

FUNDAMENTALS OF NUTRITION

PERFECTLY BLENDING SCIENCE AND NATURE

At the core of Youngevity's wellness product line is the Healthy Body Start Pak™ – a part of the 90 For Life™ system. Your body needs a wide range of vitamins, minerals, amino acids, and essential fatty acids to function optimally. But many of these nutrients are needed in concentrations and are not available from food alone. That's why the 90 essential nutrients form the foundation of the Youngevity Healthy Body Start Pak™.

The Healthy Body Start Pak brings together 60 minerals, 16 vitamins, 12 amino acids, and a powerful blend of three EFAs — 90 carefully blended components to create the optimal mix your body needs to thrive and feel your best. That's a grand total of 91 reasons to love 90 For Life™.

60 Minerals. Minerals play many vital roles in the body, including bone-building and hormone synthesis. Macro-minerals, such as calcium and magnesium, are minerals the body needs in larger amounts, Trace minerals, such as selenium, copper and zinc, are necessary, but needed in much smaller amounts.

16 Vitamins. Vitamins are crucial to normal growth and development. Vitamin C, for example, is used by the body to form collagen in the bones, cartilage, muscle and blood vessels. It also aids in the absorption of iron. Scientific research is just beginning to uncover the numerous benefits of Vitamin D, which includes support for bone, heart, immune and cellular health.

12 Amino Acids. These "building blocks of life" combine to form proteins. Their myriad of uses include growth, muscle building and digestion. Amino acids are classified into three groups — essential (the body cannot make them; they must be obtained from diet); non-essential (synthesized by the human body); and conditional (essential when the body is under stress or in poor health).

3 Essential Fatty Acids. The Omega-3, Omega-6 and Omega-9 fatty acids are essential to human health, playing an important role in a wide range of biological systems such as reproductive, respiratory, cardiovascular, mental and nervous, and eye health. Studies show that most people aren't getting enough of these key nutrients.

The Healthy Body Start Pak™ includes a 30-day supply of nutrients in three flavorful components: beyond tangy tangerine 2.0, ultimate EFA Plus and beyond osteo-fx. Beyond tangy tangerine supports your body's natural defense systems. Ultimate EFA plus supports a heart, joint and skin health. And beyond osteo-fx supports optimal bone and joint health.

The foundation of health and wellness is good nutrition to help support a healthy body. Youngevity® offers a line of wellness products to help you live your best life – for any age, any lifestyle, any need.



ONE DOCTOR'S MISSION. Dr. Joel Wallach's groundbreaking medical and nutritional research on the health benefits of selenium and other minerals led to his discovery that all humans require 90 essential nutrients to achieve and maintain optimal health. He started Youngevity in 1997 with a mission of sharing the benefits of these 90 essential nutrients. He has studied nutrition for more than 30 years, and is deeply involved in ensuring that Youngevity brings cutting edge, innovative products to market to meet the needs of the modern lifestyle. See how good you can feel when you use 90 essential nutrients for 90 days, a trusted approach to health used by many people around the world.

Youngevity Nutrition

ABSORBABLE // If your body can't absorb nutrients, it can't benefit from them. We use an exclusive plant-based mineral complex to help you absorb and use nutrients.

POTENCY // We blend optimal and helpful amounts so you can feel great.

PURITY // Each ingredient is tested to adhere to our high standards for purity before we manufacture.

SCIENCE // Based on Dr. Wallach's research on why each body needs 90 nutrients to survive and thrive.

DESIGNED FOR YOU // Our Healthy Body Start Pak starts you on your journey, and our extensive product line means we have what you need to create your own targeted custom program.



IT ALL STARTS HERE

HEALTHY BODY START PAK 2.0

The heart of what we do at Youngevity is helping people live healthier, happier lives. **Our Healthy Body Start Pak was developed to provide the 90 essential nutrients we all need to thrive.** The Healthy Body Start Pak is the starting point and we recommend it for every individual.

LOOKING OUT FOR UNIQUELY YOU

All humans have basic nutritional needs – our Healthy Body Start Pak 2.0 supports those needs – but we understand that each individual has specific requirements and priorities. What are yours? To help you select the Healthy Body Start Pak best suited for you specifically, we need to get to know you a little better. **The questionnaire on the next few pages is designed to do just that.** Spend just a few minutes with these questions – there are no “wrong” answers, we’re just determining what’s right for you – and we can recommend solutions for some of your biggest health priorities.



