

# FREQUENTLY ASKED QUESTIONS

## **FAQ** WHAT MAKES THE TR90 EATING PLAN SO DIFFERENT FROM TRADITIONAL DIETS?

There are five major differences:

1. Traditional diets restrict calories by reducing the intake of fats, carbohydrates, and proteins equally, thereby lowering protein intake to inadequate levels. The TR90 eating plan restricts calories by reducing carbohydrate and fat intake, but seeks to maintain an optimal protein intake to support lean muscle.
2. Most individuals consume the majority of their protein during their largest meal—typically dinner. The TR90 plan distributes protein intake evenly among your three main meals, promoting metabolically active lean muscle support throughout the day.
3. Traditional diets are high in carbohydrates, which produce “fat storing” effects in the body, and low in protein, which has “fat burning” effects. TR90 promotes optimal amounts of protein and avoids refined carbohydrates.
4. Traditional diets tend to be “one size fits all.” TR90 incorporates an eating plan that is designed to deliver high energy foods and protein at levels proportionate to an individual’s body size.
5. Traditional diets are designed to be followed for a finite period of time. TR90 incorporates a sustainable eating plan that provides optimal levels of protein, fruits and vegetables. It’s a lifestyle plan designed to be followed not only for the 90 days of the supplement program, but an eating plan that may be maintained for life.

## **FAQ** HOW DO I KNOW IF I AM GETTING THE RECOMMENDED AMOUNT OF PROTEIN AT EACH MEAL?

Scientific research indicates that there is a minimum amount of protein needed to support muscle protein synthesis. The TR90 eating plan encourages optimal protein intake, which promotes lean muscle support, enhanced satiety, increased thermogenesis, and improved blood glucose regulation. We recommend following the program guide portion sizes by consuming two portions of protein at each meal based on your hand size.

## **FAQ** HOW DO AGELOC TR90 FIT, TR90 CONTROL, AND TR90 JUMPSTART HELP SUPPORT WEIGHT MANAGEMENT?

Our research on how gene expression science applies to weight management began with looking into changes in gene expression. We compared the muscle, brain, and fat tissue storage in lean groups against that in overweight groups. The profile of the combination of ingredients in TR90 appears more similar to the gene expression profiles of lean groups. TR90 ingredients support appetite control, healthy metabolism, and lean muscle support, and each ingredient is established in third party research to have significant benefits for weight management.

## **FAQ** IS EXERCISE REALLY AN IMPORTANT COMPONENT OF TR90? HOW MUCH EXERCISE AND WHAT TYPES OF EXERCISE ARE RECOMMENDED FOR BEST RESULTS?

Exercise is important, and the TR90 program emphasises this. Exercise is essential for supporting lean muscle, improving your resting metabolic rate, and increasing amino acid absorption into the muscle. The TR90 program does not recommend a specific activity, length of time for exercise, or even heart rate, since these can vary from person to person based on an individual’s needs, age, and current physical state. Many people underestimate the benefit of resistance training, and mistakenly believe that a daily exercise routine with only aerobic activity is sufficient. Although the TR90 program does not outline specific exercises, Nu Skin scientists wish to emphasise the benefits of combining resistance training with aerobic activity to maximise the long-term benefits of the program.

## **FAQ** WE ARE TOLD THAT WEIGHT SCALES ARE NOT THE BEST INDICATORS OF SUCCESS, SO WHY DO YOU RECOMMEND I WEIGH MYSELF DAILY?

People who focus on the process of losing weight and improving body shape tend to see steadier progress and fewer setbacks. The purpose of the scale is to help people see the weight management trend over the course of the program. For example, if you haven’t lost any weight but you have lost some body fat, the scale will show a change in body fat percentage, even if it doesn’t reflect a change in weight. You will come to realise that weight is not as important as body fat and body measurement changes. Make sure to use the scale as a tool in the process of improving body composition, rather than the focus of the program.

