

## Wellness

2025-2026





# Your wellness, your way.

Every wellness journey is unique, and Amway is here to guide yours. With plant-powered supplements and nutrition products that deliver real benefits, we meet you and your family where you are. Let's find your path forward.

A better you starts at Amway.com











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## Plant. Grow. Thrive!

Good nutrition is the foundation for living healthier, more fulfilling lives.

That's why, for the past 90 years, we've been committed to plant-powered innovation and organic farming practices, harnessing nature's best nutrients to deliver real benefits. Nutrilite™ is the world's #1 selling vitamin and dietary supplement brand\*, and we continue to develop high-quality supplements and holistic solutions to help you and your family thrive.

Find your wellness solution at Amway.com/nutrilite





#### **Earth's Richest Nutrients**

Nutrilite products harness earth's most powerful nutrients to promote real benefits, like harvesting Acerola Cherries that contain 50X more Vitamin C than an Orange.



#### **Organic Farming**

We know that when we tend to the soil, we are tending to you. That's why our plants are grown without harsh chemicals and pesticides, and we have been farming organically, long before it was the thing to do.



Growing nature's goodness you can trace – from our farms to your family – we follow each of our ingredients on a lifelong journey as proof of our promise to always deliver you peace of mind in a high quality product.



# Nourish your gut.

Holistic wellness begins in the gut. Support your gut microbiome with plant-powered products to help support digestion, metabolism and more – helping you be your best every day.

Find digestive health products at Amway.com/digestion







Look for these certifications and icons on specific products in this section.



NSF Contents Certified



USDA Organic



Non-GMO



Non-GMO§



Gluten Free



Vegetaria



Vegan Friendly



Dairy Free



Lactose Free



No Artificial Colors, Flavors, Preservatives

\*The NSF logo is a registered trademark of NSF International.

§Does not contain genetically engineered ingredients.



A 30-day guided journey to help you improve the way you eat, drink, move and think.



#### **Nutrition**

Consume a plant-based diet with limited sugar, fat and processed ingredients.



#### **Exercise**

Walk 7,000–10,000 steps every day and exercise for a minimum of 75 minutes per week (cardio or strength).



Did you know a balanced gut microbiome may impact more than just digestion? Emerging science suggests it can positively impact your weight, energy levels, fitness, sleep and how you manage occasional stress.



Get started now and download the Amway Wellbeing+ App, designed to help you build better habits and track your 30-day progress.





### **Hydration**

Drink at least half your bodyweight (lbs) in ounces of water a day and consume high-water foods like fruits and vegetables.

#### **Mindfulness**

Practice mindfulness through activities like meditation, diaphragmatic breathing or yoga one or two times per day.





# Wellness begins in the gut.

Nurture your gut microbiome with three gut-loving supplements and pair all together to support the Begin 30 Holistic Wellness Program.

#### Nutrilite™ Balance Within™ Probiotic

Contains 6.3 billion CFUs of clinically supported good bacteria to help support healthy digestion.

120571 30 Stick Packs







#### Choose two:

#### Nutrilite™ Organics Plant Protein Powder

Each great tasting serving provides 21 g of plant protein from Brown Rice plus Peas and Chia grown on our own certified organic farms and partner farms.

125923 Vanilla 125921 Chocolate 125925 Unflavored

15 Servings







#### Nutrilite Begin™ Daily GI Primer

A 6-in-1 gut health drink supplement that provides fermented greens, prebiotics and fiber, digestive enzymes, alkaline spices, postbiotics and more to support comprehensive gut health.

127725 30 Servings







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International.

#### **Digestive Health**



#### **Nutrilite**<sup>™</sup> **Fiber Powder**

A convenient way to add fiber to your diet and feed the good bacteria in your gut with 4 g of fiber from three soluble fibers.<sup>†</sup> This taste-free, non-gritty powder can be sprinkled on foods or mixed into liquids.

102736 30 Stick Packs









#### **Nutrilite**<sup>™</sup> **Digestive Enzyme**

Aids the 22 enzymes in your body that help optimize nutrient absorption and break down carbohydrates, protein, fats and dairy with 302 mg of our unique enzyme blend plus 17 mg Spirulina from our partner farms.

A8903 90 Capsules









#### **Nutrilite<sup>™</sup> Organics Ginger Mint Tea**

Helps aid digestion with a delicious mix of Peppermint Leaf, Ginger Root, Dandelion Root and Lemongrass Leaf. Includes Organic Peppermint grown on  $\widetilde{\text{Nutrilite}}^{\text{\tiny{M}}}$ certified organic farms.

308635 20 Tea Bags









#### Nutrilite<sup>™</sup> Balance Within<sup>™</sup> Probiotic

Helps support a healthy balance of gut bacteria, as well as digestive comfort and regularity. \*\* Contains 6.3 billion live probiotic microorganisms from five probiotic strains.

120571 30 Stick Packs







# Daily digestive support.

Digestive health goes beyond regularity. Emerging science suggests a balanced gut microbiome may also help support mood, energy, sleep, immune health and more. Explore foundational and targeted digestive supplements tailored to your unique needs.



#### Nutrilite Begin™ Daily GI Primer

Prime your gut for anything with a refreshing drink supplement - 6 gut-supporting blends infused with fermented greens, prebiotics and fiber, digestive enzymes, alkaline spices and postbiotics for everyday, comprehensive gut health support.

127725 30 Servings







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#### \*The NSF logo is a registered trademark of NSF International.

#### **Better together:** Begin™ + Probiotics

No single ingredient does it all. Nourish your gut with the variety it craves - fermented greens, prebiotics, postbiotics, probiotics and more! Prebiotics feed good gut bacteria, probiotics introduce more beneficial bacteria into the gut and postbiotics help promote growth of beneficial bacteria. Together, these biotics play a complementary role in supporting a balanced gut microbiome.

# \*nutrilite organics

FROM OUR FARMS TO YOUR FAMILY™



#### **Nutrition as nature intended**

No fillers, harsh chemicals or compromise. Give your body the plant-powered nutrition it deserves with Nutrilite Organics; including everyday nutrition support with protein and superfood powders, All in One healthy eating solutions with delicious bars, shakes and ready to drink options, and powerful herbal supplements to meet your wellness needs.



# **Organic starts on** the farm but ends with you.

We plant, grow and harvest nature's most powerful nutrients from our certified organic farms and partner farms to deliver plantforward supplements and solutions with real benefits. Nutrilite™ is the first and only global vitamin and dietary supplement brand with a USDA Organic certified product line to grow, harvest and process plants on their own certified organic farms.\*\*

Discover organic goodness at Amway.com/organics









<sup>\*\*</sup>Source: Global Data; gdretail.net/amway-claims/

# Your daily nutrients.

Nutrition is the foundation of wellness. Our everyday nutrition products support your body with essential nutrients to help you thrive and live a happier, healthier life.

Get the nutrients you need at Amway.com/everyday-nutrition







Look for these certifications and icons on specific products in this section.



NSF Contents Certified



USDA Organic



Non-GMO Project Verified





Friend of the Sea® Certified





Vegetarian



Vegan Friendly



Soy Free



Dairy Free



No Artificial Colors, Flavors, Preservatives

\*The NSF logo is a registered trademark of NSF International. §Does not contain genetically engineered ingredients.



# Fill nutrient gaps in your diet.

Being your best starts with solid nutrition. For 90 years, we've harnessed the power, purity and richness of nature to bring you Nutrilite™ supplements and solutions, designed to fill nutrient gaps and provide real benefits. Discover what your daily ritual might be missing and build a strong foundation for a more vibrant, fulfilling life.

Rethink your routine at Amway.com/everyday-nutrition



of Americans don't get the recommended daily 10 servings of fruits and vegetables they need.

#### **Nutrition made convenient**

Packed with plant-based nutrients, Nutrilite supplements make it easy and convenient to help fill nutrient gaps in your diet.

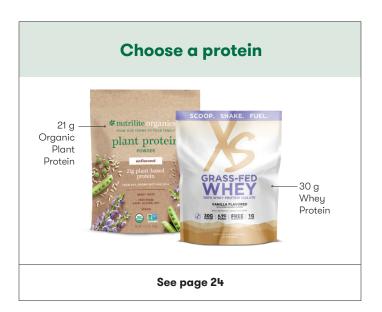
#### Tips for healthy eating

Go for lean protein and fiber to support energy and digestion. On busy days, organic meal powders, shakes and bars can help you stay on track.

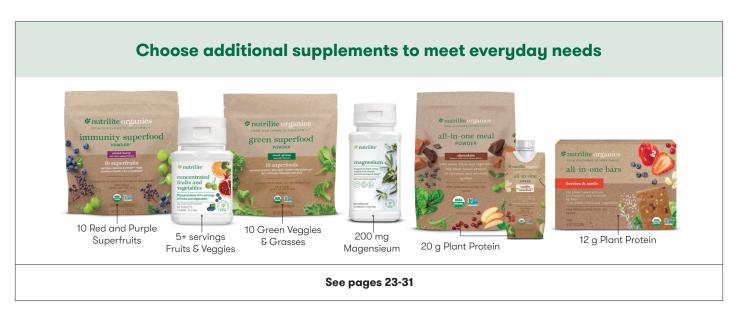
# Personalize your wellness goals.

Wellness isn't one-size-fits-all. Choose supplements based on your personal needs, preferred ingredients and more.











### Our ultimate multivitamin.

A powerful array of nutrients to help support heart, brain, eye, skin, bone, energy, immune and cellular health.

#### Nutrilite<sup>™</sup> Double X<sup>™</sup> Multivitamin Supplement

Our most powerful plant-based multivitamin made with 22 vitamins, minerals and nutrients from 22 fruits, vegetables and herbs - including Rosemary, Turmeric and Quercetin from Fava d'Anta and more. With antioxidants to help fight oxidative stress to protect against cell-damaging free radicals.<sup>†</sup>

A4300 31-Day Supply with Tray/186 Tablets

31-Day Refill/186 Tablets A0244 123364 10-Day Supply/20 packets







#### See how we compare<sup>∞</sup>

•		
Nutrilite™ Double X™	ONE A DAY <sup>®‡</sup> Women's Complete Multivitamin	Centrum <sup>e</sup> # Adults Multivitamin
<b>10</b>	<b>6</b>	<b>L4</b>
Healthy Benefits	Healthy Benefits	Healthy Benefits
<b>40+</b>	<b>19</b>	<b>27</b>
Total Nutrients	Total Nutrients	Total Nutrients
450 mg	X	X
Plant Nutrients	Plant Nutrients	Plant Nutrients
Gluten Free/ Vegetarian/ Non-GMO	Gluten Free	Gluten Free/ Non-GMO

#### Why Double X™?

Contains 450 mg of plant nutrients vs. the leading multivitamin brand, which has zero.



