

UNLOCK PERSONALIZED WEIGHT LOSS



Exclusively from **Amway**

BODYKEY BY NUTRILITE

The BODYKEY by NUTRILITE™ Weight Management Program offers a personalized path toward weight loss for life. Set aside what you've tried before. Anticipate your success. Welcome to BODYKEY by NUTRILITE. A lifelong approach that's personalized, nutritionally sound, and includes innovative products and flexible plans to help you succeed.

PERSONALIZED

Weight loss is not one-size-fits-all. BODYKEY by NUTRILITE starts with a unique analysis of your DNA. Your genotype eliminates guesswork and finds the dietary approach that's right for you. Are you a Carb Reducer™, Fat Trimmer™, or Better Balancer™? Find out.

PROPRIETARY SCIENCE

All products are scientifically formulated and tested so you can be confident of their health benefits. Safe and effective, our products are made with the highest-quality ingredients and backed by the NUTRILITE® brand.

PROVEN QUALITY, GUARANTEED

Backed by the Amway 100% Customer Satisfaction Guarantee.*

Trademarks: Carb Reducer, Fat Trimmer, Better Balancer (Interleukin Genetics, Inc., Waltham, Mass.).

*Exclusions apply. For complete details, visit Amway.ca and search for: Satisfaction Guarantee.

Are you ready to unlock weight loss for life?

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Why lose weight?

Over 60% of Canadian adults (more than 20 million) 20 years and older are overweight.* Are you one of them?

If you belong to this group, you could be at increased risk for weight-related health consequences, including:

- Heart disease
- Type 2 diabetes
- High cholesterol
- High blood pressure
- Stroke
- Sleep apnea
- Respiratory problems
- Osteoarthritis

Are you at risk?

Before you can make a strong commitment to change, it helps to know where you stand. Find out your status on three measures here. Knowledge is power – and a great motivator.

1. Waist circumference

Measure your waist (narrowest part of the torso about 3 inches above the navel).

For:

Men measuring over 40 inches

Women measuring over 35 inches

It's an indicator that you would be healthier if you lost weight.

2. Body Mass Index (BMI)

BMI can't measure ratios of muscle, fat, and bone. What it can do is offer a good general indicator as to whether or not you are at a healthy weight. It is a sound starting point for most adults who are considering a weight loss program.

Here's a formula for calculating BMI:

$$\text{BMI} = \frac{\text{Weight (in pounds)} \times 703}{\text{Height}^2 \text{ (in inches)}}$$

18.5–24.9 = Normal

25–29 = Overweight

30–39 = Obese

40 and up = Extremely Obese

3. Family history

If there is a presence in your immediate family of two or more health risk factors from the list above, and/or you are generally physically inactive, maintaining a healthy weight is important. If your BMI or waist measurement is also a potential red flag, losing weight could dramatically improve your health.

*Statistics Canada, 2012.

Why losing weight is worth it

Losing weight naturally brings more energy to your day. It's a physical transformation that others will admire – and so will you!

Gaining control over your weight improves your self-esteem and renews your confidence to participate in activities. You'll be able to celebrate your success – and support others!

Michele Ahern lost 55 pounds in 32 weeks!*

"I needed to be an example."



Michele unlocked weight loss success and a new outlook on life.

By taking the Inherent Health® Weight Management Genetic Test (see page 8), she was able to follow a plan based on her unique genetics.

She said knowing how she could best lose weight for her body gave her direction.

"My plan helps guide my meal choices. I've learned I can mix it all up – protein, carbs, fruits, and veggies – and have a little bit of everything. The meal plans give you such a wide variety. That was great to learn and has really helped my success."

As an Amway Independent Business Owner, Michele wanted to be her best to effectively represent her business.

"We have some of the best vitamins and supplements, which I knew and loved, but I had this extra weight. For people to truly understand the quality of our health and nutrition products, I needed to be an example – for my health and to inspire my customers, too."

*This success story features an Amway Independent Business Owner (IBO). She owns and operates her own independent business and has a financial interest in the sale of Amway™ goods and services. To find out how you can be an Independent Business Owner, talk to a local IBO or go to Amway.ca to find one.

Consult your physician or health care professional before starting any weight loss program.

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

Get a jump start on your weight loss!

The BODYKEY by NUTRILITE™ Jump Start Kit gives you everything you need to start on your personalized path to weight loss for life.

Challenge yourself!

Commit to 90 days on the BODYKEY by NUTRILITE program. Pick a date and start – do it for yourself, do it for the people you love – and don't hold back. Check out Amway.ca/BODYKEY to see if there's a current challenge you can join!



