

# GUT MORNING!

 **nutrilite™**

GOOD GUT, GOOD LIFE

NOURISH . REPLENISH . SUPPORT . MAINTAIN . FORTIFY .



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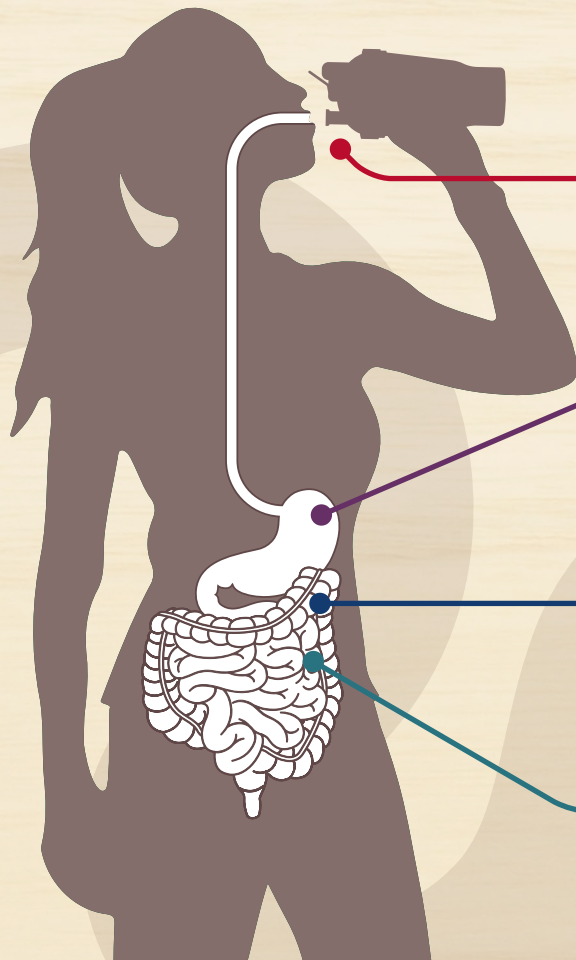


## Turbocharge Your Gut Morning



# What is Gut?

The human gut plays a crucial role in digestion, nutrient absorption, and immune defence. Its complex community of cells and microorganisms works in harmony to maintain overall wellness and balance within the body.



## MOUTH & OESOPHAGUS

- Initiate digestion through mechanical breakdown and saliva enzymes.

## STOMACH

- Produces acid and enzymes to break down food protein.

## SMALL INTESTINE

- Absorbs the nutrients from the digested food.

## LARGE INTESTINE

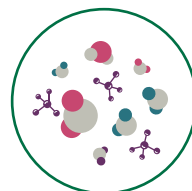
- Absorbs water and facilitates fiber fermentation to flourish gut microbiome.

Every person has two sets of genetic blueprints that work together to influence our overall health and well-being. These genetic systems form the foundation of our body, playing a crucial role in maintaining and supporting our health.



## 1<sup>ST</sup> Genome (DNA)

Genes inherited from your parents act as the blueprint for your body, directing growth, development, and essential daily functions.



## 2<sup>ND</sup> Genome (Gut Microbiome)

Plays a vital role in maintaining our health by interacting with various systems in the body.

**You can't change your DNA, but you can transform your gut microbiome to take charge of your health and well-being!**

# What Is Gut Microbiome?

The gut microbiome is a community of tiny organisms in your digestive system that helps keep you healthy.

## HOW YOUR GUT MICROBIOME IMPACTS YOUR HEALTH



### Brain Health

- Supports the production of healthy neurotransmitters, which are essential for mood and mental clarity.
- Plays a key role in the Gut-Brain Axis, influencing emotions, behaviour, and overall mental health.



### Immune Health

- Strengthens your immune system by helping it recognise and fight harmful invaders.
- Maintains balance to prevent overactive immune responses, reducing the risk of inflammation-related illnesses.



### Cardiovascular Health

- Aids in fermenting dietary fibre to produce short-chain fatty acids (SCFAs), which help lower blood cholesterol levels.
- Reduces systemic inflammation.