Heart support from B-Vitamins, Folic Acid, Vitamin E and Selenium.†



**Brain support** from Vitamins E, B6, B12, Folate and Phytocolor Balance berry blend.†



**Skin health support** from Vitamins A, C, Biotin and Niacin.†



**Bone support** from Vitamins D, C, A, Calcium, Magnesium, Copper, Zinc and Manganese.†



**Energy support** from B-Vitamins, Thiamin, Riboflavin, Niacin, Biotin and Pantothenic acid – essential for the release of energy from food.†



**Immune support** with 3-in-1 support from Vitamins C, D and Zinc.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International. ∞Based on product label claims and online claims as of March 10, 2025. ‡One a Day® is a registered trademark of Bayer Healthcare LLC. ##Centrum® is a registered trademark of Haleon US Holdings LLC.



## Daily wellness essentials.

#### Men's multi in tablet or gummy

#### Women's multi in tablet or gummy

#### **Advanced wellness** support<sup>†</sup>



#### Nutrilite<sup>™</sup> Men's Daily Multivitamin

Support for immune health, energy, muscle and heart health in a once-daily tablet. Includes 22 essential vitamins and minerals plus 200 mg of organic plant nutrients.

125557 90 Tablets

#### Nutrilite™ Organics Men's **Daily Multi Gummies**

Support for immune health, energy, muscle and heart health in delicious USDA Organic gummies. Includes 13 vitamins and minerals plus 75 mg of organic plant nutrients.

125561 120 Gummies









#### Nutrilite<sup>™</sup> Women's **Daily Multivitamin**

Support for immune health, energy, bone and eye health in a once-daily tablet. Includes 23 essential vitamins and minerals plus 200 mg of organic plant nutrients.

125559 90 Tablets

#### Nutrilite™ Organics Women's **Daily Multi Gummies**

Support for immune health, energy, bone and eye health in delicious USDA Organic gummies. Includes 15 vitamins and minerals plus 75 mg organic plant nutrients.

125562 120 Gummies









#### Nutrilite™ Perfect Pack

Created to build a solid nutritional foundation. Each daily serving contains:

- Double X<sup>™</sup> Multivitamin
- Concentrated Fruits and Vegetables
- Advanced Omega
- Vitamin D

123377 60 Packets (30 A.M. & 30 P.M.)





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Support your nutrition with multivitamins and superfood supplements that deliver key plant nutrients your body needs. These daily essentials help fill nutrition gaps to help you be at your best every day.

# utrilite organic immunity superfood

**Immune** 

support<sup>†</sup>

Wellness, energy and

digestion support

#### Fill nutrient and dietary gaps<sup>†</sup>





#### Nutrilite<sup>™</sup> Organics **Immunity Superfood Powder**

Each mixed berry flavored serving is packed with nutrients from 10 purple and red superfruits. Starring Acerola Cherries and Elderberries grown on our certified organic farms and partner farms for immune support.

125936 30 Servings







#### **Nutrilite™ Organics Green Superfood Powder**

Each sweet greens flavored serving is packed with nutrients from 10 green vegetables and grasses, including Spinach, Broccoli and Kale grown on our certified organic partner farms.

125937 30 Servings







#### Nutrilite<sup>™</sup> Concentrated **Fruits and Vegetables**

Phytonutrients equal to 5+ servings of fruits and veggies in one convenient tablet. Packed with 13 antioxidant-rich extracts from farm-grown fruits and vegetables to support your eyes, heart and circulatory health.†

100648 60 Tablets







# Protein to power your day.

These easy-to-mix powders provide plenty of protein, a macronutrient that your body needs daily to help repair and build cells - and provide energy for everything you do.



plant protein POWDER

chocolate

21g plant-based protein

ROM PEA, BROWN RICE AND CHIA

GREAT TASTE

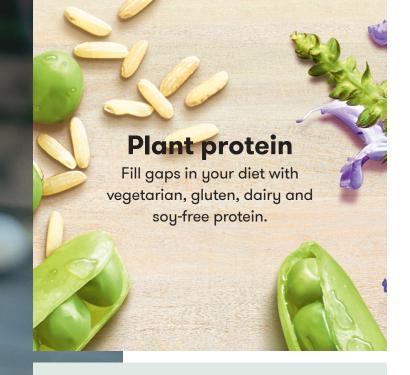
FREE FROM DAIRY, GLUTEN, SOY

VEGAN





NET WT. 20.88 oz. (592



#### **Benefits of protein**

Protein is essential for every cell in your body. It's made up of 20 amino acids, but your body only produces 11 of them on its own. The remaining 9, called Essential Amino Acids, must come from your diet. That's why daily protein intake is key.

# Whey protein Support lean muscle growth, recovery and repair with easy-to-digest, gluten-free whey protein.



#### Nutrilite<sup>™</sup> Organics Plant Protein Powder

Smooth, creamy powder contains all 9 essential amino acids from 21 g of plant protein from Brown Rice, plus Peas and Chia grown on our own certified organic farms and partner farms.

125923 Vanilla 125921 Chocolate 125925 Unflavored

15 Servings







#### XS™ Grass-Fed Whey Protein Powder

Helps build lean muscle with 30 g of premium Whey Protein Isolate and 6.9 g BCAAs, sourced from grass-fed cattle, humanely raised without rBGH growth hormones. Free from fillers and gums.

128156 Vanilla 128154 Chocolate 128155 Strawberry 1 Pouch (20 Servings)





\*The NSF logo is a registered trademark of NSF International. ‡When combined with regular weight/resistance training and a healthy, balanced diet.

# Unlock the power of Omega-3.

Humans can't naturally produce Omega-3s, which are essential for heart, brain, skin and joint health. They're also hard to absorb, so our formula is crafted for enhanced absorption, delivering optimal daily support.

Add Omegas to your routine at Amway.com/omega-3



#### Enhanced Absorption#

Absorption technology encapsulates the oil, which helps your body absorb 3X more than regular fish oil, plus reduces the fishy aftertaste.

#### Friend of the Sea - certified sustainably wild-caught fish

From cold waters carried from Antarctica to the coast of South America.

#### Made with plant-based ALA from White Chia Seed oil

from plants grown and sourced on our Nutrilite™ partner farms.

#Compared to regular fish oil with no absorption technology. #Nature Made® is a registered trademark of Pharmavite LLC.
\*The NSF logo is a registered trademark of NSF International.



#### Nutrilite<sup>™</sup> Advanced Omega

Delivers over 1,000 mg of essential Omega-3 fatty acids. Clinically tested to provide 3X better absorption<sup>11</sup> of EPA, DHA and ALA Omega-3s to help support balanced nutrition with a reduced fishy aftertaste.

126136 60 Softgels







#### See how we compare<sup>∞</sup>

Nutrilite <sup>™</sup> Advanced Omega	Nature Made <sup>e</sup> tt Extra Strength Omega-3 From Fish Oil Minis
Heart, brain, eye, joint, skin and cellular health	Heart, brain, eyes
Clinically tested 3X greater absorption#	Clinically tested 3X greater absorption <sup>#</sup>
	X Friend of the Sea certified

#### Nutrilite<sup>™</sup> Omega

Provides over 500 mg of Omega-3 fatty acids in an easy and convenient once-daily softgel format. Clinically tested to provide 3X better absorption<sup>11</sup> of EPA, DHA and ALA Omega-3s with a reduced fishy aftertaste.

126132 30 Softgels









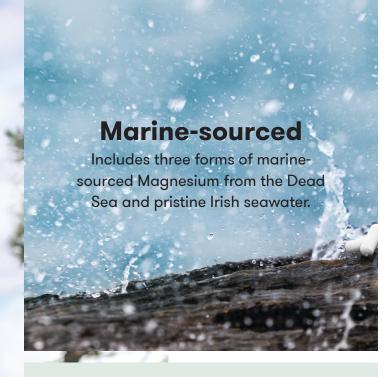
"Glad I bought this for my joints and heart health realizing the importance of omega...Highly recommend the Advanced Omega, and it's now an addition to my overall health and nutrition."

> Mscheeks Amway Independent Business Owner

# Support more than 300 bodily processes with Magnesium.

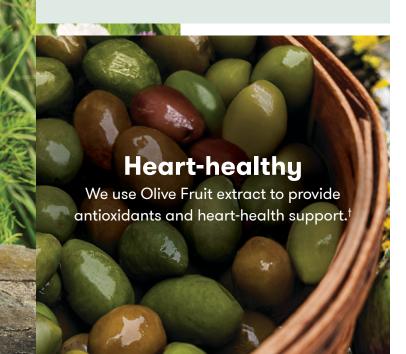
Magnesium is critical for bodily function, but to get enough, most adults would have to eat the equivalent of 15 cups of spinach every day. That's not easy. But taking our Magnesium is.





#### Absorbs 2X better<sup>^</sup>

Delivers 200 mg of Magnesium as Magnesium Bisglycinate Chelate, Dimagnesium Malate and Magnesium Hydroxide, proven to absorb 2X better.^





#### Nutrilite™ Magnesium

Uniquely designed triple blend from marinesourced Magnesium to help support sleep, stress, heart, nerves, muscles, energy and brain healthabsorbing 2X better.<sup>^</sup> Enhanced with Olive Fruit Extract for heart and antioxidant support.

128032 60 Capsules







- \*The NSF logo is a registered trademark of NSF International.
- ^Based on absorption study results compared to a leading form of magnesium.
- \*\*According to National Health and Nutrition Examination Survey Data, 2013-2016.
- †This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Smarter, balanced options.

Incorporate healthy eating options into your routine with products that satisfy hunger and nourish your body with vitamins, minerals, plant-based protein and real fruits and vegetables.