## **FAQ** WHAT DO PHARMANEX SCIENTISTS RECOMMEND AS THE BEST WAY TO MEASURE BODY FAT?

Pharmanex scientists recommend using bioelectrical impedance devices that run currents through both the upper and lower body, as they are convenient, accurate, and accessible. This technology is built into many devices, such as bathroom scales or hand held units, which run a low-grade electrical current through your body. They measure the level of impedance in your body. The greater the amount of body fat, the greater the impedance for the current. These devices are fairly consistent in their measurements, and are widely available in locations

such as doctor's offices and fitness centres. There are even some affordable in-home models, which companies like Tanita and Omron offer. Pharmanex scientists feel these devices are ideal in tracking changes to body composition over time.

### FAQ THE PROGRAM GUIDE PROVIDES SOME RECIPES, BUT IS THERE A MORE COMPREHENSIVE RECIPE BOOK WITH TR90?

Rather than provide an all-inclusive list of recipes and food options, we want you to learn to adapt what you like to eat by selecting better food options and proportions, and by more evenly distributing your food intake throughout the day. You're more likely to achieve short-term and long-term success when you learn the principles of healthy eating and apply them to your daily meal plan, rather than stick to a list of recipes. However, we encourage you to share your favourite TR90 recipes with us, with each other, and with your accountability partners.

### FAQ IS IT OKAY TO DRINK ALCOHOL, COFFEE, OR TEA DURING THE 90-DAY PROGRAM?

- The TR90 program does not offer an official recommendation on alcohol, coffee, or tea consumption. However, TR90 does offer basic meal plan guidelines regarding adequate protein, optimal portions of fruits and vegetables, options for snacks in between meals, and the importance of achieving a caloric deficit. As you follow the basic principles, you will come to understand the strengths or limitations of including other foods or drinks. However, it is important to consider the following: Alcohol adds empty calories, increases toxins, may interfere with quality sleep, may increase liver enzyme activity, and is often consumed with other fatty and sugary foods.
- Coffee adds additional calories, often includes sugar and milk, and can contain caffeine. Although some might argue there are significant weight loss benefits in stimulants like caffeine, the negative aspects of caffeine tend to outweigh the benefits. For instance, caffeine can cause restlessness, increased heartbeats and blood pressure, and even increased stress.
- Tea does have some weight loss benefits; however, we recommend you avoid adding sugars, milk and other unnecessary calories.

### FAQ WOULD PEOPLE TAKING LIFEPAK BEFORE STARTING TR90 GET BETTER RESULTS WITH THE PROGRAM THAN PEOPLE WHO WEREN'T TAKING LIFEPAK PREVIOUSLY?

Pharmanex scientists have not conducted studies to investigate whether using Lifepak prior to starting the TR90 program results in better weight management success. There are no studies to substantiate the idea that LifePak maximises the benefits of TR90. Still, there are other factors that could also influence an individual's rate of success, such as weight, body fat, insulin sensitivity, stress, past diet, and lifestyle. Lifepak is still a wonderful complementary product to TR90, as it includes vitamins, minerals, and antioxidants that have metabolic and cell protection benefits.

### FAQ HOW CAN I ACHIEVE THE BEST RESULTS WITH THE TR90 PROGRAM?

While TR90 is a 90-day, clinically proven system, please remember that true transformation takes time. Individuals who don't see the results they expected should consider one or more of the following factors with weight management and TR90.