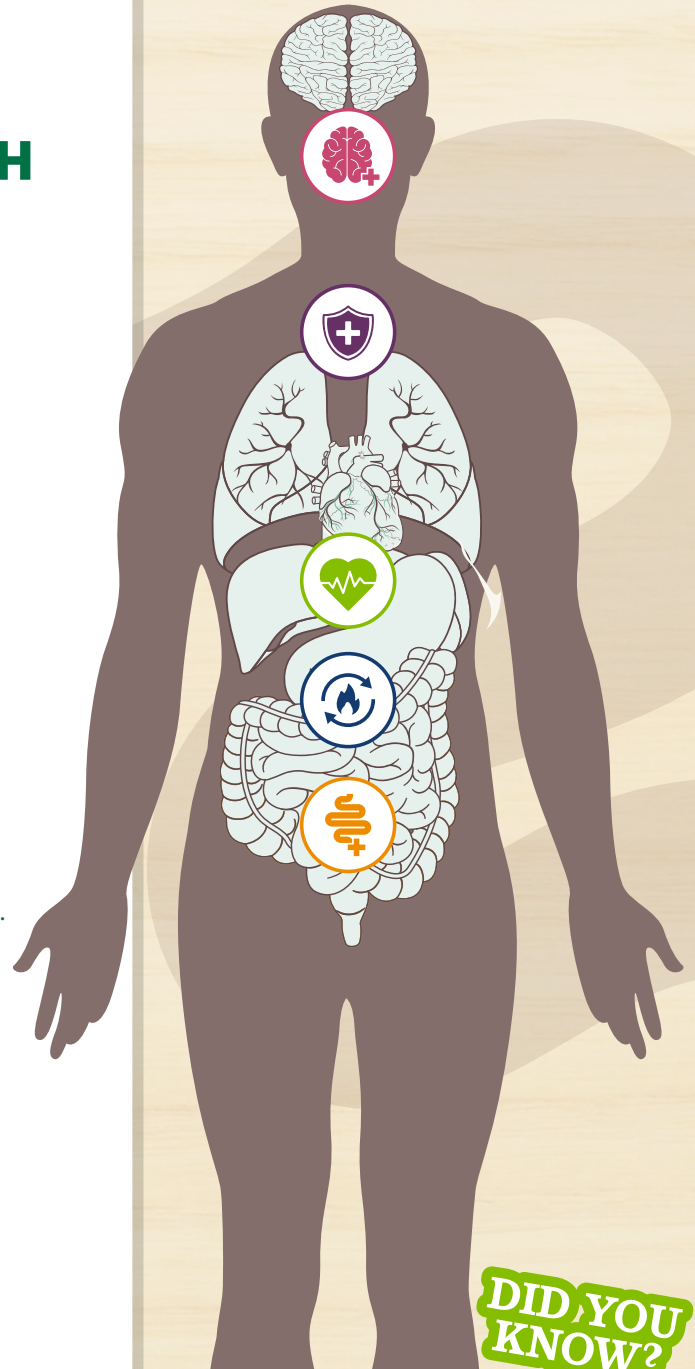
### Metabolic Health

- Enhances nutrient absorption for better energy and metabolic efficiency.
- Helps regulate blood sugar levels and supports a healthy weight balance.



### Digestive Health

- Maintains a strong intestinal barrier to protect against harmful pathogens and infections.
- Promotes smooth digestion and reduces discomfort like bloating or gas.



**DID YOU KNOW?**

95% of the body's microbiota reside in the gut, and every person's gut microbiome is unique. It's shaped by your genetics, lifestyle, and environment.

# Taking Care of Your Gut Microbiome

The composition and health of your gut microbiome are influenced by a multitude of factors.



## An imbalanced gut can lead to:



Digestive discomfort



Bloating



Leaky gut syndrome



Irregular bowel movement



Mood swings

# Support Your Gut Health with Gut Morning Boosters

Start your day right with a powerful combination of probiotics, fiber, and protein designed to support your gut health and overall wellbeing.

GET YOUR MORNING NUTRITION RIGHT



TAP OR SCAN TO DISCOVER THE POWER OF GUT MORNING!



