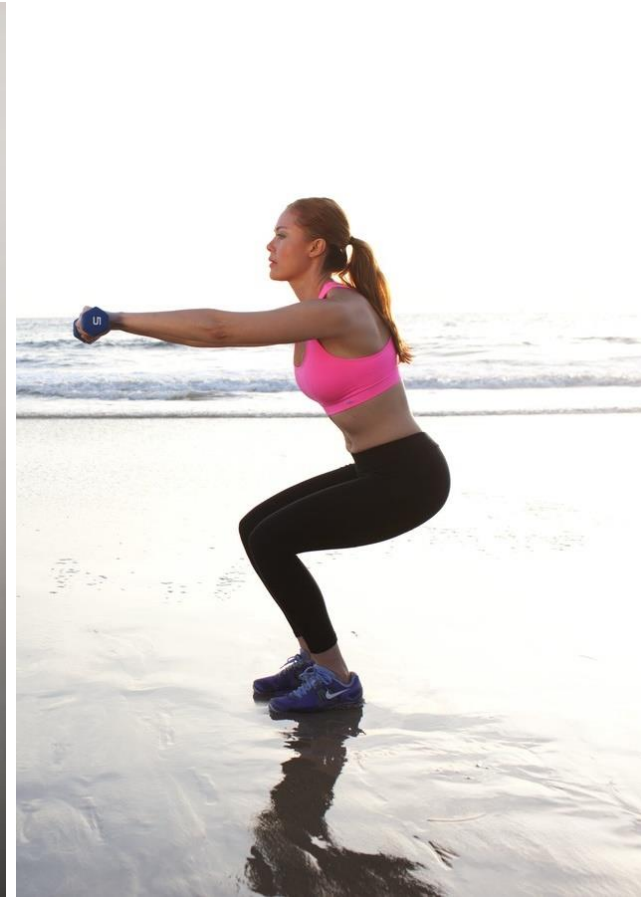
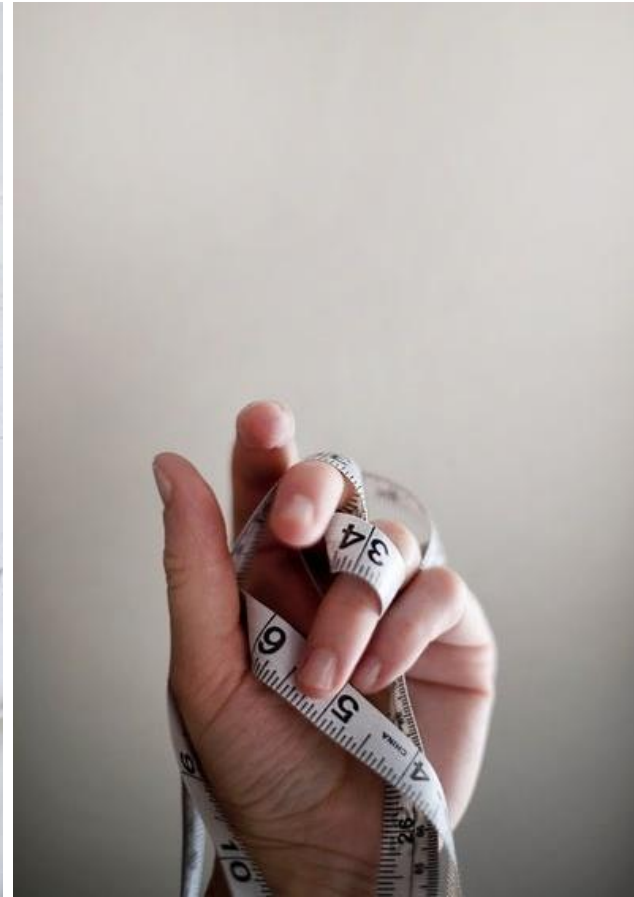


Weight Management



Who here would like to have all of these?

MEN

- Excellent performer at work
- Popular amongst friends for your good body appearance
 - Good Athletic body
- Great at sports - full of energy
 - Look younger



WOMEN

- Excellent performer at work
- Popular amongst friends for your good body appearance
 - Good body/ sexy body and great skin
- Sexy Dancing champion,
 - Look like a diva



"I **hardly eat anything**, and I still can't lose weight! This calories-in-calories-out thing is total B.S. I think my metabolism is the real problem."

"I can't handle being hungry. If I go more than 3 hours without food, my inner Hulk comes out. I warned you!"



"Everybody in my family are big, **it's in my genes**, I will never be skinny. 😞"

"If I just had more **willpower and motivation**, I'd stop eating so much junk food. Help me!"

Eat right and the pants won't be tight!

By BE Nutrilite Team

Learn:

- Reasons behind why we put on weight
- how to melt like a candle the healthy way
- what meals/eating habits that we could consider to lose weight
- how does Nutrilite help without much hassle



You will huff and puff if you eat a lot of stuff





Stop eating **CRAP**

- **C** - Chocolate Chip Cookie
- **R** - Refined Sugar
- **A** - Artificial Colors
- **P** - Processed foods

*A moment on the lips is a lifetime
on the hips*

Reasons behind why we put on weight:

- Increased intake of energy-dense foods (high in fat)
- Increase in physical inactivity (increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization)
- Education and skills (cooking method)
- Food marketing and promotion (Food choice)
- Disease and drug/ Medication (Steroids)
- Psychological factors (stress/depression)



<https://www.cdc.gov/obesity/adult/causes.html>

<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

Do you know what is the obesity rate in Singapore?

