

 ageLOC®  
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 while helping promote your lean muscle.

Introducing ageLOC TR90, a breakthrough weight management and body shaping system, based on highly innovative gene expression science, that unifies your mind and body—for a leaner, younger looking you. 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**

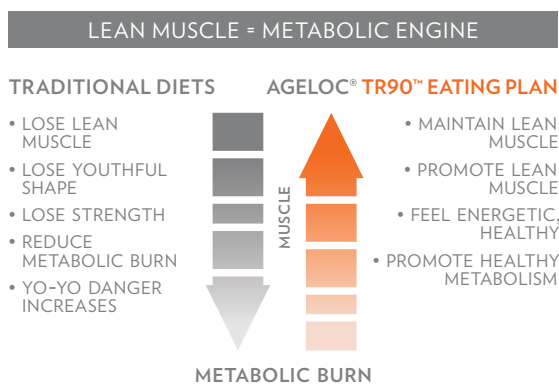
With traditional diets, typically low in fat and high in carbohydrates, the weight people lose is part water, part fat, and part muscle. Muscle loss can account for 20–40 percent of overall weight loss.<sup>1</sup> With that loss of metabolically active muscle, metabolism slows down. In fact, for every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

**THE AGELOC TR90 EATING PLAN****THE PROBLEM—TRADITIONAL DIETS AND EATING HABITS**

When consumed in excess, eating refined carbohydrates

# ageLOC® TR90® Weight Management and Body Shaping System

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.

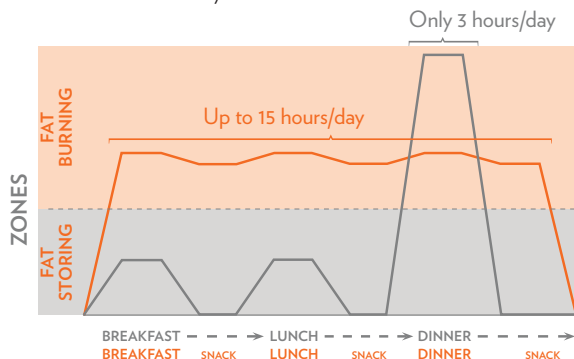


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## THE SOLUTION—AGELOC TR90 EATING PLAN

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 promote lean muscle and 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. And by distributing your protein intake evenly throughout the day, the ageLOC TR90 Eating Plan can promote metabolically active lean muscle.



## PRIMARY PROGRAM BENEFITS

- This powerful, comprehensive program is designed to create a healthy, lean body transformation.\*
- Helps support maintenance of lean muscle.\*
- Helps you increase healthy metabolism.\*
- Promotes healthy weight loss for a healthier, leaner, younger looking body.\*
- Helps improve your mood, reduce your cravings, reclaim your willpower, and transform your body.\*
- Incorporates an eating plan designed to promote lean muscle and 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.<sup>2</sup>
- 77% of global consumers say they are actively trying to manage their weight.<sup>3</sup>
- Since 1980, the percentage of overweight people has more than doubled globally.<sup>4</sup>

## PROGRAM PRODUCTS

At the core of the clinically proven system are the newest members of 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.

## AGELOC TR90 JUMPSTART

When beginning a weight management system, a good start is key to your success. ageLOC TR90 JumpStart is the perfect push to get you primed and ready for success. You can see the beginnings of success in just 15 days—and experience all the motivation that comes along with it.\*

For the first 15 days of the program, take this innovative product in the morning to help you achieve your goals. Mix it in water or your favorite beverage (for example, try it in hot water or g3).

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. [www.pharmanex.com](http://www.pharmanex.com)

### AGELOC TR90 FIT

ageLOC TR90 Fit is a great way to get your body back on track.\* For 90 days, take one ageLOC TR90 Fit capsule three times daily with meals. For best results, take 15–20 minutes before meals.

### AGELOC TR90 CONTROL

ageLOC TR90 Control makes it easier to stay on the path to success.\* For 90 days, take two ageLOC TR90 Control capsules two times daily with meals. For best results, take 15–20 minutes before meals.

