



Health Glossary

A

Acerola cherry: Fruit of the acerola tree, a tropical tree native to the Caribbean. Also known as the Barbados cherry, the acerola cherry is one of the richest known natural sources of vitamin C. Other natural sources of vitamin C include fruits in the citrus family.

Alfalfa: NUTRILITE's primary agricultural crop—found in a variety of NUTRILITE Food Supplements.

Alpha-tocopherol: The most biologically active form of vitamin E.

Alternative Farming Practices: A farming system which is environmentally sound, productive, economically viable, and socially desirable.

Amino acids: The building blocks from which protein is made and into which it is broken down during digestion.

Antioxidant: Any substance capable of protecting other substances from oxidation. Cells can be damaged by oxygen; an antioxidant protects against this harmful effect. Antioxidants include such compounds as vitamin C, beta-carotene, and vitamin E.

Ascorbic acid: Vitamin C

Associated Food Factors: A term originally coined by NUTRILITE's founder, Carl Rehnberg. Associated Food Factors include all the different components that make up a food. More specifically, the term is used to describe compounds in food which are not currently recognized as essential nutrients, but which may play a role in nutrition or effect the metabolism of known nutrients. Scientists now refer to those components collectively as phytochemicals.

AWP: Alfalfa, watercress, and parsley. The original concentrate developed by Carl Rehnberg.

B

Batch record: Documentation that provides the history of a batch from raw materials to the final product.

Beneficials (Insects): Insects that prey on organisms that are considered harmful to plant production.

Beta-carotene: The plant form of vitamin A. Called the precursor of vitamin A or provitamin A. It is converted by the body into true vitamin A (retinol). Beta carotene acts as an antioxidant.

Bioavailability: The availability of a given amount of a substance (vitamin or mineral) that can be absorbed from the gastrointestinal tract.

Biocontrols: Any naturally occurring biological product used to inhibit crop stress. Crop stress can be caused by weeds, insects, or disease.

Bioflavonoids: Brightly colored, chemical compounds found in the pulp and rind of citrus fruits, green peppers, apricots, cherries, grapes, papaya, tomatoes, broccoli, and other plant foods. Bioflavonoids may act as antioxidants.

Blood Glucose: Sometimes called blood sugar; describes how different sugars circulate in the blood. The main blood sugar is glucose. The blood sugar level is usually considered to mean the same thing as blood glucose level. Healthy individuals maintain blood glucose within a very narrow range – between 60-115 mg/dl (3.3-6.4 mmol/L) in a fasting state, and up to 140 mg/dl (7.8 mmol/L) after nourishment. High blood sugar may be a symptom of diabetes, and a low blood sugar may be indicative of hypoglycemia.

Body Fat Percentage: Body weight can be divided into two categories – lean body weight and fat weight. Lean body weight is comprised primarily of muscle, bone, fluid, and internal organs. Measuring body fat rather than just scale weight is a better predictor of optimal health. Scale weight does not take into account the fact that some individuals who carry excess weight as muscle may be at a healthy weight. Conversely, some individuals may appear to be at a healthy weight but may actually carry excess body fat. Measuring your percent of body fat will help determine if your body composition falls within a healthy range. Following a low-fat diet and exercising regularly will help reduce a high percent body fat.

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Buena Park: City in Southern California where Access Business Group, Home of NUTRILITE products, has its headquarters and manufacturing plant.

C

Calorie (kilocalorie): A measure of the energy contained in food. One calorie is the amount of heat required to raise the temperature of one kilogram of water by one degree centigrade.

Carbohydrate: The principle source of energy in the diet, consisting of simple carbohydrates (sugar) and complex carbohydrates (starch and fiber). A healthy diet should contain several daily servings of complex carbohydrates such as grains, cereals, fruits and vegetables.

Carcinogen: Cancer-causing substance.

Carotenoids: Pigments commonly found in plants and animals, some of which act as antioxidants.

