

BETTERMENT

magazine

The Transformative Power of Nutrition



WELCOME TO *YOUNGEVITY!*

Welcome to the latest issue of Youngevity's **Betterment Magazine**—where we are thrilled to spotlight our shared passion for health, and our deep-rooted belief in the transformative power of nutrition. Whether you are a seasoned Distributor or a newcomer to our thriving family, we invite you to immerse yourself in the wealth of insights, stories, and inspiration that this publication has to offer.



When we co-founded Youngevity with Dr. Joel Wallach and Dr. Ma Lan nearly 30 years ago, we didn't set out to simply build another company. Our purpose ran deeper—we were looking to transform lives. We were guided by our belief that people should be educated about nutrition, have an opportunity to improve their health, and be rewarded for their efforts. Those guiding principles are still true today. Nutrition is not just a product category for us—it's a responsibility that we take seriously. And the business is a vehicle where ordinary people can build something extraordinary.

We're proud of what we've created, built on the research and philosophies of Dr. Wallach, and we're just as excited about the future as when we were young entrepreneurs. The importance and validity of our mission only grows with time; our work is needed more now than ever! We also discovered one of the best parts about Youngevity—really one of its greatest strengths—is its community. In the pages ahead, you'll see just a sampling of what this community has to offer: Product innovation, health and wellness education, resources, and stories about people just like you, who are using all the tools provided to create healthy, genuinely fulfilling lives for themselves and those around them.

We've learned that the greatest reward isn't just what you earn, it's who you become and help along the way. We're excited to see where this journey continues to take all of us. Thanks for being part of it! We believe in this mission, we believe in this community—and we believe in you.

With gratitude,

Steve & Michelle Wallach

Steve Wallach
CEO

Michelle Wallach
COO

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LET'S GET TOGETHER!

One of the best things about Youngevity is gathering with each other! At any given event, you'll find a mixture of people with different backgrounds, various ages—all walks of life, really. But everyone you meet is united in the shared belief in health information access and the mission of improving our lives and the lives of others.

Our corporate staff travels to various Distributor events around the world all year; supporting our field with training, product information and business building tips. We also offer corporate sponsored events, Live the Life You Want retreats, and promotional trips.

In addition to our in-person event options, you can also connect with other Youngevity Distributors through a variety of ongoing Zoom meetings. It's a great way to stay informed, learn from experts in our field, and simply spend time with the Youngevity community! Stay up to date on all events by checking the Youngevity calendar frequently. Even better—add your own upcoming events to the calendar, so other Youngevity Distributors can possibly attend.

Here's how to use the Events Calendar:

1. Visit YoungevityRC.com, click on Events
2. Log in using your Youngevity ID and password
3. Check out the upcoming events, including online Zoom meetings
4. Add your event by selecting the "Add Event" tab under Events
5. Enter all your information, then hit Submit

Our community of passionate health advocates and business leaders is truly what makes Youngevity unique. Take advantage of the many event options to connect— It's what network marketing is all about!



Visit Youngevity.com for details on promotions and corporate-led events.

Visit Youngevityrc.com for distributor-led events online and near you.



3.0 RISE & RESTORE™

THE FUTURE OF SUPPLEMENTATION IS HERE

■ A Legacy of Nutritional Innovation

Thanks to Dr. Wallach's decades of research, we now know the human body requires 90 essential nutrients to thrive. And while these vitamins, minerals, amino acids, and fatty acids are crucial for optimal health, they haven't always been easy to get from food (or very edible on their own).

Enter Youngevity's 90 For Life™ system. At the center of this system is Beyond Tangy Tangerine®, the tasty liquid supplement that gives you the foundational nutrition your body needs to thrive – including essential vitamins, minerals, amino acids, and antioxidants – in every sip. This forward-thinking approach to supplementation set our team on a path of continuous innovation, helping us facilitate better health and better opportunities for communities around the world – all through nutrition.