World Obesity Federation

Year 2014

Men: 31.7%

Woman: 21.2%



Year 2025 (Estimated)

Men :36.5%

Woman: 21.7%



Singaporeans are
headed towards...



**INCREASED BODY
WEIGHT**



**INCREASED HEART
DISEASE**



INCREASED DIABETES



LOW QUALITY OF LIFE

<https://www.hpb.gov.sg/article/1.7-million-singaporeans-already-at-risk-of-obesity-related-diseases>

But there is hope...
Where there is hope there is HELP



 **NUTRILITE™**

Exclusively from **Amway**

Healthy Weight Management



- Is not a quick fix or a short cut or a magic pill
- Do not compromise on variety of foods
- It is about striking a balance between your diet, lifestyle, exercise and health

Obesity is Preventable

Maintenance of

optimal body weight and *percent body fat*

Calories Consumed

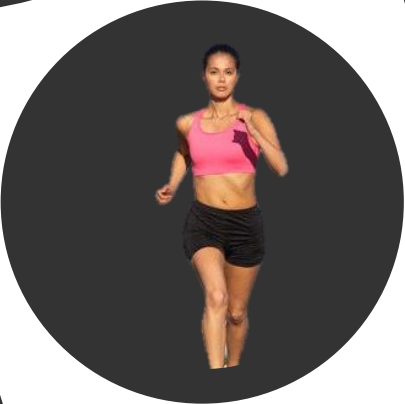


Energy Balance



Calories Used





YOUR LIFESTYLE KEYS

DIET

Food Choices:



**Caloric sweeteners
eg: bubble tea, sodas**

Dairy



**Large consumptions of refined
carbohydrates**

Fruit and vegetables



**Large consumption of
meats, eggs and nuts**

Added Fats and Oils

DIET

Does calorie restriction alone help in weight loss effectively?