Catalyst: Substance that stimulates a particular reaction without itself being permanently changed in the process; enzymes are biological catalysts.

Chelation: The process in which a mineral is complexed with another substance. A complex of a mineral with an organic acid forms a weak chelate; a complex with an amino acid forms a strong chelate.

Chemical: A substance produced by or used in chemistry. Not all chemicals are harmful, (e.g., water).

Chlorophyll: The green pigment of plants.

Cholesterol: A waxy, fat-like substance found in every body cell. What you eat can raise or lower blood cholesterol level. Eating high-saturated fat, high cholesterol foods like fatty meats, fried foods, cookies, cakes and eggs contributes to high blood cholesterol. Elevated total cholesterol is a risk factor for coronary heart disease.

Clean area: An area with defined environmental control of particulate and microbial contamination. The area is constructed and used in such a way as to reduce the introduction, generation and retention of contaminants in the area. Examples of such an area would be the weigh-up, granulation, or compression rooms.

Coating: To cover a nonchewable tablet with a very light solution for easier swallowing.

Coenzymes: Substances that are required for the activity of an enzyme. Coenzymes usually contain vitamins as a part of their structure and a metal ion as an activator.

Collagen: Biological "cement," made of a fibrous protein, that holds the connective tissue of the body together. Vitamin C is essential for the formation of collagen.

Compost: A mixture of decomposing plant refuse and animal manures for adding nutrients to the soil and conditioning the soil to optimize plant growth.

Compression: A term used to describe the process of compressing raw materials into tablets.

Concentrate: Nutrient-rich plant material which has been processed to remove fiber and water.

Conventional farming: Method of farming where production yields are the primary concern. This is usually achieved through the incorporation of many agricultural chemicals into the farming system. NUTRILITE does not practice conventional farming.

Counter current extractor mixer: Used in the concentrate production process to mix liquid with raw plant materials and extract nutrients.

Cover crops: Plants that are used in rotations, particularly legumes, for the nitrogen they supply. These plants, plowed into the soil for humus, also loosen the soil, improve soil texture, may house beneficial insects and keep weeds down.

Crop land balance: Working with the delicate environmental system in order to optimize plant growth.

Crop rotations: Continually changing the type of plants grown over time to maintain a well balanced farming system. Crop rotation provides a healthy soil by building soil structure, promoting soil nutrition, and inhibiting harmful insects or the proliferation of disease organisms.

Cruciferous vegetable: A family of vegetables, including cabbage, Brussels sprouts, cauliflower and broccoli.

Cultural practices: Physical manipulation of crops and soil to achieve optimal plant growth. This is often done utilizing farm equipment, plastics and mulches, or timing of planting and harvesting.

Current Good Manufacturing Practices (GMPs): Regulations that describe the methods, equipment, facilities, and controls required for producing products that are safe, pure, and effective.

D

Daily Value (DV): This number, given in percent, shows how foods meet recommended nutrient intake levels based on a 2,000 calorie reference diet. Some Daily Values are upper limits (try to eat no more than 100%) while others are optimal amounts (try to eat 100%).

Deduster: Equipment which removes excess powder resulting from the compression process.

Dehydrator: Removes moisture from plants in the concentrate production process.

Dextrose: A simple, naturally occurring sugar also known as glucose.

Digestion: Process by which foods are broken down into smaller units so they can be absorbed through the intestinal wall.

Digestive tract: The tube that passes from the mouth to the anus and includes the esophagus, the stomach, the small intestine and the large intestine.

Disintegration Time: This test, approved by the US Pharmacopoeia, is a true measurement of how a product will breakdown for maximum absorption in the body. Does not imply the tablet is completely dissolved or that any nutrients are in solution, just means at the end of the test the only material left is a soft, palpable core, except for any pieces of coating.

Dissolution: The process of a solid, in the appropriate solution, separating into component parts. To cause to pass into solution (e.g., sugar in water).