#### Nutrilite<sup>™</sup> Organics All-in-One Meal Powder

These deliciously satisfying, USDA Organic meal powders are packed with ingredients from whole fruits and vegetables grown on our certified organic farms and partner farms. Each serving delivers 20 g of plant-based protein, 25 vitamins and minerals and 6 g of fiber.

318670 Chocolate 318671 Vanilla 318672 Berry

15 Servings









#### Nutrilite<sup>™</sup> Organics All-in-One Bars

Satisfy hunger on the go with 12 g of plant-based protein, 25 vitamins and minerals, 8 g of fiber and whole fruits and vegetables grown on our organic farms and partner farms to help fuel your healthy lifestyle.

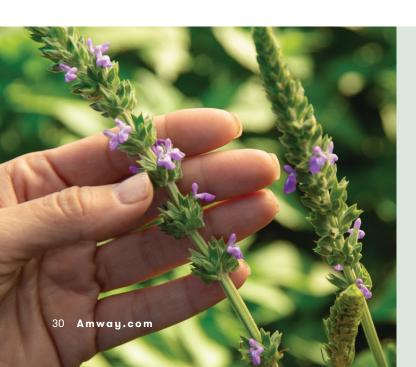
316302 Peanut Butter 316303 Double Chocolate 316305 Berries & Seeds

12 Bars









#### **Nutrition made easy**

Short on time? Fuel yourself with nutrient-dense, organic options.

Each Nutrilite™ Organics All-in-One product includes whole fruits and veggies like Chia Seed, Kale, Spinach, Broccoli, Apples, Blueberries and more all from plants grown on our own certified organic farms and partner farms.



Scan to watch a quick video about our All-in-One products.



#### Nutrilite<sup>™</sup> Organics All-in-One Shakes

These delicious, creamy, ready to drink shakes deliver 20 g of plant-based protein, 25 vitamins and minerals, 5 g of fiber and whole fruits and vegetables from our organic farms and partner farms for an easy way to satisfy hunger on the go.

318669 Vanilla 318668 Chocolate

12 Shakes









"Seriously the best tasting protein shake I've ever tasted. So smooth and tasty, and so nutritious! I will be buying these all the time!"

> **Notnels** Customer

# Reclaim your calm.

Occasional stress can impact your mood, immune system and your sleep. Taking steps to manage it with powerful plant nutrients helps you be your best.

Find restful support at Amway.com/stress-and-mood







Look for these certifications and icons on specific products in this section.



NSF Contents Certified



USDA Organic



Project Verified





Gluten Free



Vegetarian



Vegan Friendly





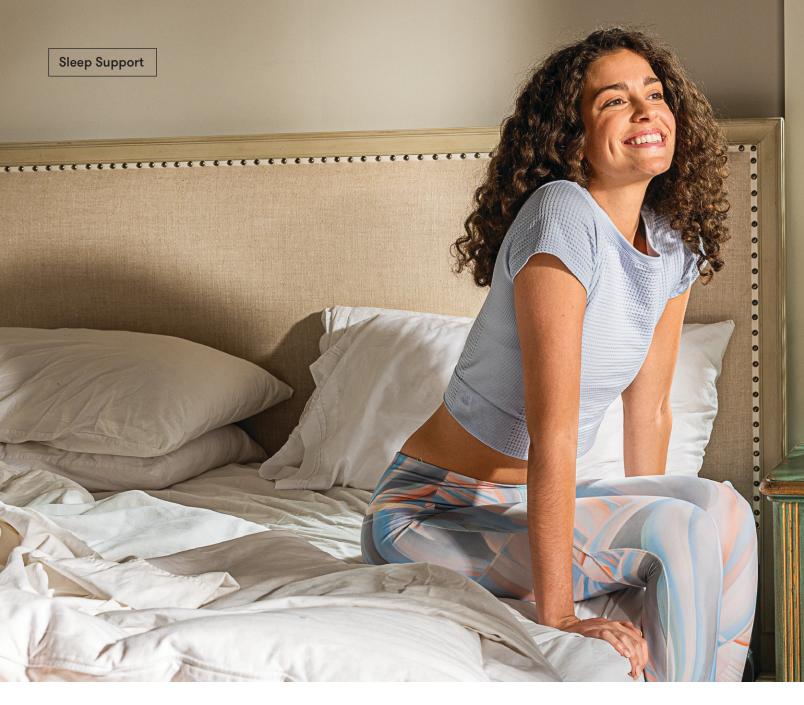
Dairy Free



No Artificial Colors, Flavors or Preservatives

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#### **Nutrients for sleep**

Sleep can have a wide-ranging impact on your mood, focus and immune system. Give your body the nutrients it needs to promote healthy sleep.



Scan here to learn more about our sleep products and helpful tips for a good night's sleep.



Melatonin This hormone found naturally in the body promotes good sleep.





Magnesium A mineral used by the body to help regulate neurotransmitters that tell the body to rest.



Lavender, Chamomile & **Passionflower** Botanicals known to help calm and soothe the body and mind.



Valerian An herb that may help improve sleep quality and ease occasional sleeplessness.

# Balance begins with rest.

A good night's sleep positively impacts your day-to-day well-being. Get a little help getting in your ZZZZZZs with Nutrilite™ supplements that help promote healthy sleep.



#### Nutrilite<sup>™</sup> Magnesium

Uniquely designed triple blend of marine-sourced magnesium to help support sleep, occasional stress, heart, nerves, muscles, energy and brain healthabsorbing 2X better. \* Enhanced with Olive Fruit Extract for heart and antioxidant support.

128032 60 Capsules





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- ^Based on absorption study results compared to a leading form of magnesium.
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#### Nutrilite™ Sleep Health

Harnesses the natural power of ingredients from plants grown on our farms and partner farms with a blend of Valerian, Hops and Lemon Balm to help you relax so you can fall asleep.

A8992 90 Tablets





#### Can't sleep? Try these restful tips.

#### Stick to a schedule.

Aim for 7-9 hours of sleep and limit caffeine and alcohol before bed.

#### Power down.

Avoid screens an hour before bed to help your body unwind.



### n\* by Nutrilite™ Sweet Dreams -**Sleep Gummies**

These Blueberry Lavender sleep support gummies are made with 3 mg of Melatonin and 5 mg of Passionflower, a botanical traditionally used to promote a good night's sleep.

124506 30 Servings









"In love. Sweet Dreams is the most appropriate title for these gummies. They get the job done!"

> Tasha Customer

## Feel good and stress less.

Stress affects everything from focus and mood to sleep and immune health. Managing occasional stress with the right support can help you stay balanced, think clearly and feel more at ease. Follow these simple stress-reducing tips so you can take on each day with a sense of calm and clarity.



### **Nutrients for stress & mood support**



#### **Lemon Balm**

This fragrant herb from the mint family has been used for centuries as a calming botanical.



### Lavender, Chamomile & Passionflower

Flowers known for their soothing and calming effects on the body.



#### Ashwagandha

Used in Traditional Ayurvedic Medicine to support the body's response to occasional stress.



#### L-Theanine

A natural amino acid known to help reduce occasional stress.



### Cut back on caffeine

While it can help kick-start your day, too much can leave you feeling drained and exhausted.



### **Get outside**

Spending time in nature can ease stress, boost your mood and improve your focus throughout the day.







### Breathe in, breathe out

Deep breathing exercises help reduce stress, lower blood pressure and keep you feeling balanced.

# Brighten your mood.

Balance your day with support for occasional stress. Choose what works for you based on desired benefits, plant ingredients, format and more.



### **Nutrilite™ Stress Relief Probiotic**

Double defense formula with clinically supported levels of two strains of 18 billion CFUs and 10 mg of unique non-GMO Extramel®\*\*† Melon concentrate, a powerful antioxidant defense system.† Helps reduce occassional stress, support immune health, fight mental fatigue and aid healthy digestion.†

125514 30 Capsules









### n\* by Nutrilite™ Less Stress, More Yes - Relax Gummies

Enjoy Mango-Lemon flavored gummies to help reduce occasional stress with 50 mg of L-Theanine and 20 mg of Lemon Balm Extract.<sup>†</sup>

124505 30 Servings









### Nutrilite<sup>™</sup> Organics Chamomile Tea

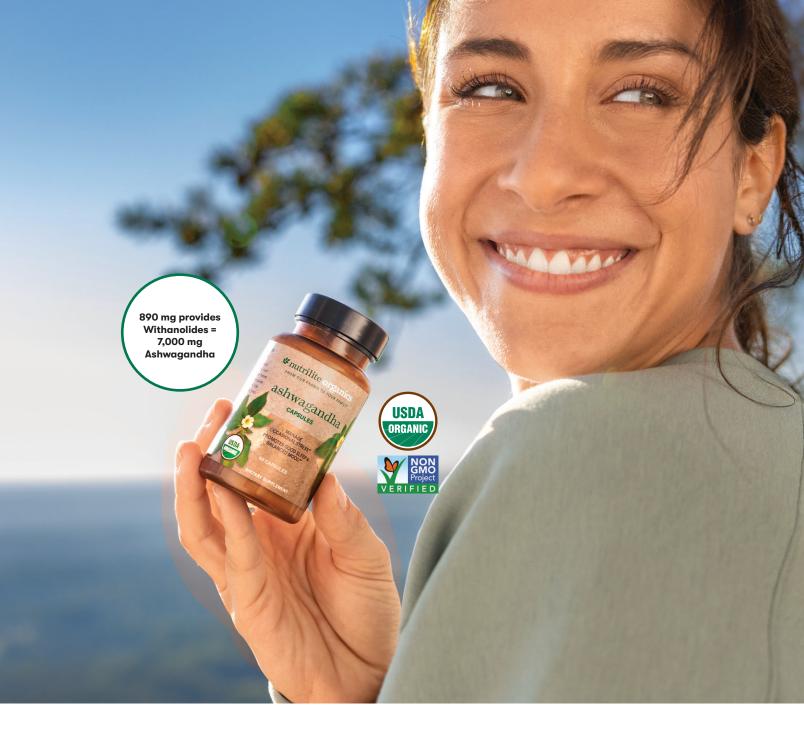
Soothes and relaxes with a caffeine-free, custom blend of USDA Organic herbs and flowers like Hibiscus, Chamomile and Lavender, plus Echinacea grown on our own organic farms.