Genetic Test

Find the right plan for you. Available only with the purchase of a Jump Start kit (**11-8004**, or the Challenge Kit, **11-0204***).



Cinnamon Bun Protein Bars help provide a full feeling. **11-0537**

BODYKEY by NUTRILITE™ bag transports your essentials in style! **76-1536**

*11-0204 is the only kit available during the challenge.
Trademark: Inherent Health (Interleukin Genetics, Inc., Waltham, Mass.).



KIT INCLUDES

Everything shown here, plus exclusive access to BODYKEY™ online and mobile weight loss tools. See page 26.

11-8004 Jump Start Kit

Products also sold separately.

INVISIFIBER® provides fiber to help you feel full longer.

10-2736

DAILY MULTIVITAMIN/MULTIMINERAL provides key nutrients you need, daily.

10-4174

Shaker Cup lets you shake up a healthy meal.

11-0033

Rich Creamy Chocolate Meal Replacement Shakes provide one-third of 23 essential vitamins and minerals and are gluten free.

11-4575

Unlock your plan

Take control with personalized plans designed to work for you.

THE INHERENT HEALTH® WEIGHT MANAGEMENT GENETIC TEST

will help you unlock your personalized weight loss plan. Once you know your results, order your plan:

- BODYKEY by NUTRILITE™ Carb Reducer™ Plan
- BODYKEY by NUTRILITE Fat Trimmer™ Plan
- BODYKEY by NUTRILITE Better Balancer™ Plan



CUT CARBS

To manage your weight more effectively, you could benefit from a diet that cuts back on certain carbohydrates while also reducing calories.

BODYKEY by NUTRILITE™ Carb Reducer™ Plan

Includes:

- NUTRILITE® Protein Bars
- NUTRILITE® INVISIFIBER® Supplement
- NUTRILITE Carb Blocker 2

11-8005 with Chocolate Delight bars

11-8975 with Cinnamon Bun bars

Carb Reducer



TRIM FAT

To manage your weight more effectively, you could benefit from a diet that reduces fat and calories.

BODYKEY by NUTRILITE Fat Trimmer™ Plan

Includes:

- BODYKEY Meal Replacement Shakes
- NUTRILITE® INVISIFIBER® Supplement
- NUTRILITE CLA 500

11-8006 with Rich Creamy Vanilla shakes

11-8976 with Rich Creamy Chocolate shakes

Fat Trimmer



BALANCE EATING

To manage your weight more effectively, you could benefit from a diet that balances nutrients while cutting calories.

BODYKEY by NUTRILITE Better Balancer™ Plan

Includes:

- BODYKEY Meal Replacement Shakes
- NUTRILITE® INVISIFIBER® Supplement
- NUTRILITE Chromemate

11-8007 with Rich Creamy Vanilla shakes

11-8977 with Rich Creamy Chocolate shakes

Better Balancer



Trademarks: Inherent Health, Better Balancer, Carb Reducer, Fat Trimmer (Interleukin Genetics, Inc., Waltham, Mass.).

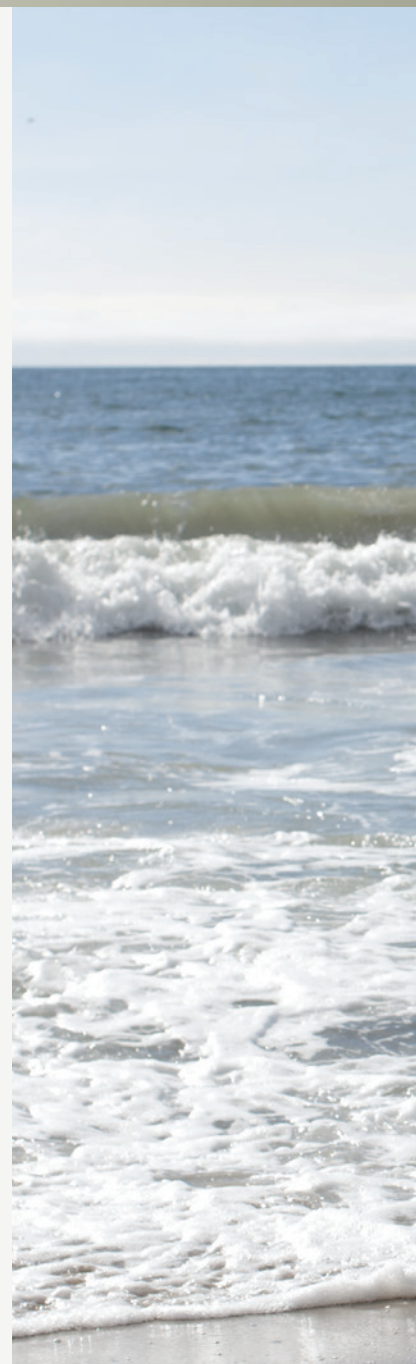
Power your progress with the right products

Everything you need to succeed! Maximize your personal weight loss program with a selection of BODYKEY™ and NUTRILITE® products that YOU want.