1 BEYOND TANGY TANGERINE® 2.0
Supports your body's natural defense systems*

- High quality source of vitamins and minerals
- Pre- and probiotics, amino acids and enzymes to support digestion*
- 8,000 ORAC antioxidant power per serving

2 ULTIMATE EFA PLUS™
Supports a healthy heart, joint health and skin health*

- Blend of EFAs derived from flaxseed oil, fish oil (anchovy, sardine or pollock), as well as borage oil, alpha lipoic acid and more
- Provides a robust blend of Omega 3, 6 and 9 EFAs

3 BEYOND OSTEO-fx™
Supports optimal bone and joint health*

- Contains nutrients that supports calcium absorption*
- Supports joint health with MSM and glucosamine*
- Contains strontium, a special mineral found in seawater and soil, to help protect and defend your bones*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

NUTRITION QUESTIONNAIRE

Take a look at all the items in the four health categories below. Which are areas you’re working hard to address? Which are areas that currently frustrate or concern you? Which are areas to which you know you should be paying more attention?

A. JOINTS, BONES & TEETH	SCORE
1. Flexibility and mobility	_____
2. Joint health	_____
3. Healthy gums and teeth	_____
4. Alleviating knee pain from walking	_____
5. Shoulders and lifting	_____
6. Alleviating shoulder pain from lifting	_____
TOTAL	_____

B. METABOLISM & ENERGY	SCORE
1. Curbing cravings for sweets	_____
2. Falling and staying asleep	_____
3. Overcoming weight-loss challenges	_____
4. Preventing sleepiness during the day	_____
5. Waking up feeling refreshed	_____
6. Supporting healthy blood sugar levels	_____
TOTAL	_____

Rate each of these items from 1-5 (1 being the lowest priority level and 5 being the highest). Once you’ve rated each item, calculate the total for each category. When you’ve tallied up your totals, you should start to see a clearer picture. The category with your highest score is where your focus should lie, and there’s a Healthy Body Start Pak specifically designed to address that.

C. BRAIN & HEART HEALTH	SCORE
1. Blood flow and circulation	_____
2. Healthy blood pressure	_____
3. Brain and nervous system	_____
4. Healthy inflammatory response	_____
5. Cognitive health	_____
6. Immune system	_____
TOTAL	_____

D. DIGESTION & IMMUNE HEALTH	SCORE
1. Constipation and regularity	_____
2. Diarrhea or upset stomach	_____
3. Bloating or gas	_____
4. Daily stress impacts on the body	_____
5. Cold hands or feet	_____
6. Body’s ability to fight off illness	_____
TOTAL	_____



A. JOINTS, BONES & TEETH

DID YOU KNOW?
Maintaining healthy weight, staying active, and nutrients like calcium, vitamin D, and omegas all help support healthy joints.

WALK THE WALK!
When you walk, cartilage acts like a sponge that soaks up nutrients from the compression and decompression of your body weight. This helps rebuild joints and take pressure off stiff or aching knees.

RECOMMENDED PRODUCT:
HEALTHY BODY BONE & JOINT PAK 2.0

Specifically formulated to support and promote healthy bones and joints. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION – 1 CANISTER (480G)
- EFA PLUS – 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
- GLUCO-GEL – 1 CONTAINER (240 CAPSULES)
- CM CREAM - 1 CONTAINER (2 OZ)

10256*

**See individual products for details.*

B. METABOLISM & ENERGY

CONSIDER THIS
Protein and fiber help support healthy blood sugar levels, preventing those mid-day energy dips. To maintain better focus and energy, start your day with protein (e.g. shakes, eggs) instead of bagels or muffins.

STEP AWAY FROM YOUR SCREEN!
Keeping glued to smart phones, TVs, and computers makes it harder to fall and stay asleep. Disconnecting from these devices for at least 30 minutes before bedtime can help.