308636 20 Tea Bags









### Nutrilite<sup>™</sup> Organics Ashwagandha

Provides support for occasional stress, restful sleep and a balanced mood with 890 mg Ashwagandha grown on our own certified organic farms and partner farms. Each serving contains Withanolides, the key plant nutrient, equal to 7,000 mg Ashwagandha Root.

308641 60 Capsules







†This statement has not been evaluated by the Food and Drug Administration.

∞Based on product label claims and online claims as of March 10, 2025. ‡Nature's Bounty® is a registered trademark of Societe des Produits Nestle S.A. ‡Gaia Herbs® is a registered trademark of Gaia Herbs, Inc.

### See how we compare $^{\circ}$

Nutrilite™ Organics	Nature's Bounty <sup>®‡</sup>	Gaia Herbs®#
Ashwagandha	Anxiety &	Ashwagandha
Capsule	Stress Relief	Root
<b>890 mg</b>	<b>600 mg</b>	<b>350 mg</b>
Ashwagandha	Ashwagandha	Ashwagandha
Occasional stress support and promotes a balanced mood & good sleep <sup>†</sup>	Supports occasional stress and anxiety, relaxed mood <sup>†</sup>	Stress support <sup>†</sup>
USDA PREAMING THE TENTON OF TH	×	×

<sup>\*</sup>The NSF logo is a registered trademark of NSF International.

<sup>\*\*</sup>Extramel® is a registered trademark of Bionov Corporation.

 $<sup>\</sup>Delta$ Not a genetically engineered ingredient.

# Stay energized. Naturally.

Fuel your day with botanically based supplements designed to support energy and focus. Packed with nutrientrich ingredients, these products help you stay sharp, fight fatigue and power through whatever's ahead.





#### Cistanche Tubulosa

Supports mental focus, concentration and memory to keep you sharp.



Help convert food into energy and support healthy cell function.



#### **Multivitamins and Minerals**

Provide a strong foundation for metabolism and help fill daily nutrient gaps.



### Ginkgo Biloba

Supports brain health, short-term memory and healthy blood flow.





### **Eat good fats**

Fats from avocados, whole eggs, salmon, nuts and seeds help you feel fuller longer and keep your energy steady throughout the day.



### Step outside

Just a few minutes outdoors can lift your energy and mood. Take a quick stroll before work or on a break for a natural refresh.







### Work it out

High or even low-intensity movement can boost your body's natural hormones and keep your energy up.

### Fuel your focus.

Stay energized with Nutrilite™ supplements that support healthy energy levels.†

### Get a pick-me-up from XS™ Energy Drinks | See page 80

Wellness, energy and

digestion support

	Y		
OE OE			
Vc	ERGY+FOCU	s	
ENERGY-FOCUS Betar jumigani	MADE WITH NUTRILITE APPROVED RHODIOLA		
UNIVERSIAN 60 TABLETS	10 TABLETS		

Supports mental

focus<sup>t</sup>

### XS<sup>™</sup> Energy + Focus Dietary Supplement

Helps maximize physical endurance and mental focus during exercise. †

101593 60 Tablets 107846 30 Tablets (Three 10-tablet blister packs)











Support your energy and overall wellness† with 6 essential B-Vitamins and nutrients from 10 vegetables and grasses including Broccoli, Spinach and Kale from our certified organic partner farms.

125937 30 Servings









Stay sharp and fight

occasional fatigue

### Nutrilite™ Ultra Focus + Energy Pack

This convenient pack of supplements helps maximize focus and supports energy and mental sharpness. Includes 75 mg of Caffeine from Green Tea Extract, 100 mg Rhodiola Rosea, 60 mg of Ginkgo Biloba and 150 mg of Cistanche Tubulosa.

123842 20 Packets



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

‡Preliminary clinical research shows Nutrilite™-exclusive cistanche extract helps improve memory, focus and recall after six weeks of daily use.

<sup>\*</sup>The NSF logo is a registered trademark of NSF International.



# Support your immune system.

Your immune system works hard to protect you every day. Support it with plant-based nutrients and follow these tips to stay strong, resilient and ready for whatever comes your way.



### **Nutrients for immune health**



### Vitamin C

Packed into citrus fruits, this antioxidant helps protect your body from free radicals.



#### Vitamin D

Sourced from mushrooms, this vitamin helps keep your body's natural defenses strong.



#### Zinc

A key mineral that supports your immune system and overall wellness.



#### **Probiotics**

Essential for a healthy, balanced gut - your body's first line of defense.



### Stay hydrated

Drinking plenty of water fuels a healthy immune system by helping deliver vital nutrients. But how much is enough? A good rule of thumb is to drink half your body weight in ounces of water each day.



### Get in your ZZZs

Poor sleep can weaken your immune system. Setting - and sticking to - a regular sleep schedule while getting 7-9 hours each night helps keep your body's defenses strong and ready.







### Work up a sweat

Regular exercise keeps your immune system active by helping immune cells move throughout the body. Whether it's a brisk walk or intense workout, staying active supports overall wellness.

# Dual-impact immune defense.

Support your immune system in two ways with foundational daily vitamins and get targeted support.

### Step 1



### **Foundational** immune support

A healthy immune system starts with proper nutrition. Pair your daily multivitamin with Vitamin D and Probiotics to help fill gaps.<sup>†</sup>

See page 49

### Step 2



### **Targeted immune** support

Antioxidants that help defend against cell-damaging free radicals.† When you need extra support, reach for a targeted supplement regimen.

See pages 50-51

# Foundational immune support.

Support your immune health every day with key supplements like Vitamin D and Probiotics.



### Nutrilite™ Vitamin D

50 mcg of nutrient-rich Vitamin D sourced from Mushrooms helps support healthy immune function and bone health<sup>†</sup>. Includes Vitamin K2 to support Vitamin D absorption.

119346 90 Tablets





†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

\*The NSF logo is a registered trademark of NSF International. ‡With regular use.



### Nutrilite™ Balance Within™ Probiotic

Unique blend of clinically tested probiotic strains with 6.3 billion CFUs supports immune health and healthy digestion with Arrive Alive and Stick to the Gut Technologies.#

120571 30 Stick Packs







# Targeted immune support.

Whatever life throws your way, nothing looks out for you more than your immune system.

LE CONTRACTOR OF THE PROPERTY	
# nutrilite immunity	
immunity defense zinc + boly basil Supports your immune and respiratory health	
DETARY SUPPLEMENT  (S)  60 TABLETS I I tablet, 2x a day  1934	

Supports respiratory

health<sup>†</sup>

### **Nutrilite**<sup>™</sup> Immunity Defense Zinc + Holy Basil

Support your immune and respiratory systems with a unique combination of 400 mg Holy Basil and 100 mg Orange Bioflavonoids from plants grown on our partner farms, plus 20 mg Zinc with Selenium and Copper.<sup>†</sup>

124692 60 Tablets









Support your body's

natural defenses

### Nutrilite<sup>™</sup> Immunity **Echinacea**

This unique, triple blend of 506 mg Echinacea extracts from plants grown on our Nutrilite<sup>™</sup> farms is clinically tested to support immune function.† Includes 100 mg Citrus Multiflavonoid Concentrates.†

A5986 120 Tablets







**Great tasting immune** 

supporting gummies

### n\* by Nutrilite™ Go Shield -**Immunity Gummies**

These Elderberry-Lemon flavored gummies taste great and are packed with 90 mg of Vitamin C, 7.5 mg of Zinc and 100 mg of Elderberry for immune system supporting benefits.<sup>†</sup>

124555 30 Servings







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>\*</sup>The NSF logo is a registered trademark of NSF International.



Want great-tasting immune support? Try our superfruit-packed Nutrilite™ Organics Immunity Superfood Powder

See page 23

8 hour immune health support <sup>†</sup>	Clear your nasal passages, naturally	Dual immune health support
vitamin C extended release Supports your Immune system States are support to the states of the state	We mutrilite  Clear  Guard  Ches na and guasspare  DELINOT BLOVEL LANGET  180 TABLETS 12 tables, ib. a day  1954	Immunity pack Protect your day DETABLE FLANKET  Smutrilite* immunity pack JOHNS College College JOHNS College College JOHNS Vannet E Calendon Researe - Telest  Wannet E Calendon Researe - Telest
Nutrilite™ Vitamin C Extended Release  Provides immune support from 500 mg of Vitamin C, including Acerola Cherry from our farms, in a slow, steady-release formula for all-day support.†  109745 60 Tablets 109747 180 Tablets	Nutrilite™ ClearGuard™ Supplement  A trio of Acerola Cherry, Cinnamon and Spanish Needle from plants grown on our farms and partner farms works to help clear your nasal passages naturally in 3 days or less so that you can get back to living your best life.¹  102735 180 Tablets	Nutrilite™ Immunity Pack Helps support immune health year-round.¹ Each packet contains:  • Vitamin C Extended Release • Immunity Echinacea 123843 20 Packets



# Age strong.

Movement and nutrition are key to healthy aging. Support your eyes, bones, joints and heart, and get the right nutrients to help you be at your best at every stage.

Nourish your body for life at Amway.com/wellness-needs







Look for these certifications and icons on specific products in this section.



NSF Contents Certified

Dairy Free



Non-GMO Project Verified

Vegetarian



USDA Organic





Non-GMO§



No Artificial Colors, Flavors, Preservatives

<sup>\*</sup>The NSF logo is a registered trademark of NSF International. §Does not contain genetically engineered ingredients.

# Support healthy bones and joints.

Keep your body moving with daily habits that support flexibility, mobility and joint comfort. Regular exercise and nourishment with nutrients such as Calcium, Vitamin D and Magnesium support healthy bones and joints. Take care of your foundation and do what you love every day.





### Magnesium

Found in whole grains, helps your body regulate calcium levels and keep bones strong.



#### Calcium & Calcified Seaweed

One of the most concentrated botanical sources of natural calcium and magnesium.



### Glucosamine

Found naturally in shrimp, has been clinically tested to support joint health.



#### **Turmeric Curcuminoids**

The antioxidant powerhouse of Turmeric root provides joint support and more.





### Get your exercise

Staying active helps maintain strong bones and can help lower your risk of joint issues over time.



### **Eat mindfully**

Load up on calcium-rich foods like dairy, leafy greens and seeds – or add a calcium supplement to your routine for extra support.







