

 nutralite



Morning Nutrition



FAQS

Frequently Asked Questions

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1. What is Nutrilite™ Morning Nutrition and how does it work?

Nutrilite™ Morning Nutrition is not just about the first meal of the day and any eventual supplements tailored to your particular nutritional needs, but it also includes nurturing your body and mind. Consider adding the following to your morning routine:

- Exercises that focus on flexibility and mobility can encourage blood circulation and reduce muscle tension.
- Mindfulness practices such as meditation or deep breathing can centre your thoughts, reduce stress, and enhance mental clarity.
- Journaling is another powerful tool. It allows you to set intentions for the day, reflect on your thoughts and feelings, and cultivate a positive mindset. Writing down your goals and aspirations can provide a sense of direction and purpose.

Integrating these elements into your morning creates a holistic approach to starting your day on a positive and productive note.

2. Why is breakfast the most important meal of the day and the starting point of every wellness journey?

1 out of 3 people in Europe skip breakfast for various reasons.

Everyone needs a healthy nutrient-dense breakfast after overnight fasting since it enhances wellbeing, providing at least 15% to 25% of total daily energy/calories derived from lean proteins, fibre-rich whole fruits, vegetables including complex phytonutrients and healthy fats. Morning meals are often associated with better eating patterns.

Nearly three quarters of breakfast skippers fail to meet 2/3 of the recommended daily intake of vitamins and minerals. In fact, skipping morning meals has been associated with a reduced nutritional adequacy (¹⁻²⁻³), oftentimes also in terms of vitamins and minerals (¹⁻⁴⁻⁵). Skipping breakfast is also associated with a higher risk of obesity.

Daily morning meal consumption is associated with higher intakes of several nutrients of concern, including calcium, potassium, dietary fibre, folate, iron and/or vitamin B12. (⁷⁻⁸⁻⁹⁻¹⁰⁻¹¹⁻¹²)

3. Why is Nutrilite™ Morning Nutrition the ONE Essential Step in the holistic health and wellness journey?

With 75% of people not consuming enough protein and 50% experiencing nutritional gaps overall (¹³⁻¹⁴), Nutrilite™ Morning Nutrition is the essential first step for everyone desiring to bridge those potential nutritional deficiencies. It consists of 3 Nutrilite™ legacy products providing key essential nutrients (Protein, Fibre, and phytonutrients) to address nutrient deficiencies that may be found in regular breakfasts.

4. What makes Nutrilite™ Morning Nutrition unique?

Nutrilite™ Morning Nutrition is backed by science and comes with a value proposition made of the essential nutrients to kick off the day right: Nutrilite™ Double X™, Nutrilite™ All Plant Protein and Nutrilite™ Fibre Powder and unique evolving content: Morning Activity (Yoga, Trainings, Mindfulness practices), and delicious recipes prepared with Fibre and APP (Sweet and Savoury).

It also has a low access point enabling affordable entry for first-time users to begin their Health and Wellness journey towards long lasting wellbeing

5. What makes Nutrilite™ Morning Nutrition unique?

- Nutrilite™ is the World's #1 selling protein supplement brand*
- 100% plant-based
- Contains soy, pea, and wheat ingredients from NutriCert organic farms, cultivated using sustainable farming methods
- Complete source of all 9 essential amino acids that can only be obtained from our diet
- One spoon (10g) = 8g of high-quality protein and less than 0.5g of fat
- No unwanted extras
- No artificial colours, flavours, or sweeteners
- Easy to digest One pack (450g) for 45 days of healthy support
- Suitable for vegetarians

A high-quality protein that supports muscle mass, muscle strength, and overall health and wellbeing.

6. Why Nutrilite™ Double X™?

Nutrilite™ is the world's #1 selling vitamin and dietary supplement brand*

- It is a food supplement that provides a balanced combination of 12 essential vitamins and 10 essential minerals
- It is enriched with PhytoBlend™, a special blend of 22 plants derived from fruits, vegetables and herbs that may not always be easy to include in your everyday diet
- Provides botanical elements from all 5 colour groups: green, white, yellow, red and purple. Each colour group delivers valuable nutrients
- All plant ingredients are sourced from sustainable Nutrilite™ or NutriCert™ farms. Sustainable farming is believed to generate strong, vigorous plants with a high nutritional value
- Suitable for vegetarians

Double X to help bridge the potential gap between requirements of essential vitamins, minerals and dietary intake.

