



NU SKIN®
THE DIFFERENCE. DEMONSTRATED.®



ageLOC® TR90™



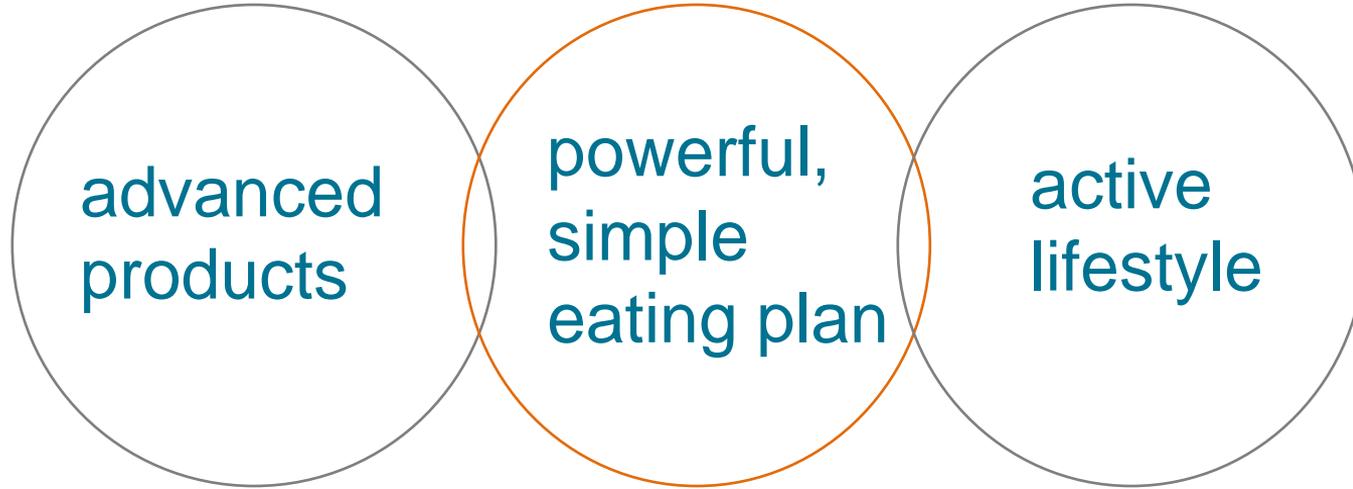
Introducing a **breakthrough weight management and body shaping system**, based on science, that unifies your mind and body—for a leaner, younger looking you.

 ageLOC®
TR90™



AGELOC[®] TR90[™]

Weight Management and Body Shaping System



An advanced weight management system that helps you look leaner and healthier in 90 days.



AGELOC TR90 IS DESIGNED TO TARGET THREE IMPORTANT CONTRIBUTORS TO HEALTHY WEIGHT MANAGEMENT

Healthy Metabolism

Lean Muscle

Healthy Appetite



Did you know?

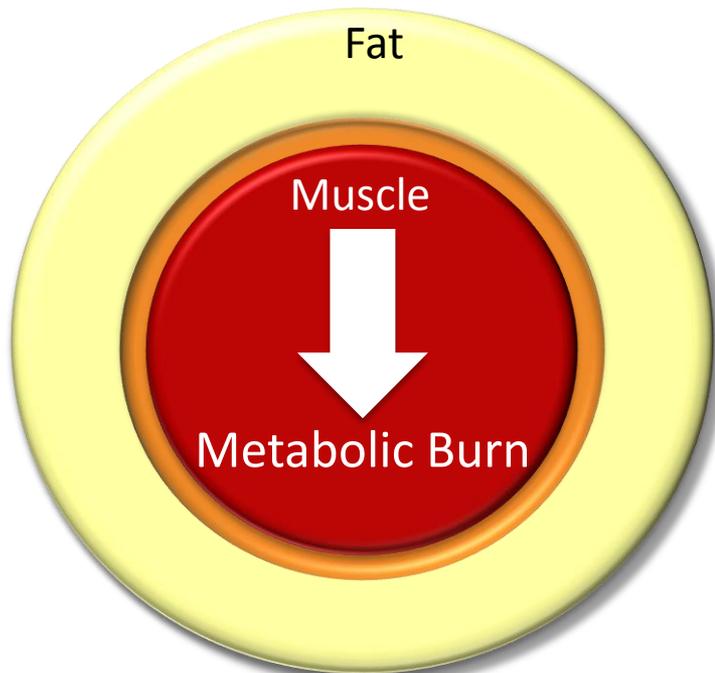
Use of fad or traditional diets may result in significant loss of lean tissue mass.

