



Body Cleansing PROGRAM

FAQ





I GENERAL QUESTIONS ABOUT NUTRILITE DESTINATION WELLBEING

1. What is Nutralite Destination Wellbeing about?

Nutralite Destination Wellbeing is a holistic healthy-lifestyle approach that combines professional expertise, support and Nutralite products. Nutralite Destination Wellbeing supports your wellbeing journey by providing different programs, solutions, and product bundles for specific health & wellness needs.

2. What will be included under Nutralite Destination Wellbeing as of 2023?

- Nutralite Body Cleansing Program
- Nutralite Immunity Support Journey
- Nutralite Destination Wellbeing Bundles

3. Why it is called Nutralite Destination Wellness in UK market?

Due to the differing local legal regulations, the concept name in the UK market is Nutralite Destination Wellness.

II QUESTIONS ABOUT NUTRILITE NUTRILITE BODY CLEANSING PROGRAM

1. How does body cleansing work in the body?

Through the liver, kidneys, gut, and skin our bodies try to remove waste and toxins coming from diet, mental stress, environmental pollution and so on. This program has been built to support gentle changes in our life style (via nutrition, positive mind-set, physical activity, hydration) that help support our organs to do their jobs.

2. When should somebody consider starting Nutralite Body Cleansing Program?

You may want to consider starting the Nutralite Body Cleansing Program when: you feel your life-style is not as healthy as you would like it to be, you feel stressed and tired, you feel unhappy and maybe even your sleep is disrupted. The Nutralite Body Cleansing Program helps strengthen the natural cleansing function of your body, supports your digestive health by diet advice based on the mediterranean diet and contains several elements which support a positive mood.

Please note that this program is not intended to cure any diseases. If you have any health problems, please consult your doctor. Further please consider that Nutralite Milk Thistle shall not be taken during pregnancy and lactation.

3. Is the Nutralite Body Cleansing Program a weight management program?

No, it is not designed to lose weight.

4. What makes Nutralite Body Cleansing Program special?

The program is:

Holistic: covering health & wellness pillars: nutrition, hydration, physical activity & positive mindset including community involvement.

Scientific: Based on proven scientific approaches, and developed in cooperation with Dr. Francesco Avaldi, Nutralite Nutrition Consultant, Master in Vegetarian Dietetics, Expert in Sport Nutrition.

Trusted: Includes products from Nutralite™, the world's No. 1 selling vitamin and dietary supplement brand*. Nutralite is a brand with more than 85 years' experience of helping people to live healthier and happier lives.

Supportive: Accompanied by continuous support from your Amway Business Owner and free access tools such as Destination Wellbeing tool under Amway Xperience Mobile App help you stay engaged and motivated on your journey.

5. This program sounds similar to a Detox Program, why is not called a Detox Program?

In order to comply with European regulations and health claims on “detox/detoxification” in relation to food ingredients and in view of several national authorities rejecting such claims until officially permitted, we selected the name “body cleansing program” to reflect a meaningful and legally compliant name.

6. What are the main benefits of Nutralite Body Cleansing Program?

The program is designed to help you with following key benefits:

- Strengthen the natural cleansing function of your body**
- Support your digestive health***
- Improve your appearance
- Support positive mood****

* Source: Euromonitor International Ltd; Vitamins and Dietary Supplements, Word GBN, Retail Value RSP, % breakdown, 2022 data based on custom research conducted April - August 2022.

** Milk thistle helps the body cleanse itself.

*** Milk thistle promotes the digestion.

**** Vitamin B6 and folic acid (B9) contribute to normal psychological function.



Additionally also helps:

- Supports building positive lifestyle habits
- Overcome challenges and stress
- Stay more fit and active
- Supports the immune system*
- Change to Improves the quality of sleep

7. When will I start feeling the results?

After about 15 days you should start enjoying the benefits of the program, the quality of your sleep can improve, and you might feel more active.

8. How should I feel after the program?

You might feel more active and ready to start another program to further improve your overall health & wellness and quality of your life.