This section will help you:

- Find products to further personalize your weight loss
- Add variety and motivation with the highest-quality, most effective products available

Control hunger _____	12
Specialized snacks to support your plan _____	13
Delicious, easy meal replacement options _____	14





Snacks to help control cravings!

Today's weight management isn't about hunger and sacrifice.
It's about making healthy choices you can enjoy – while you lose weight.
Bring on the snacks. Sweet tooth? Salty somethings? You bet.
Stock up on these smart extras and sail through your weight loss journey.

SWEET



RICH WITH FLAVOR, ONLY 100 CALORIES PER BAR

NUTRILITE Snack Bars

Delicious snacking on the go in four great varieties.

- 10-7381** Cranberry Crunch
10-7380 Fudgy Brownie with Almond
10-7382 Caramel Creme
10-7383 Chocolate Caramel
12 bars
10-7384 Variety Pack (not shown)
16 bars (4 bars of each flavor)

SALTY



POWER TO SKIP THE CHIP

BODYKEY Slim Popcorn

*Craving a satisfying, salty snack?
Each convenient pouch of BODYKEY
Slim Popcorn has you covered for
only 110 calories.*

- A touch of green tea
- Cholesterol free
- Gluten free

11-0212 24 single-serve pouches

Protein goodness to satisfy your hunger!



POWER THROUGH WITH PROTEIN

NUTRILITE Protein Bars

Our classic weight management protein bars max out on satisfying protein: high in quality and low in carbs to help you feel fuller longer.

- Offers 19-20 grams of high-quality, easily digested protein per bar
- Sweetened with all-natural, zero-calorie stevia
- Contains only 1 gram sugar

11-0537 Cinnamon Bun flavor

11-0536 Chocolate Delight flavor

9 bars per box

It's nutrition, made easy

Confidence and control. That's what you want as you lose weight.

BODYKEY™ and NUTRILITE® products can help. Who wouldn't enjoy a shake or a chewy-delicious bar that beats hunger and helps you lose weight?



LOSE WEIGHT WITH DELICIOUS SHAKES

BODYKEY Meal Replacement Shakes

Replace one to two meals per day with a delicious shake that satisfies hunger and taste!

- Provide a balanced meal with 23 vitamins and minerals
- Contain 14 grams of protein per serving and are a good source of fiber
- Gluten free

11-4575 Rich Creamy Chocolate

11-0201 Rich Creamy Vanilla

28 servings



RAISE THE BAR FOR HEALTHY CHOICES

NUTRILITE® Nutrition Bars

Gourmet-worthy bars, with 200 calories or less in four favorite flavors.

- Packed with protein
- Provide 23 vitamins and minerals
- No high-fructose corn syrup or hydrogenated oils

10-7385 Chocolate Crisp

10-7388 Blueberry Crunch

10-7387 Lemon Crunch

10-7386 Cherry Almond

12 bars per box

10-7389 Variety Pack (not shown)

16 bars (4 bars of each flavor)

Protect your body with the right nutrition

NUTRILITE® Supplements

As you learn new ways to eat and be active, it pays to take care of yourself as you go. Support your body with the foundational nutrition it needs while you're cutting calories. Losing weight is your focus. The right supplements can give you confidence that your metabolism is working at its best, digestion is optimal, your energy level is there for you, and your body is getting everything it needs to deliver amazing results.

This section will help you:

- Find and order the highest-quality, scientifically supported nutritional supplements from Nutrilite to enhance and maximize your weight loss success
- Follow your Personal Genotype Plan with supplements included in the Carb Reducer™, Fat Trimmer™, and Better Balancer™ plans

Weight loss support _____ 18

Foundational nutrition and support _____ 20

Digestive support _____ 22

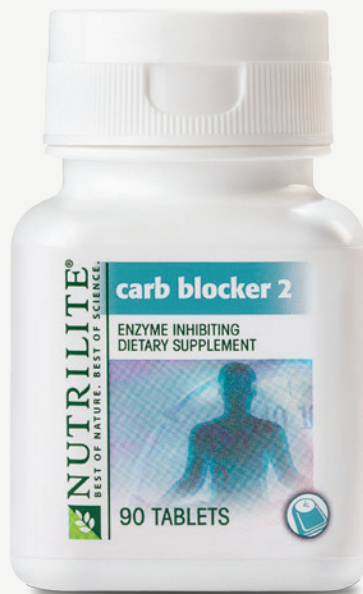
Trademarks: Carb Reducer, Fat Trimmer, Better Balancer (Interleukin Genetics, Inc., Waltham, Mass.).