Layman et al. A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. *J Nutr* 2009; 139:514–21.

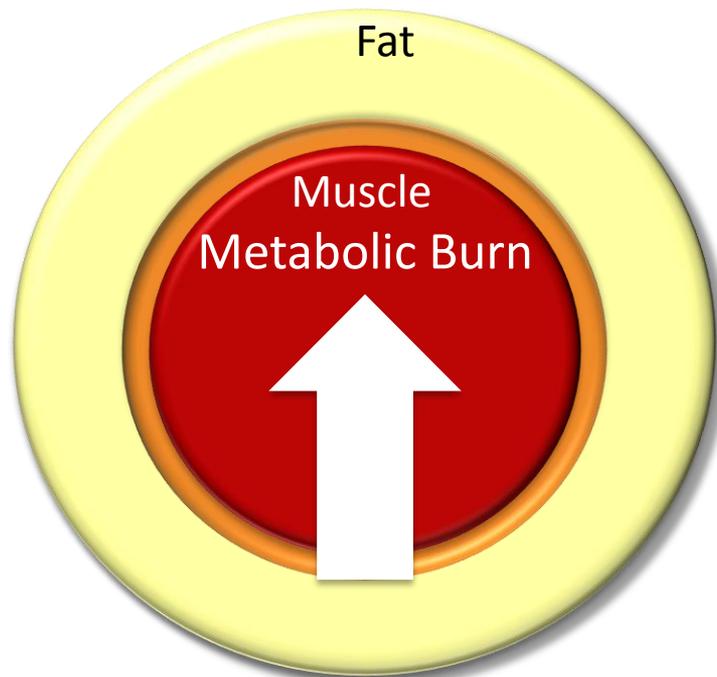


LEAN MUSCLE = METABOLIC ENGINE

Traditional Diet
Lose lean muscle



ageLOC TR90
Maintain more lean muscle



Metabolic burn = rate at which body burns calories at rest



LEAN MUSCLE = METABOLIC ENGINE

TRADITIONAL DIETS

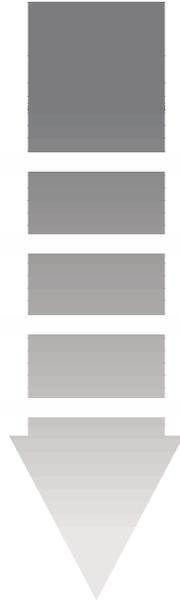
LOSE LEAN MUSCLE

LOSE YOUTHFUL SHAPE

LOSE STRENGTH

REDUCE METABOLIC BURN

YO-YO DANGER INCREASES



AGELOC® TR90™ EATING PLAN

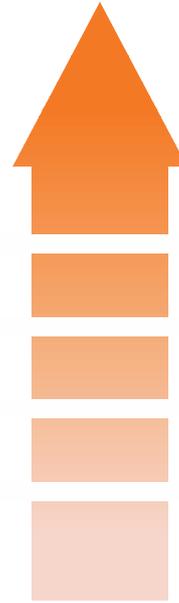
MAINTAIN LEAN MUSCLE

PROMOTE LEAN MUSCLE

FEEL ENERGETIC, HEALTHY

PROMOTE HEALTHY METABOLISM

MUSCLE



METABOLIC BURN



AGELOC TR90 PRODUCTS + EATING PLAN

Designed to work synergistically to:

- Balance mind and body
- Supports normal healthy metabolism
- Helps support and maintain lean muscle
- Supports normal healthy appetite



1. AGELOC TR90 PRODUCTS



THE AGELOC TR90 SYSTEM

At the core of the clinically proven system are the newest members of the “super class” of ageLOC products.



ageLOC® TR90

Weight Management & Body Shaping System



AGELOC® TR90 JUMPSTART

AGELOC® TR90 FIT

AGELOC® TR90 CONTROL

AGELOC® TR90 TRIMSHAKE





Weight Management & Body Shaping System



- Unifies mind and body
- Supports normal healthy metabolism
- Helps support and maintain lean muscle
- Helps support a positive mood and mindset
- Supports normal healthy appetite



AGELOC® TR90 JUMPSTART

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.



AGELOC TR90 JUMPSTART

- Gets you primed and ready for success.
- Helps to start you on a path to success in just 15 days.
- Contains an exclusive blend based on innovative science.
- Take for first 15 days of program to help you achieve your goals.
- Mix in water, g3 or your favorite beverage.



AGELOC[®] TR90 FIT

A great way to get your body back on track.



AGELOC TR90 FIT

- Contains an exclusive natural phytochemical blend based on innovative science.
- Take daily throughout the 90 days of the program.



AGELOC TR90 CONTROL

A key component to make it easier to stay on the path to success.



AGELOC TR90 CONTROL

- Contains an exclusive phytochemical blend based on innovative science.
- Take daily throughout the 90 days of the program.



AGELOC® TR90 TRIMSHAKE

An easy and delicious solution that removes the guesswork—helping you to control calories and is a great source of the high-quality protein that your muscles need.



AGELOC TR90 TRIMSHAKE

- Helps provide additional protein while managing your caloric intake.
- Helps support a healthy diet.
- Helps support lean muscle.
- Drink one shake per day as part of the ageLOC TR90 eating plan.
 - Counts toward one burning food and one storing food



2. AGELOC TR90 EATING PLAN



AGELOC TR90 EATING PLAN

- Addresses key problems with traditional programs.*
- Based on latest advancements in weight management science.
- Essential for maintaining lean muscle to support results.
- Safe, healthy, and sustainable beyond 90 days and for life.
- Additive and complementary to ageLOC TR90 supplements' benefits.
- Provides appropriate nutrition proportional to body size.
 - No counting calories

* Traditional reduced calorie, high carbohydrate, low protein, low fat diets



TRADITIONAL DIET—PROBLEM #1

- Refined carbohydrates produce ***fat storing*** effects in the body if consumed in excess; protein produces ***fat burning*** effects.
- Traditional diets reduce intake of carbohydrates and proteins equally, reducing protein to suboptimal levels.

AGELOC TR90 SOLUTION

- When reducing overall calories, refined carbohydrates should be reduced while protein intake should be maintained.
- Exclusive products help to support healthy metabolism and lean muscle, while reducing hunger and desire for refined carbohydrates.