Low Carb



Low Fat



Simple Carbohydrate

Complex Carbohydrate



Non-starchy



Vitamins, minerals, fiber
Lower in carbs

Starchy

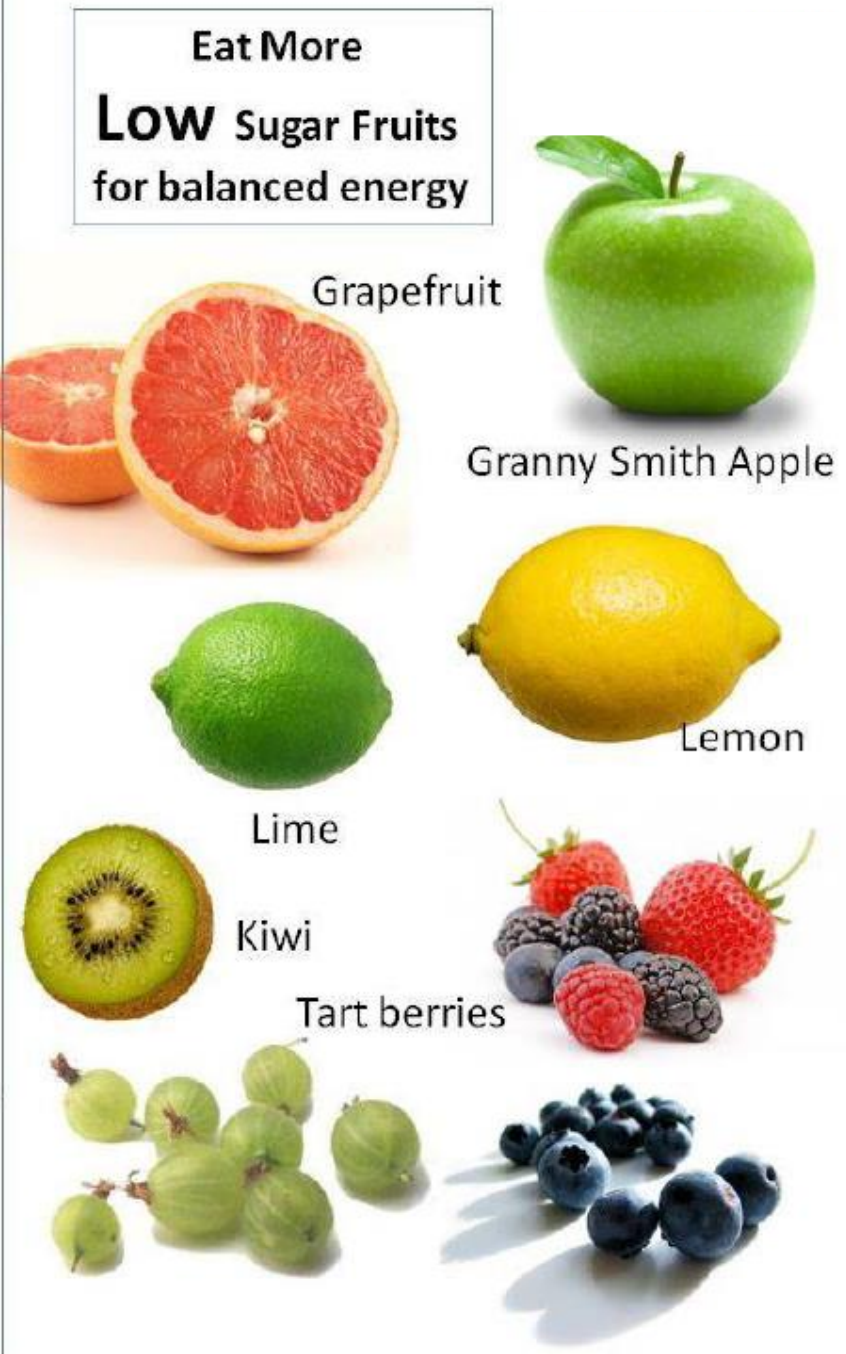


Vitamins, minerals, fiber
Higher in carbs
and resistant starch

Eat Less
High Sugar Fruits
which spike blood sugar



Eat More
Low Sugar Fruits
for balanced energy



Fats

LOSE IT

Saturated Artificial trans fat, Hydrogenated oils & tropical oils



LIMIT IT

Saturated



LOVE IT

Unsaturated (Mono/Poly)



MEAL HABITS



Eat Breakfast

**Eat Your Largest Meal
Earlier in the Day**

Garaulet M, et al. Int J Obes. 2013;37:604-611.

Jakubowicz D, et al. Obesity. 2013;21(12):2504-12.

Jakubowicz D, et al. Steroids. 2012;323-331.

Klem ML, et al. Am J Clin Nutr. 1997;66:239-246.

Morgan LM, et al. Br J Nutr. 2012;108(7):1285-1291.

Activity

YOU DON'T HAVE TO BE AN ATHLETE!



- **Increase energy expenditure**
- **Help your body to use insulin more effectively**
- **Beneficial impacts on stress, sleep and mood**

Activity

YOU DON'T HAVE TO BE AN ATHLETE!



10,000 steps = A number that is commonly associated with a basic level of fitness

Follow these tips and hit 10,000 steps a day with ease

- Take the Stairs
- Take a Breather
- Explore the Neighbourhood
- Get Moving

A study in 2010 found that after eight months of trying to walk 10,000 steps a day, 67% of participants reported an increase in fitness and energy levels. Many also lost weight and reduced their blood pressure

Source: <https://www.healthhub.sg/live-healthy/1282/the-surprising-health-benefits-of-10000-steps>

Mindset

Research shows that having confidence in your ability to change your behavior makes it easier to adopt a new, healthier lifestyle.