7. Why Nutrilite™ Fibre Powder?

Nutrilite™ is the world's #1 selling vitamin and dietary supplement brand*

- Nutrilite™ Fibre Powder is a special blend of three soluble fibres from naturally derived plant sources, offering a convenient way to get additional fibre
- This taste-free, easy-to-mix dry powder can be sprinkled onto foods or mixed into liquids
- This product contains 5 grams of soluble fibre per serving and can be taken in conjunction with other Nutrilite™ fibre products, to provide you with different sources of fibre
- Suitable for vegetarians

Begin the day with Fibre Powder to help get you closer to meeting dietary fibre recommendations.

8. What then constitutes a healthy and balanced breakfast?

A balanced breakfast is much more than just eggs, toast, and a bowl of fruit. It's one of the primary sources of the nutrients your body needs, therefore, should consist of a variety of essential nutrients, including protein, fibre, wholegrains, fruits and vegetables.

It's also an opportunity to provide essential vitamins and minerals such as folate, calcium, iron, and vitamins A, B1, B2, B3, C, and D that may lack in typical modern regular diets. The fact that what you eat in the morning is super yummy is an extra bonus!

9. Why is it important to have a healthy morning routine?

The foundation of your morning routine can set the mood for the rest of your day. What you eat and drink, how you move your body and the things with which you interact, all contribute to productivity and stress levels that will carry forward into the evening. Good sleep habits and an effective morning routine can help you wake up feeling invigorated and prepared for the day ahead.

10. How long should I follow the solution?

Nutrilite™ Morning Nutrition is not a program! It's an everyday foundational solution providing essential nutrients to support your diet, helping you develop good nutrition and lifestyle morning habits towards healthspan.

11. Nutrilite™ has a variety of programs and solutions: Nutrilite™ Morning Nutrition and Nutrilite™ Body Cleansing Program; what is each solution recommended for?

Nutrilite™ provides you with a comprehensive portfolio to support both basic nutrition needs but also more specific ones according to different goals, objectives and starting points.

If you need essential nutrients to kick off the day right, take Nutrilite™ Morning Nutrition as the simple step for every one desiring to bridge potential nutrition gaps preparing delicious recipes with Nutrilite™ products and waking up your mind and body with morning routines that you can select according to your preferences.

If you need detox then follow the 21 days' journey with Nutrilite™ Body Cleansing Program, ideal for those desiring to support the natural cleansing function of their bodies and liver health while sustaining their immunity daily through healthy habits following the Mediterranean Diet incorporating Nutrilite™ products.

12. Can Nutrilite™ Morning Nutrition, Nutrilite™ and Body Cleansing Program be combined?

Nutrilite™ Morning Nutrition and Nutrilite™ Body Cleansing can easily be combined

13. Which are the precise steps for an ideal nutrition journey?

There is no magic recipe to staying healthy, therefore it is very important that each one listens to their individual body needs. Some people may wish to have essential nutrients only including having a proper breakfast while others may already be following their journey to address targeted needs. Key to this is building positive dietary habits to improve one's nutrition status and overall wellbeing.

Nutrilite™ is always one step forward and more innovation is coming to address more targeted needs. Stay with us and embrace your journey as more innovation is coming to help you live healthier better lives.

14. In what ways can Nutrilite™ All Plant Protein and Nutrilite™ Fibre Powder be incorporated into a breakfast?

A Nutrilite™ All Plant Protein has the benefit of being neutral in taste. It can be made part of your daily diet in a variety of ways and according to your preferences. The usage is not limited and could be tailored according to your preferences. Few examples may be the following:

- Add it to cake or pancake batter
- Add it to milkshakes and smoothies
- Add it to dough
- Sprinkle it over cereals, fruits or puddings

A suggested recipe for your morning meal releasing with the solution is savoury tomato and zucchini muffins, which requires one sachet of Nutrilite™ Fibre Powder. Directions are provided.

15. Can the included products be taken with other dietary supplements?

The products included in Nutrilite™ Morning Nutrition are within the permitted levels of vitamins and minerals whenever applicable; although there is no general contraindication in taking these products with other supplements, it is always recommended to read the label to avoid surpassing the permitted daily intake of nutrients. .

16. Is this Nutrilite™ Morning Nutrition recommended for pregnant women or nursing mothers?

Pregnant or nursing women, or anyone with a medical condition should consult with a physician before taking any supplementation.

17. Are there any potential side effects from taking the included products?

The products included in Nutrilite™ Morning Nutrition are formulated to be safe, alone or in combination, for the general population, and to be compliant with the local and European Regulations. Always read the product labels, and check with your medical practitioner in case of any underlying pathological condition prior consumption of any food supplement.