TYPICAL vs. optimal Daily Diets

Fat Storing Foods ■ Fats ■ Carbohydrates
Fat Burning Foods ■ Proteins

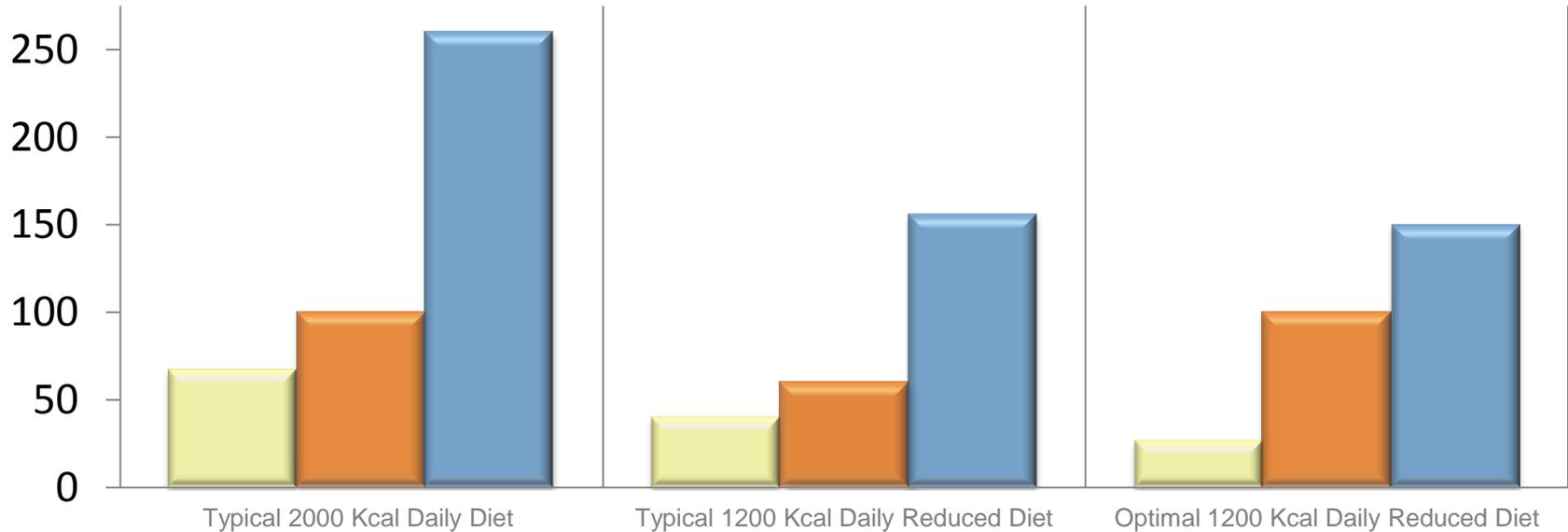


Illustration represents typical calorie and macronutrient intake in major Nu Skin markets, based on comprehensive review by R&D.



TRADITIONAL DIET—PROBLEM #2

- When majority of protein is consumed at dinner, lean muscle maintenance and metabolic burn potential is diminished.

