

A woman with dark hair tied back, wearing large over-ear headphones and a grey tank top with a checkered shirt draped over her shoulder, is smiling while chopping tomatoes on a wooden cutting board. She is in a kitchen with a window in the background showing sunlight filtering through blinds. There are yellow graphic shapes floating around her. On the left, there is a potted plant and a glass of water on the counter.

nutrilite

The logo icon for Nutrilite, featuring a stylized sun with rays above a bowl shape.

Morning Nutrition

Embrace Each Morning
with Essential Nutrients
to Support Your Wellbeing!



Making morning meals work

When life gets busy, putting a balanced meal together can be a challenge.

But starting your day in a positive tone is essential for living fully!

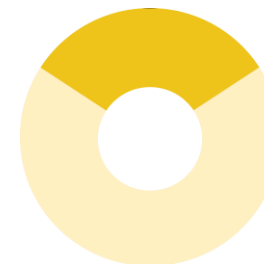
DID YOU KNOW?

1 IN 3 EUROPEANS



Skip Breakfast*

1 IN 3 EUROPEANS



Have just a snack*

Kickstart your day with a balanced breakfast for a healthier life

Eating a balanced breakfast and having a consistent morning routine with light to moderate activity and mindfulness are essential for boosting your overall well-being.

Vij VA, Joshi AS. Effect of 'water induced thermogenesis' on body weight, body mass index and body composition of overweight subjects. J Clin Diagn Res. 2013 Sep;7(9):1894-6. doi: 10.7860/JCDR/2013/5862.3344. Epub 2013 Sep 10. PMID: 24179891; PMCID: PMC3809630. Gibney MJ, Barr SI, Bellisle F, Drewnowski A, Fagt S, Livingstone B, Masset G, Varela Moreiras G, Moreno LA, Smith J, Vieux F, Thielecke F, Hopkins S. Breakfast in Human Nutrition: The International Breakfast Research Initiative. Nutrients. 2018 May 1;10(5):559. doi: 10.3390/nu10050559. PMID: 29723985; PMCID: PMC5986439. -Manippa V, Lupo R, Tommasi L, Brancucci A. Italian breakfast in mind: The effect of caffeine, carbohydrate and protein on physiological state, mood and cognitive performance. Physiol Behav. 2021 May 15;234:113371. doi: 10.1016/j.physbeh.2021.113371. Epub 2021 Feb 26. PMID: 33640376. - Levitsky DA, Pacanowski CR. Effect of skipping breakfast on subsequent energy intake. Physiol Behav. 2013 Jul 2;119:9-16. doi: 10.1016/j.physbeh.2013.05.006. Epub 2013 May 11. PMID: 23672851. -Manippa V, Lupo R, Tommasi L, Brancucci A. Italian breakfast in mind: The effect of caffeine, carbohydrate and protein on physiological state, mood and cognitive performance. Physiol Behav. 2021 May 15;234:113371. doi: 10.1016/j.physbeh.2021.113371. Epub 2021 Feb 26. PMID: 33640376. - Levitsky DA, Pacanowski CR. Effect of skipping breakfast on subsequent energy intake. Physiol Behav. 2013 Jul 2;119:9-16. doi: 10.1016/j.physbeh.2013.05.006. Epub 2013 May 11. PMID: 23672851.

Amway





BENEFITS OF HEALTHY BREAKFAST

Regulate
Mood

Stimulate
Metabolism

Consume
**Vital
Nutrients**

Replenish
Energy

Improve
**Cognitive
Function**

Enhance
**Memory &
Concentration**

Support **Weight
Management**





**Do you know that most typical breakfasts
may have these common nutritional gaps?**

Common morning meals may contain critical nutrient deficiencies in essential minerals, vitamins, phytonutrients, and dietary fibre.

What a good breakfast looks like?

Provide 15% to 25% of total daily energy derived from ⁽¹⁻²⁾:

- **Fiber-rich** whole grain foods
- **Lower sugar** containing fruit
- **Lean protein** (15-35 g) from low-fat/fat-free dairy, dairy-alternatives, or other sources of lean protein
- **Healthy fats** such as omega-3 fatty acids and monounsaturated fats



1. O'Neil CE, Byrd-Bredbenner C, Hayes D, et al. The role of breakfast in health: definition and criteria for a quality breakfast. J Acad Nutr Diet. 2014; 114:S8-S26.
2. Barr SI, DiFrancesco L, Fulgoni VL, 3rd. Consumption of breakfast and the type of breakfast consumed are positively associated with nutrient intakes and adequacy of Canadian adults. J Nutr. 2013; 143: 86-92. [19]





Morning Nutrition is the perfect solution for you to start the day right !