Nearly 30 years later, Youngevity is, once again, leveling up its offerings and redefining supplementation with the creation of 3.0 Rise & Restore™. 3.0 reaches far beyond vitamins and minerals, providing cutting-edge nootropics, adaptogens, and other targeted nutrients to support all aspects of health around the clock, delivering Youngevity's most advanced nutrition to date.

THE NEXT CHAPTER IN NUTRITION

This refined, unique dual supplement system is formulated to maximize your body's absorption of essential nutrients throughout the day – 3.0 Rise™ in the morning and 3.0 Restore™ in the afternoon. Taking specific, targeted nutrients at the right time of day can help you address your health needs as they arise and promote better utilization of each ingredient. Spreading out your daily supplement regimen may also prevent unwanted side effects and wasted nutrients from taking too much all at once!

This new Time Duration Nutrition (TDN) system approaches personalized nutrition from an entirely new direction, beyond just form and flavor, making it even easier for us all to get the most out of our supplements and support our health from sunrise to sunset.

HOW DOES 3.0 COMPARE TO BTT 1.0?

Gives you the same core nutrients from BTT – but with a new targeted approach!

Key Differences

- Uses Time Duration Nutrition
- Optimized vitamins and minerals with more active ingredients
- Greater targeted support, with emphasis on cognitive performance and mood wellness
- Eight times the amount of electrolytes and double the amount of adaptogens
- Two fun new flavors to try! Wake up with Açai Pomegranate and wind down with Raspberry Lemon
- Fewer calories and carbs
- Both blends are gluten-free and vegan friendly; no soy, shellfish, or artificial ingredients



Learn more at youngevity.com



Meet Youngevity's most advanced nutrient blend!

3.0 RISE™

- **Energy & Metabolism Booster:** Includes natural caffeine, phytonutrients, and amino acids for crash-free energy support, plus a plethora of potential health benefits.†
- **Nootropic Cognitive Blend:** Contains research-backed, targeted brain-and-memory-supporting nutrients that can boost your energy levels, increase your ability to focus, and help you recall important details.†
- **Mood Wellness Blend:** 5HTP helps increase serotonin levels in the brain, while the mushroom blend supports a variety of body systems with fiber, antioxidants, and other bioactive elements.†
- **Phytonutrients Matrix:** Includes a variety of antioxidant-packed compounds (including Co-enzyme Q10, quercetin, and resveratrol) that help fight oxidative damage at the cellular level.†

3.0 RESTORE™

- **Circulation Booster:** Provides targeted phytonutrients like beetroot and turmeric to support a healthy circulatory system.†
- **Relaxation Support Matrix:** Contains botanicals and amino acids known to positively influence mood and promote relaxation.†
- **Immunity Superfood Complex:** Targeted phytonutrient blend provides antioxidant effects, supporting a healthy immune system.†
- **Liver Detox Blend:** Provides amino acids, antioxidants, and more to support a healthy liver and digestive system.†
- **Adaptogenic Hormonal Balance Support:** Key phytonutrients support a healthy endocrine system and hormonal function.†
- **Pre-Probiotic Blend:** Both prebiotics and probiotics help cultivate a healthy microbiome in the gut and aid in digestion.†



† 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

INSIDE THE GLP-1 REVOLUTION

The Science Behind Weight Loss: It's Not Just About Calories

For years, we've been told that weight loss is simply about "calories in versus calories out." But anyone who has struggled to lose weight knows there's more to the story. Emotional eating, habits, genetic factors, and even hormonal responses all play a major role in how our bodies gain or lose weight.

One of the most fascinating discoveries in modern weight science involves the GLP-1 hormone, or Glucagon-Like Peptide-1—a natural messenger that helps regulate appetite, digestion, insulin response, and fat metabolism.¹ When GLP-1 levels are balanced, you'll feel full, experience fewer cravings, and be able to manage your blood sugar more effectively.

