



Youngevity

90 FOR LIFE

Joel Wallach, BS, DVM, ND



The concept of the 90 essential nutrients was developed by Dr. Joel Wallach, founder of Youngevity®. A pioneer in biomedical research, Dr. Wallach spent nearly twenty years in the field of Veterinary Medicine, observing and researching the effects of individual nutrients on animal health, before becoming a Naturopathic Physician in 1982. Today, he is renowned for his groundbreaking research on the health benefits of Selenium and other minerals. He is the recipient of the prestigious 2011 Klaus Schwarz Commemorative Medal, which recognizes the work of pioneers in the field of trace element research.

First Amendment Advocate

Dr. Wallach currently dedicates his time to lecturing throughout the world on the therapeutic benefits of vitamins and minerals, and on lobbying the U.S. Food and Drug Administration on behalf of the dietary supplement industry. His tireless efforts and dedication to the public's First Amendment rights to complete information on the therapeutic benefits of nutrition prompted the FDA to establish Qualified Health Claims for Selenium and Omega-3 Essential Fatty Acids. Only a few Qualified Health Claims exist, placing Youngevity® in a unique position among Dietary Supplement and Direct Marketing companies.

In addition to the Healthy Body Start Pak™, Youngevity® also offers the following targeted Health Body Paks™ to support specific needs:

Healthy Body Weight Loss Pak™ (#10243)

Includes: As Slim As Possible™ (1), Beyond Tangy Tangerine® (1), Beyond Osteo-fx™ (1) and Ultimate™ EFA Plus™ (1).

Healthy Body Blood Sugar Pak™ (#10246)

Includes: Beyond Tangy Tangerine® (1), Ultimate™ EFA Plus™ (1), Beyond Osteo-fx™ (1), and Slender FX™ Sweet Eze™ (1).

Healthy Body Bone and Joint Pak™ (#10247)

Includes: Beyond Tangy Tangerine® (1), Ultimate™ EFA Plus™ (1), Beyond Osteo-fx™ (1), Ultimate™ Gluco-Gel™ - 240 Capsules (1) and Ultimate™ CM Cream™ (1).

Healthy Body Digestion Pak™ (#10248)

Includes: Beyond Tangy Tangerine® (1), Ultimate™ EFA Plus™ (1), Beyond Osteo-fx™ (1), Ultimate™ Enzymes® (1) and Ultimate™ Flora fx™ (1).

Healthy Body Brain and Heart Pak™ (#10249)

Includes: Beyond Tangy Tangerine® (1), Ultimate™ EFA Plus™ (1), Beyond Osteo-fx™ (1), Ultimate™ EFA™ - 180 Capsules (1) and Ultimate™ Selenium (1).

Healthy Body Athletic Pak™ (#10250)

Includes: Beyond Tangy Tangerine® (1), Ultimate™ EFA Plus™ (1), Beyond Osteo-fx™, Rebound fx™ Stick Packs - 30 ct. (1), and Ultimate™ Gluco-Gel™ - 120 Capsules (1).

Youngevity® also offers the 90 For Life™ products in convenient powder and capsule form. Please visit www.Youngevity.com or www.HealthyBodyChallenge.com for more information.

Science-Based Nutrition from Youngevity®

Youngevity® nutritional products are scientifically-formulated to support a wide range of health concerns.

To pick the best "flower" to meet your needs, visit our web site at www.Youngevity.com and click products.

FOR MORE INFORMATION, CONTACT:

Youngevity

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90 FOR LIFE



HEALTHY Body START PAK™



Beyond Tangy Tangerine®

This proprietary multi-vitamin/mineral complex contains our famous Majestic Earth® Plant Derived Minerals™ blended with fruits and vegetables to provide comprehensive and balanced support for the entire body's nutritional needs.*

Beyond Osteo-fx™

Beyond Osteo-fx™ complements the nutrient profile of Beyond Tangy Tangerine® and is formulated to target the body's physical framework. Beyond Osteo-fx™ offers enhanced support for strong bones and healthy joints.* Shellfish Allergen-Free.



Ultimate™ EFA Plus™

Strong scientific evidence has documented the beneficial effects of essential fatty acids, from heart health to cognition to eye health. Ultimate™ EFA Plus™ goes further by offering a truly balanced formula that includes Omega 3, 6, and 9 fatty acids.*



Ultimate™ EFA Plus™ is IFOS (International Fish Oils Standards) Certified since 2015.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

The Foundation for Good Health

True health and wellness is only possible if it radiates from a solid, fundamentally-sound center. Although the human body's systems are complex and multidimensional, there exists a core group of 90 essential nutrients that have the greatest influence in support of vibrant health.

These 90 essential nutrients are at the very center of Youngevity's **90 For Life™** campaign which is committed to improving lives through science-based, high-quality nutrition.

The 90 essential nutrients form the foundation for Youngevity's signature **Healthy Body Start Pak™**, a set of supplements specially selected for their excellent nutrient content, quality and efficacy. It includes Beyond Tangy Tangerine®, Beyond Osteo-fx™, and Ultimate™ EFA Plus™. Individually, each product targets specific areas, needs, and nutritional deficiencies of the body. However, *their combined nutrients—including the 90 essential nutrients and beyond—work synergistically to support the body's total fundamental needs.**

Nutrients to Help Your Health Blossom

The **Healthy Body Start Pak™** provides an excellent nutritional base for people of all ages. But it's just the beginning. Every individual faces different challenges, such as health concerns and daily stresses, resulting in his or her own unique nutrient requirements.

Fortunately, Youngevity® offers more than 1,000 nutrition and lifestyle solutions to meet each individual's specific needs.

To illustrate the concept of how Youngevity's products work together in concert, think of a beautiful sunflower blossom (see right).

- The center represents the 90 essential nutrients
- The stem represents our Majestic Earth® Plant Derived Minerals™
- The petals and leaves represent nutritional support for specific health concerns

Together, the center, stem, petals and leaves of the flower form a picture of vibrant and flourishing health.



60 ESSENTIAL MINERALS

Calcium, Magnesium, Phosphorus, Potassium, Sodium, Chloride, Sulfur, Cobalt, Copper, Aluminum, Arsenic, Barium, Beryllium, Boron, Bromine, Carbon, Iodine, Iron, Manganese, Selenium, Zinc, Cerium, Cesium, Chromium, Dysprosium, Erbium, Europium, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Lanthanum, Lithium, Lutetium, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Oxygen, Praseodymium, Rhenium, Rubidium, Samarium, Scandium, Silica, Silver, Strontium, Tantalum, Terbium, Thulium, Tin, Titanium, Vanadium, Ytterbium, Yttrium, Zirconium

16 ESSENTIAL VITAMINS

Vitamin A, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin B12 (Cobalamin), Vitamin C, Vitamin D, Vitamin E, Vitamin K, Biotin, Choline, Flavonoids and Bioflavonoids, Folic Acid, Inositol

12 ESSENTIAL AMINO ACIDS

Valine, Lysine, Threonine, Leucine, Isoleucine, Tryptophan, Phenylalanine, Methionine, Histidine, Arginine, Taurine, Tyrosine

2-3 ESSENTIAL FATTY ACIDS

Omega 3 (EPA, DHA, ALA), Omega 6, Omega 9