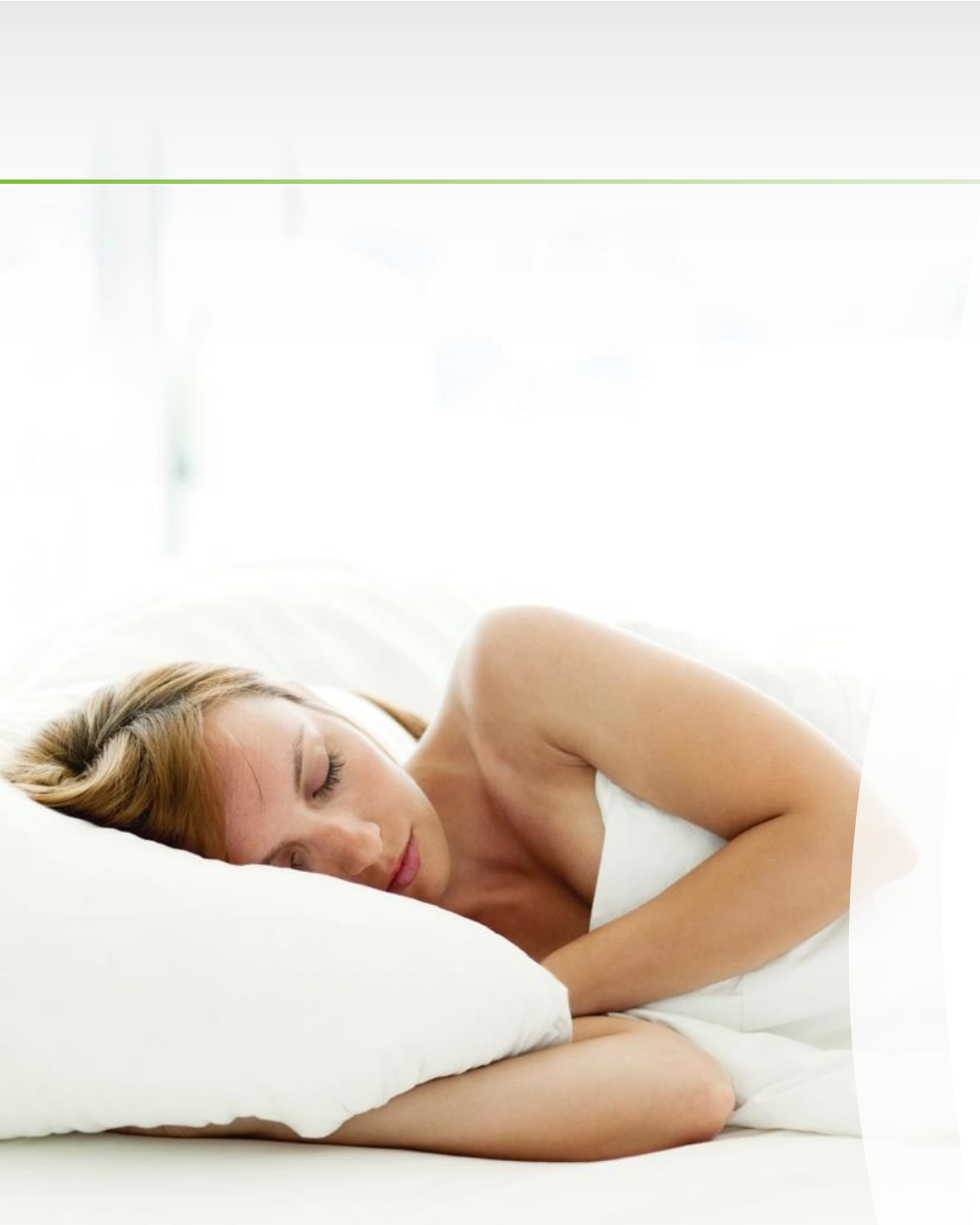
Diet



Exercise



Sleep



Sleep Duration

- The ideal amount of sleep is 7 to 9 hours per night
- Follow your circadian rhythm
- Limit use of electronics before bed

Sleep Quality

- Create a comfortable sleep environment – dark & quiet room, comfortable temperature, bed, and pillows
- Limit eating & drinking about 4 hours before bed – avoid MSG, caffeine, alcohol

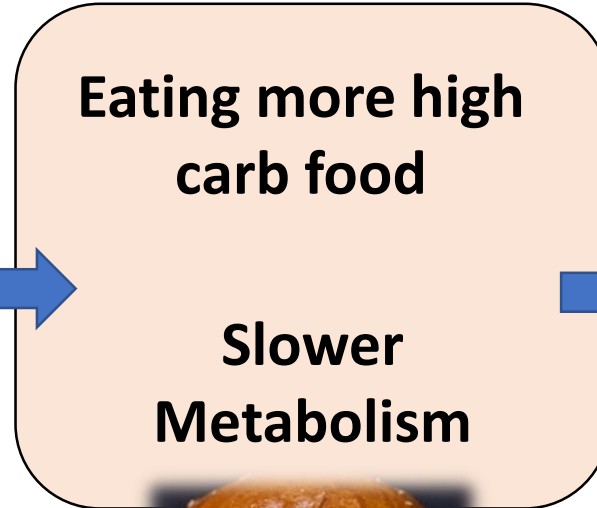
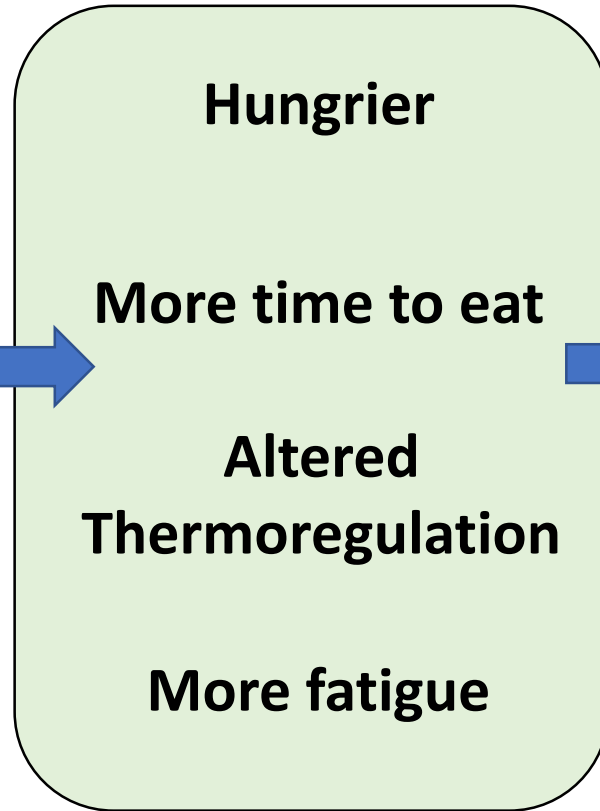
Not Enough Sleep