30 days supply easy to share and packed with exclusive content designed to engage and connect with your communities!





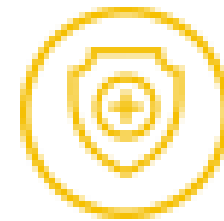
nutrilite™

Morning Nutrition Core Products



Nutrilite™ All Plant Protein

- Is a **high-quality protein** that supports muscle mass, strength, and overall well-being.
- The minimum Protein intake recommended by EFSA is **0.8 GR of Protein per body weight**

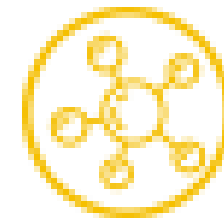


IMMUNITY ¹



Nutrilite™ Double X

- Helps bridge potential gaps in vitamins and minerals. It's a multivitamin, multimineral, and phytonutrient supplement enriched with **PhytoBlend™**, featuring 22 plants from 5 color groups.
- According to WHO the recommended Fruit and vegetables intake is **5 portions of fruit and vegetables** (500 GR)



ANTIOXIDANT ²



Nutrilite™ Fibre Powder

- Offers a convenient way to get **additional fibre** in your diet
- The recommended Fiber intake per day is **5-7g**



MUSCLE SUPPORT ³

Make sure you get all the essential nutrients for your healthy start!

Amway

¹ Folate, iron, vitamin A, vitamin B12, vitamin B6, vitamin C, vitamin D, zinc and copper contribute to the normal function of the immune system ² Manganese, riboflavin, selenium, vitamin C, vitamin E, zinc and copper contribute to the protection of cells from oxidative stress. ³ Proteins contribute to the maintenance and growth of muscle mass. Magnesium contributes to normal muscle function" *Source: Euromonitor <https://www.coherentmarketinsights.com/industry-reports/fiber-supplements-market#:~:text=Europe%20is%20expected%20to%20be,for%20functional%20food%20and%20beverages.>

Learn how to cook tasty and healthy breakfast with APP & Fibre!



- Enjoy a variety of breakfast options
- Do not give up on your favourite foods
- Find easy recipes for every taste and dietary need
- Try both sweet and savoury dishes and discover what you love!



BLUEBERRY YOGURT PARFAIT

Instructions

1. Put the Greek yogurt in a cup with protein, sweetener and mix.
2. Put 200 g blueberries into a small pot, heat over low heat, until cooked, for about 3/4 minutes.
3. Mash the berries with a fork. Add the chia seeds and stir. Let it cool.
4. Mix together oats flakes, veg milk, peanut butter, protein and flaked almonds and heat over low heat for 3 minutes.
5. Compose your parfait in a tall glass: alternate a layer of yogurt, one of blueberry jam and one of cooked oats until you run out of ingredients.
6. Garnish with the remaining fresh blueberries.



SAVORY PROTEIN PANCAKES

Instructions

1. In a bowl, mix oat flour, protein powder, baking powder, and salt.
2. Stir in egg whites and mix until smooth.
3. Fold in spinach and tomatoes.
4. Heat a skillet with evenly spread thin layer of olive oil over medium heat. Pour in batter to form pancakes.
5. Cook until bubbles form, then flip and cook until golden brown

Why morning activity is important?



Morning activities are essential as they significantly impact your daily productivity, mood, and focus*.

Healthy habits are essential for waking up your body and mind. By cultivating a positive mindset, you can better prioritise tasks and encourage routines that contribute to your overall well-being. When practiced consistently, these habits lead to a more organised and less stressful day, allowing you to tackle challenges with greater ease and clarity.



1

WORK OUT

Physical exercise increases blood flow to the brain, enhancing cognitive function and alertness.



2

YOGA

As well as boosting mental clarity and relaxation, yoga also has the added benefits of increasing the release of endorphins (happy hormones) and making the body a more physically comfortable place to live in.