Dissolution apparatus: Simulates stomach movement to test how fast a tablet will dissolve.

Distributor: An independent contractor (IBO) who sells NUTRILITE products.

DOUBLE X: NUTRILITE DOUBLE X Food Supplement. A broad spectrum, high potency multivitamin/multimineral supplement containing a variety of plant materials. This is the product that made NUTRILITE famous.

DV: See Daily Value.

E

Earthworms: Very important in aerating and fertilizing the soil.

El Petacal: Farm located in El Petacal, Jalisco, Mexico.

Electrolyte: Any compound that, when in solution, can conduct electrical impulses. Potassium, sodium, magnesium, calcium, phosphate, sulfate, and chloride are the common electrolytes in the human body.

Emulsifier: An agent that breaks up fatty material into minute particles and holds them in suspension.

Enriched: Replenishment of some nutrients lost during food processing.

Enzyme: A protein that acts as a catalyst in accelerating specific chemical reactions. For example, digestive enzymes break down food into materials useful to the body.

Essential amino acids: Amino acids that cannot be produced by the body and must come from the diet. These are isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine, and histidine.

Essential fatty acid: A fatty acid that must be provided in the diet; the two essential fatty acids are linoleic and linolenic acids.

Essential Nutrient: Those nutrients the body cannot make for itself in sufficient quantity but must be obtained from food.

Excipients: Substances added to formulas which are required to produce quality tablets, but which do not provide nutritive value. Examples of excipients include monoglycerides (coats vitamins to protect from degradation), magnesium stearate (a lubricant which allows compressed tablets to be pushed out of die punch), modified food starch (thickening agent), etc.

F

Fat soluble vitamins: Vitamins which are transported by fats and stored in fatty tissues. A,D, E and K are the fat soluble vitamins.

Fats (lipids): An essential nutrient that provides concentrated energy, contributes to the palatability of food, acts as a carrier of fat-soluble vitamins, and supplies essential fatty acids. While dietary fat is vital, the practice of consuming several times the amount necessary for health is implicated in the development of several diseases.

Fatty acid: An organic compound composed of a long chain of carbons bonded to hydrogens. At one of end of the chain is an acid group and at the other end, a methyl group.

FDA: Food and Drug Administration. United States governmental agency that regulates the manufacture and use of foods and drugs.

Fertilizer: Any material put on or into the soil to improve the quality or quantity of plant growth.

Fiber (Dietary Fiber): Found only in foods of plant origin, dietary fiber is a group of substances exhibiting various degrees of resistance to human digestion. Cellulose, lignin, hemicellulose, pectin, and gums are the five main types of dietary fiber. (See insoluble fiber and soluble fiber). Crude fiber represents the cellulose portion of dietary fiber.

Flexibility (Sit & Reach): This test evaluates the flexibility of the lower back and the flexibility of the muscles on the back side of the leg. An inability to stretch far enough forward indicates tightness in these muscles. People who have low back problems often have a restricted range of motion in these muscles. Flexibility is related to age and physical activity. As a person ages, flexibility decreases, although this is due more to inactivity than the aging process itself.

Fortified: The addition of vitamins and/or minerals to increase the nutrient value of food.

Free radicals: Free radicals are highly reactive compounds that can be damaging to bodily components, such as cell membranes and fat molecules. Possibly the most important bodily defense against free radicals is the antioxidant.

Friability: A type of packaging test. This test ensures that the product will maintain integrity during packaging and shipping.

Fructose: A sugar found in fruits and honey. Also called fruit sugar, it is sweeter than refined sucrose (cane or beet sugar).

G

Glucose: Also known as dextrose; provides fuel for body tissues. (Blood Sugar – see Blood Glucose).

Gluten: A protein found in wheat and other grains, such as oats, rye and barley.

GMPs: See Current Good Manufacturing Practices.

Granulation: A term used to describe the process of mixing raw materials together until the desired consistency is produced.