# Limit your sugar intake

Too much sugar can lead to inflammation, making muscles and joints feel sore and stiff. Cutting back helps keep you feeling your best.

### Make healthy moves.

Your bones and joints are the basis for every move you make. Support your bones and joints by choosing the best format, ingredients and benefits for your needs.



### Nutrilite<sup>™</sup> Organics Turmeric

Provides 3-in-1 support for healthy joints, a healthy inflammatory response, and help relieving minor post-exercise aches and pains.† Made with a powerful Turmeric Extract that's 45X more absorbable than standard Turmeric Extract, so each 400 mg serving provides curcuminoids equal to 6,000 mg of standard Turmeric Extract.†

308642 60 Capsules







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International.





### Nutrilite<sup>™</sup> Joint Health

A unique blend of seven powerful joint-supporting ingredients to support healthy joints.† Includes clinically significant levels of Glucosamine and Chondroitin, plus Vitamin C from Acerola Cherries.

104664 120 Tablets 106964 240 Tablets







### Nutrilite<sup>™</sup> Vitamin D

 $50\ \mathrm{mcg}$  of Vitamin D from Mushrooms helps support strong, healthy bones by helping your body absorb Calcium.† Includes Vitamin K2 to support Vitamin D absorption.

119346 90 Tablets







### Nutrilite™ Cal Mag D

Helps support healthy bones with 600 mg Calcium and 200 mg Magnesium derived from calcified Icelandic Seaweed, plus Vitamin D to optimize absorption.

110610 180 Tablets







### Nutrilite<sup>™</sup> Bone Health Pack

Helps build, support and maintain healthy bones. Each daily serving contains, Cal Mag D, Vitamin D and Bone Guard supplement (not sold separately).

123362 60 Packets (30 A.M. & 30 P.M.)





# Support your brain and vision.

Your brain and eyes work hard every day. Support them with Nutrilite™ supplements to help support memory, enhance focus and support healthy vision.



### **Nutrilite™ Memory Builder™ Supplement**

Provides support for short and long-term memory and supports optimal blood flow to help nourish the brain.† Each serving includes a blend of Cistanche Tubulosa and Ginkgo Biloba† grown on our farms and partner farms.

111106 60 Tablets



### Nutrilite™ Organics Lions Mane Mushroom

Supports brain health, cognitive function, and nerve function with DNA verified Lion's Mane Mushrooms grown on our certified organic partner farms.† Each serving provides 540 mg of 20X Lion's Mane Mushroom Extract\*, equal to 10,800 mg dry powder.

308639 60 Capsules









**USDA** 

ORGANIC

#### Nutrilite™ Vision Health

Nutrients to support healthy aging eyes, help eyes filter blue light and support visual adaptation to light, including night vision.¹ Get plant-based eye nourishment with 15 mg Lutein and 3 mg Zeaxanthin from Marigolds, Lycopene from Tomatoes and Beta Carotene from Algae – all from plants grown on Nutrilite™ partner farms.

124708 60 Softgels







### n<sup>\*</sup> by Nutrilite<sup>™</sup> Eye Mojo – Blue Light Vision Gummies

3-in-1 support for eyes exposed to blue light from everyday digital devices<sup>†</sup> with 20 mg of Lutein, 4 mg Zeaxanthin and Bilberry.

125544 30 Servings







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International.

\*Contains Lion's Mane Mushroom at 20:1 extract ratio.



### Don't skip a beat when it comes to heart health

Your heart beats about 2.5 billion times in your lifetime, delivering blood, oxygen and nutrients each time to every cell in your body.

### Support this hard-working organ with heart health supplements.

Omega-3 supplements are a great place to start, but you can also look at ones that deliver Coenzyme Q10 (CoQ10), Garlic or nutrients that support already normal cholesterol health.

Sometimes a few of the supplements will come grouped together in a convenient package. Find what works for you and add it to your daily routine to start giving your heart health regular support.





#### Nutrilite™ Heart Health Pack

Help support a healthy heart. Each daily serving contains:

- Advanced Omega
- Heart Health CoQ10
- Cholesterol Health 123367 60 Packets (30 A.M & 30 P.M.)







### Nutrilite™ Garlic Heart Care

Garlic provides key nutrients to support your cardiovascular health and may help maintain already normal blood pressure and cholesterol levels.<sup>†</sup> Contains 6 mg of clinically significant levels of Allicin which is found in 11/2 Garlic Cloves.

A5923 120 Tablets







### Help support a healthy heart.



#### Nutrilite™ Heart Health CoQ10

Helps maintain necessary CoQ10 levels, which help produce energy to support heart health. It also supports the liver, kidneys and all cells with daily use.

A8601 60 Softgels







### Nutrilite<sup>™</sup> Omega

Provides over 500 mg of Omega-3 fatty acids in an easy and convenient once-daily softgel format. Clinically tested to provide 3X better absorption<sup>‡</sup> of EPA, DHA and ALA Omega-3s with a reduced fishy aftertaste.

126132 30 Softgels (30-day supply)











#### **Nutrilite™ Cholesterol Health**

Helps maintain already normal cholesterol levels with phytonutrients and antioxidants to help protect against cell-damaging free radicals.<sup>†</sup>

100070 60 Softgels







### Nutrilite<sup>™</sup> Advanced Omega

Clinically tested to provide 3 times enhanced absorption of over 1,000 mg essential Omega-3 fatty acids to help support heart, brain, eye, joint, skin and cellular health.  $^{\rm t}$ 

126136 60 Softgels







 $\dagger$ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International.

### Support at a cellular level.

**Contains** Lecithin for absorbing Vitamin E.



# Nutrilite<sup>™</sup> Chewable Vitamin E

### Nutrilite<sup>™</sup> Glucose Health

Helps your body breakdown carbs, fats and protein to support a healthy metabolism and to help maintain already normal blood glucose levels.<sup>†</sup>

A8600 120 Capsules





Provides 60 mg of Vitamin E for antioxidant protection from free radicals and helps support cellular health. These chewable tablets have a natural Maple-Walnut flavor, sweetened with Honey.

Chewable Vitamin R

A4042 270 Tablets

# nutrilite

chewable

vitamin E

Antioxidant protection for cellular health







### **Nutrilite**<sup>™</sup> **Liver Support**

Provides antioxidant protection from free radicals and supports normal liver function with plant-based ingredients, including Dandelion Root, Turmeric and more.

A8084 60 Tablets





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\*The NSF logo is a registered trademark of NSF International.

Antioxidants help your body combat free radicals – the cell-damaging substances produced by your internal systems.

### What are Free Radicals?

Free radicals are unstable molecules that can harm your body's cells. Internally, they form as your body converts food into energy, while external free radicals come from sources like pollution, UV rays and other environmental stressors.

# **Essentials** made for men.

Take charge of your routine with nutrition designed just for men. From daily multivitamins to targeted support for a healthy prostate and heart, the Nutrilite™ brand offers targeted supplements help support immune health, muscle health or energy levels while ensuring your body gets the nutrients it needs to stay strong and perform at its best.





### Nutrilite<sup>™</sup> Organics Men's **Daily Multi Gummies**

Provides nutrients to help support men's top needs like Immune Health, Energy, Muscle Health and Heart Health in delicious USDA Organic gummies. Delivers 13 vitamins and minerals with 75 mg organic plant nutrients.

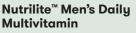
125561 120 Gummies











Essential vitamins & minerals designed for men, plus 200 mg of Tomato, Purple Carrot, Acerola Cherries, Elderberry and Turmeric in a once-daily tablet.

125557 90 Tablets











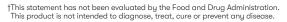
### Nutrilite™ Prostate Health

Contains Saw Palmetto, Nettle Root and Pumpkin Seed Oil to support normal prostate function and urinary flow in men.<sup>†</sup>

A8004 100 Softgels







<sup>\*</sup>The NSF logo is a registered trademark of NSF International

<sup>††</sup>Contains Horny goat weed at a 10:1 extract ratio.





### Nutrilite<sup>™</sup> Horny Goat Weed & Tribulus

Provides plant-based support for sexual health and healthy libido in both men and women with ingredients from plants grown on our certified organic partner farms.† Made with Tribulus standardized to 85% Saponins, the key plant nutrient, so you get more plant power in every serving.

308640 60 Capsules





### Nutrilite<sup>™</sup> Men's Pack

Made with men's nutrition needs in mind. Each packet contains:

- Men's Daily Multivitamin Tablet
- Concentrated Fruits and Vegetables
- Omega
- Vitamin C Extended Release 123365 30 Packets













Provides plant-based support for sexual health, intimacy and healthy libido in men & women.† Made with ingredients from plants grown on our certified organic partner farms.

308640 60 Capsules







### Nutrilite™ Horny Goat Weed & Tribulus







# nutrilite

women's pack

Each packet contains:

- Women's Daily Multivitamin Tablet
- Concentrated Fruits and Vegetables
- Cal Mag D
- Hair, Skin & Nail Health 123372 30 Packets





Includes clinically studied Chasteberry and Saffron to help ease common symptoms, including abdominal discomfort, breast tenderness, and natural mood swings during menstrual cycle.\*\*† Also contains Grape Seed Extract to provide antioxidant support.

126161 30 Capsules





# Support for every stage of life.

With everything from daily multivitamins and cycle support to prenatal health and menopause, we meet you where you are to support your wellness at every stage.

Support strong bones <sup>†</sup>	Prenatal health support	Menopause symptom relief <sup>†</sup>
Build strong bones with talcium, magnetism a vicinim. DELEVIS SUPLAMENT CONTRACTOR I Tablet, It's day.	The Investment is addressed to the state of	Complete menopaus support Ribbon terlans, sight sweats of out of the order of the output of the outp
Nutrilite™ Cal Mag D  Helps your body maintain healthy bones at every age with 600 mg Calcium and 200 mg Magnesium derived from calcified Icelandic seaweed, plus Vitamin D to optimize absorption.  110610 180 Tablets	Nutrilite™ Iron Folic  Folic Acid and Iron help transport oxygen throughout your body and support prenatal health during pregnancy.†  102046 90 Tablets	Nutrilite™ Complete Menopause Support Includes Siberian Rhubarb to relieve common, natural symptoms associated with menopause, including mood swings, hot flashes and night sweats, and helps support sexual libido and bone health.†  126154 30 Tablets

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>\*</sup>The NSF logo is a registered trademark of NSF International.
\*\*When consumed daily for a minimum of 2 menstrual cycles.