3

MINDFULNESS

Engaging in mindfulness techniques in the morning can positively influence brain activity, promoting cognitive clarity, emotional regulation, and overall well-being throughout the day.

Choose your favourite activity and start your day right!

Morning Nutrition is essential to enhance your wellbeing and financial goals



- ✓ Ideal for Early Adoption
- ✓ Affordable and ideal to drive loyalty sustainable over time

- Simple and easy concept
- Days' Supply: 30 days supply
- Affordable Price
- PV : 62
- Integrated with **START** and **CORE PLUS**



**Start your journey with Morning
Nutrition for a healthier you!**



Learn more about how
Morning Nutrition supports a
better you beyond just a routine!

Morning Nutrition is the ONE essential step to enhance your healthspan



Providing important nutrients that your body needs to thrive, while incorporating activities tailored to your preferences for a more vibrant and fulfilling life.

Morning Nutrition brings you the essentials for your wellbeing journey

Be sure to incorporate any additional complementary products (1+N) into your Morning Nutrition to cater to your specific needs and enhance your daily routine!

Example 1



SUPPORT BRAIN, HEART, VISION

Omega 3 fatty acids as EPA and DHA help support the normal functions of your heart, brain, and vision.

Example 2



BALANCE WITHIN

Immunity support

Every wellbeing journey starts from breakfast

Tailor your journey according to your needs!



NEED

BENEFITS

Challenge: Lack nutrients in the morning

Solution: Morning Nutrition begins with the essential nutrients needed in the morning.

- Vegetarian friendly
- Ideal for any dietary preferences
- Affordable Bundle
- Offers a great variety of breakfast
- sweet / savory

- Regulate mood ⁵
- Stimulate metabolism ⁶
- Improve cognitive function ⁷
- Protein support muscles and bones ⁸
- Offers a convenient way to increase your fibre intake



NEED

BENEFITS

Challenge: Detox

Solution:

- Mediterranean diet
- Vegetarian friendly
- Offers a great variety of breakfast
- Ideal for 21 days to cleanse your body and support your liver functions
- Empirical method with handy portions

- Strengthen the natural cleansing function of your body ⁹
- Support normal function of digestive system ¹⁰