Green manure: A cover crop that is turned completely back into the soil and allowed to decompose. Legume crops often make good green manure crops because they also supply nitrogen. Some green manure crops can be mowed and allowed to grow several times before being tilled into the soil.

Grip strength: A fitness measurement which provides a very reliable assessment of general upper body muscular strength. Grip strength can be improved with regular strength and/or weight training exercises.

H

Habitat: The region where a plant or animal naturally grows or lives.

Hammermill: A machine that grinds dry plant material into flour.

Hayssen Bagger: Bags minerals and hardcaps for Double X.

HDL - High Density Lipoprotein: HDL is also known as "good" cholesterol. It is primarily made up of proteins and carries cholesterol away from the artery walls back to the liver for disposal. HDLs are only in the body, not in food. A low HDL cholesterol level is a risk factor for coronary heart disease.

Herbicide: A substance used to destroy weeds.

Hi-Coaters: Machines used to spray a fine coating over nonchewable tablets.

High Pressure Liquid Chromatography (HPLC): A separation/detection technique. Used to separate the nutrient of concern, such as vitamin A, from the vitamin/mineral matrix. Main method used for vitamin analysis.

Hormone: Chemical messengers which are produced in an endocrine gland and transported by the blood to other tissues where it influences metabolic activity (e.g., estrogen and insulin).

HPLC: See High Pressure Liquid Chromatography.

Hydrogenation: The process by which hydrogen is added to an unsaturated fatty acid to make it more solid at room temperature and more resistant to oxidation.

I

ICP: See Inductively Coupled Plasma Atomic Emission Spectroscopy.

Immune system: Specialized cells, organs or other body compounds that protect the body against foreign invaders such as harmful bacteria, parasites, and viruses; include white blood cells, the lymphatic system, spleen, thymus gland, and antibodies.

Increased seeding density: Planting at a high seeding rate to crowd-out weeds.

Inductively Coupled Plasma Atomic Emission Spectroscopy (ICP): A technique which can determine concentration of up to 70 elements at detection levels below 1 mg/liter. Used to detect concentration of all minerals and to check for the absence of heavy metal contamination from lead.

Inositol: A substance closely related to glucose that is present in practically all plant and animal tissues. The significance of inositol in human nutrition is unknown, although it is widely distributed throughout the body. The average diet provides about 1 gram of inositol.

Insecticide: A substance used to control or eliminate insects.

Insoluble fiber: Cellulose, hemicellulose and lignin make up the three most prevalent insoluble fibers. They tend to increase the rate at which food passes through the digestive tract and may help to protect against certain types of cancer.

Intercropping: When two crops are interplanted for special purposes. This is often done to inhibit weed growth, minimize soil erosion, attract beneficial insects or deter non-beneficial insects.

International Unit (IU): A measure of vitamin activity.

J

K

L

Lactalbumin: A high quality protein derived from milk.

Lactase deficient/lactose intolerant: A lack of the enzyme lactase, which is needed to digest lactose. Symptoms of lactose intolerance include abdominal cramping, bloating and diarrhea.

Lactose: A sugar found exclusively in milk. It is a molecule made up of glucose and galactose.

Lakeview: NUTRILITE's farm, Agriculture Research Center and processing plant located in Riverside County, California. Main crops include alfalfa, carrots, parsley, and spinach. Numerous plant varieties, including herbs, are grown for research and new product development.

LDL (low density lipoprotein): A lipoprotein that comes from the very low density lipoproteins (VLDL) as cells remove triglycerides from them. LDL is composed mainly of cholesterol.

Lecithin: A compound made up of phosphorous, lipids and choline; it acts as an emulsifier of fats.

Legumes: Plants of the bean and pea family (examples include pinto beans, black-eyed peas and soybeans). Legumes are rich in high-quality protein compared with other plant-derived foods.

Limiting amino acids: The essential amino acids in a protein food that are present in the lowest amount relative to the amount needed for growth. The three principal limiting amino acids are lysine, methionine, and tryptophan.