18. Are there any interactions between this product and certain medications?

People undertaking any medication are highly recommended to consult their medical practitioner prior to using any food supplement.

19. Are the products included in Nutrilite™ Morning Nutrition suitable for people intolerant to gluten?

Due to the presence of wheat protein in Nutrilite™ All Plant Protein, this product should not be consumed by people who are sensitive to gluten.

20. Are the products included in Nutrilite™ Morning Nutrition suitable for vegetarians?

Yes, the included products are suitable for vegetarian consumers.

For more information regarding the products within Nutrilite™ Morning Nutrition please check their respective FAQs for their single products.

21. What is the difference between Nutrilite™ All Plant Protein, XS™ Whey Protein Powder and XS™ Muscle Multiplier also known as XS™ Amino Advantage or XS™ Amino Fuel?

Nutrilite™ All Plant Protein is designed to support your daily Foundational protein needs and the development and maintenance of lean muscle mass without extras. It is All-Plant protein sourced and suitable for vegetarians.

XS™ Whey Protein Powder supports the development, maintenance of lean muscle mass and recovery after work outs. It is derived from a dairy.

XS™ Amino Advantage +, also known as XS™ Muscle Multiplier or XS™ Amino Fuel in other markets provides free form amino acids that are quickly absorbed. Amino acids are the building blocks of protein, which contribute to the maintenance and development of lean muscle mass.

22. Can one combine XS™ AF and Nutrilite™ APP or XS™ Whey Protein during breakfast?

XS™ AF should not be combined with any other form of protein at time of consumption. It is best to have at least 30 minutes to an hour between amino acids and proteins intake, so there are no potential interferences to the absorption of amino acids and proteins breakdown which can happen if taken at the same time.

All can be used per recommended dosage at different times in the morning depending on lifestyle and preferences, as the first step to support the goal to meeting one's total daily protein requirements.

23. Why is Nutrilite™ Omega-3 not one of the components in Nutrilite™ Morning Nutrition?

Nutrilite™ Omega-3 remains one of the key complementary supplements for Core Nutrilite™ Morning Nutrition products, however we wanted to ensure a simple experience to avoid taking too many supplements in the morning and considered that some people may prefer to take fish oil later in the day giving them the flexibility to develop a regimen and timing tailored according to their preference.

24. What is the 1+N concept?

The [1] in the equation stands for the 3 Nutrilite™ Morning Nutrition Core Products while the [N] represents complementary supplements that can be added to customise one's nutrition based on specific individual needs or deficiencies to meet their unique personal nutritional requirements.

See Below Examples:



25. What are the benefits of a healthy breakfast?

This is a great opportunity to provide your body with essential nutrients first thing in the morning. Studies show that those who regularly enjoy a balanced breakfast may experience several advantages over those who skip (6⁻ 7⁻ 15):

- Stimulate your metabolism.
- Resupply your body with fibre, vitamins, minerals and protein.
- Enhance concentration, memory and attention span.
- Help you not to overeat during your next meal.

26. Does eating a regular morning meal help me manage my weight?

A great way to support weight management is to eat a balanced meal every morning. A morning meal that includes high-quality protein, complex carbohydrates, fibre, and unsaturated fats is less likely to spike glucose and insulin.

Eating a regular, healthy breakfast in the morning will help you manage your daily eating habits and establish a routine that may impact your long-term weight management.

Eating at a consistent time is also a factor, as it is closely associated with higher-quality meals and food consumption throughout the day (11⁻ 12).

27. What's the best morning wellness routine?

Making nutrition the first step in your morning wellness routine is a great way to set your day up for success. Combined with adequate hydration, exercise, and scheduled downtime, nourishing your body every morning with essential nutrients gets you heading in the right direction. All done in good measure and tailored according to individual preferences.

28. How can I make my breakfast and morning routine effortless?

Although time may be an issue, a healthy breakfast can be part of everyone's morning routine with some planning and a little prep work can help establish a habit of eating a healthy morning meal and following a routine.

Planning your week only takes a few minutes and can be done the weekend before to make your rushed mornings a lot easier.

- Think about breakfast meals you enjoy
- Search for recipes with ingredients you like
- Make a grocery list and keep your nutritious food items on hand
- Get Nutrilite™ Morning Nutrition to supplement
- Select the workout activity routines you want to incorporate
- Visit our WEBSITE. for more resources to support your Holistic Wellness Journey

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