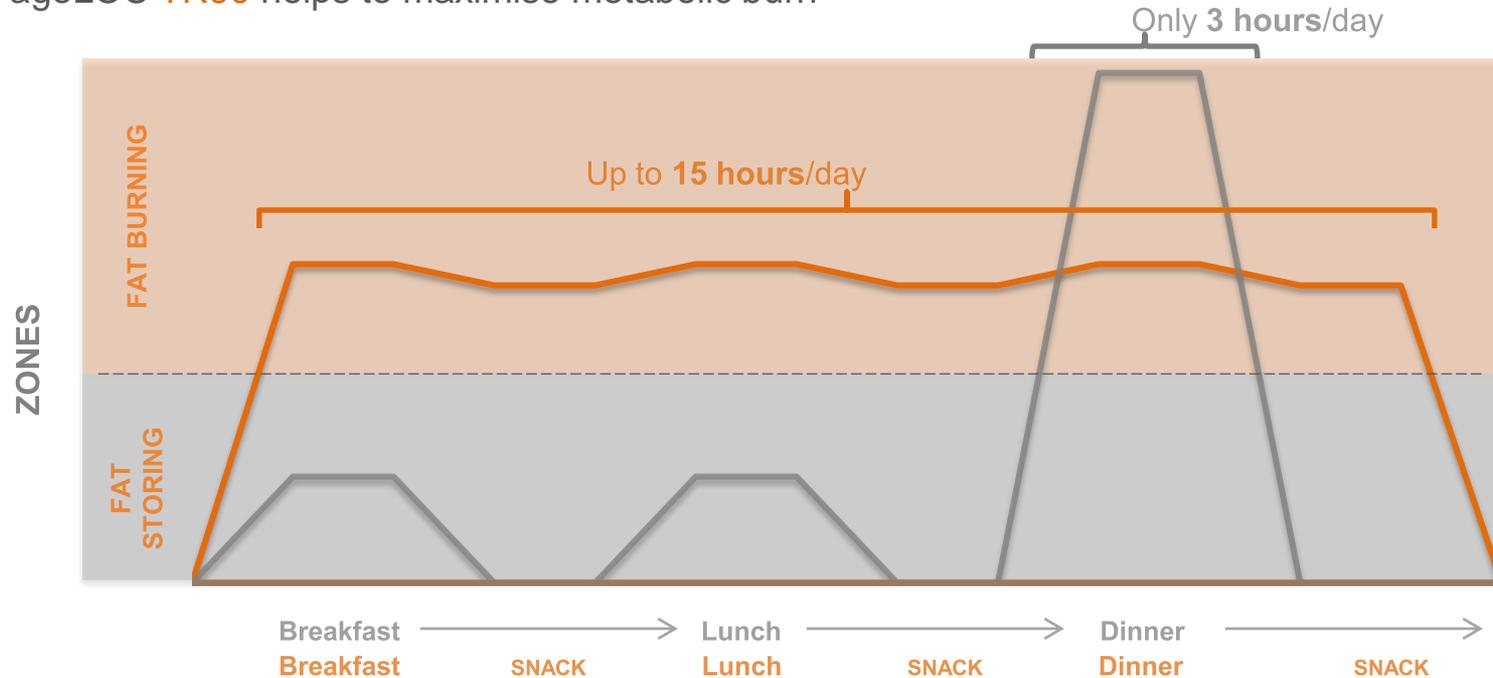
AGELOC TR90 SOLUTION

- By distributing protein intake throughout the day, metabolically active lean muscle can be maintained.
- Exclusive products help to support and maintain normal healthy metabolism and lean muscle.



METABOLIC BURN POTENTIAL: TRADITIONAL DIET VS. AGELOC TR90

- Traditional Diet limits duration of metabolic burn
- ageLOC TR90 helps to maximise metabolic burn



BUILD A HEALTHY MEAL—3x/day

BURNING FOODS

Choose 2 portions

- Fish
- Lean meat
- Dairy, eggs, cheese
- Beans/legumes
- Nuts, seeds

STORING FOODS

Choose 1 portion

- Grains
- Cereals
- Pastas

COLOUR FOODS

Choose 1 portion

- Fruits
- Vegetables

2–3 SNACKS Choose 1 fruit or vegetable portion

LIMIT Fats, Fried, Processed, Sugary Sweets, Sauces

Note: ageLOC TR90 TrimShake counts toward 1 burning food and 1 storing food



FOOD CATEGORIES

- *Burning foods:* Burning foods are foods that support metabolically active lean tissue and a healthy metabolism and maximise metabolic burn. This category consists of various sources of protein, including meat, seafood, dairy, eggs, nuts/legumes/seeds, and tofu.
- *Storing foods:* Storing foods are foods that tend to be carbohydrate-rich, like grains, cereals, and pastas. These are good in small quantities because of their benefits in supporting healthy blood sugar levels; however, when consumed in excess they cause the metabolism to switch to a storing state, storing excess energy as fat.
- *Colour foods:* Colour foods consist of fruits and vegetables. Colour foods are “free foods.” The ageLOC TR90 Eating Plan recommends eating at least one portion with each meal and two to three portions as snacks, but we encourage participants to incorporate as many fruits and vegetables into the program as they desire.



HOW DO I FOLLOW THE PLAN?

Estimate portions based on hand signs



Protein from Meat Sources:

Size and thickness of palm of hand
(not including fingers).

Ex: chicken breast, pork chop, fish fillet



Protein from Non-Meat Sources:

Size and thickness of fist.

Ex: low fat cottage cheese, unsweetened Greek yogurt



Fruit and Vegetables:

Amount that can be held by open hand.