Lipids: See Fats.

Lodige mixer: Machine used for mixing ingredients in food supplements.

Lot number: A distinctive combination of numbers and/or letters from which the complete history of the manufacture, processing, packaging, coding and distribution of a batch can be determined.

Low-Impact Sustainable Agriculture: A farming system that is environmentally sound, productive, economically viable, and socially desirable.

M

Macromineral: An element essential in large quantities to human nutrition. These include calcium, magnesium, phosphorous, sodium, potassium and chloride.

Macronutrients: The source of essential fuel and material needed for life. Comprised of protein, fat, carbohydrates, and water.

Manure: Animal excrement used to fertilize the soil. Only partially or fully composted animal manures are used on the NUTRILITE farms.

Master formula: Documentation describing the manufacture of the product from raw material to completion of the lot/batch.

Material intensive: Conventional farming practice where a large amount of agricultural materials are utilized in the farming operation to promote higher yields. NUTRILITE does not prescribe to this practice. NUTRILITE uses the more environmentally-friendly, management intensive practice.

Metabolism: The sum of all the physical and chemical processes occurring in the body.

Micro-Processor Ion Analyzer: Equipment used for analyzing protein.

Micronutrients: Nutrients that make up only a small proportion of the food we eat. They include vitamins and minerals which are essential for healthy body function.

Mineral: Inorganic material found in the earth's crust. The body is known to contain at least 56 mineral elements, only a portion of which have been determined to be essential.

Monounsaturated fatty acid: A fatty acid that lacks two hydrogen atoms and has one double bond between carbons-for example, oleic acid.

Mulches: The word mulch simply means something that covers the ground. Advantages of mulches include keeping the soil temperature even, reducing evaporation, protecting the soil from drying winds, helping eliminate weeds, and increasing beneficial organisms.

N

National Research Council (NRC): This is a branch of the United States National Academy of Sciences (NAS). The NAS is a prestigious society of scientists which advises the government on scientific and technical matters.

Natural: Produced or existing in nature; without man-made changes.

Niacin: Sometimes called vitamin B3. The term "niacin" is used to include nicotinic acid and niacinamide (nicotinamide), which both have vitamin activity.

NRC: See National Research Council.

Nutri-Link: The bridge linking the North and South Complexes at the Buena Park facility.

Nutrient: A substance obtained from food and in the body to promote growth, maintenance, and/or repair.

NUTRILITE Farming Practices (NFP): Integrated techniques practiced by NUTRILITE that apply the environmentally-friendly philosophy of C. F. Rehnberg, more than 60 years of farming experience, and the latest scientific advances to create integrated, resource conserving farming systems. Farming philosophy practiced by NUTRILITE is management intensive where a high level of maintenance and care are employed to optimize growing conditions, versus material intensive.

O

Occupational Safety and Health Act (OSHA): U.S. governmental agency that establishes health and safety practices in businesses and institutions.

Organic Farming: Organic farming refers not to the food itself, but to how it is produced. All organic foods are required to be certified under an organic certification program. Organic farming are practices and guidelines developed and enforced individually by state. Organic farming certification requires regular inspections, fees, and reporting. Each state's guidelines are different and accept, restrict, and prohibit different materials. The premise is to use plant, animal and naturally mined minerals and their derivatives. These methods are bio-correct or bio-intensive, focusing on management rather than material.

OSHA: See Occupational Safety and Health Act.

Osteoporosis: A condition that is characterized by a gradual decrease in bone mass producing porous and fragile bones.

OTC: Over-the-counter. Available for consumption without a medical prescription.

Overage: Surplus, excess.

Oxidant: A compound (such as oxygen itself) that oxidizes other compounds.

Oxidation: A chemical reaction involving oxygen; rancid fat is an example of oxidized fat; rust is an example of oxidized iron.