Supplement support

Losing weight is hard work. Get all the help you can with smart supplements designed to work with your body as you shed pounds.



BLOCK CARBS

NUTRILITE® CARB BLOCKER 2 Supplement

Carb Blocker 2 helps to inhibit carbohydrate intake and support healthy blood glucose levels.

10-0193 90 tablets

This product is not intended to diagnose, treat, cure, or prevent any disease.



KEEP LEAN MUSCLE

NUTRILITE® CLA 500

Try NUTRILITE CLA 500. Conjugated Linoleic Acid (CLA) is an essential fatty acid that supports lean muscle retention.* If you're investing time and energy in building muscle, take it to the next level and get maximum return on your investment.

10-0280 180 softgels

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

BOOST METABOLISM

NUTRILITE CHROMEMATE

NUTRILITE Chromemate helps boost your ability to metabolize carbohydrates and fats. Chromemate also provides support for healthy glucose metabolism. Suggested use: One capsule, 1–2 times daily.

70-6191 90 capsules



Find the multivitamin that's right for you

Everybody needs a multivitamin. When you're losing weight, you need it more than ever. Get the essential vitamins and minerals you need to protect your body and fuel your efforts. Nutrilite leads the industry in scientific research and quality. You can't find a better partner in total, optimal health.



COMPLETE FOUNDATION

NUTRILITE® DOUBLE X®

A single serving of NUTRILITE DOUBLE X Vitamin/Mineral/Phytonutrient is what you need your vitamin to be – 12 essential vitamins, 10 essential minerals, and 20 plant concentrates giving you the antioxidant power of tomato, blueberry, broccoli, cranberry, pomegranate, and more.

A-4300 31-day supply with 3-compartment case

A-0244 31-day refill

A-4318 10-day refill



CONVENIENT OVERALL NUTRITION

NUTRILITE Men's and Women's Packs

Essential daily nutrition designed for men and women. Each convenient pack contains:

- Two foundational supplements: NUTRILITE Daily Multivitamin and OCEAN ESSENTIALS® Balanced Health
- Two gender-specific supplements:
 - Men's Pack: NUTRILITE Vitamin C Extended Release and Natural Multi Carotene
 - Women's Pack: NUTRILITE SHiNe® and Cal Mag D Advanced

10-5481 30 packets NUTRILITE Women's Pack

10-5480 30 packets NUTRILITE Men's Pack

Calcium can help in your weight loss effort



CALCIUM HELPS WITH METABOLISM

NUTRILITE® Cal Mag D Advanced

Research shows that women and even men may not get enough calcium through diet alone. Add a weight loss plan and you could be even more at risk. NUTRILITE® Cal Mag D Advanced:

- *Has more vitamin D than 5 cups of fortified milk to enhance calcium absorption*
- *Contains calcified seaweed, one of nature's most concentrated botanical sources of calcium and magnesium*

11-0610 180 tablets



Digestive support

As you work hard to lose weight, give yourself an advantage with a healthy digestive system.



EASE BLOATING, GAS, AND HEARTBURN

NUTRILITE® Digestive Enzyme Complex

Essential daily nutrition designed for men and women.

- *Enjoy meat, dairy, healthy fats, legumes and other vegetables with confidence and comfort*
- *Get relief when natural enzymes don't break down food the way they should*
- *Contains aspergillus**

A-8903 90 capsules

*Anyone with allergies to aspergillus or other molds should consult a physician before using this product.



ADD PROBIOTICS

NUTRILITE® Pro-Digest

NUTRILITE Pro-Digest supplement gives you the good bacteria and probiotics your digestive tract needs. Used daily, Pro-Digest supports normal digestive function and can help with the digestion of dairy products.

Suggested use: Adults, take one capsule one to three times daily.

71-7167 60 capsules



FEEL FULL

NUTRILITE INVISIFIBER® Supplement

Getting enough fiber may help you with your weight management goals.