9. Can I have a cheating day?

It is better not to have a cheating day during the 21 days of your program.

10. What if I missed a day of the program or didn't follow it over the weekend - will I not experience the full results?

We recommend the full 21 days to experience the full program benefits; however, as mentioned in the program manual , don't be too hard on yourself. If you miss completing the program for 1- 2 days, try to get back on track as quickly as possible.

11. Can I combine the program with other program & product bundles– e.g., body cleansing with immunity?

Our recommendation is to start and focus on one single goal first; therefore, to start with one program or solution at a time.

12. Why is the program based on the Mediterrean diet?

The Mediterranean diet is one of the most studied and the most recommended diets across all ages and genders. We chose this diet because it helps reduce consumption of processed foods and introduces vegetables, legumes, fruits, and whole grain cereals in a delicious way.

* Vitamin B6 and folic acid (B9) contribute to the normal function of the immune system.

13. Why do I need to eat 5 times during the day?

The daily meal plan recommends 3 main meals and 2 snacks each day. This helps us to:

- Provide our bodies with the energy we need to live an active lifestyle
- Distribute calorie intake evenly throughout the day, and so preventing overeating late in the day
- Keep our blood sugar levels balanced.

14. Do I need to only use the recipes provided during the program?

One of the advantages of the program is its' flexibility. It provides nutrition advice and a daily nutrition recommendation plan with simple rules. It gives you the flexibility to create your own recipes & meals in case you do not want to follow fixed recipes.

15. Are there any Nutralite supplements I should avoid taking during my Nutralite Body Cleansing Program?

There are no restrictions, you may take other Nutralite supplements in addition as you see the need for additional diet support.

16. Do I have to consult my doctor before starting the program?

As a healthy individual you would not need to consult your doctor before starting the program. Please note that this program is not intended to cure any diseases. Therefore, if you have any health problems, please consult your doctor.

Nutralite Milk Thistle:

With regard to Nutralite Milk Thistle please note the following warnings: Do not take during pregnancy and lactation. In case of diseases of liver or biliary tract or obstruction of the bile duct/gallstones, the use of the product is not recommended. The product should not be taken in case of allergy to plants of the Asteraceae (Compositae) family. If you are taking any medication, you should seek the advice of your doctor.

17. Do I have to pay any extra fee for the Body Cleansing Program?

There is no extra fee to participate in the Wellbeing Body Cleansing Program. To help support you in starting your journey, the 4 Nutralite products that are part of the Body Cleansing Program are available as the Body Cleansing Program bundle within a pre-packed box, at a discounted price.

18. Can I drink coffee during Nutrilite 21- day Body Cleansing Program?

Yes, however, we recommend to restrict yourself to 1-2 espressos (or equivalent) per day and consume with a glass of water.

19. If I add a smoothie into my meal plan, how much of my hydration goal of 8-10 glasses of water / 2 liters of water does this account for?

It depends according to type of the smoothie and also the recipe of the smoothie. In general, the assumption is that one smoothie covers about 1 glass of water.

20. How frequently should I take the Nutrilite Body Cleansing Program to optimize the results?

We suggest starting the Nutrilite Body Cleansing Program at any change of season, 3-4 times per year.

21. What comes after Nutrilite Body Cleansing Program, should I change something in my diet permanently?

The Nutrilite Body Cleansing Program is a holistic approach to change your life style, it is not only a diet but a new path with habits and routines we recommend to follow for the rest of your life, to be active, to improve the quality of your life and to help stay as healthy as possible.

22. Why does the program last for 21 days?

In 21 days, it is possible to change habits and routines to feel & experience impactful benefits.

23. What do I have to do after the program?

First of all, you should take a moment and celebrate yourself that you took the time to invest in and improve your wellbeing. Then, as second step you have several options:

- **Continue with the Body Cleansing Program for another 21 days** to keep up with your new healthy lifestyle habits and maintain the benefits
- Maintain your **positive** habits and **support** your overall nutrient intake with **Nutralite Double X, Nutrilite Daily** or other high-quality Nutrilite products.
- Take the next step on your journey to Nutrilite Destination Wellbeing by **exploring other solutions or product bundles** that target your specific wellbeing goals.