Sustain optimal health



Optimise gut health



Support concentration and focus



Boost energy levels

Gut Morning Boosters provide key nutrients for your gut, building the foundation towards optimal health.

## NOURISH



### Nutrilite Balance Within™ Probiotic

**NOURISH** good, live bacteria in your gut and support fending off harmful bacteria.

## REPLENISH



### Nutrilite™ Mixed Fiber Powder

**REPLENISH** the good bacteria in your gut with prebiotics.

## SUPPORT



### Nutrilite™ All Plant Protein

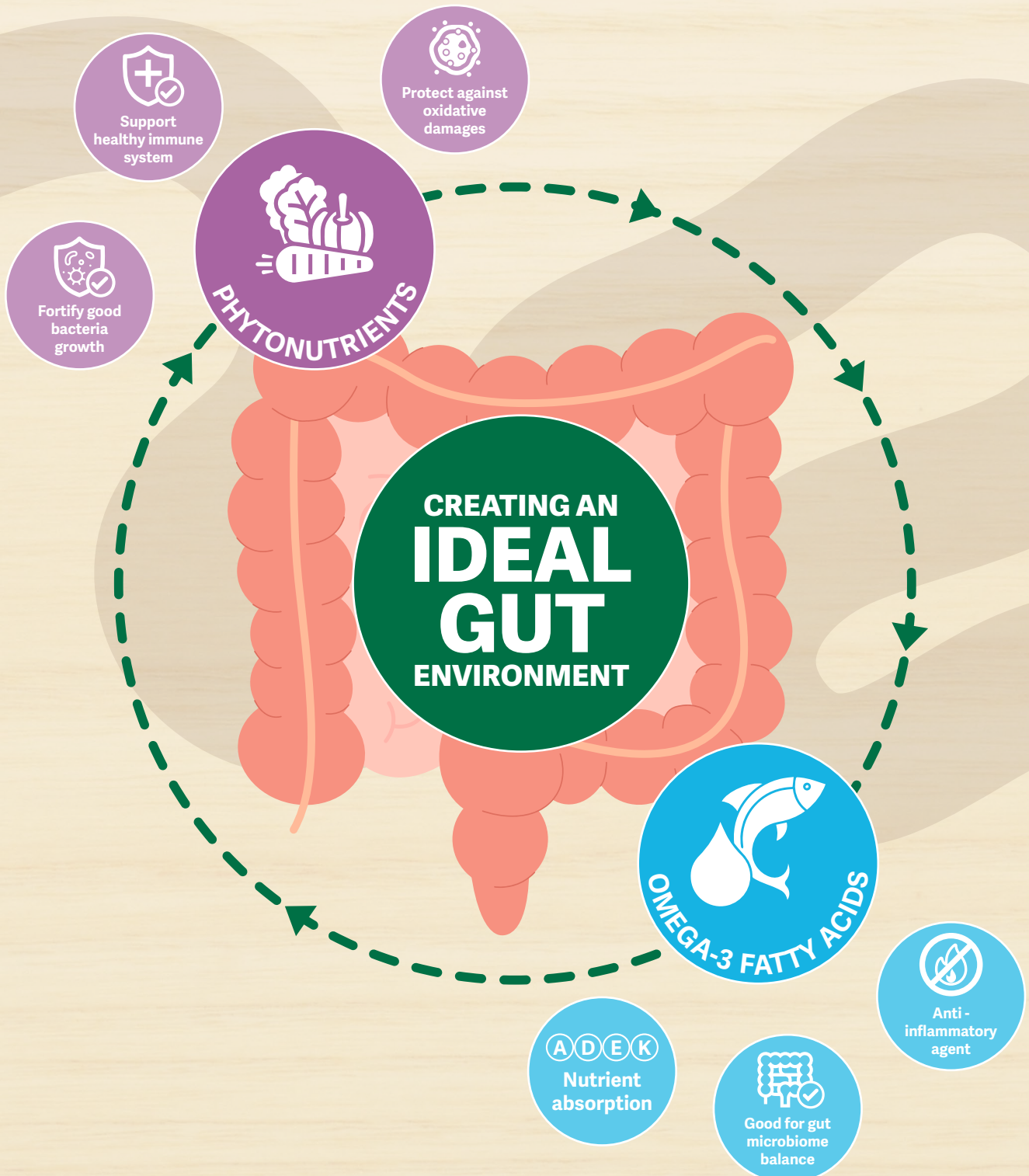
**SUPPORT** overall cell repair & regeneration and support your gut lining.