DESTROY

Your weight loss goals



Inadequate Sleep

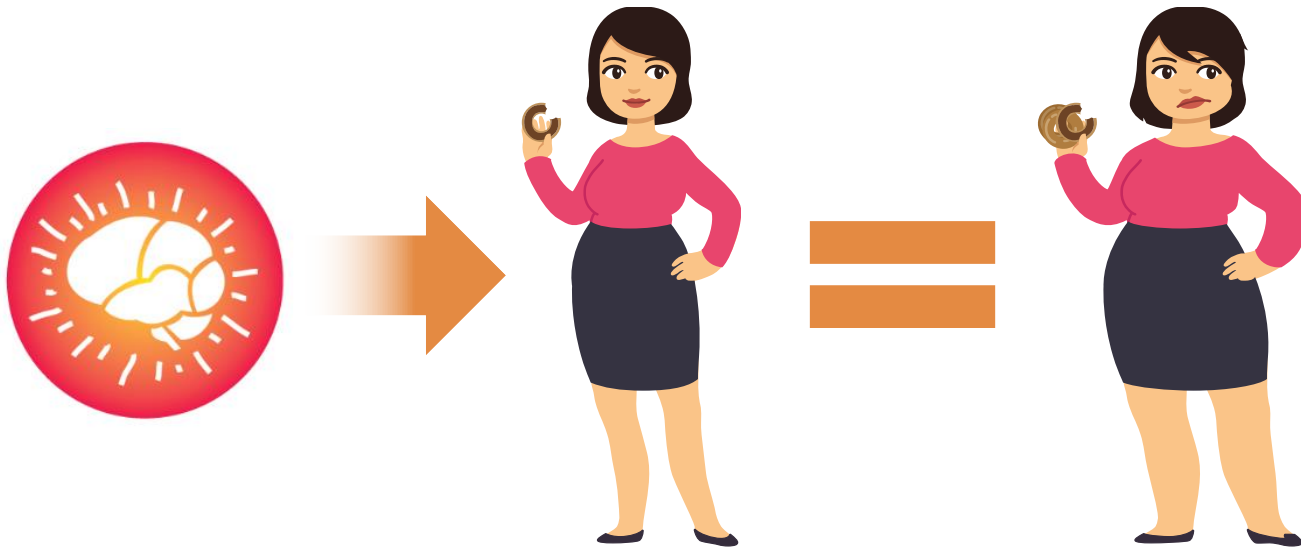


Obesity

Stress

Get stress under control and you're more likely to eat less and feel more balanced.

- Stress affects eating behaviors
- Stress can also negatively impact sleep duration and quality



Stress

High Stress

- Exercise more
- Set reasonable expectations for yourself and others
- Reach out to others who have helped you in the past

Moderate Stress

- Exercise more
- Find the source of stressors
- Start a gratitude journal

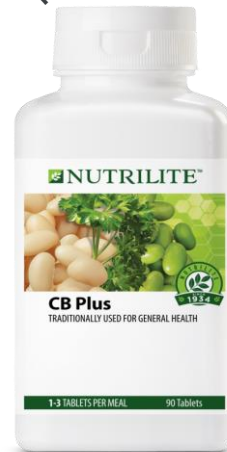
Low Stress

- Think positive thoughts
- Be OK with yourself
- Laugh more



Supplements

Which products from the range can help you achieve healthy body weight?



What are Singaporeans' favourite breakfast?



Nutrilite™ Healthy Breakfast Options

Start your day off with protein and feel the difference



1 serving (10g) = 38 kcal



1 serving (14g) = 112-118 kcal*

*Flavor variance

THE POWER OF PROTEIN



“ No Protein, No You”
You need protein everyday

The human body is a superb packet of more than
100,000 different proteins

WHAT IS PROTEIN?

- Is a basic macronutrient
- Found in every cell, tissue, organ and muscle in our body
- Must be provided by diet
- It is made up of amino acids



WHY DO WE NEED PROTEIN?

Protein is every part of us

Energy

- formation of enzymes and converting food into energy
- formation of hormones
- Mental performance

Blood Component

- formation of new red blood cells

Immunity

- fight infection and illness



Muscle

- To build and repair tissue

Hair, skin, nails

- 90% of our hair and skin tissue is protein
- Lack of protein will show up in brittle, fragile hair strands and wrinkled skin

Protein

Reduce appetite stimulation



Reduce sense of hunger



Regulate blood sugar



Control weight



How much of protein does your body need?

□ According to US (RDA), the Recommended Dietary Allowance (RDA) of protein for a healthy adult would be **0.8g to 1g** per kg of body weight per day.

Daily Protein Requirement = 0.8g X body weight (kg)

□ The protein requirement for everyone also depends on:

- Body Weight
- Physical Activity
- Stage of life
- Age
- Health Status






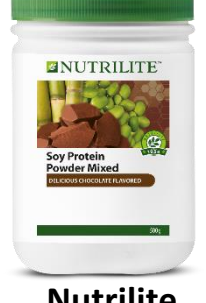
NUTRILITE™ PROTEIN



Benefits:

- For growth and development in children
- For healthy aging : energy and general well-being
- For healthy looking skin

NUTRILITE™ PROTEIN

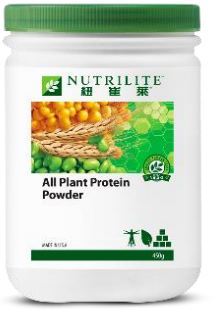
	 Nutralite All Plant Protein Powder	 nutralite Protein Drink Mix (Green Tea)	 nutralite Protein Drink Mix (Mixed Berries Flavor)	 Nutralite Soy Protein Powder Mixed (Delicious Chocolate Flavoured)
Serving Size	One Scoop (10 g)	Two Scoops (23.5 g)	Two Scoops (23.5 g)	Two Scoops (24.2 g)
Calories	38 kcal	95 kcal	95 kcal	100 kcal
Protein	8 g	8 g	8 g	10 g
Calcium	-	250 mg	250 mg	140 mg
Vitamin C	-	-	30 mg	-
<ul style="list-style-type: none"> • Best global score, PDCAAS = 1 • PDCAAS : Protein Digestibility Amino Acid Score 				