RECOMMENDED PRODUCT:
HEALTHY BODY BLOOD SUGAR PAK™ 2.0

Specifically formulated to support and promote healthy blood sugar levels. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION – 1 CANISTER (480G)
- EFA PLUS – 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
- SLENDER FX SWEET EZE (120 CAPSULES)

10254*

**See individual products for details.*

C. BRAIN & HEART HEALTH

FOOD & WATER FOR THOUGHT
Apples, fish omegas, broccoli, walnuts, and berries all have nutrients that support good lung health and breathing. It’s also important to drink plenty of water, as dry lungs are prone to irritation.

FEAST YOUR EYES ON THIS!
Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E may help alleviate age-related vision problems. Green leafy vegetables, oily fish, eggs, nuts, and citrus fruits can also help support healthy vision.

RECOMMENDED PRODUCT:
HEALTHY BODY BRAIN AND HEART PAK 2.0

Specifically formulated to promote healthy brain and cardiovascular function. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION – 1 CANISTER (480G)
- EFA PLUS – 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
- ULTIMATE EFA (180 SOFT GELS)
- ULTIMATE SELENIUM (90 CAPSULES)

10258*

**See individual products for details.*

D. DIGESTION & IMMUNITY

DID YOU KNOW?
Stress, travel, and spicy foods can all upset your stomach. But certain fruits like pineapple and papaya contain enzymes that help, by breaking down food for easier digestion.

YOUR BEST LINE OF DEFENSE
Pollution and stress can take a toll on digestion, sleep, and more. Antioxidants help by protecting, defending, and supporting a good digestive system.

RECOMMENDED PRODUCT:
HEALTHY BODY DIGESTION PAK™ 2.0

Specifically formulated to support healthy digestion. Each pack provides broad spectrum foundation nutrition and includes:

- BEYOND TANGY TANGERINE 2.0 CITRUS PEACH FUSION – 1 CANISTER (480G)
- EFA PLUS – 1 CONTAINER (90 SOFT GELS)
- BEYOND OSTEO-FX POWDER – 1 CANISTER (357G)
- ULTIMATE ENZYMES (120 CAPSULES)
- ULTIMATE FLORA FX (60 CAPSULES)

10257*

**See individual products for details.*

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WAIT! THERE’S MORE! ▶▶▶

DON'T STOP AT THE START

Beyond our Healthy Body Start Paks, Youngevity offers nutritional supplements to support many crucial areas of health and wellness. To find products that may be right for you, please rate each item below from 1 to 5 (1 being the lowest priority level and 5 being the highest). Once you've rated each item, refer to the product recommendations on these two pages to help you address those concerns.

	SCORE
1. WEIGHT LOSS	_____
2. BUILDING MUSCLE	_____
3. EXERCISE & PERFORMANCE	_____
4. ANTI-AGING NEEDS	_____
5. ENERGY	_____
6. GETTING ENOUGH VITAMINS & MINERALS	_____
7. GETTING ENOUGH NUTRIENT-DENSE FOODS	_____
8. MEN'S HEALTH	_____
9. WOMEN'S HEALTH	_____
10. STRESS & SLEEP	_____
11. BUILDING A STRONGER IMMUNE SYSTEM	_____
12. BETTER MENTAL FOCUS & MEMORY	_____
13. EYE HEALTH, DISCOMFORT & IRRITATION	_____
14. CIRCULATION & HEALTHY BLOOD VESSELS	_____
15. JOINT, CARTILAGE, MOBILITY & COMFORT	_____

Presented by

AN INDEPENDENT YOUNGEVITY DISTRIBUTOR

PRODUCTS FOR YOU

1. WEIGHT LOSS

Youngevity's Better Health Now Challenge (check out ygybetterhealth.com) helps you lose weight and stay on track. With three programs to choose from, we have the menus, recipes, and support to help you achieve your goals.

RECOMMENDED PRODUCTS:

- REV 90 BETTER HEALTH CHALLENGE PAK **10285**
- KETO 90 BETTER HEALTH CHALLENGE PAK **10283**



2. BUILDING MUSCLE

Consuming protein within 30 minutes of a workout can help you build and support muscle. The right type and right amount of protein is key. Try our FitShake™, which is perfect for pre- or post-workout nutrition.

RECOMMENDED PRODUCTS:

- FITSHAKE™ **USYG300002**



3. EXERCISE & PERFORMANCE

Make sure you're getting the support you need to maintain optimal energy levels during a workout while also replenishing essential vitamins and minerals as you sweat!