Did you know that any typical breakfast may have these common gaps?*



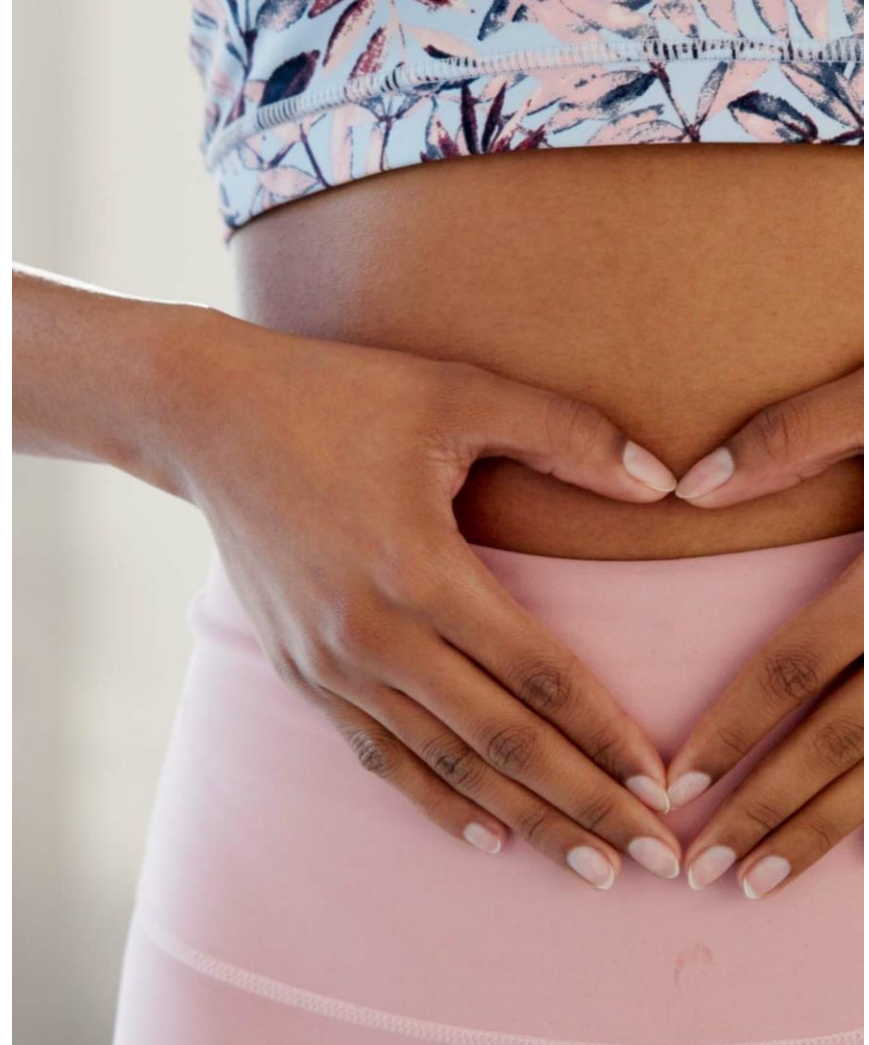
¹ Vitamin B6 contribute to normal energy-yielding metabolism ² Vitamin B12 and magnesium contribute to normal psychological function and normal functioning of the nervous system ³ As a result of a balanced diet and physical activity ⁴ Chromium contributes to the maintenance of normal blood glucose levels ⁵ Vitamin B12 and magnesium contribute to normal psychological function and normal functioning of the nervous system ⁶ Biotin and zinc contribute to normal macronutrient metabolism ⁷ Iron, zinc, and iodine contribute to normal cognitive function ⁸ Protein contributes to the maintenance and growth of muscle mass, and contributes to the maintenance of normal bones ⁹ Milk thistle extract helps maintain normal liver activity and support liver health ¹⁰ Milk thistle promotes digestion and body's purification ¹¹ Gaal S, et al. Breakfast consumption in the UK: Patterns, nutrient intake and diet quality. A study from the International Breakfast Research Initiative Group. Nutrients. 2018; 10: 1324. Martinez OF, et al. Breakfast consumption in Spain: Patterns, nutrient intake and quality. Findings from the ANIBES Study, a study from the International Breakfast Research Initiative. Nutrients. 2018; 10: 1324. Martinez OF, et al. Breakfast quality and its sociodemographic and psychosocial correlates among Italian children, adolescents, and adults from the Italian Nutrition & Health Survey (INHES) study. Nutr J. 2024; 23: 20.

CRITICAL NUTRIENT DEFICIENCIES INCLUDE

- Essential minerals: calcium, iron, potassium, magnesium
- Vitamins: D and folic acid
- Dietary fiber
- Phytonutrients from fruits and vegetables



 **Morning
Nutrition**



 **Body
Cleansing
PROGRAMME**

Morning Nutrition gives you great cross-selling opportunities



eSpring

Have a glass of lukewarm, purified water to kickstart hydration and metabolism. Use the e-Spring water treatment system for clean, great-tasting water.

Reduces 170+ contaminants, including microplastics and pharmaceuticals, destroys up to 99,999% bacteria, 99.99% viruses and 99.9 waterborne cysts



Skincare Morning Routine

Cleanse and tone your skin before applying Vitamin C and protein peptide serums, finishing with your favourite moisturiser and daily SPF.



Omega-3

Elevate your wellness with Nutralite™ Omega-3 Triple Strength, featuring essential EPA and DHA from sustainably sourced fish oil and ALA from chia seed oil.

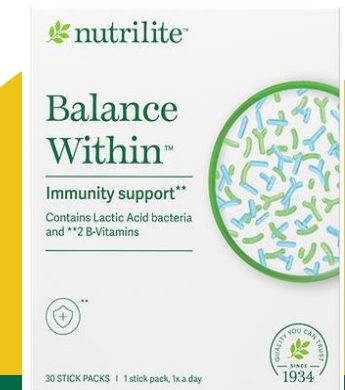
* Vitamin B6 contributes to normal energy-yielding metabolism

* Magnesium and vitamin C contribute to normal psychological function



Balance Within

Enhance your immunity and feel your best with Nutralite Balance Within, featuring vitamin B6 and B9 (folic acid) for extra support.