# Help support skin from within.

As we age, collagen production slows, bringing fine lines, wrinkles and less skin elasticity. Give your skin some extra love with collagen shots, tasty gummies or easy-to-mix peptide powder – each packed with skin-loving ingredients like Acerola Cherry, Aloe and Wheat Ceramides to help support overall skin health.

Skin health starts at Amway.com/beauty-within

330/0

Research shows that collagen peptides can safely make up 36% of your daily protein intake.\*\*

### Why collagen?

Collagen is a protein in your body that helps give skin structure, elasticity and that famous "bounce" that makes skin full and youthful looking.

#### Collagen made easy

Enhance your diet with convenient collagen supplements to support healthy skin from within.

\*\*Source: Amway; https://www.amway.com/discover/nutrition/collagen-peptides-benefits



### n\* by Nutrilite™ Collagen Shots

Cheers to a convenient and delicious, Cherry-Berry flavored shot. Made with a powerful blend of 7 g of Collagen, 60 mg of Hyaluronic Acid and Acerola Cherry superfruit to help support healthy skin from the inside out.

124936 9 Shots - 89 mL/3.0 fl. oz. each







### n\* by Nutrilite™ #nofilter Collagen Peptides

Mix into your favorite bevvies for a potent beauty boost: 13 g of Collagen to nourish skin and Aloe extract for antioxidant protection.†

125553 Fifteen 13.5 g/0.48 oz. Sachets







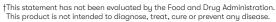
### n<sup>\*</sup> by Nutrilite™ #nofilter Collagen Gummies

Made with a blend of Vitamins C and E, Amla Fruit, Wheat Ceramides and Collagen to help nourish skin.†

125545 45 Gummies











### Nutrilite™ Hair, Skin & Nail Health

Each all-in-one serving combines 1,000 mcg Biotin, 500 mg Collagen and powerful plant nutrients from our farms and partner farms to help support healthy hair, skin and nails.

A7553 60 Tablets







# We grow plants, so you can grow kids!

Help kids grow big, little by little! Nutrilite™ Kids products help fill the gaps in their diet, providing essential vitamins and minerals to support growing kids. Made with wholesome nutrients from plants grown on our farms and partner farms.

All the products in this section are:



Gluten



Dairy



No Artificial Colors, Flavors

Look for these certifications and icons on specific products in this section.



NSF Certified



USDA Organic



Non-GMO§



Vegetarian



Soy Free



Sugar

\*The NSF logo is a registered trademark of NSF International. §Does not contain genetically engineered ingredients.





### Farm-grown peace of mind

We care for our plants the way you care for your kids. Every nutrient-rich ingredient is carefully nurtured from seed to harvest and fully traceable for purity and quality you can trust.



### Kid-tested, mom-approved

We know kids can be picky, making it tricky to get all the nutrients they need. That's why our plant-based products are packed with essential vitamins and minerals - deliciously designed to support growing minds and bodies in fun formats they'll love.







A rainbow of whole fruits and veggies helps kids get the nutrients they need to grow big and strong. To help fill gaps, keep essentials like Zinc and Vitamins C and D3 on hand to support their immune system – even when their food preferences change.

### Fun, flavorful, kid-friendly.

Healthy habits start young! Made with plant-based ingredients, these supplements make enhancing your child's nutrition simple and delicious. Support growing kids, little by little.

**Toddler immune** 

support

# &nutrilite KiDS brainiums DHA" jelly splats

**Brain** health

support

### Nutrilite™ Kids Brainiums DHA™ Jelly Splats

Sugar-free Strawberry-Citrus flavored jelly splats help support your child's brain health with 360 mg Omega-3s.† Includes DHA and EPA from sustainably sourced Fish, as well as ALA from organic Chia Seeds from our partner farms. For ages 4+.

305554 30 Jelly Splats (2 blister packs/15 jelly splats each)







### Nutrilite<sup>™</sup> Kids **Toddler Immunity Drops**

These drops uniquely combine plant botanical ingredients with Vitamins C, D3 and Zinc. This easy-to-use dropper gives your little ones the right amount for daily immune support. For ages 1-3 years old.

126185 30 mL/1.01 fl. oz.









**Kids immune** 

support

### **Nutrilite™ Kids Complete Immunity Fast-Melt Powder**

Immune support in a convenient, easy-to-carry stick pack because we want your kids to thrive wherever theu are. Made with Acerola Cherries, a rich source of Vitamin C that can be tracked from seed to supplement. For ages 4+.

123046 30 Stick Packs

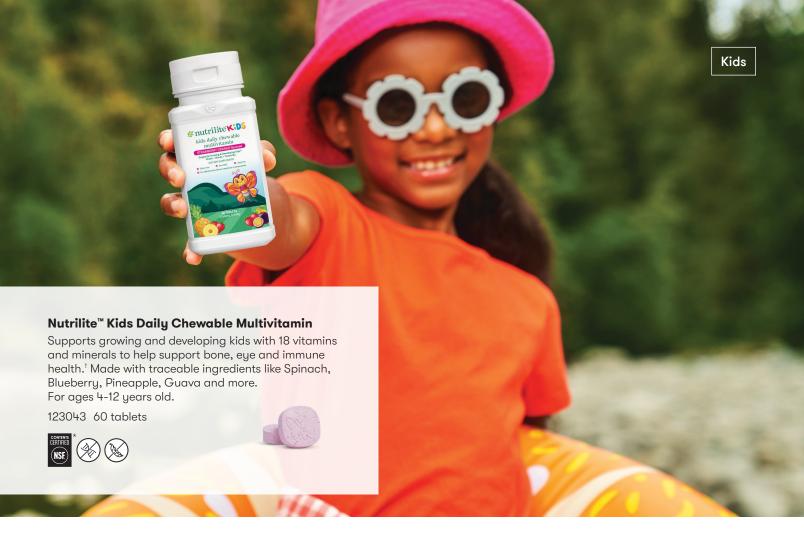






†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International. ‡Pediasure® is a registered trademark of Abbott Laboratories. ‡‡Nesquik® is a registered trademark of Societe des Produits Nestle S.A. ∞Based on product label claims and online claims as of March 9, 2025.



#### Nutrilite<sup>™</sup> Organics Kids Complete Superfood Powder

Packed with 10 powerful plant ingredients, like Spinach, Blueberries and Carrots, 26 key vitamins and minerals, and 8 g of plant protein to help fuel growing kids. For ages 4+. 126187 20 Servings









Nutrilite <sup>™</sup> Organics Kids Complete Superfood Powder	Pediasure®‡ Grow & Gain	Nesquik <sup>®#</sup> Chocolate Milk Powder
<b>10</b>	<b>0</b>	<b>0</b>
Plant Ingredients	Plant Ingredients	Plant Ingredients
<b>26</b>	<b>27</b>	<b>2</b>
Vitamins	Vitamins	Vitamins
and Minerals	and Minerals	and Minerals
<b>8 g</b>	<b>7 g</b>	<1g
Plant Protein	Protein	Protein
USDA ORGANIC	X USDA Organic	X USDA Organic



### Weight management support.

Support weight loss efforts, without cutting back on the vitamins, minerals, and nutrients your body needs.



#### **Plant ingredients**



#### **Gold Kiwi**

Provides 100 mg whole Kiwi-Fruit Powder that, when combined with other prebiotics helps feed beneficial bacteria in the gut.



#### **Purple Carrots**

Contains dietary fibers for your gut and anthocyanin phytonutrients for antioxidant support.

#### Nutrilite<sup>™</sup> Metabolic Pre & Postbiotic

Help support a healthy weight with a blend of gut-healthy ingredients. The Nutrilite™ Metabolic Pre & Postbiotic contains prebiotics, botanicals, B-Vitamins and an award-winning postbiotic that may help support healthy body composition, a healthy waistline and normal metabolic function.\*\*†

127620 60 Capsules





†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

‡Anyone with a medical condition, including diabetes and hypoglycemia, should consult a physician before using this product.

\*GreenSelect® is a registered trademark of Idena S.p.A.

\*\*When combined with a healthy diet and exercise.



#### Nutrilite™ Slimmetry™ Dietary Supplement

The GreenSelect®\* phytosome caffeine-free Green Tea Extract is designed to help you lose weight when combined with diet and exercise.

117085 60 Tablets







#### Nutrilite<sup>™</sup> Carb Blocker

Blocks carbs without depriving your body of vitamins, minerals and fiber. Designed to inhibit the digestion of both simple sugars and complex carbohydrates.<sup>†</sup>

100193 90 Tablets





**Kick-start** your workouts with XS™ Ignite Powder.

See page 86



#### Nutrilite<sup>™</sup> Lean Muscle

Provides Conjugated Linoleic Acid (CLA), an essential fatty acid, which is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.#

100280 180 Softgels







#### Nutrilite™ Glucose Health

Made with plant-powered ingredients like garcinia and parsley from plants grown on our farms and partner farms, each serving is packed with the nutrients your body needs to support a healthy metabolism and maintain already healthy blood glucose levels.<sup>†</sup>

A8600 120 Capsules







#### Nutrilite™ Twist Tubes 2GO™ Joint Health

Raspberry flavored water infusers include Vitamin C and 1,500 mg of Glucosamine to help support healthy joints.<sup>†</sup>

110857 20 Tubes







#### Nutrilite<sup>™</sup> Twist Tubes 2GO<sup>™</sup> Antioxidant Health

Mango-Citrus flavored water infusers are an excellent source of Vitamins A and C to support a healthy immune system as well as eye and skin health.

110538 20 Tubes





Infuse your **Perfect Water** to make it extra refreshing!



#### Nutrilite<sup>™</sup> Twist Tubes 2GO<sup>™</sup> Immunity Health<sup>†</sup>

Strawberry-Kiwi flavored water infusers contain 1,000 mg of Vitamin C and Vitamins B1, B2, B3 and B6 to help support immune health.

110855 20 Tubes







#### Nutrilite<sup>™</sup> Twist Tubes 2GO<sup>™</sup> Variety Pack

All the flavors together! Includes 10 Antioxidant Health, 5 Joint Health and 5 Immunity Health water infuser tubes.