- Supplements are not a magic pill. They support the overall plan.
- **Eating plan:** The ageLOC TR90 products will support your efforts, but you need to follow the eating plan as well. Eating right will support your long-term weight management goals.
- **Portion control:** By incorporating a balanced amount of "burning foods," "storing foods," and "colour foods," the ageLOC TR90 eating plan focuses on helping you eat a healthy and balanced diet. By following the eating plan, you are able to support lean muscle and increase healthy metabolism. The first place to start is to reduce your intake of storing foods, like refined carbohydrates and fatty foods, in order to minimise fat storage in the body. Next, it's important to focus on maintaining adequate protein intake, as well as fruit and vegetable intake. When refined carbohydrates and dietary fat are consumed in excess, they can produce "fat storing" effects in your body, while protein has "fat burning" effects.
- **Eating patterns:** Not only what you eat, but also when you eat is important. More evenly distributed meals and snacks provide adequate protein to support lean muscle throughout the day.
- **Hydration:** Staying hydrated can actually improve blood volume, which carries oxygen and nutrients to cells and removes toxins. Hydration can impact energy and even help control appetite.
- **Stress management:** Cortisol is the primary stress hormone, which can decrease energy, increase craving, and increase fat storage. Try to manage or eliminate stress the best you can.
- **Exercise:** Physical activity can improve your resting metabolic rate. Some individuals who did not initially see results with TR90 started seeing some great results when they became more physically active. Additionally, exercise can promote a positive mood. Find activities that interest you and are at the right intensity for your physical state.

### FAQ IS IT NORMAL FOR WEIGHT TO FLUCTUATE WHILE USING TR90?

It is normal for weight to fluctuate—with or without TR90. Individuals should follow the program as directed for the 90 days, but continue with the eating plan thereafter. If you have achieved your goal after the 90 days, we recommend you continue to use complementary

products, such as Lifepak and ageLOC R<sup>2</sup>. If you have not achieved your goal after 90 days, feel free to start the program again. The great thing about TR90 is that it's not just a quick fix; it's a program with an eating plan designed for life.

## **FAQ** IS TR90 A BODY RESHAPING PROGRAM OR A WEIGHT LOSS PROGRAM, OR BOTH?

The TR90 system focuses on body shaping and body composition rather than weight loss. However, in our clinical study, we saw results in total weight lost, body fat lost, and improved body measurements.

TR90 study results:

- Participants lost body fat
- Participants lost weight
- TR90 was shown to support important lean muscle
- Participants lost gradually, over time, indicating a healthy weight loss

Participants reported:

- Lower levels of hunger
- Changes in body silhouette
- Clothes fitting better
- Liking this program better than programs they had tried previously

## **FAQ** ARE THE TR90 PRODUCTS IN THE PACIFIC MARKET DIFFERENT FROM THE TR90 PRODUCTS IN THE US MARKET, SINCE WE CONSUME ONE SHAKE PER DAY AND THE AMERICAS MARKET CONSUMES TWO SHAKES PER DAY?

Consuming one shake per day, as recommended in the Pacific region, should not provide different results than consuming two shakes per day, as recommended in the America's region. In an effort to meet the demands of both markets, we've created slight variations in formulas and product use across markets. However, each market can expect to see results.

## **FAQ** DO BOWEL MOVEMENTS CHANGE WHEN USING TR90?

Many individuals report that bowel movements remained the same with TR90, but this could vary by individual. For some, TR90 represents a complete change in lifestyle and diet. One aspect of this change is an increase in fibre intake. While fibre is healthy and aids in bowel movements, it's important to consume your recommended eight glasses of water per day. Water helps to move fibre through the digestive tract. If the fibre does not move through the digestive tract properly, it could slow the digestive process. This effect is usually temporary, since the body might not be accustomed to high fibre levels. Exercise can also aid in healthy bowel movements.

## **FAQ** IF INDIVIDUALS SEE INCHES LOST, BUT NOT WEIGHT LOSS, HOW CAN THEY LOSE WEIGHT?

Weight loss represents weight management success only when it is a loss of fat tissue. We do anticipate that TR90 users will lose weight; however, the TR90 program focuses on the importance of lean muscle support. The gain of 1 kg muscle accompanied by the loss of 1 kg fat yields a net loss of zero. One might think that since the scale shows no difference, there have been no significant improvements—but this is not true. A 1 kg muscle gain, accompanied with a 1 kg fat loss, is a great improvement, and we'd recommend continuing to follow the program as directed. Be sure to achieve a caloric deficit and follow the portions as outlined in the program guide.