P

PABA: Para-aminobenzoic acid. Often associated with the B vitamins, but it is not an essential nutrient. PABA is widely distributed in foods.

Packaging: The act of filling and labeling containers with a product. More than 20,000 cases a day are packaged in NUTRILITE's ultra-modern packaging facility. From here, NUTRILITE ships the packaged product to Access Business Group's Regional Distribution Centers worldwide.

Parasite: Organisms that live in or on specific live hosts for at least part of their life cycle. They attack the immature stages of specific pests.

pH: A measure of the relative acidity or alkalinity of a solution. The pH has a range from 1 to 14. High pH levels indicate alkalinity and low pH levels indicate acidity. Neutral pH is 7.0, and blood pH is normally 7.4.

Phytochemical: Any chemical compound that comes from a plant including vitamins or mineral complexes (phyto = plant).

PHYTOFACTORS* Plant Compounds: NUTRILITE's term for the vitamins, minerals and other chemical compounds contained in plants, formerly called "associated food factors," found in NUTRILITE concentrates.

PK: Patterson-Kelly blender. Equipment that blends raw materials prior to tablet compression.

Polyunsaturated fatty acid (PUFA): A fatty acid that lacks four or more hydrogen atoms and has two or more double bonds between carbons. For example, linoleic acid (two double bonds) and linolenic acid (three double bonds).

Potency: Measure of strength per unit or tablet. Stated in grams (g), milligrams (mg), micrograms (mcg), or International Units (IU). G, mg, and mcg measure weight; IU measures vitamin activity. Because various forms of the fat soluble vitamins have different activities, they are listed in terms of IU. For example, in the case of vitamin A, 1 mcg retinol has the same vitamin A activity as 6 mcg beta carotene, or 3.3 IU.

PR Factor: Plant Residue Factor. A constituent in alfalfa that was found to help protect rats from certain toxins introduced in the diet.

Precursor: A substance that is converted into or used to form an active compound, such as vitamin, hormone or enzyme. Beta carotene is a precursor of vitamin A.

Predators: Organisms that are free-living and eat one or more of a variety of pests.

Process validation: A process used to determine if each step of a manufacturing process is reliable according to the formula. Determines whether or not the existing process is in control.

Prohibited: Materials that are not approved for use by NUTRILITE.

Protein: A macronutrient that supplies amino acids. Amino acids are the building blocks that build, repair and maintain body tissues.

Q

QC: Quality Control; the system or organization which monitors the raw materials, the manufacturing processes and the finished product to assure that defined quality levels are met.

Quarantine: The status of any material isolated physically while awaiting a decision on its use.

R

R&D: Research and Development.

Rancho Santa Clara Maria: See Colima farm.

Raw material: Any substance used in the production of a product excluding packaging materials.

RDA: Recommended Dietary Allowance.

RDI: See Reference Daily Intake.

Reference Daily Intake (RDI): A standard of nutritive value established by the U.S. government for essential nutrients. RDIs classify the nutritional requirements of healthy persons and are expressed in standardized units. (Formerly known as U.S. RDA).

Repellent Crops: Plants that deter harmful insects.

Restricted: Materials that have limited or restricted use by NUTRILITE.

S

Saturated: Fats containing the maximum number of hydrogen atoms. They are generally solid at room temperature (e.g., butter, lard) and are commonly found in meats and foods of animal origin.

Schugi Process: A machine at Lakeview utilized to produce special ready-to-compress granules.

Screw Press: Used in the concentrate production process to squeeze out moisture from plant pulp.

Shelf life: The length of time during which a product maintains labeled potency.

SKUs: Stock Keeping Units. Measure of packages of tablets or capsules.

Soil solarization: A method of heating the soil with solar energy. It can kill weeds directly, or indirectly by weakening them so much that microbes can finish the job, or by heating them enough to start germination and then killing the germinated seeds.

