

NUTRILITE® Weight Management Program

Eating Plans at a Glance

The NUTRILITE® Weight Management Program offers three comprehensive eating plans that each include a full 28 days of nutritional supplements, meal replacement options, snacks, and a customized eating plan journal.

So, which one is right for you?

The best way to choose your plan is by first taking the Inherent Health® Weight Management Genetic Test, available at the Inherent Health partner store on Amway.com. Because the plans are based on your unique genotype, choosing the one that corresponds with the test can help you lose weight. In a preliminary study involving 240 overweight women, participants who had genetic markers that matched an eating plan lost, on average, more weight after 12 months by following that eating plan than did participants who followed other eating plans.*

In fact, NUTRILITE is the first and only brand on the market to offer eating plans that align with diets recommended by Inherent Health. But if you're not interested in taking the test, you can still follow one of the plans and lose weight. All three are healthy and well-balanced, incorporating whole grains, lean proteins, and lots of fruits and vegetables. Each plan starts you off at 1,500 calories per day. You can adjust your caloric intake up or down, from 1,800 to 1,200 calories, to fit your needs by simply eliminating or adding food exchanges detailed in each eating plan journal.

Each plan is based on a specific proportion of carbohydrates, protein, and fat. See how they differ and choose the plan that you feel you can best stick to based on your eating preferences.

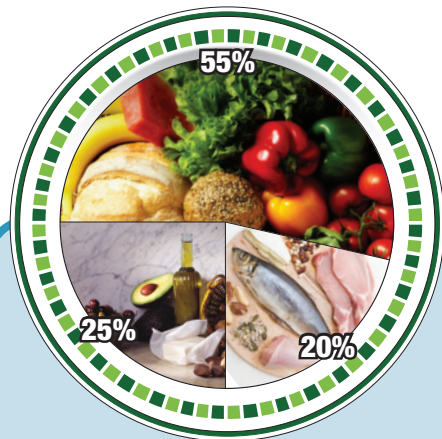
*These conclusions are based on a study, funded in part by Inherent Health, in which 240 overweight pre-menopausal women followed either a very-low carbohydrate diet, a low-carbohydrate diet, a low-fat high-carbohydrate diet, or a very high-carbohydrate diet for one year. Study participants were provided instructions by a registered dietitian for two months concerning how to follow their assigned diets; some instructions included behavioral modification techniques. Participants' DNA were analyzed and the study concluded that after 12 months, participants who possessed specific genetic markers lost, on average, more weight following one type of diet plan than another. Due to the emerging nature of this area of science, the understanding of the strength of the relationship between genes and diet is evolving.

Trademark: Inherent Health (Interleukin Genetics, Inc., Waltham, Mass.).



NUTRILITE®
Nutritional Supplements

BETTER BALANCER™



If you enjoy variety.

This approach is good if you enjoy a lot of food variety (flavor and texture) and a wide spectrum of food choices. It typically offers smaller portions of a wide variety of foods, which can help you feel full.

55% Carbs

20% Protein

25% Fat

CARB REDUCER™



If you enjoy protein.

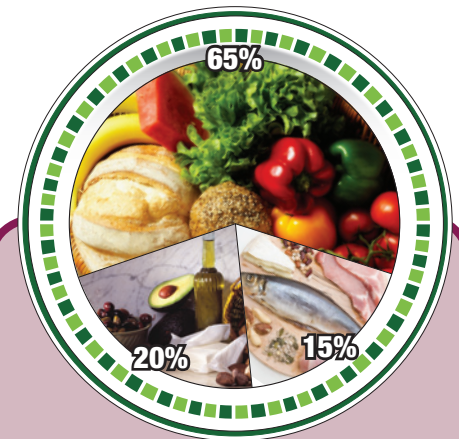
This approach is good if you enjoy lean meat, fish, cheese, and eggs and can limit the consumption of refined carbohydrates (breads, pastas, and sweets). It typically offers larger portions of protein foods, which can help you feel full.

45% Carbs

20% Protein

35% Fat

FAT TRIMMER™



If you enjoy fruits, vegetables, and grains.

This approach is good if you enjoy fruits and vegetables, like whole grain foods, and don't like to eat a lot of meat. It typically offers a larger volume of food, which can help you feel full.