RECOMMENDED PRODUCTS:

- ULTIMATE DAILY CLASSIC **USYG100084**
- REBOUND FX **13223** (POWDER) OR **USYG100005** (24 CANS)



4. ANTI-AGING NEEDS

Imortalium is a bi-layered tablet, containing nutrients that support anti-aging by improving telomere health.

RECOMMENDED PRODUCTS:

- IMORTALIUM **USYG100080**



5. ENERGY

Projoba Pollen Burst is the world's first energy drink powered by flower pollen. With vitamin D and the powerful antioxidant SOD, this natural orange-flavored drink helps the body fight free radical damage and other environmental stresses.

RECOMMENDED PRODUCTS:

- PROJOBA POLLEN BURST **PJ330** (CITRUS) & **PJ500** (BERRY)



Please review your scores, for any category you rated 3 or above, we recommend the corresponding products below.

6. GETTING ENOUGH VITAMINS & MINERALS

Our bodies need a steady stream of minerals in trace amounts to function properly. Plant Derived Minerals are liquid concentrates, containing up to 77 minerals from prehistoric plants in their unaltered colloidal form.

RECOMMENDED PRODUCTS:

- PLANT DERIVED MINERALS **13203**



7. FRUIT & VEGETABLE NUTRIENTS FOR HEALTH

Super Greens™ is a nutrient dense, easy-to-mix powder made from the world's most powerful superfoods with real, organic whole fruits, vegetables, and herbs. This delicious shake is flavored with refreshing organic peppermint and spearmint!

RECOMMENDED PRODUCTS:

- SUPER GREENS **USYG300001**



8. MEN'S HEALTH

Featuring saw palmetto fruit, pumpkin seed, sarsaparilla root, and lycopene, Ultimate Prost Fx is an excellent source for men seeking nutritional answers to their prostate health concerns.

RECOMMENDED PRODUCTS:

- ULTIMATE PROST FX **20682**



9. WOMEN'S HEALTH

These high-quality, all-natural vitamins, minerals, and botanicals provide optimal hormonal support for women.

RECOMMENDED PRODUCTS:

- XERAFEM **USYG100081**



10. STRESS & SLEEP

With organic phytocannabinoid-rich hemp oil and melatonin, Hemp FX Relax delivers a powerful combination of nutrients that may help calm the nervous system and support relaxing sleep. Sleep Eze is a proprietary blend of herbs and other natural substances that support healthy, restful sleep.

RECOMMENDED PRODUCTS:

- HEMP FX RELAX **XXXXX**
- SLEEP EZE **USYG102067**



11. NATURALLY BUILD A BETTER IMMUNE SYSTEM

Strengthen your natural defenses with Purmeric, which contains organic turmeric with superior antioxidant activity, and ZRadical with fucoidans known to support a healthy immune system.

RECOMMENDED PRODUCTS:

- PURMERIC **USYG100088**
- Z RADICAL **30300**



12. BETTER MENTAL FOCUS & MEMORY

With organic phytocannabinoid-rich hemp oil and a proprietary mood blend, Hemp FX™ Uplift may help increase serotonin and dopamine, which promotes an uplifting mood.

RECOMMENDED PRODUCTS:

- HEMP FX UPLIFT **XXXXXX**



13. EYE HEALTH, DISCOMFORT & IRRITATION

You can optimize your eye health with Ocutiv, a comprehensive nutritional supplement that provides advanced ocular health support.

RECOMMENDED PRODUCTS:

- OCUTIV **USYG100086**



14. CIRCULATION & HEALTHY BLOOD VESSELS

ProCardio FX™ delivers a broad-spectrum blend of synergizing nutrients that help support the complete vascular system. Each ingredient delivers targeted support to an element within the cardiovascular system.

RECOMMENDED PRODUCTS:

- PROCARDIO FX **USYG100093**



15. JOINT, CARTILAGE, MOBILITY & COMFORT

Hemp Fx™ Soothe is an all-natural formula that combines organic hemp extract with glutathione, menthol, and other antioxidant botanicals that help provide soothing relief.

RECOMMENDED PRODUCTS:

- HEMP FX SOOTHE **XXXXXX**



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