## **FAQ** WHAT SHOULD I DO IF I FEEL HUNGRY WHILE USING TR90?

Many program participants have reported not feeling as hungry on the program. However, if you are struggling to stay satiated between meals, try to have small, healthy snacks that incorporate a little bit of protein, like 1 to 2 tablespoons of low fat yogurt, cottage cheese, light string cheese, or nut butters. Additionally, consider adding in a few extra vegetables for your snacks or replacing the majority of fruits with vegetables. Vegetables are better options, as they are low in calories and high in fibre. Carrots, broccoli, spinach, cauliflower, and kale are examples of recommended vegetables. Staying hydrated is also important, since adequate hydration can improve satiety. Lastly, we recommend you consume ageLOC TR90 Fit and Control 15 to 20 minutes prior to your meal, so they begin taking effect with your meals.

## **FAQ** DO INDIVIDUALS NEED TO CONTINUE USING TRIMSHAKE AFTER 90 DAYS ON TR90?

The TrimShake is a fantastic way to maintain adequate protein after the 90-day program, especially when you need a fast convenient protein source. Just make sure to consume adequate levels of protein through recommended lean protein sources. When we fully release ageLOC TR90, you'll be able to purchase the TrimShakes separately.

**FAQ WHAT IF INDIVIDUALS FIND IT HARD TO EAT THE VOLUME OF SUGGESTED FOOD?**

First, users should not overestimate the amount of each portion they should eat with each meal and snack. Smaller individuals need less food than larger individuals, and vice versa. It's also important to select foods from the best categories. When it comes to protein, focus on protein-dense foods, such as low or non fat Greek yogurt, cottage cheese, lean turkey, and chicken. The greater the content of protein compared to total calories, the better your selection. When it comes to fruits and vegetables and storing foods, place a greater emphasis on vegetables. You could even consider replacing a portion of grains or storing foods with vegetables. Vegetables can replace storing foods, but storing foods cannot replace vegetables. Therefore, focus on achieving the protein requirements first, followed by the vegetables, to ensure you are supporting your lean muscle needs, as well as your antioxidant and fibre needs.

**FAQ IS IT NORMAL FOR INDIVIDUALS TO GAIN SOME WEIGHT, BUT LOSE SOME BODY FAT?**

A small increase in weight, coupled with a reduction in body fat, could represent increased muscle—especially if you have incorporated resistance training. Make sure to eat the recommended portion sizes of each food group to ensure a caloric deficit and achieve better weight management results. True transformation takes time, so continue to use the program as directed for the full 90 days. You can expect that by the end of the program, your clothes will fit better because of your improved body shape, loss of body fat, and lean muscle support.

**FAQ IS TR90 SUITABLE FOR INDIVIDUALS WITH MEDICAL CONDITIONS?**

As a dietary supplement company Nu Skin/Pharmanex cannot make recommendations of our products to persons with medical conditions; such individuals must consult with their physician prior to taking ageLOC TR90. Doctors will be required to come to their own conclusion of whether the ingredients within ageLOC TR90 are appropriate for their patients. Nu Skin/Pharmanex does not assume liability for the physician's recommendations. Concurrent use of ageLOC TR90 with prescription drugs has not been assessed; however third party studies of the individual ageLOC TR90 ingredients provide useful insights to physicians advising their patients.

**FAQ WHERE SHOULD I GO IF I NEED MORE SUPPORT OR HELP WITH TR90?**

Product Support is a team of experts with science degrees who can answer any questions you may have about the ageLOC TR90 program. Please email [productmarketing@nuskin.com](mailto:productmarketing@nuskin.com) with any questions. We are here to support you in your ageLOC TR90 journey and to help you achieve your weight management goals.