with a meal.

AGELOC TRME TRIMSHAKE VANILLA

Nutrition Facts

15 servings per container

Serving Size One Packet (53.8g)

Amount Per Serving
Calories **210**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 19g	
Lactose 12g	
Incl Added Sugars 7g	14%
Protein 20g	40%
Vitamin D 0.1mcg	0%
Calcium 669mg	50%
Iron 5.2mg	30%

Potassium 489 mg	10%
Vitamin A 375 mcg RAE	40%
Vitamin C 17 mg	20%
Vitamin E 3 mg	20%
Thiamin 0.34 mg	30%
Riboflavin 0.17 mg	15%
Niacin 7.3 mg NE	45%
Vitamin B6 0.41 mg	25%
Folate 100 mcg DFE	25%
Vitamin B12 1.4 mcg	60%
Biotin 1.5 mcg	6%
Pantothenic Acid 1.3 mg	25%
Phosphorus 321 mg	25%
Iodine 15 mcg	10%
Magnesium 100 mg	25%
Zinc 4.5 mg	40%
Selenium 11 mcg	20%
Copper 0.41 mg	45%
Manganese 0.35 mg	15%

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

INGREDIENTS: Pharmanex® Protein Blend (Non-Fat Dry Milk Powder, Milk Protein Isolate, Whey Protein Concentrate), Fructose, Corn Oil Powder, Gum Arabic, Vanilla Flavour, Dietary Fibers (Soy Fiber, Xanthan Gum, Cellulose Gum, Pea Fiber, Oat Fiber), Potassium Citrate, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, D-Alpha Tocopherol, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Potassium Iodide, Biotin, Riboflavin, Vitamin B12, Folic Acid, Vitamin D3.

Direction: Add one (1) packet of TrimShake to eight (8) ounces (about 235 mL) of cold water or skimmed milk. Blend or shake vigorously.

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AGELOC TRME TRIMSHAKE CHOCOLATE

Nutrition Facts	
15 servings per container	
Serving Size	One Packet (56.9g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 19g	
Lactose 12g	
Incl Added Sugars 7g	14%
Protein 20g	40%
Vitamin D 0.1mcg	0%
Calcium 639mg	50%
Iron 6mg	35%
Potassium 656 mg	20%
Vitamin A 300mcg RAE	35%
Vitamin C 17 mg	20%
Vitamin E 3 mg	20%
Thiamin 0.35 mg	30%
Riboflavin 0.18 mg	15%
Niacin 7.4 mg NE	45%
Vitamin B6 0.41 mg	25%
Folate 100mcg DFE	25%
Vitamin B12 1.3 mcg	50%
Biotin 1.5 mcg	6%
Pantothenic Acid 1.4 mg	30%
Phosphorus 340 mg	25%
Iodine 15 mcg	10%
Magnesium 109 mg	25%
Zinc 4.5 mg	40%
Selenium 11 mcg	20%
Copper 0.41 mg	45%
Manganese 0.35 mg	15%

INGREDIENTS: Pharmanex® Protein Blend (Non-Fat Dry Milk Powder, Milk Protein Isolate, Whey Protein Concentrate), Fructose, Corn Oil Powder, Gum Arabic, Natural Flavors, Cocoa, Dietary Fibers (Soy Fiber, Xanthan Gum, Cellulose Gum, Pea Fiber, Oat Fiber), Potassium Citrate, Salt, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, D-Alpha Tocopherol, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Potassium Iodide, Biotin, Riboflavin, Vitamin B12, Folic Acid, Vitamin D3.

Direction: Add one (1) packet of TrimShake to eight (8) ounces (about 235 mL) of cold water or skimmed milk. Blend or shake vigorously.

AGELOC TRME TRIMSHAKE MOCHA

Nutrition Facts	
15 servings per container	
Serving Size	One Packet (57g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 3.8g	5%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 14mg	5%
Sodium 154mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Lactose 12g	
Incl Added Sugars 7g	14%
Protein 20g	40%
Vitamin D 0.1mcg	0%
Calcium 618mg	50%
Iron 6.4mg	35%
Potassium 647 mg	15%
Vitamin A 375 mcg RAE	40%
Vitamin C 17 mg	20%
Vitamin E 3 mg	20%
Thiamin 0.4 mg	35%
Riboflavin 0.2 mg	15%
Niacin 7.4 mg NE	45%
Vitamin B6 0.4 mg	25%
Folate 100 mcg DFE	25%
Vitamin B12 1.3 mcg	50%
Biotin 1.5 mcg	6%
Pantothenic Acid 1.4 mg	30%
Phosphorus 403 mg	30%
Iodine 15 mcg	10%
Magnesium 123 mg	30%
Zinc 4.6 mg	40%
Selenium 11 mcg	20%
Copper 410 mcg	45%
Manganese 0.4 mg	15%

INGREDIENTS: Pharmanex® Protein Blend (Non-Fat Dry Milk Powder, Milk Protein Isolate, Whey Protein Concentrate), Fructose, Corn Oil Powder, Gum Arabic, Cocoa Powder Alkalized, Coffee Flavour, Dietary Fibers (Soy Fiber, Xanthan Gum, Cellulose Gum, Pea Fiber, Oat Fiber), Potassium Citrate, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, D-Alpha Tocopherol, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Sodium Selenite, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Potassium Iodide, Biotin, Riboflavin, Vitamin B12, Folic Acid, Vitamin D3.

Direction: Add one (1) packet of TrimShake to eight (8) ounces (about 235 mL) of cold water or skimmed milk. Blend or shake vigorously.

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