



TR90®

WEIGHT MANAGEMENT AND BODY SHAPING SYSTEM

transform your life in 90 days



POSITIONING STATEMENT

When it comes to living well and living young, there's one obstacle that millions of us are trying to overcome. Whether it's hunger, lack of willpower, or life getting in the way, reaching a healthy weight and shape is a very difficult endeavor. The desire is there, but you need your mind and body working together—and working for you. Transformation is about more than a number on a scale. It's about redefining your body composition to build a healthier, leaner you.

Now research reveals that changes in body weight and shape are likely linked to gene expression. By better understanding gene expression, we have developed products that help promote normal metabolism and improve your mindset.

Introducing ageLOC TR90, a breakthrough weight management and body shaping system, based on highly innovative gene expression science, that unifies your mind and body. ageLOC TR90 will help you stay motivated as you work toward your goals.

Together with a powerful, yet simple eating plan, an important part of the ageLOC TR90 system, and a more active lifestyle, ageLOC TR90 guides you on the path toward a healthier, happier life. With mind, body, and ageLOC working for you, you can succeed. ageLOC TR90—transform your life in 90 days.

CONCEPT

Diet after diet, fad after fad, we've become obsessed with a number on the scale. We weigh ourselves every day hoping the number will go down—and cringing when it goes up. It's time to lose our dependence on the scale and embrace a better approach to the way we look and feel. Because the key to a lean and healthy body is not about

the number on the scale, it's about redefining your body composition to build a healthier, leaner you.

The term “body composition” is used to describe the percentages of fat, bone, and muscle in human bodies. Because muscle tissue takes up less space in the body than fat tissue, both body composition and weight determine leanness. Experts agree that one key to improving body composition is to promote lean muscle through nutrition.

Nu Skin's scientists have designed a weight management and body shaping system based on what we believe is the strongest, most up to date scientific research. The result is a healthy and safe approach to weight management, with a program that will help you achieve and maintain your desired goals.

ALL PROGRAMS ARE NOT CREATED EQUAL

With traditional diets, typically low in fat and high in carbohydrates, the weight people lose is part water, part fat, and part muscle. Muscle loss can account for 20–40 percent of overall weight loss.¹ With that loss of metabolically active muscle, metabolism slows down. In fact, for every kilogram of fat free mass that you lose, your resting energy expenditure may decline as much as 25–40 kcals each day.² With the ageLOC TR90 program, the focus is on redefining your body composition by promoting through our innovative meal plan and supplements, shifting the balance and making it easier to achieve your goals.

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THE AGELOC TR90 EATING PLAN

THE PROBLEM—TRADITIONAL DIETS AND EATING HABITS

When consumed in excess, eating refined carbohydrates and dietary fat can produce fat storing effects in your body, while protein has “fat burning” effects. Unfortunately, traditional diets usually reduce the intake of these macronutrients equally, reducing your protein intake to suboptimal levels. Another problem is that most people consume the majority of their protein at dinner, minimizing lean muscle maintenance and metabolic burn potential, leaving them in the fat storing zone, rather than the fat burning zone, for the majority of the day. In short, following traditional diets frequently contributes to fat storage and consistently leads to the loss of lean muscle, which can slow your metabolic burn—a counterproductive downward spiral.

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

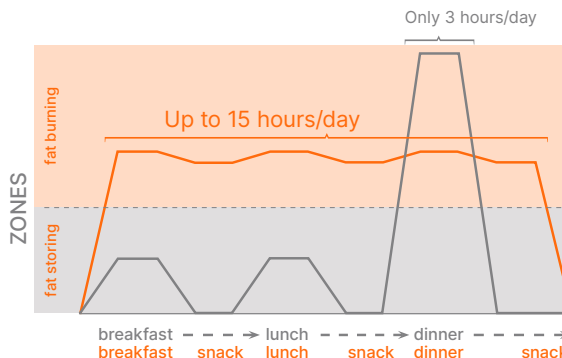


THE SOLUTION—AGELOC TR90 EATING PLAN

By incorporating a balanced amount of protein, carbohydrates, and fruits and vegetables, the ageLOC TR90 eating plan focuses on helping you learn how to eat in a healthy and balanced way.

By following the eating plan, you are able to increase healthy metabolism.

The first place to start is to reduce your intake of refined carbohydrates and fatty foods, thus minimizing fat storage in your body. At the same time, it’s important to focus on maintaining your protein, fruit, and vegetable intake.



PRIMARY PROGRAM BENEFITS

- This powerful, comprehensive program is designed to create a healthy, transformation.*
- Helps you increase healthy metabolism.*
- Promotes healthy weight management for a healthier looking body.*
- Helps improve your mood, reduce your cravings, reclaim your willpower, and transform your body.*
- Incorporates an eating plan designed to increase healthy metabolism.*
- Products leverage highly innovative gene expression science.*
- A comprehensive website is dedicated to provide all the support you need to reach your goals.