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# The Power of Omega-3s & Phytonutrients

Omega-3 fatty acids and phytonutrients are important for us to stay healthy. When combined together, they create an ideal gut environment for beneficial bacteria to thrive.



# Strengthen Your Gut by Building a Balanced Microbiome

Phytonutrients are naturally occurring compounds found in plants, fruits and vegetables. They are vibrant in colour with antioxidants, supporting immune function by maintaining a balanced gut microbiome.

## NUTRILITE DOUBLE X



Supports antioxidant response against free radicals



Stimulates the growth of good bacteria and support gut microbiome diversity



Fills nutritional gaps



12 Vitamins



10 Minerals



19 Plant Concentrates

Double X supports your gut microbiome with:

Encourages beneficial bacteria to flourish in gut



Onion  
(Quercetin)



POWERED BY  
**PHYTO  
PROTECT™**



Rosemary

Enhances cell recovery



Turmeric

Prevents cell damage



Berry Blend  
(Anthocyanins)

Food for good bacteria for growth

Food for good bacteria for growth

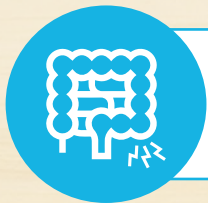
**DID YOU KNOW?**

Phytonutrients act as guardians of your gut, helping to ward off harmful bacteria and support overall immune health.

# Supporting An Optimum Gut Environment

Omega-3 fatty acids are healthy fats and are essential to support our health. They are well-known to support cardiovascular health, brain health and vision health. Emerging research suggests that their anti-inflammatory properties can also support gut health.

## NUTRILITE ADVANCED OMEGA



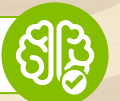
Helps reduce inflammation and support gut microbiome balance

Maintains healthy cardiovascular health



Supports healthy vision acuity

Helps support cognitive health



2 softgels provides over 1000mg of Omega-3s



COMPLETE SOURCE OF OMEGA 3S



3X BETTER ABSORPTION



SAFE & ECO-FRIENDLY SOURCED



**DID YOU KNOW?**

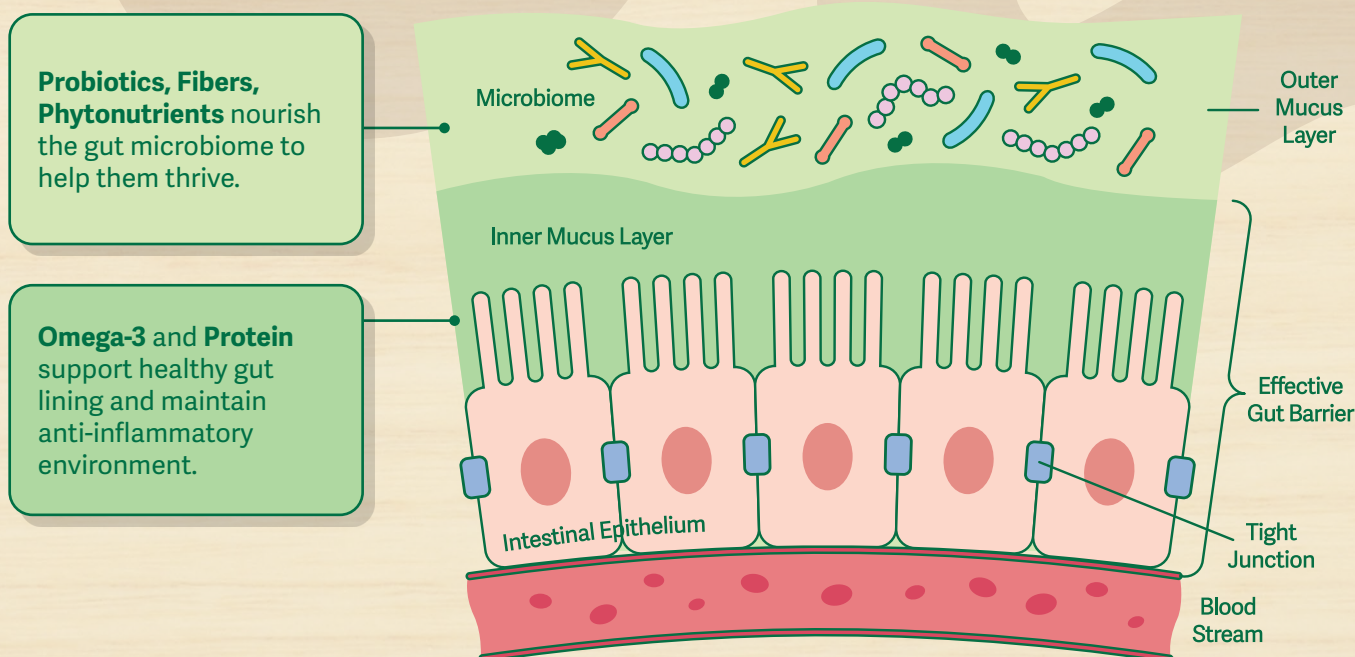
Your body can't make omega-3s. You must get it from your daily diet to help reduce chronic gut inflammation and strengthen your gut lining.