Soluble fiber: The two main types of soluble fiber are pectin and gum. These tend to slow the rate at which food enters the intestines and are absorbed into the blood stream. It may help lower blood cholesterol levels.

SOP: Standard Operating Procedures.

Soy Protein Solate: The highest quality protein from soy beans.

Specifications: The quality parameters to which a product or material must conform and which serve as a basis for quality evaluation.

Spray Dryer: Machine used to evaporate liquid from concentrates. Spray dries remaining plant material.

Stability testing: Used to measure shelf life. Testing involves examining tablet appearance, disintegration time and vitamin/mineral potencies over an extended period of time.

Statistical Process Control (SPC): A method to ensure consistent manufacturing results. Machines are used to analyze variation in tablets. If a tablet does not fall within an acceptable range, it is automatically rejected.

Strip cropping: When two crops are planted in an alternating pattern to achieve a mutual benefit. This is often done to make it harder for pests to find their target species, or to allow for beneficial predators to find a host.

Strip pouch line: Used for packaging NUTRILITE drink mixes.

Sucrose: Often referred to as table sugar, it is a molecule made up of glucose and fructose.

Sustainable agriculture: An environmentally sound, productive, economically viable, and socially desirable farming method. Refer to NUTRILITE Farming Practices.

Synergistic: Two or more compounds acting together in such a way that the total effect is greater than if each compound acted alone.

Synthetic: A compound that is produced by chemical synthesis, rather than of natural origin.

T

Tocopherol: Vitamin E. There are many tocopherols, all identified with letters of the Greek alphabet. The one that has the greatest biological activity is alpha-tocopherol.

Tocotrienol: A form of vitamin E that is less active than tocopherol compounds.

Tote bins: Stainless steel containers used for transporting granulated formulas.

Trace mineral: An element essential to nutrition in trace or small amounts. These include iron, copper, iodine, manganese, zinc, selenium, chromium, molybdenum and possibly others.

TRIPLE X: A multivitamin/multimineral supplement that is rich in plant materials. Currently sold only in Japan.

Turba Film Evaporator: Equipment that utilizes low temperature and vacuum to concentrate natural plant extracts.

U

Unsaturated: Fats that do not contain the maximum number of hydrogen atoms. They are generally liquid at room temperature (e.g., cooking oil) and generally derived from plants. When hydrogen atoms are added to make them firmer, they are often called "hydrogenated vegetable oils."

USDA: United States Department of Agriculture. This department is responsible for regulating labeling and marketing procedures for meat, poultry and eggs.

USP: United States Pharmacopoeia. Government agency that sets standards for pharmaceutical products.

V

Vegan: A person who does not eat foods of animal origin.

Vertebrate Pest Control: The use of vertebrates—birds and bats—to protect plants from harmful pests.

Vitamins: An organic, essential nutrient required in small amounts.

W

Water: Water is essential to life. It transports nutrients and toxic materials in the body (so they can be eliminated). It acts as a medium for all body fluids and dissipates excess heat through perspiration. Leading experts recommend a minimum of 8 cups of water to be consumed daily for optimal health.

Water soluble vitamins: Vitamins which are absorbed and transported throughout the body by water, blood and other body fluids. Excesses are excreted by the body. Storage of water soluble vitamins is minimal, so the diet must supply them regularly. The B vitamins and vitamin C are water soluble.

Weigh-Up: Access Business Group Department that weighs all raw materials before manufacturing. Sensitive computerized scales are used to precisely measure out the formula orders for production processing.

Wellness: Term used with NUTRILITE products that means a healthy balance of the mind, body and spirit.

Whey: The serum, or watery part, of milk, separated from the thicker or more coagulable part, or curd.

X

Xanthophylls: Pigments found in plants; responsible for the color changes seen in autumn leaves.

Y

Yeast: Often referred to as "the oldest plant cultivated by man." Yeast is a single-celled plant that is known for its fermentation

properties. Nutritional yeast is a rich source of protein and many B vitamins.

Z