SOY PROTEIN: A HEALTHY CHOICE

- Complete vegetarian protein which contains all the essential amino acids for adults and children.
- Excellent alternative for those who are allergic to milk and milk based products.
- It is not just rich in protein but also in isoflavones and has a protein quality equal to egg, meat and milk



ALL PLANT PROTEIN



- High Protein Diet can enhance **thermogenic effect** and maintain muscle mass during weight loss
 - **thermic effect of food** is the energy required for digestion, absorption, and disposal of ingested nutrients

- Benefits

- **Soy Protein** extract

- ✓ To ensure amino acid for healthy body



- **Pea Protein** extract

- ✓ To ensure branch-chain-amino acid and arginine that can maintain muscle mass



- **Wheat Protein** extract

- ✓ Abundant with methionine and glutamine that supports muscle synthesis



ALL PLANT PROTEIN

8

Grams of High Quality protein per serving (10g)



in just 1 scoop



OR



OR



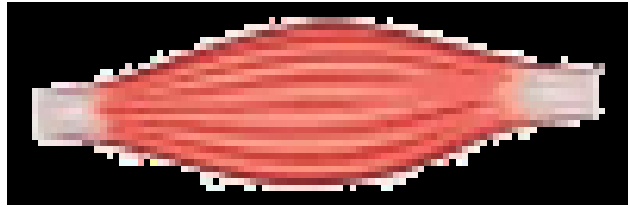
High in fats & cholesterol and extra calories

1 & half Egg

Cow's milk
(250ml)

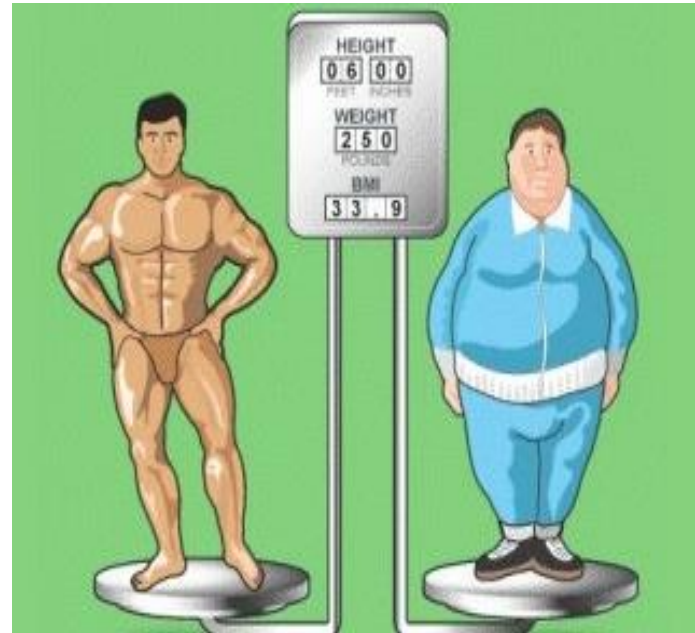
1/2 piece fried
chicken

MUSCLE vs FAT



Muscle

- 1 pound of muscle burns more calories per day and takes up less space
- A person with high muscle mass will appear leaner



Fat

- 1 pound of fat takes up more space
- A person with a higher body fat percentage will appear larger

Which do you choose...?

• Nutrilite™ Meal Replacement Shake

*“BodyKey” taste
mapping
technology*

*25 vitamins and
minerals*



*Helps control
calorie intake*

*Convenient
and
easy to use*

*No preservatives,
No artificial flavors and
sweeteners, Zero trans fat and
Non-GMO ingredients*

- ❑ Clinical studies have shown that the use of meal replacement shakes **2x a day** as part of a structured meal plan along with moderate exercise is **effective for managing weight**.
- ❑ 1 pouch = 112-118 calories **Vanilla: 112kcal , Chocolate: 118kcal , Café: 116kcal**





NUTRILITE™ Mixed Fibre Chewable

- Each tablet provides **1.7g** of dietary fibre.
- Contains both soluble and insoluble fibre from **13 sources**.
- Inclusive of **FOS**.
- Maintain a healthy digestive system.
- Increase the feeling of satiety.



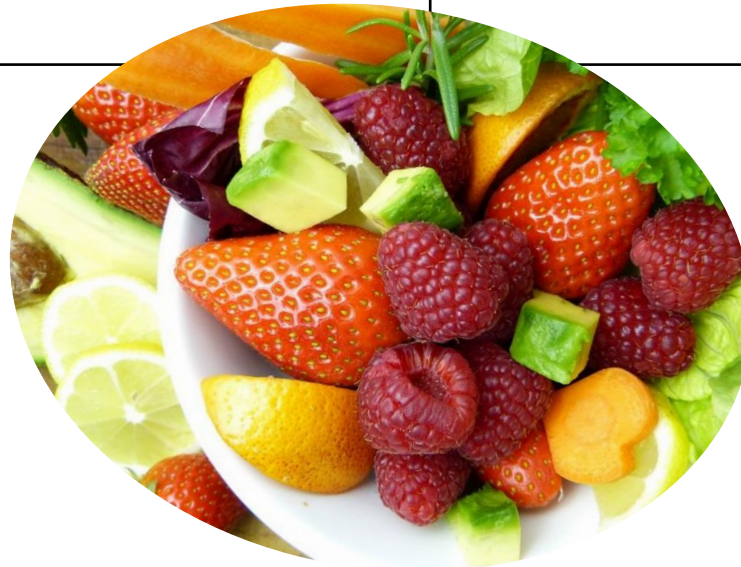
NUTRILITE™ Mixed Fibre Chewable

Active Ingredients	Amount	Source
Insoluble Fibre	750 mg	Sugar cane, oat, acerola, wheat, soy, lemon, cactus, barley bran, pea, apple, carrot.
FOS	750 mg	Sugar cane, sugar beet.
Soluble Fibre	200 mg	Acacia gum.