24. From what age can I participate to this program?

The program is only intended for adults.

25. Can children or teenagers participate to the program?

No, the program is only intended for adults.

26. Can nursing and pregnant women participate to this program?

No, they should not take part in the program.

27. What if one of the supplements causes issues, eg digestion. Can I leave it out?

In case you face any health issues, you should stop the program and consult your doctor.

28. Is the Nutralite Bundle covered by the Amway Satisfaction Guarantee?

Yes, it is. If you're not satisfied with the bundle, you can return it within 90 days for a full refund of the price paid. We can only accept the return as a complete bundle of 4 products. For full details, please visit (<https://www.amway.co.za/en/other/site-home/delivery-and-returns/>) Your withdrawal and/or statutory warranty rights remain unaffected.

29. How often should exercise?

It depends on your personal habits. If you are just starting to exercise you might consider gradually starting off with 5 or 10 minutes' walk each day and then building up to 30 minutes of exercise. However, if you already actively exercise, consider increasing the intensity or duration step by step. Please contact your personal practitioner for personal advice in case of any special conditions.

30. Can I drink an XS Power Drink or XS Power Water+ during the program?

You can have 1 XS Power drink or 1 XS Power Water+ per day, however then you should not drink any coffee.

31. Should I only drink water to hydrate?

In addition to water, we recommend fruits, vegetables (eg. smoothies), and herbal teas to help you stay hydrated. We recommend avoiding sweetened drinks.



III QUESTIONS ON NUTRILITE BODY CLEANSING PROGRAM BUNDLE

1. What role does Nutralite Milk Thistle play in supporting Body Cleansing?

The liver is the central metabolic organ in our body. Milk thistle extract helps maintain normal liver activity; it also facilitates digestion and helps the body cleanse itself.

2. Why did you include Nutralite All Plant Protein in the program?

Nutralite All Plant Protein is a source of vegetable protein that helps meet your daily protein needs, as a balanced and healthy alternative to the more traditional forms of protein.

3. Why did you include Nutralite Balance Within in the program?

Nutralite Balance Within contains Vitamin B6 and B9 (folic acid) and additionally 6 billion lactic acid producing bacteria of 2 scientifically well-documented strains. Vitamin B6 and folic acid (B9) contribute to the normal function of the immune system and contribute to normal psychological function.

4. Why did you include Nutralite Fibre Powder in the program?

Nutralite Fibre Powder is a special blend of three soluble fibres from naturally derived plant sources, offering a convenient way to support your diet by adding additional fibre.

5. How do I take the products in the bundle, does the order and time matter?

Our advice is to take the four products of the bundle following the directions given in the Nutralite Body Cleansing Program to get the full benefits. The recommendation provided in the daily meal example for the products are: Nutralite Balance Within: Take it before breakfast* Nutralite Milk Thistle (for DE/AT/ CH): Take it during dinner* Nutralite Milk Thistle (ALL excl. DE/AT/ CH): Take it twice a day, once with breakfast and then during dinner* Nutralite Fibre Powder: Integrate it into your morning or afternoon snack Nutralite All Plant Protein: Proteins are quite flexible, integrate it to your breakfast, lunch or dinner*. Please check “Daily meals examples & Supplements” page of Nutralite Body Cleansing Program Manual.

*Please follow the usage instructions stated on the product packing.

6. Are there any side effects when taking the products for a long time?

There should be no side effects if the products are taken for a long time. However, if in doubt or if you have any health problems, please consult your doctor.

7. Can I take all the products in the Nutralite Body Cleansing Program bundle together?

To help realize the full benefits of the program, the program has been designed with 4 Nutralite products, to be taken together according to the directions in the program – therefore they are offered as a bundle for the purpose of the Nutralite Body Cleansing program.

8. Is there a specially designed box for the bundle?

Nutralite Body Cleansing Program Bundle is offered in a specially designed box with a welcome flyer.