# Synergy behind Gut Morning Boosters Turbocharged

Gut Morning Boosters Turbocharged enhances overall absorption and efficacy for a healthier you.



A healthy gut features a strong barrier against pathogens, a diverse microbiome enriched by phytonutrients, an anti-inflammatory environment maintained by omega-3, and nourishment from probiotics and prebiotics.



# Daily Nutrition Support with Gut Morning Boosters Turbocharged

Support your body from morning to night! Make Gut Morning Boosters Turbocharged part of your daily routine to take care of your gut and body throughout the day.



**Wake Your Gut**  
with a glass of  
clean water



**Begin Your Day**  
with Gut Morning  
to replenish nutrients  
loss and nurture your gut



**Take Your Lunch  
Companion**  
to support continuous  
energy throughout  
the day



**End Your Day**  
by replenishing gut  
friendly nutrients



**Enjoy Quality Sleep**  
by achieving 7-8 hours of  
sleep to help your body  
repair and regenerate



Replenish water and  
protein lost during sleep

Counter the afternoon  
slump

Refuel for muscle growth, repair, and quality sleep

**DID YOU  
KNOW?**

While you sleep, your body continues to use stored nutrients for energy and cell repair. Having a nourishing breakfast is essential to replenish those nutrients and fuel your day.

# Twice the Goodness, Morning & Night

Discover the perfect recipes for a healthier, happier gut with Gut Morning Boosters! Elevate your mornings and nights with a blend of your favourite fruits and vegetables, creating a delightful smoothie that's tailored to your taste.

## FAMILY'S FAVOURITE



### AVOCADO COCOA DREAM



- **Nutriline Soy Protein Powder Mix (Chocolate Flavour)** - 2 scoops
- **Nutriline Mixed Fiber Powder** - 1 stick
- **Nutriline Balance Within Probiotic** - 1 stick
- **Avocado** - ½ piece
- **Baby spinach leaves** - ½ cup
- **Mint leaf** - as desired
- **Cold water** - 250ml

## FITNESS COMPANION



### TROPICAL BERRY BOOST



- **Nutriline All Plant Protein Powder** - 2 scoops
- **Nutriline Mixed Fiber Powder** - 1 stick
- **Nutriline Balance Within Probiotic** - 1 stick
- **BodyKey Meal Replacement Shake (Berry)** - 1 sachet
- **Cucumber** - ⅓ cup
- **Frozen mixed berries** - 2 tablespoons
- **Cold water** - 250ml

## WORKDAY FUEL



### POWER CHARGED CAFÉ



- **Nutriline All Plant Protein Powder** - 2 scoops
- **Nutriline Mixed Fiber Powder** - 1 stick
- **Nutriline Balance Within Probiotic** - 1 stick
- **BodyKey Meal Replacement Shake (Café Latte)** - 1 sachet
- **Banana** - 1 small
- **Cold water** - 250ml

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