Ex: asparagus, radishes, carrots



Legumes, Whole Grain

Bread, Nuts:

Amount that can fit into cupped hand.

Ex: quinoa, brown rice, oatmeal

- When determining portion sizes of grains, cupped hand refers to fully prepared grains (not dry and uncooked).
- Grains can be replaced by extra servings of vegetables, but not vice versa.



HOW DO I FOLLOW THE PLAN?

- Select “best” food choices
 - Choose whole, high fiber, and fresh foods
 - Avoid highly processed and fried foods
 - Select low-fat lean protein options when available

CHOOSE FROM THE **BEST** CHOICES

	BEST	GOOD	AVOID
Protein from Meat Sources	Lean ground turkey (95% lean)	Lean ground hamburger	Regular hamburger (73% lean)
	Skinless chicken breast (white meat only)	Skinless chicken (dark and white meat)	Processed chicken (e.g. chicken fingers)
	Broiled fish	Lean cuts, trim fat prior to cooking	Fatty meats (sausage, marbled beef, bacon)
Protein from Non-Meat Sources	Greek yogurt, sweetened with stevia or agavé	Unsweetened regular yogurt	Sweetened yogurt
	Protein shake mixed with low fat milk	Protein shake mixed with water	Protein shake mixed with fruit juice
	Fat-free cottage cheese	2% cottage cheese	Full fat cottage cheese
	Skim/fat-free milk	2% or 1% milk	Whole milk (4% milk fat)
	Low-fat cheeses	Cheese sparingly	Excessive cheese
	Plain Greek yogurt	Fat-free sour cream	Sour cream
Grains, Legumes, Whole Grain Bread, Nuts	Whole grain bread		White bread
	Whole grain crisp bread	Wheat Thins	Club crackers
	Quinoa	Brown rice	White rice
	Fresh/home cooked legumes	Low sodium canned legumes	High sodium canned legumes
	Raw unsalted nuts	Roasted salted nuts	Candied nuts, macadamia nuts
Fruits and Vegetables	Fresh fruits		Fruit juices, dates, sweetened dried fruits, canned fruit in syrup
	Fresh apple (with skin)	Non-sweetened applesauce	Sweetened applesauce
	Baked sweet potato	Baked potato with Greek yogurt (or fat free sour cream)	Mashed potatoes with butter
	Steamed vegetables, and raw (a mix of both is preferred)	Stir fry vegetables	Vegetables with sauce, especially cream sauce
Oil	Canola oil (high temp cooking), olive oil (low temp cooking, dressings)	Peanut oil, vegetable oil, sunflower oil, safflower oil, sesame oil, flaxseed oil	Corn oil, margarine, hydrogenated oils, lard, shortening
Sweets	Fresh fruits	Sugar free sweets, dark chocolate	Pastries, candy, milk/white chocolate
Sweeteners	Stevia	Honey	Sugar
Drinks	Water (eating fresh fruits/vegetables is preferable to drinking them)	Fruit/vegetable juice blends (no sugar added), home juiced fruit/vegetable juice	Pre-sweetened drinks, fruit drinks, fruit juices, soda

View program guide or microsite for best choices list, meal plans, snack ideas, recipes, tips, and other helpful information.

3. AGELOC TR90 ACTIVITY



LET'S GET MOVING

An active lifestyle helps maintain lean muscle and metabolic burn potential.

- Be more active in your daily activities
 - Take the stairs instead of the elevator
 - Increase # of steps throughout the day
 - Park car further away or get off the train one stop early
- Strive for moderate activity > 30 minutes, 3x week
 - Walking/running
 - Biking
 - Swimming
 - Yoga



AN ACTIVE LIFESTYLE

Behavioral research concludes that individuals who (1) weigh themselves daily, (2) eat breakfast, and (3) *work out at home* are more successful in maintaining a healthy weight long-term.

- At-home strength and stretching exercises
- Simple to do and convenient
- No gym membership required

Track your activity and challenge yourself to increase each week.



AGELOC TR90 SUPPORT