### AGELOC TR90 PROTEIN BOOST

ageLOC TR90 Protein Boost is a great-tasting protein shake formulated from a unique blend of two plant-derived protein sources: pea protein and rice protein, which together provide a full plant-based amino acid profile. ageLOC TR90 Protein Boost is lactose, gluten, and soy free with a natural vanilla flavor. (Protein Boost is not included in 30 and 90 day kits and must be purchased separately)

### AGELOC TR90 TRIMSHAKE AND GREENSHAKE

ageLOC TR90 TrimShake helps you control calories and is a great source of the high-quality protein that your muscles need. It also helps you reduce your food cravings while helping you feel fuller longer by producing a feeling of satiety.\*

### 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 loss. 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 lean muscle 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 and support lean muscle mass.

**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 lean 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 loss while supporting metabolically active lean 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 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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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**

- <sup>1</sup>Layman DK. Dietary Guidelines should reflect new understandings about adult protein needs. *Nutrition & Metabolism* 2009;6.
- <sup>1</sup>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
- <sup>2</sup>Wolfe RR. The underappreciated role of muscle in health and disease. *Am J Clin Nutr.* 2006 Sep;84(3):475–82.
- <sup>2</sup>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
- <sup>2</sup>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



AGELOC TR90® TRIMSHAKE—CHOCOLATE

<b>Nutrition Facts</b>	
Serving Size One Scoop (29g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% DV	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Potassium</b> 230mg	<b>7%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
Protein 15g	
Vitamin A 15% • Vitamin C 20%	
Calcium 20% • Iron 25%	
Vitamin D 20% • Vitamin E 10%	
Thiamin 15% • Riboflavin 15%	
Niacin 30% • Vitamin B <sub>6</sub> 15%	Folate 10% • Vitamin B <sub>12</sub> **
Biotin** • Pantothenic Acid 10%	Phosphorus 10% • Iodine 6%
Magnesium 20% • Zinc 15%	Selenium 15% • Copper 20%
Manganese 10% • Chromium 90%	
*Percent Daily Value are based on a 2,000 calorie diet.	
**Contains less than 2% of the Daily Value of this nutrient.	
Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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

<b>Nutrition Facts</b>	
Serving Size One Scoop (29g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% DV	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Potassium</b> 280mg	<b>8%</b>
<b>Total Carbohydrate</b> 11g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
Protein 15g	
Vitamin A 15% • Vitamin C 20%	
Calcium 20% • Iron 20%	
Vitamin D 20% • Vitamin E 10%	
Thiamin 15% • Riboflavin 15%	
Niacin 30% • Vitamin B <sub>6</sub> 15%	Folate 10% • Vitamin B <sub>12</sub> **
Biotin** • Pantothenic Acid 10%	Phosphorus 15% • Iodine 6%
Magnesium 20% • Zinc 15%	Selenium 15% • Copper 15%
Manganese 10% • Chromium 90%	
*Percent Daily Value are based on a 2,000 calorie diet.	
**Contains less than 2% of the Daily Value of this nutrient.	
Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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, 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® GREENSHAKE

<b>Nutrition Facts</b>		*Percent Daily Value are based on a 2,000 calorie diet.	
Serving Size One Scoop (27g)		**Contains less than 2% of the Daily Value of this nutrient.	
Servings Per Container 30		Your daily values may be higher or lower depending on your calorie needs:	
		Calories:	2,000 2,500
<b>Amount Per Serving</b>		Total Fat	Less than 65g 80g
<b>Calories 100</b> Calories from Fat 10		Saturated Fat	Less than 20g 25g
		Cholesterol	Less than 300mg 300mg
		Sodium	Less than 2,400mg 2,400mg
		Potassium	3,500mg 3,500mg
		Total Carbohydrate	300g 375g
		Dietary Fiber	25g 30g
		Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	
<b>% DV</b>			
<b>Total Fat</b> 1g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 115mg	<b>5%</b>		
<b>Total Carbohydrate</b> 7g	<b>2%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 3g			
<b>Protein</b> 15g			
Vitamin A 10% • Vitamin C 0%			
Calcium 8% • Iron 25%			

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.

\*Clinical studies demonstrating the benefits of the ageLOC TR90 system were conducted using ageLOC TR90 TrimShake which is the recommended shake for the TR90 system.

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