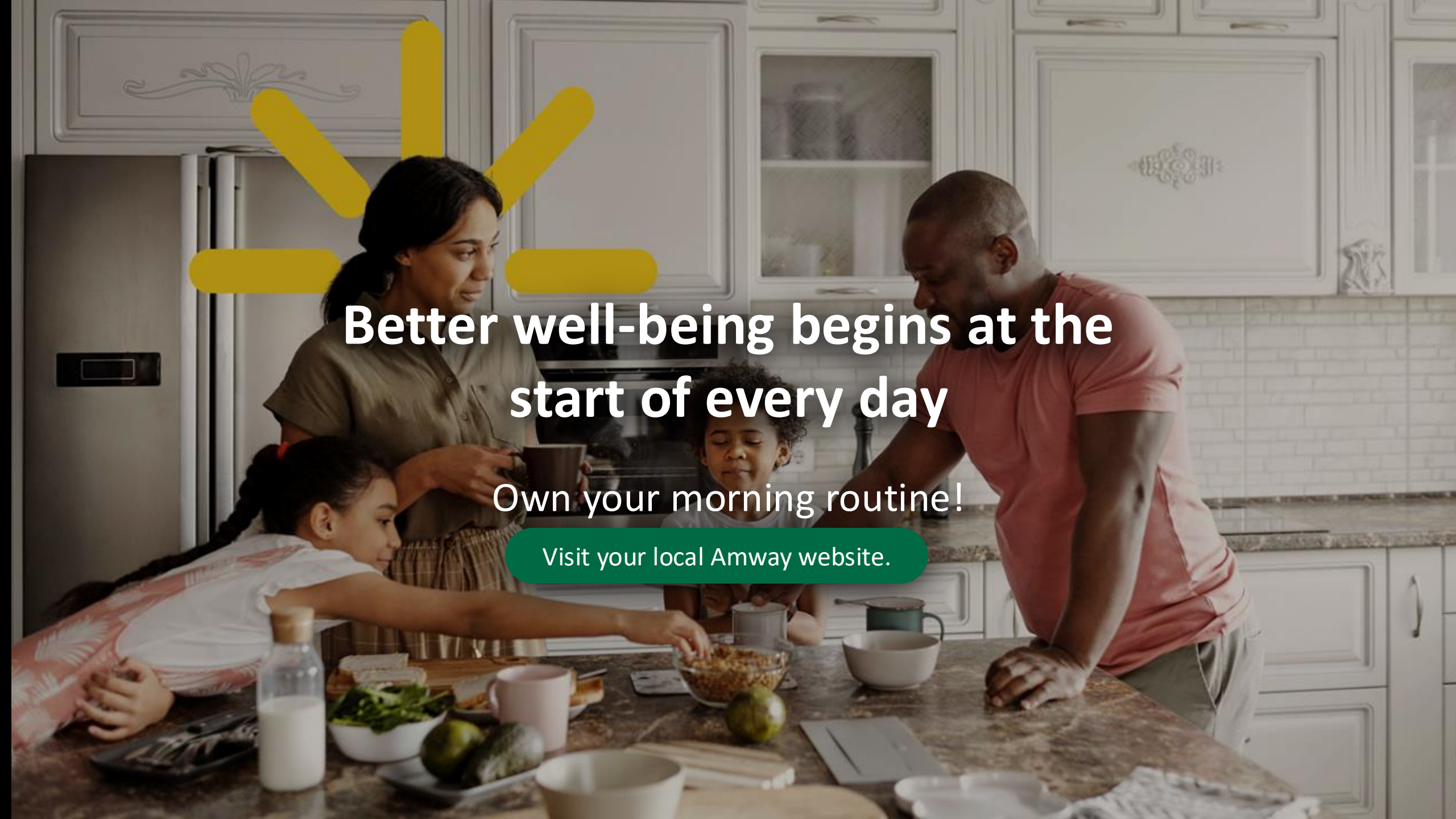




A Great Day Starts With The Right Nutrients

Incorporate essential nutrients from high-quality protein sources, complex carbohydrates such as high-fibre, low-sugar fruits, whole grains, and healthy fats. However, achieving this can sometimes prove challenging.

The Nutralite All Plant Protein, along with Double X and Fibre Powder, are effective supplements recommended to help bridge any nutritional gaps and enhance the user's overall dietary status.



**Better well-being begins at the
start of every day**

Own your morning routine!

Visit your local Amway website.