65% Carbs

15% Protein

20% Fat

Here's what you'll eat more or less of on each plan:

	BETTER BALANCER™	CARB REDUCER™	FAT TRIMMER™
CARBS	This plan is right in the middle when it comes to carbs, so your body will be properly fueled with healthy whole-grain sources such as multigrain tortillas, oatmeal, and whole-grain pasta, plus starchy vegetables like squash, peas, and potatoes.	This plan has the lowest proportion of carbs, but you'll still get plenty of healthy fuel from whole-grain sources, such as brown rice, English muffins, and oatmeal.	If you like carbs, this could be your plan. You'll get the highest proportion of filling whole-grain rice, pasta, and food such as bread and crackers.
PROTEIN	At 20% of your daily intake, you'll get just the right amount of lean protein from sources such as egg whites, cottage cheese, and a variety of lean meats.	This plan allows for a slightly higher proportion of protein, so many of the recipes allow for lean protein sources such as chicken, steak, or pork.	Because protein from meat is typically higher in fat, you'll eat less meat and high-fat protein sources such as cheese and eggs, with an emphasis on plant and vegetable proteins, such as legumes. If a vegetarian entrée sounds appealing from time to time, this plan could work well for you.
FAT	You'll get a nice balanced amount of fat in your diet, so you'll be able to enjoy cooking with healthy oils like olive and canola, plus eating staples such as olives, avocados, and nuts.	This plan allows for a few more calories from fat, so if you really enjoy cooking with oil and dressings, or really like to eat things like olives, nuts, and avocados, this could be your plan.	This plan has the lowest fat percentage, but still allows a moderate amount of healthy fats. So you'll still be able to enjoy things like nuts, salad dressing, olives, and margarine, just in smaller quantities.
NUTRILITE® product differences for each plan. Bold products are unique to individual plan success.	On this plan you'll enjoy NUTRILITE Meal and Snack Bars, as well as Meal Replacement Shakes . You'll supplement with NUTRILITE SLIMMETRY® supplement, Glucose Health , and INVISIFIBER® supplement, although you are free to continue taking the supplements you currently use.	As a Carb Reducer, you'll eat NUTRILITE Meal, Snack, and Protein Bars . You'll supplement with NUTRILITE SLIMMETRY, Carb Blocker 2 , and INVISIFIBER, but you are also able to take the supplements you currently use.	On the Fat Trimmer Plan, you'll eat NUTRILITE Meal and Snack Bars, and enjoy Meal Replacement Shakes . You'll supplement with NUTRILITE SLIMMETRY, CLA 500 , and INVISIFIBER. You are still free to continue to take any supplements you currently use.

Compare these sample daily meal plans from the Better Balancer™, Carb Reducer™, and Fat Trimmer™ Plans to get a feel for how they're different. You'll notice that no single food group is severely restricted, meaning you'll never feel deprived!

	BETTER BALANCER	CARB REDUCER	FAT TRIMMER
BREAKFAST	1 cup oatmeal Banana 1 T. ground flaxseed	1 cup oatmeal Banana 2 T. ground flaxseed	1 cup oatmeal 1 cup skim milk 2 T. raisins ½ cup 100% fruit juice
SNACK	Yogurt 90 calories	NUTRILITE® Snack Bar	NUTRILITE Meal Bar
LUNCH	1 cup canned chicken noodle soup 12 whole grain crackers Apple 2 cups raw celery/carrot/bell pepper strips	Turkey Lettuce Wrap 1 cup skim milk ½ cup canned fruit	Cottage Cheese 'n' Tuna Lunch 4 Crispbreads 1 cup tomato, sliced or diced
SNACK	NUTRILITE Meal Replacement Shake	24 animal crackers Yogurt 90 calories	6 cups air-popped popcorn 2 tsp. Parmesan cheese (grated) Orange
DINNER	Chili 1 oz. shredded low-fat cheese 5 saltine crackers 3 cups Mix 'n' Match Salad 2 T. reduced-fat salad dressing 1¼ cups strawberries 2 T. reduced-calorie whipped topping	Lime 'n' Mustard Salmon 1 cup steamed broccoli 2 tsp. margarine Nectarine 1 cup skim milk	Veggie Fajitas ¼ avocado ½ cup mixed fruit 2 T. reduced-calorie whipped topping

Ready to order? Here's what you'll get with each plan:

Included in the **Carb Reducer** eating plan:

- Customized Carb Reducer journal
- NUTRILITE® Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Protein Bars Chocolate Delight flavor
- 2 NUTRILITE INVISIFIBER® Supplements
- NUTRILITE SLIMMETRY® Dietary Supplement
- NUTRILITE Carb Blocker 2



Included in the **Fat Trimmer** eating plan:

- Customized Fat Trimmer journal
- NUTRILITE Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Meal Replacement Shakes Vanilla flavor
- NUTRILITE SLIMMETRY Dietary Supplement
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE CLA 500 Dietary Supplement



Included in the **Better Balancer** eating plan:

- Customized Better Balancer journal
- NUTRILITE Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Meal Replacement Shakes Vanilla flavor
- NUTRILITE SLIMMETRY Dietary Supplement
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE Glucose Health Dietary Supplement



Which plan are you? For more information, go to Amway.com > Nutrition > Healthy Weight Programs to see real people who have lost weight on these programs!

To order, contact your Amway Independent Business Owner, visit Amway.com, or call 800-253-6500.

NUTRILITE®

Exclusively from **Amway**

Trademark: Inherent Health (Interleukin Genetics, Inc., Waltham, Mass.).

©2012 All rights reserved. Printed in the USA. 45504ENC