NUTRILITE INVISIFIBER® supplement:

- *Curbs appetite by providing 4 grams of natural soluble dietary fiber*
- *Provides nongritty and taste-free way to increase fiber intake*
- *Supports gastrointestinal health and regularity*

10-2736 Thirty 4.5 g stick packs

It's motivation time. Find support and share, too!

Statistics show that sharing your weight loss journey with others leads to even greater results! Telling your story, sharing tips, and encouragement are where it's at.

The **BODYKEY by NUTRILITE™ program** has created an exclusive online community where you can learn – and share!

We've also got the latest products and tech gadgets to track your progress, help you exercise with ease, and more.

This section will help you:

- Connect with weight loss buddies and get real support from the MyBODYKEY.com community
- Access great weight-loss resources online
- Get fit to boost your results – with quick fitness options you might like, and the super easy, affordable equipment that goes with them

MyBODYKEY.com _____ 26

Fitness gear _____ 28

Celebrity support _____ 31





SIGN UP FOR PERSONALIZED ONLINE SUPPORT

MyBODYKEY.com



Connect, track, and stay motivated with a one-year subscription to MyBODYKEY.com. You'll have access to other people losing weight with the BODYKEY by NUTRILITE™ program and enjoy:

- Personalized recipes and menus
- Customizable exercise and fitness plans
- Interactive group support
- Easy-to-access mobile tracking tools

76-1568 One-year subscription





IT'S WI-FI WEIGHT LOSS TIME!

If you love the excitement of tracking your progress, using technology, or both, you'll love our **MyBODYKEY.com**-compatible tracking devices. Add some motivation to every day as you track your improvement – and weight loss success.



WEAR YOUR TRACKER

Fitbit™ Flex Wireless Activity & Sleep Wristband

Keep your progress in plain sight with a device that's with you all the time. Tracks steps, distance, calories burned, and hours slept.

76-2325 Wristband



TRACK PROGRESS ON THE GO

Fitbit™ The One Wireless Activity and Sleep Tracker

Clip on and go! Records steps, distance, calories burned, and hours slept.

76-1615 Tracker



MEASURE UP

Taylor Digital Scale

Step up and see your results! Provides precise weight measurements with its auto-on technology.

76-1435 Scale



TAKE YOUR WEIGHT LOSS WITH YOU!

Be prepared for whatever your day throws your way. Be ready to whip up a satisfying shake anytime hunger strikes, with convenient storage options and portable blending power. Pack your bag with healthy snacks and workout gear so you win every day.

Take a shake – and more –
on the go.



BODYKEY by NUTRILITE™ Three-in-One Shaker Cup

Convenient Three-in-One Shaker Cup features built-in containers for you to store supplements and servings of BODYKEY™ Meal Replacement Shake powder. (page 14)

11-0099 Cup



BODYKEY by NUTRILITE To-Go Stackables

Take your BODYKEY Meal Replacement Shake powder anywhere – to work, the gym, even on vacation!

11-0111 4 stackable cups



BODYKEY Sports Bag

Whether you're heading to the gym, beach, or an overnight stay, this versatile bag will transport your essentials in style. Proudly displays the BODYKEY by NUTRILITE logo on the front.

- Double handles with single hand-lock wrap
- Adjustable shoulder strap
- Front zipper pocket, two side-zip pockets, main U-top zip, and inside zip-pouch

76-1536 Sports bag

Meet Jason Roberts

New Zealand-born, New York City-based Jason Roberts is a celebrity chef, cookbook author, surfer, and family man.

He's also proud to represent the BODYKEY by NUTRILITE™ program.*

"With BODYKEY by NUTRILITE, I truly believe that you have the ability to unlock a personalized path that's right for your body and that will really open the door to lasting weight loss," Jason says. "As someone who loves to cook – and eat – I can relate to how difficult it can be to keep the pounds at bay."

Since discovering BODYKEY by NUTRILITE, Jason has followed the Better Balancer™ approach to eating (see page 9) based on his genetic test results. He's shed 15 pounds of fat and finds BODYKEY™ Meal Replacement Shakes (see page 14) to be the perfect breakfast treat!



Trademark: Better Balancer (Interleukin Genetics, Inc., Waltham, Mass.).

*Jason Roberts is a paid celebrity endorser for the BODYKEY by NUTRILITE program.

He has a financial interest in the sale of Amway™ goods and services.

Consult your physician or health care professional before starting any weight loss program.

UNLOCK WEIGHT LOSS FOR LIFE AT AMWAY.CA/BODYKEY



Exclusively from **Amway**

To order products, contact your local Amway Independent Business Owner,
visit Amway.ca, or call 800-265-5470.



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