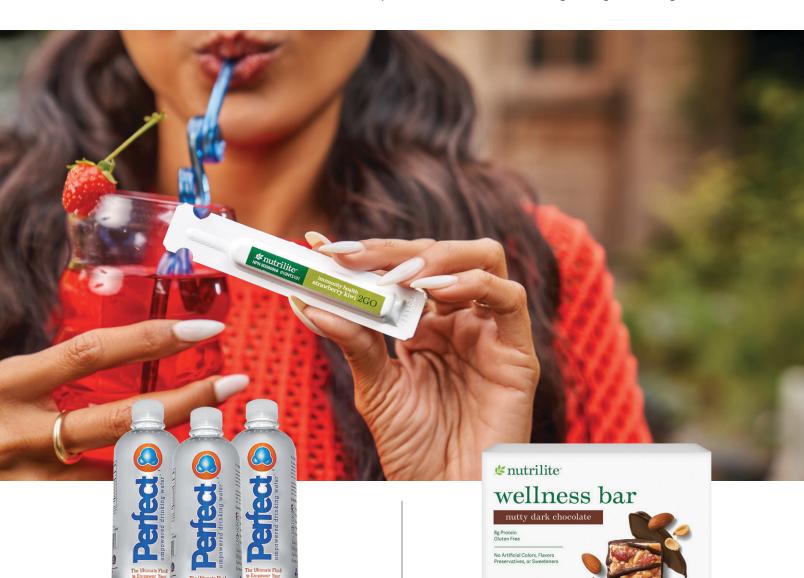
110922 20 Tubes





### Grab, go, thrive.

Stay nourished and energized wherever life takes you. From hydrating water infusers to wholesome snack bars, these convenient options make wellness easy - anytime, anywhere.



#### Perfect Empowered Drinking Water®‡

Refreshing drinking water that's purified, remineralized, ionized and microstructured. Infused with molecular bound oxygen (MBO®+), which enhances bio-available oxygen and optimizes your hydration.

285375 Twenty-four 500 mL/16.9 fl. oz. Bottles

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International. ‡Perfect Empowered Drinking Water is a registered trademark of

#### Nutrilite™ Wellness Bars

12 BARS NET WT 1 LB 0.9 OZ (480g)

Packed with wholesome ingredients, including 8 g of protein, these Wellness Bars are a great, on-the-go solution for the whole family. Made with no artificial flavors, colors or preservatives.

111045 Nutty Dark Chocolate

12 Bars







### Positive energy.

Ready to take your fitness to the next level? Our XS™ brand offers a complete line of great-tasting energy drinks and sports nutrition products to support your goals.

Elevate your performance at Amway.com/xs







Look for these certifications and icons on specific products in this section.



NSF Contents Certified



Non-GMO§



Gluten Free





Dairy Free











Orthodox Union



Caffeine Free



No Animal Testing

<sup>\*</sup>The NSF logo is a registered trademark of NSF International. §Does not contain genetically engineered ingredients.







# **Taste** conquers all.

Achieve your best with the help of 114 mg of Caffeine, B-Vitamins and no artificial colors or flavors. You'll taste and feel the difference.

#### Fuel your body with the right energy

Some energy drinks overload you with 2-3X more caffeine than needed, along with fillers, artificial flavors and colors. Not to mention the added sugars in traditional sports drinks! XS™ Energy Drinks are made with premium ingredients and only what your body needs to fuel performance.



#### XS™ Energy Drinks

A blast of energy and none of the sugar!<sup>™</sup> Packed with 114 mg of Caffeine, mega doses of B-Vitamins and delicious, natural flavors to fuel all of your adventures.

126184 Citrus

126197 Cranberry-Grape

126198 Tamarindo

126199 Tropical

126200 Wild Berru

126201 Black Cherry Cola

126202 Root Beer

126883 Classic

126981 Naranja

126982 Summit

126998 Watermelon Lemonade

127070 Variety Case\*

Twelve 355 mL/12 oz. Cans\*\*





#### See how we compare<sup>∞</sup>

XS™ Energy Drink	Red Bull <sup>®‡</sup>	Rockstar <sup>®‡</sup> Sugar
Classic 12 oz.	Sugar Free 12 oz.	Free 16 oz.
1 g	<b>3 g</b>	<b>1 g</b>
Carbs	Carbs	Carbs
Natural Flavors	X Natural Flavors	X Natural Flavors
<b>15</b>	<b>20</b>	<b>25</b>
Calories	Calories	Calories
<b>6960%</b>	<b>120%</b>	<b>100%</b>
Vitamin B12	Vitamin B12	Vitamin B12

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

‡Red Bull® is a registered trademark of Red Bull GmbH.

 $\slash \texttt{Rockstar}^{\otimes}$  is a registered trademark of Pepsico, Inc. ††CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

<sup>\*</sup>Flavors and assortments are subject to change.

<sup>\*\*</sup>If this product is purchased in a state with a deposit law, the amount of deposit will be added to your cost. For deposit information, visit Amway.com  $\infty Based$  on product label claims and online claims as of March 11, 2025.



#### XS™ Sparkling Juiced Energy

All the energy, plus 25% real fruit juice, 280% Vitamin C and no added sugar. Available in four deliciously refreshing, natural flavors.

126984 Caffeine-Free Mango Pineapple Guava

126985 Dragon Fruit

126986 Mango Pineapple Guava

126987 Pink Grapefruit

Twelve 355 mL/12 oz. Cans\*\*





#### XS™ Energy + Focus Dietary Supplement

Boost energy naturally with 75 mg of caffeine from Green Tea Extract and 100 mg of Rhodiola Rosea. Perfect for heads-down work or to enjoy and perform during your favorite outdoor activity.

101593 60 Tablets 107846 30 Tablets (Three 10-tablet blister packs)









#### XS™ Energy + Burn

Fuel your body and metabolism\*. Packed with powerful, functional ingredients like Green Tea Extract and EGCG, to support your fitness goals and ignite the burn!

127935 Blue Razz 127936 Kiwi Strawberry

Twelve 355 mL/12 oz. Cans\*\*

127071 Juiced and Burn Variety Case



\*Based on two cans per day and 50 mg of EGCG per can. Consuming 100 mg of EGCG per day has been shown to support metabolism and help improve calorie expenditure.



#### **XS™ Pre-Workout Boost**

Our most advanced formula yet fuels muscle performance without artificial sweeteners, colors, or preservatives. Contains 4 g of CarnoSyn®# Beta Alanine, 3.4 g of L-Citrulline, 115 mg natural Caffeine, 100 mg Rhodiola Rosea and a mega dose of B-Vitamins to support your training performance.

316375 Blue Raspberry 316377 Blue Raspberry 316376 Green Apple 316378 Green Apple

1 Pouch (30 Servings) 12 Stick Packs



### Level up your fitness.

Fuel your workouts with XS™ brand supplements. Help support strength, endurance and recovery - without unnecessary fillers or sugars.





"I have tried many amino acid supplements over the years; the XS Muscle Multiplier<sup>#</sup> is now mu favorite and my go to. Thanks for an amazing product."

Mike N.

#### XS™ Muscle Multiplier<sup>#</sup> Essential Amino Acid Supplement

Provides all 9 EAAs with an optimized 5:1:1 BCAA ratio. Clinically shown to boost strength and performance. Great-tasting, naturally flavored blend helps build lean muscle with regular weight/ resistance training and a healthy diet, without lactose or sugar - and only 20 calories. Take before, during, after exercise or between meals.

126756 Watermelon 126754 Watermelon 126755 Berry Blast 126753 Berry Blast

12 Stick Packs 1 Pouch (7.4 g/0.3 oz. each)(30 Servings)







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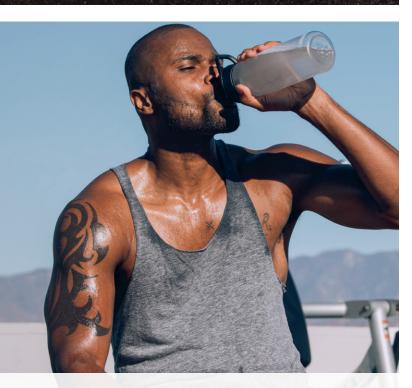
#### Clinically proven results

Shown to enhance strength and endurance to improve workouts and support fat loss. $^{\dagger \ddagger}$ 



#### Clean fuel for workouts

Naturally flavored, gluten-free, sugar-free and non-GMO for pure performance.



#### **Great-tasting formula**

Gains never tasted better! XS™ Muscle Multiplier†‡ comes in two refreshing flavors.



#### Tested, trusted & certified

 $\mathsf{XS}^{\scriptscriptstyle\mathsf{IM}}$  Muscle Multiplier $^{\dagger\dagger}$  is third-party tested and NSF® Contents Certified for quality.

#### Strength Support



#### XS™ Grass-Fed Whey Protein Powder

Helps build lean muscle with 30 g of premium Whey Protein Isolate and 6.9 g BCAAs, sourced from grassfed cattle, raised without rBGH growth hormones. Free from fillers and gums.

128156 Vanilla 128154 Chocolate 128155 Strawberry 1 Pouch (20 Servings)









#### XS™ Sports Protein Shakes

Delicious, convenient and packed with Whey and Casein proteins to fuel your muscles now and for the long haul. Contains 25 g of protein and 4 g of fiber with no added sugars and just 5 g of carbs.

110370 Vanilla Crème 110369 Rich Chocolate

Twelve 325 mL/11 fl. oz. Shakes







#### **XS<sup>™</sup> Sports Protein Bars**

These bars are naturally flavored, gluten free with no artificial colors or preservatives, packed with 20 g of Whey and Casein protein to help build and repair lean muscle mass.<sup>†</sup>

308600 Birthday Cake

110385 Chocolate Peanut Butter 110386 Chocolate Berry Blast

12 Bars









#### XS™ Protein Crisps

Combine real ingredients with high-quality Pea protein for a simple, savory, guilt-free snack. Great, natural flavor with no sugar, artificial colors, flavors or preservatives.

110628 Sriracha Lime 110627 Barbeque

12 Servings (42 g/1.48 oz. Bags)









## Power your performance.

Using protein products that have convenient on-the-go formats may help you stay on track with your daily protein intake goals.