WHO SHOULD USE THIS PROGRAM?

This program is for any adult 18 and above who is concerned with weight management.

DID YOU KNOW?

- 65% of people feel dissatisfied with their weight and body shape.²
- 77% of global consumers say they are actively trying to manage their weight.³
- Since 1980, the percentage of overweight people has more than doubled globally.⁴

PROGRAM PRODUCTS

At the core of the clinically proven system are the “super class” of ageLOC products. These products are powered by our exclusive science and formulated to strengthen your mind, body, and emotional well-being. These products are designed to work in harmony with the ageLOC TR90 eating plan.

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Weight Management and Body Shaping System

AGELOC TR90 JUMPSTART

ageLOC® TR90™ JUMPSTART is an essential part of the ageLOC® TR90™ weight management and body shaping system designed to promote a leaner, younger looking you.*

AGELOC TR90 FIT

ageLOC® TR90® FIT is an essential part of the ageLOC® TR90® weight management and body shaping system designed to promote a leaner, younger looking you.*

AGELOC TR90 CONTROL

ageLOC® TR90™ CONTROL is an essential part of the ageLOC® TR90™ weight management and body shaping system designed to promote a leaner, younger looking you.*

AGELOC TR90 PROTEIN BOOST

Boost your protein intake with this premium-quality, healthy, plant-based protein powder. ageLOC® TR90® Protein Boost contains all natural pea and rice proteins in a delicious, lactose, soy, and gluten free vanilla powder. A healthy way to get extra protein and maintain lean muscle mass.

AGELOC TR90 TRIMSHAKE AND GREENSHAKE

ageLOC® TR90® TRIMSHAKE and greenSHAKE is an essential part of the ageLOC® TR90® weight management and body shaping system designed to promote a leaner, younger looking you.

SYSTEM WARNINGS

Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician prior to use. Discontinue use and consult a physician if any adverse reactions occur. If you have any questions or concerns or any medical conditions you should consult your physician prior to starting any diet or change in exercise program.

FREQUENTLY ASKED QUESTIONS

What kind of results can I expect from the ageLOC TR90 program?

The ageLOC TR90 program promotes healthy weight management. Although the standard bathroom scale registers the same whether you've lost muscle or fat, it is important to understand that the loss of lean muscle tissue is counterproductive to weight management. Traditional weight management programs may not always distinguish between loss of fat and loss of lean muscle, and these programs often promote unhealthy weight loss practices that can lead to loss of metabolically active muscle tissue. ageLOC TR90 is designed to support protein intake which is important for supporting lean muscle mass and promotes an improved metabolism to help you improve your body for a healthier you.

What makes ageLOC TR90 JumpStart different from other products in the ageLOC TR90 program?

ageLOC TR90 JumpStart is specially formulated to provide an initial boost to the benefits of the program, including a healthy start in the first 15 days.

Do I need to take ageLOC TR90 JumpStart at a specific time of day or in conjunction with a meal?

ageLOC TR90 JumpStart should be taken each morning during the first 15 days of the program. It does not need to be taken in conjunction with a meal. If you forget to take it in the morning, or if you simply prefer to take it at a different time of the day, it is suitable to take at any time of the day.

What should I do if I forget to take my ageLOC TR90 dietary supplements 15–20 minutes prior to a meal?

By taking them 15–20 minutes prior to the meal, you allow the ingredients to begin taking effect by the time the meal starts. If you forget to take your supplements prior to a meal, simply take them with the meal or as soon as you remember. It is important that you achieve the full amount from the supplements each day.

How do the shakes fit into the ageLOC TR90 eating plan?

Each ageLOC TR90 TrimShake serving is designed to fill one protein portion and one carbohydrate portion recommended as part of the ageLOC TR90 eating plan. The shakes contribute to daily protein intake, which helps promote satiety.

Can I take ageLOC TR90 TrimShake after the 90 days?

We recommend that you continue to incorporate the ageLOC TR90 eating plan as part of your lifestyle even after you reach your goals. You can use ageLOC TR90 TrimShake as a protein source with any meal to ensure that you continue to get adequate protein throughout the day to help support metabolically active tissues.

Does it matter when I take the ageLOC TR90 TrimShake?

It can be taken with any meal based on the user's preference. Each meal should achieve a total intake of two portions of protein and at least one portion of fruits or vegetables.

How is the ageLOC TR90 eating plan unique from other diets?