FIBRE

Categories of fibre

Insoluble Fibre	Soluble Fibre
<ul style="list-style-type: none"><input type="checkbox"/> Retains water, resulting in softer and bulkier stools.<input type="checkbox"/> Prevent constipation.	<ul style="list-style-type: none"><input type="checkbox"/> It dissolves in water<input type="checkbox"/> Sticky and meshes with water to form a gel



FIBRE INTAKE : RECOMMENDATION

Health Promotion Board



Male :26g



Female :20g

An average Singaporean consumes 13 grams of dietary fibre per day .

FIBRE : BENEFITS

Prevents constipation

- Dietary fibre increases the weight and size of your stool and softens it. As soft stools is easier to pass, it decreases the possibility of constipation

Healthy digestion

- Fibre aids digestion by helping to move food through the digestive tract

Lowers blood cholesterol levels

- It does this by binding the cholesterol molecules then excreting the molecules from the body, which reduces the possibility of build-up in the blood.



FIBRE : BENEFITS

❑ Aids in weight management

A fibre-rich diet may promote weight loss and help prevent weight gain



Population-based studies have shown that adults with a dietary high fibre intake are leaner than adults with low fibre intakes



Nutriline™ MIXED FIBRE CHEWABLE TABLET

When I tried eating more fibre, I had cramps and a bloated feeling. Is this normal?

- Many people notice bloating, cramping or gas when they begin adding more fibre to their diet
- To prevent this, try adding fibre gradually to your diet instead of a **sudden increase in intake**
- It is also important to drink more fluids when you increase the amount of fibre you eat. The recommended amount of water is 8 glasses a day



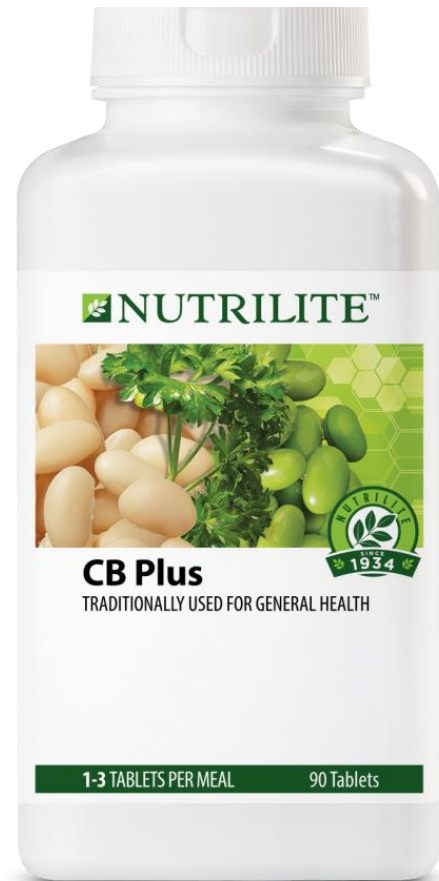


Nutriline™ MIXED FIBRE CHEWABLE TABLET

When should I take this product? How many tablets should I take each time?

- Recommend to be taken **approximately 30 minutes** before meals to help increase the feeling of satiety
- Despite this, it is still safe if you consume it with meals or on an empty stomach
- Take 1-3 tablets a day
- Please note that the tablets should be **chewed**, not swallowed





NUTRILITE™ CB Plus

- **1-3 tablet serving may block the digestion up to 500 carbohydrate calories.**
- Blocks absorption of complex and simple carbohydrates (sugars and starches) from a high carb meal.
- Helps you feel fuller longer.
May help control swings in appetite.

NUTRILITE™ CB Plus

Extract from Kidney Bean & Soy Bean



Phaseolamine inhibits
 α -amylase enzyme



Reduces digestion of
starch to small sugar



Reduces energy
**from
starch**

NUTRILITE™ GreenTrime™



- 1 tablets, 2 times a day
- **EGCG supports increased energy expenditure and may specifically target problematic belly fat.**
- When used along with a reduced-calorie diet and exercise program, it helps to reduce body weight and maintain a healthy waistline.



NUTRILITE™ GreenTrime™

Extract from Green Tea

Epigallocatechin Gallate (EGCG)



Increases Heat
Production



Increases Fat Burning



Reduces Fat
Accumulation
Enzyme



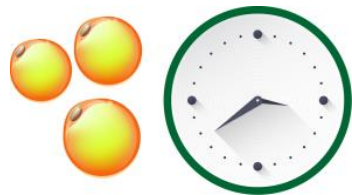
NUTRILITE™ GreenTrime™

Extract from Brown Algae

Fucoxanthine



Brown Algae is the source of **Fucoxanthin**, a type of **carotenoids** found in edible brown algae. Research has shown there is anti-fat accumulation effect.