#### **Protein vs. Amino Acids**

Simply put, a protein is a group of Essential Amino Acids bonded together. Unlike amino acids, which are readily available to support muscle building and repair, protein must be broken down before it can be used and absorbed. To build lean muscle, aim for 1 g of protein per pound of body weight. Our snacks and shakes are great ways to fill your protein needs throughout the day.

#### †This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

#### Timing your supplements

Taking protein too soon after Essential Amino Acids (EAAs) can interfere with your body's ability to fully absorb them. For best results, consume a high-quality protein, like XS™ Grass-Fed Whey, about 20-30 minutes after taking EAAs. Supplements like XS™ Muscle Multiplier†‡ quickly deliver EAAs to muscles, providing essential building blocks to maximize workout performance and recovery.

### Ignite your metabolism.

Purposeful ingredients in XS™ Energy + Burn and Ignite Powder give your workouts the edge and help you push further to reach your goals.



#### XS™ Energy + Burn

A blast of energy! Amazing natural flavors, packed with functional, powerful ingredients like Green Tea Extract and Caffeine to support your fitness goals and ignite the burn!

127935 Blue Razz 127936 Kiwi Strawberry

Twelve 355 mL/12 oz. Cans\*

127071 Juiced and Burn Variety Case\*



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*If this product is purchased in a state with a deposit law, the amount of deposit will be added to your cost. For deposit information, visit Amway.com.

‡Based on two human clinical studies of 12 weeks and 6 months in length. Participants who consumed 400 mg Morosil™§ Moro blood orange extract per day showed reduction in body weight, body mass index (BMI), and hip and waist circumference compared to

§Morosil® is a registered trademark of Bionap S.r.l.



#### XS™ Ignite Powder

Designed to ignite your workouts by helping support a healthy metabolism and weight management goals with a clinically studied dose of 400 mg of Moro Blood Orange Extract. Hincludes 3X the amount of polyphenols of a navel orange.

127811 Moro Blood Orange

30 Servings







#### Establish a strong fitness foundation



Fuse cardio and strength training to ignite fat loss. Sign in to the XS™ Fitness Program with your Amway ID and password to get started now!



#### Give your workouts the edge

XS™ Ignite Powder is formulated to fire up your training and support weight loss. † The main ingredient, Morosil®§ Moro Blood Orange Extract, has been clinically studied to help reduce body weight, body mass index, and hip and waist circumference when combined with diet and regular exercise.<sup>†‡</sup>



"This gives you the extra boost you need when you are not wanting to hit the gym. I can guarantee you that if you use it with exercise, you will definitely see results!"

**YVang** 



#### **XS<sup>™</sup> Sports Twist Tubes**

A delicious and refreshing hydration supplement with B-Vitamins, Selenium and just 5 g of sugar, which can be easily added to any bottle or cup of water.

305555 Raspberry Lemonade 110390 Fruit Punch

20 Tubes





 $\infty Based$  on product label claims and online claims as of March 11, 2025.  $\ddagger \text{Powerade}^{\tiny\textcircled{0}}$  is a registered trademark of The Coca-Cola Company. ‡‡Gatorade® is a registered trademark of Stokey-Van Camp, Inc.

#### See how we compare $^{\sim}$

XS™ Sports	Powerade <sup>®‡</sup>	Gatorade <sup>®‡‡</sup>
Twist Tubes	Sport Drinks	Thirst Quencher
Vitamin B	Vitamin B	X Vitamin B
Antioxidants	Antioxidants	X Antioxidants
No Artificial Colors	X	X
and Flavors	No Artificial Colors	No Artificial Colors

# Hydration for every adventure.

Quench your thirst, replenish electrolytes and get back out there with sports drinks without artificial colors or flavors.

#### XS™ CocoWater Hydration Drink Mix

Packed with 12% Coconut Water Mix, 64 mg of Magnesium, and 600 mg of Potassium to help hydrate and replenish lost electrolytes from strenuous activity. Plus, B-Vitamins and antioxidant support from naturally derived Vitamins A, C and E.<sup>†</sup>

110601 Strawberry Watermelon 110631 Pineapple Coconut

12 Packets





"I have not found a variation of coconut water that I like until now. This water is tasty!!"

V. Franklin



#### 4 reasons to stay hydrated

- Feel refreshed
- 2 Feel healthier
- 3 Feel less hungry
- Feel GOOD!



## Relax, recover, repeat.

Taking care of your body after a workout is key to making progress. Support muscle recovery, soothe tired skin and give your body the care it needs to rest, rebuild and come back stronger for whatever comes next.

Recover stronger at Amway.com/xs

#### Refuel, replenish and repair

Jump-start a fast recovery after your workouts with XS™ Post-Workout Recovery drink.† Refuel, replenish and repair.†

#### **Total workout** recovery

XS™ Post-Workout Recovery supports muscles and joints so you can rebound faster.† Mix one stick pack with 12-16 fl. oz. of water, or into a protein shake or drink of your choice.

#### **Active lifestyle** recovery

Apply XS™ CBD Cream before, during or after activity to soothe skin in minutes with up to 400 mg of full-spectrum Hemp Extract.





#### **XS™ Post-Workout Recovery**

Give your muscles the assist they deserve. Contains Glutamine, Muscle Multiplier, amino acid blend, Glucosamine HCL, plus Turmeric. Sweetened with Stevia.

316379 Fruit Punch 1 Pouch (30 Servings)

316380 Fruit Punch 12 Stick Packs







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*The NSF logo is a registered trademark of NSF International.

#### XS™ CBD Cream

Original formula contains 300 mg CBD to soothe and nourish tired skin with a unique blend of Arnica Montana, Aloe Vera and Menthol.

296753 56.69 g/2.0 oz./20-30 uses



#### XS™ CBD Pro Cream

Our most advanced formula is made with 400 mg of CBD to support recovery from an active lifestyle. Feel a soothing, warming sensation that lasts up to 2 hours.

300323 56.69 g/2.0 oz./20-30 uses



# Jump-start your training.

The Fitness Jump Start Solution has the essentials you need to fuel your body and supplement your diet. It's formulated to help you get into a routine – and stay in it.

Get the full stack of 4 products (shown below)

128208 Vanilla | 128209 Chocolate | 128210 Strawberry





#### **Get started**

Start with this clinically proven supplement that helps build and maintain lean muscle while reducing body fat.<sup>‡†</sup> Consume 1-3 servings daily.

#### XS<sup>™</sup> Muscle Multiplier<sup>#</sup> Essential Amino Acid Supplement

Unique blend of Essential Amino Acids (EAAs) and L-Arginine in a great tasting drink mix.

126753 Berry Blast

1 Pouch (30 Servings)







†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

‡When combined with regular weight/resistance training and a healthy, balanced diet.

††CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

\*The NSF logo is a registered trademark of NSF International.

### **Protein support**

Build and maintain lean muscle with 30 g of protein from 100% Whey.† Scoop. Shake. Fuel. Any time during the day.

#### Choose one:

#### XS™ Grass-Fed Whey Protein Powder

Creamy and delicious with 30 g of premium Whey Protein Isolate and 6.9 g BCAAs, sourced from grass-fed cattle, raised without rBGH growth hormones. Free from fillers and gums.

128156 Vanilla 128154 Chocolate 128155 Strawberry

1 Pouch (20 Servings)



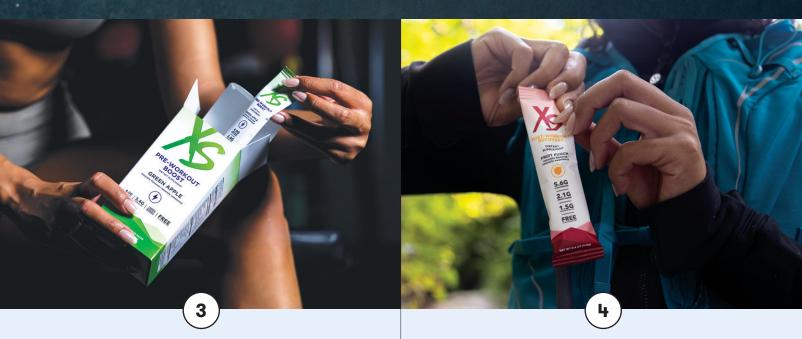




### Find more fitness stacks on Amway.com



Whether you're just getting started, looking to build muscle, ignite your metabolism or peak your performance, we have a stack to support your journey.



#### **Pre-workout**

Boost your performance and fuel your muscles with the power of L-Citrulline, Beta Alanine and Rhodiola Rosea. Shake and consume prior to training.†

#### **XS™ Pre-Workout Boost**

Our most advanced formula contains 3.4 g L-Citrulline, 4 g CarnoSyn® Beta Alanine, 1 g XS Muscle Multiplier Amino Acid Blend, 200 mg L-Theanine, 100 mg Rhodiola Rosea, 114 mg Natural Caffeine and a mega dose of B-Vitamins.

316378 Green Apple 12 Stick Packs



#### **Post-workout**

Rebound faster and get back to your workout with this supplement, which supports joint health and muscle recovery.† Mix it up and consume immediately post workout.

#### XS™ Post-Workout Recovery

Clinical dosages of L-Glutamine, Glucosamine and Turmeric, plus 2 g of XS<sup>™</sup> Muscle Multiplier Amino Acid Blend and 120 mg of Acerola Cherry Juice Powder to help you get back in the game!

316380 Fruit Punch

12 Stick Packs







# Take your fitness further.

XS™ Fitness Programs are an entry point for anyone looking to get active, tone, build strength or just create some positive habits.





Combine cardio and strength training to fire up fat loss and build a strong foundation.





### **Toning**

Sculpt lean muscle and shed fat to transform your physique.





Registered customers: Scan here to access our FREE online XS™ Fitness Programs, designed to help you set and achieve goals.



### Muscle gains

Build strength, size and endurance to take your training further.



### **Peak performance**

Enhance agility, stamina and recovery to reach your athletic potential.





# Wellness for all.

From multivitamins and targeted support to kids' nutrition and sports performance, discover how Amway can support you and your family.

Start a healthy routine at Amway.com



#### Ready to order? Let's chat.

Contact your Amway Independent Business Owner:

Name: \_\_\_\_\_\_
Phone: \_\_\_\_\_

#### **Customer service:**

Call 800-253-6500 Monday - Friday: 9 a.m. - Midnight ET Saturday- Sunday: 10 a.m. - 10 p.m. ET





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