Traditional diets tend to reduce calories evenly across all macronutrient categories (protein, fat, and carbohydrates), often resulting in a high proportion of carbohydrates to protein, which can lead to loss of metabolically active lean muscle. The ageLOC TR90 system incorporates a simple, scientifically based eating plan that focuses on weight management while supporting metabolically active tissues. The eating plan emphasizes reduced intake of carbohydrates and fat while maintaining optimal levels of protein and distributing that protein evenly across all three

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Weight Management and Body Shaping System

meals of the day. For most individuals, this will not represent an increase in protein intake; rather it will represent a redistribution of pre-diet protein intakes. The eating plan also recommends consuming healthy snacks between meals in order to extend metabolic benefits throughout the day.

Do I need to follow the eating plan to see results with the ageLOC® TR90® products?

Yes. The ageLOC TR90 eating plan, the ageLOC TR90 supplements, and activity guidelines are each an essential component to the success of the program.

KEY SCIENTIFIC STUDIES

1. Leidy HJ, Ortinau LC, Douglas SM, Hoertel HA. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr*. 2013 Apr;97(4):677–88.
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6. Devkota S, Layman DK. Protein metabolic roles in treatment of obesity. *Curr Opin Clin Nutr Metab Care*. 2010 Jul;13(4):403–7.
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12. Krieger JW, Sitren HS, Daniels MJ, Langkamp-Henken B. Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression 1. *Am J Clin Nutr*. 2006 Feb;83(2):260–74.
13. Layman DK, Walker DA. Potential importance of leucine in treatment of obesity and the metabolic syndrome. *J Nutr*. 2006 Jan;136(1 Suppl):319s–23s. Review.
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15. Layman DK, Shiue H, Sather C, Erickson DJ, Baum J. Increased dietary protein modifies glucose and insulin homeostasis in adult women during weight loss. *J Nutr*. 2003 Feb;133(2):405–10.
16. Gannon MC, Nuttall FQ, Saeed A, Jordan K, Hoover H. An increase in dietary protein improves the blood glucose response in persons with type 2 diabetes. *Am J Clin Nutr*. 2003 Oct;78(4):734–41.

SOURCES

- ¹ Layman DK. Dietary Guidelines should reflect new understandings about adult protein needs. *Nutrition & Metabolism* 2009;6.
- ¹ Carbone JW, McClung JP, Pasiakos SM. Skeletal muscle responses to negative energy balance: effects of dietary protein. *Adv Nutr*. 2012 Mar 1;3(2):119–26
- ² Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr*. 2006 Sep;84(3):475–82.
- ² Pratley, R., Nicklas, B., Rubin, M., Miller, J., Smith, A., Smith, M., Hurley, B., & Goldberg, A. (1994). Strength training increases resting metabolic rate and norepinephrine levels in healthy 50- to 65-yr-old men. *Journal of Applied Physiology*, 76, 133–137
- ² Poehlman, E.T., Denino, W.F., Beckett, T., Kinaman, K.A., Dionne, I.J., Dvorak, R., & Ades, P.A. (2002). Effects of endurance and resistance training on total daily energy expenditure in young women: a controlled randomized trial. *Journal of Clinical Endocrinology and Metabolism*, 87, 1004–1009
- ³ Datamonitor Analysis 2009
- ⁴ Datamonitor Consumer Survey, July/August 2010
- ⁵ Euromonitor, July 30, 2012

AGELOC TR90® TRIMSHAKE—CHOCOLATE

Nutrition Facts	
Servings Per Container 30	
Serving Size One Scoop (29g)	
Amount Per Serving	
Calories 100	% DV*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol < 5 mg	1%
Sodium 125 mg	5%
Total Carbohydrate 10 g	4%
Dietary Fiber 3 g	11%
Total Sugars 5 g	
Incl Added Sugars 5 g	10%
Protein 15 g	
Vitamin D 2 mcg (10%)	Calcium 192 mg (15%)
Iron 4 mg (20%)	Potassium 258 mg (6%)
Vitamin A 251 mcg RAE (30%)	Vitamin C 11 mg (10%)
Vitamin E 3 mg (20%)	Thiamin 0.2 mg (15%)
Riboflavin 0.2 mg (15%)	Niacin 6 mg NE (40%)
Vitamin B6 0.3 mg (20%)	
Folate 68 mcg DFE (40 mcg as Folic Acid) (15%)	
Vitamin B12 0.1 mcg (4%)	Biotin 1 mcg (4%)
Pantothenic Acid 1 mg (20%)	
Phosphorus 125 mg (10%)	Iodine 8 mcg (6%)
Magnesium 81 mg (20%)	Zinc 3 mg (30%)
Selenium 11 mcg (20%)	Copper 0.3 mg (35%)
Manganese 0.2 mg (8%)	Chromium 113 mcg (320%)

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS

Whey Protein Isolate, Fructose, Gum Arabic, Cocoa Powder (processed with alkali), Natural Flavors, Tricalcium Phosphate, Dipotassium Phosphate, Tart Cherry Fruit Powder, Salt, Xanthan Gum, Magnesium Oxide, Pea Fiber, Sugar Beet Fiber, Cellulose Gum, Stevia Rebaudioside A, Ascorbic Acid, Ferrous Fumarate, Niacinamide, d-alpha-tocopheryl acetate, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Cholecalciferol, Chromium Polynicotinate, Manganese Citrate, Pyridoxine HCl, Thiamine Mononitrate, Riboflavin, Potassium Iodide, Biotin, Cyanocobalamin, Folic Acid, Sodium Selenite.

