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HEALTH INSTITUTE

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## Ensuring High Standards Around the World

NUTRILITE™ products have followed industry-leading standards for farming raw materials since 1934 with founder Carl Rehnborg.

Now more than 6,400 acres of sustainable farmland are dedicated to unlocking the secrets of nature in the pursuit of optimal health and improving human nutrition around the world.

For ingredients not grown on our farms in North or South America, Nutrilite farm managers work closely with select farming partners to meet stringent NUTRICERT™ criteria. Richard Charity, Nutrilite manager of farming operations (pictured here with China Grower's Co-Op President Ms. Liu), helped establish the NUTRICERT program to certify our suppliers and move them towards the NUTRILITE philosophy of sustainable farming and socially responsible business practices.

For more information on topics in the Leaflet – visit [www.NUTRILITE.com](http://www.NUTRILITE.com).





# DOUBLE X STUDY

## SHOWS IMPROVED NUTRITION AND HEALTH

**I**mproved nutrition, reduced risk markers of cardiovascular health, and support for normal DNA function and stability were just a few of the findings from a recent DOUBLE X™ Asian clinical study.

**Clinical tests show that DOUBLE X improves general physical and mental health.**

For the study – conducted in conjunction with top representatives from Sun Yat-Sen University in Guangzhou and Peking University in Beijing – 300 healthy Chinese men and women aged 20 - 60 years old completed an 8-week clinical trial. The effect of the DOUBLE X product on the individuals was evaluated by comparing their first day without using the DOUBLE X supplements to their 56th day of using the DOUBLE X supplements. Results were also compared between a placebo group and the supplement group.

The DOUBLE X test was conducted just as public health experts in China were expressing concern that the number of chronic diseases was rising. Increasing trends of unhealthy diet habits and a lax lifestyle have emerged during the past decade.

The aim of the study was to determine the effect of a multivitamin-multimineral-phytonutrient supplement – specifically the DOUBLE X product in China – on the nutrition and health status in otherwise healthy Chinese adults.

The findings suggest improvement in each area of the study (see the chart on this page)...which echoes other DOUBLE X studies done in other areas of the world.

### Proof that DOUBLE X Works

Nutrition & Health Status Outcome	Korea (2003)	US (2005)	China (2007)
Improved nutrition status	✓	✓	✓
Support for normal DNA function and stability	✓	✓	✓
Reduced heart health risk	✓	✓	✓

Three DOUBLE X studies from around the world have all reached similar conclusions. DOUBLE X supplements contribute to good health. For improved nutrition status, reduction in heart health risk factors and support for normal DNA function and stability to overall health, the DOUBLE X product is the best recommendation.

**The results of this clinical study in China echoes two other studies from the U.S.A. and Korea.**



The NUTRILITE Health Institute's (NHI) Scientific Advisory Board (SAB) is comprised of top scientists and experts from around the world – all leaders in their field.

## TAKING A STAND ON DETOX DIETS

The sixth meeting of the Nutralite Health Institute's (NHI) Scientific Advisory Board (SAB) held in February covered a number of agenda items, perhaps none as controversial as “detox diets.”

The basic premise of a “detox diet” is to give up certain foods that are thought to contain “toxins,” such as meat, sugar, certain grains, dairy and caffeine, for 7-10 days. Detox diets typically start with fasting, followed by a diet of raw vegetables, fruit, juices and water.

The practice of detoxification stems from the belief that some foods contain harmful substances that accumulate in the body, causing fatigue, headaches, nausea and even disease. There is no evidence, however, that this is true.

Given the lack of scientific evidence supporting detox diets, NHI and the SAB concluded not to endorse them. The NHI Dietary Philosophy states that a colorful variety of healthy foods that allows for a wide range of vitamins, minerals, and phytonutrients is best. A healthy diet should be based on fresh fruits and vegetables, whole grains, lean sources of protein, low-fat dairy products, monounsaturated fats and omega-3 fatty acids. Regular exercise and stress-reduction techniques help provide a foundation for good health.

For more information, search detox diets at <http://www.mayoclinic.com> and <http://nutrition.tufts.edu/consumer/balance/2003-09/fasting.html>. You might also consult the *Physician's Desk Reference*, 2006.

## NEW METHOD COULD HELP ADVANCE SUPPLEMENTATION

The design and protocol for an upcoming TRIPLE X™ study in Japan was reviewed by the NHI Scientific Advisory Board (SAB) at their February meeting. At issue was the addition of a specific measurement – metabolomics – which can help give an instantaneous snapshot of the physiology of specific cells.

Metabolomics can help identify how nutrients and supplements interact with compounds found in our body and thereby influence our health.

All of the 10 SAB members were enthusiastic about the potential for significant data analysis that could result from adding this measurement to the research.



Visit [www.NUTRILITE.com](http://www.NUTRILITE.com)





# Change Your Life...with one visit!

A life-changing experience awaits you the minute you step inside the NHI Center for Optimal Health (COH) on the Nutrilite Health Institute campus in Buena Park, California. The inherent goodness of nature and the brilliance of advanced science come together in this world-class, interactive learning facility—home to the NUTRILITE™ Brand Experience. It is here that you will experience an information-intensive, interactive program focused on recommending nutrition, fitness and supplementation that will inspire you to reach your optimal health goals.



## THE BEST OF NATURE

+

## THE BEST OF SCIENCE

=

## THE BEST OF YOU

Learn how the NUTRILITE brand is the only global vitamin and mineral brand to grow, harvest, and process plants on its own certified organic farms.\* All other farms supplying botanical materials for NUTRILITE products adhere to the NUTRICERT™ philosophy which is guided by sustainable, organic principles.

\*Based on independent review in Fall 2006 by international market research firm, Euromonitor.

When you visit the NHI Center for Optimal Health, it's easy to appreciate almost 80 years of knowledge that established the foundation. Through dozens of dynamic displays you can witness some of the steps NUTRILITE products go through (from bioassays to clinical studies) in order to ensure the nutrients your body needs are provided by our supplements.

This education and training center was built with the single-minded purpose of helping people like you achieve optimal health. Take time to explore all the interactive exhibits and view the award-winning film, *Perfect Balance*. You can invest yourself even more by participating in a one, two or three-day information-intensive, life-changing Nutrilite Experience.



# www.NUTRILITE.com



# Join us in JANUARY

**Newport Beach, California  
January 6, 2008**

**Kid's Run • 5K  
Half Marathon • Marathon**

- An exciting event for the whole family!
- Meet Asafa Powell on race day
- Run in the event of your choice
- Special Dinner hosted by Dr. Sam
- Tour the COH and Lakeview Agricultural Research Center



Visit [NUTRILITE.com](http://NUTRILITE.com) for training programs developed by Team Nutrilite Coach and Boston Marathon Winner Greg Meyer, and for more details about the OC Marathon.