9. Is there a discount for the Nutralite Body Cleansing Program Bundle?

To help support you in starting your journey we are offering the bundle of 4 products at a 10% discounted price vs the regular price of buying the 4 products individually.

10. If someone is lactose intolerant, can they participate Nutralite Body Cleansing Program?

There is no lactose or lactose-containing ingredient added to any of the products in the bundle. However, we cannot entirely exclude the risk of unintentional traces of lactose being present in any of the products.

11. If someone has a gluten allergy, has a gluten intolerance or is looking for gluten-free products can they participate the Nutralite Body Cleansing Program?

Persons with gluten allergy or intolerance, MUST NOT take the Body Cleansing bundle as All Plant Protein contains added gluten, and further the risk of unintended traces of gluten cannot totally be excluded for all other products. There are no alternative similar products available for which we can guarantee that they are free from gluten.

12. If someone has a preference for gluten-free products, can they take XS Amino Advantage instead of Nutralite All Plant Protein?

While there is no added gluten to this product, the risk of unintended traces of gluten cannot totally be excluded for this product.

Yes, they could consumer XS Amino Advantage, 1 scoop a day, as a source of amino acids. Consider taking it within your daily meal plan during breakfast or dinner.

13. If someone has a soy allergy can they participate the Nutralite Body Cleansing Program?

Persons with soy allergy or intolerace, MUST NOT take the Nutralite Body Cleansing Program Bundle as some products contain added soy. There are no alternative similar products available for which we can guarantee that they are free from soy.

14. Does Milk Thistle interfere with any medications? Specifically, does it interfere with blood pressure/ heart medications/ Cumadin or Blood Coagulents?

This question can only be answered by the doctor knowing: the individual medical situation of the person and all product details as specified on the label. Therefore, we strongly recommend: If you are taking any medication, you should seek the advice of your doctor before taking Nutralite Milk thistle.

15. Can I heat All Plant Protein, will it still maintain it's nutrient levels?

Yes, you can. Try the following tips to prepare it: Start with half of the water in the cup as lukewarm water, then can add in a spoon of APP, to help it dissolve use your spoon to stir it. Then top it up filling the rest of your glass with hot water.

16. Can I use All Plant Protein in tea, will it still maintain it's nutrient levels?

Yes, you can. Try the following tips to prepare it: Start with half of the water in the cup as lukewarm water, then can add in a spoon of APP, to help it dissolve use your spoon to stir it. Then top it up, filling the rest of your glass with hot water.



IV QUESTIONS ABOUT DESTINATION WELLBEING DIGITAL TOOL UNDER AMWAY XPERIENCE MOBILE APP

1. What languages is the Destination Wellbeing Tool available in?

All markets which have the Nutralite Body Cleansing Program will have Destination Wellbeing Tool under the Amway Xperience app in their local languages. Markets include” Germany, Austria, Poland, Spain, Romania, Hungary, Czech Republic, United Kingdom, Italy, South Africa, Switzerland, Australia and New Zealand.

2. If the Nutralite Body Cleansing Program is not launching in my market, can I still access the Destination Wellbeing Tool (within the Amway Xperience App)?

Markets which do not have Nutralite Body Cleansing Program will not have an access to the tool in their local languages, or the full version. All users of the Amway Xperience app can use the country selector, choose any European country, and see the limited content available without login; this limited content includes introduction to the Nutralite Body Cleansing Program and the possibility to take the self-assessment.

3. Do I have to pay extra fee to have access to Destination Wellbeing Tool under Amway Xperience APP?

No, you do not need to pay any fees. You can access the Destination Wellbeing Tool within the Amway Xperience APP.

4. How can I access the Destination Wellbeing Tool?

Please visit Google Play or Apple Store. Then install the Amway Xperience app, choose the country and use an Amway ID to login. Download Destination Wellbeing tool onto your device.

5. I forgot to add my data into the Destination Wellbeing tool, can I add prior days retroactively?

Yes, you can either add the information for days you forgot. You can also update information by going into the Destination Wellbeing tool within the Amway Xperience App.