Reducing fat accumulation in fat cell



Help using more fat as energy

NUTRILITE™ Glucose Health



- 1 capsule, 3 times a day (30-45 mins before meal)

Balance Blood Sugar

- Improves body's response to insulin
Body releases fats to be used as energy

Control Cravings

- Regulate appetite
- Curbs unhealthy snacking

Optimise Metabolism

- Body uses more energy than it takes in, reducing excess fats



What is Chromium?

Chromium (Cr) is essential trace element and has been proposed as **cofactor of insulin**.

Chromium works closely with insulin to facilitate glucose into cells, thus providing sustained energy.

With sufficient energy, the body will minimize cravings for more food. In turn, healthy blood sugar levels is maintained.



Other ingredients



Garcinia; Source of HCA:

- Boost fat burning
- Cut back appetite



Gymnema:

- Aids weight loss by blocking sugar absorption.
- Reduces sugar cravings by making sweet foods taste less appealing.



Parsley concentrate:

- Can lower blood sugar levels & decrease insulin resistance
- Remove excess water from the body
- Helps boost metabolism

Vanadium:

- Improve insulin sensitivity & lower LDL
- Help control blood-sugar level

NUTRILITE™ CH Balance



- 2 softgels, once a day

Active components of tea extracts

Theaflavin & catechins, polyphenols found in black tea, oolong, and green tea

Benefits:

- **Human Clinical study**

Helps reduce total cholesterol and LDL-cholesterol levels

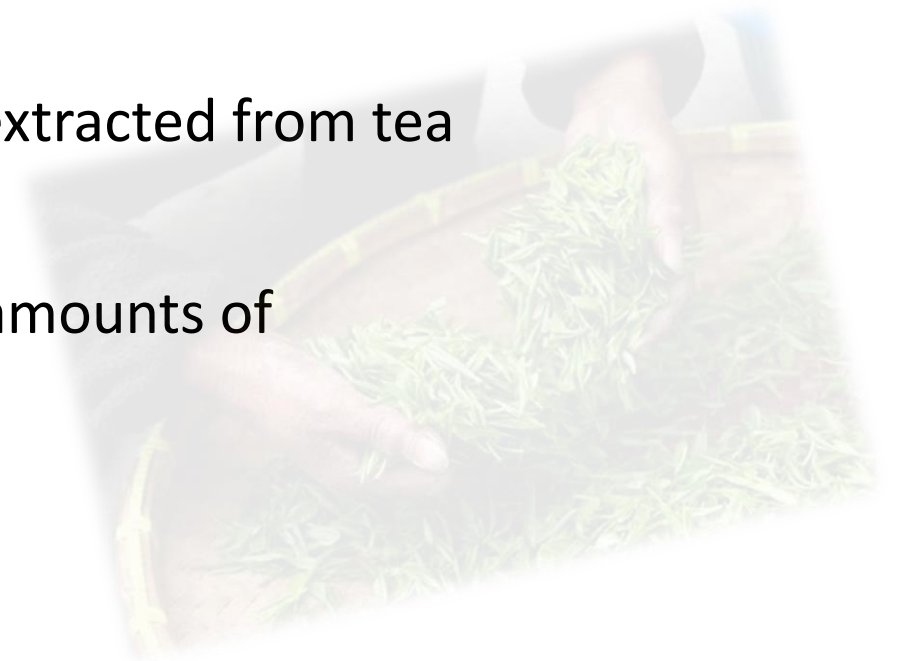
- **Literature review**

Associated with a healthy heart

Nutriline CH Balance

Supplement Facts	Amount Per Softgel	Amount per serving (2 softgels)
Tea Extract (Camellia sinensis) (leaves)	206 mg	412Mg

- Unique combination of catechins and theaflavins in Nutrilite CH Balance
- Catechins and theaflavins are polyphenols, extracted from tea leaves
- Patented extraction process – delivers high amounts of theaflavins



Nutriline CH Balance



1. Catechins and theaflavins bind dietary cholesterol in the gut

Primary Mode of Action

2. Pass through the body with reduced absorption



4. Increases LDL cholesterol uptake to make bile – excreted from the body

3. Liver naturally detects decrease in dietary cholesterol

Secondary Mode of Action



Nutriline CH Balance



As both Nutriline CH Balance and Green Trime are made from green tea extract, what are their differences?

	CH Balance	Green Trime
Target customers	Those who are at high risk of developing high cholesterol due to lifestyle ,diets and habits	Those who want to keep a healthy body weight
Green Tea Extract	395 mg	50mg (20mg of ECGC) from: GreenSelect Phytosome technology, Green Tea Extract)
Caffeine	Yes	No
Active ingredient	Tea extract (Camellia sinensis)	ECGC with phytosome technology

Looking Good, Feeling Great!

- Increased energy level
- Improved blood sugar levels
- Lowered cholesterol levels
- Reduced blood pressure
- Improved mobility
- Improved breathing
- Reduced risk of diseases



Which do you want in 2020 ?





Stay Healthy & Stay Happy

THANK YOU !