CONTAINS Milk and Soy.

DIRECTIONS FOR USE

Mix one level scoop of powder with 6–8 ounces of cold water or milk. This product is not intended to be a meal replacement and should be consumed as part of a healthy meal. Store in a cool, dry place. Gluten free.

AGELOC TR90® TRIMSHAKE—VANILLA

Nutrition Facts	
Servings Per Container 30	
Serving Size One Scoop (29g)	
Amount Per Serving	
Calories 100	% DV*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol <5 mg	1%
Sodium 115 mg	5%
Total Carbohydrate 10 g	4%
Dietary Fiber 0 g	0%
Total Sugars 6 g	
Incl Added Sugars 6g	12%
Protein 15 g	
Vitamin D 2 mcg (10%)	Calcium 208 mg (16%)
Iron 4 mg (20%)	Potassium 280 mg (6%)
Vitamin A 251 mcg RAE (30%)	Vitamin C 11 mg (10%)
Vitamin E 2 mg (15%)	Thiamin 0.2 mg (15%)
Riboflavin 0.2 mg (15%)	Niacin 6 mg NE (40%)
Vitamin B6 0.3 mg (20%)	
Folate 68 mcg DFE (40 mcg as Folic Acid) (15%)	
Vitamin B12 0.1 mcg (4%)	Biotin 1 mcg (4%)
Pantothenic Acid 1 mg (20%)	
Phosphorus 159 mg (15%)	Iodine 8 mcg (6%)
Magnesium 74 mg (20%)	Zinc 2 mg (20%)
Selenium 9 mcg (15%)	Copper 0.3 mg (35%)
Manganese 0.2 mg (8%)	Chromium 108 mcg (310%)

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS

Whey Protein Isolate, Fructose, Gum Arabic, Natural Flavors, Dipotassium Phosphate, Tricalcium Phosphate, Tart Cherry Fruit Powder, Salt, Xanthan Gum, Magnesium Oxide, Pea Fiber, Sugar Beet Fiber, Cellulose Gum, Stevia Rebaudioside A, Ascorbyl acetate, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Cholecalciferol, Chromium Polynicotinate, Manganese Citrate, Pyridoxine HCl, Thiamine Mononitrate, Riboflavin, Potassium Iodide, Biotin, Cyanocobalamin, Folic Acid, Sodium Selenite. **CONTAINS Milk and Soy.**

DIRECTIONS FOR USE

Mix one level scoop of powder with 6–8 ounces of cold water or milk. This product is not intended to be a meal replacement and should be consumed as part of a healthy meal. Store in a cool, dry place. Gluten free.



Weight Management and Body Shaping System

AGELOC TR90® GREENSHAKE

Nutrition Facts		Calcium 55 mg 4%		Iron 5 mg 30%	
30 Servings Per Container		Potassium 40 mg 0%		Vitamin A 37 mcg RAE 4%	
Serving Size		Not a significant source of Vitamin D			
One Scoop (27g)		*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Amount Per Serving		Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4			
Calories		100			
		% DV*			
Total Fat 1 g		1%			
Saturated Fat 0 g		0%			
Trans Fat 0 g					
Cholesterol 0 mg		0%			
Sodium 105 mg		5%			
Total Carbohydrate 7 g		3%			
Dietary Fiber 3 g		11%			
Total Sugars 3 g					
Incl Added Sugars 3 g		6%			
Protein 15 g					

INGREDIENTS

Protein Blend (Pea Protein, Rice Protein, Chia Seed Powder), Crystalline Fructose, Greens Blend (Wheat Grass Juice Powder, Alfalfa Juice Powder, Spirulina, Chlorella, Beet Powder, Spinach, Barley Grass), Gum Arabic, Natural Flavors, Tart Cherry Fruit Powder, Xanthan Gum, Stevia Extract (Rebaudioside A). Gluten free.

DIRECTIONS FOR USE

Mix one level scoop of powder with 6–8 ounces of cold water or milk. This product is not intended to be a meal replacement and should be consumed as part of a healthy meal. Store in a cool, dry place. Gluten free.

WARNINGS

Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or prior to using prescription medication. Discontinue use 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur. Do not use if safety seal is broken or missing.

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