GLP-1: FROM MEDICAL BREAKTHROUGH TO MAINSTREAM BUZZ

Originally studied for diabetes and obesity treatment, GLP-1 gained fame through prescription drugs like Ozempic®, Wegovy®, Mounjaro®, and Zepbound®. These medications mimic GLP-1 activity in the body, helping users eat less and lose weight.

However, these drugs aren't for everyone and the results come with risks. In recent years, there have been numerous lawsuits and countless emergency room visits tied to GLP-1 drug use.^{2,3,4,5} Reported side effects include gastrointestinal paralysis, pancreatitis, kidney and thyroid issues, and even muscle wasting.⁶ These synthetic drugs work for the body, not with it—forcing hormonal changes instead of supporting the body's natural rhythm.

YOUR 30-DAY BLUEPRINT

The YGY 30 Day GLP-1 Support System™ combines these powerful formulas with simple lifestyle steps:

- **Nutrition:** 80% whole foods, high-quality protein, and proper hydration
- **Movement:** Walks, resistance training, and daily activity
- **Lifestyle:** Better sleep, reduced sugar/alcohol, and accountability

Together, these habits and supplements help your body naturally enhance GLP-1 activity, promoting sustainable weight management and overall wellness.

SOURCES
See page 44

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GLP-1 BOOST YGY ACTIVATE™ #USYG70001		GLP-1 SUPPORT SHOT YGY ELEVATE™ #USYG70002		DAILY FIBER YGY REGULATE™ #USYG70003	
🍷 🌿 1	🍷 🌿 2	🍷 🌿 3	🍷 🌿 4	🍷 🌿 5	
🍷 🌿 6	🍷 🌿 7	🍷 🌿 8	🍷 🌿 9	🍷 🌿 10	
⚡ 🌿 11	⚡ 🌿 12	⚡ 🌿 13	⚡ 🌿 14	⚡ 🌿 15	
⚡ 🌿 16	⚡ 🌿 17	⚡ 🌿 18	⚡ 🌿 19	⚡ 🌿 20	
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⚡ 🌿 26	⚡ 🌿 27	⚡ 🌿 28	⚡ 🌿 29	⚡ 🌿 30	

The YGY 30 Day GLP-1 Support System™ – A Natural Path to Balance

YOUNGEVITY'S HOLISTIC SOLUTION

Recognizing the body's incredible ability to self-regulate, Youngevity created the YGY GLP-1 30-Day System™—a safe, natural way to support your body's GLP-1 activity without the synthetic ingredients or harsh side effects associated with GLP-1 drugs. This system works synergistically to improve satiety, stabilize blood sugar, enhance metabolism, and support gentle, sustainable weight loss.



GLP-1 SUPPORT SHOT YGY ELEVATE™

A research-backed formula that increases natural GLP-1 secretion, helping you feel full faster and burn fat more efficiently.†

- Stabilizes blood sugar after meals†
- Promotes natural satiety†
- Mobilizes fat calories—no synthetic stimulants†

DAILY FIBER YGY REGULATE™

A delicious, easy-to-mix blend with 8.5 grams of fiber per serving to keep you full, support digestion, and curb cravings.†

- Improves blood sugar control†
- Supports detoxification and digestive health†
- Enhances fullness response†

GLP-1 BOOST YGY ACTIVATE™

Stimulates and preserves GLP-1 levels while improving insulin sensitivity and metabolic health.†

- Encourages natural hormone balance†
- Supports cardiovascular function†
- Supports a healthy metabolism†

† 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.



*Looking to eat healthier, but not sure where to start?
YFast has you covered!*

WHAT IS YFAST?

YFast is Youngevity's guide to intermittent fasting. It combines the freeform guidelines of intermittent fasting with over 25 years of nutritional experience from Youngevity Founder Dr. Joel Wallach. YFast is focused on making sure you get nutrient-rich foods and nutritional supplements, while allowing you the flexibility to design your own menu and plan your eating times to suit your lifestyle. Sounds pretty great, right? Overall, we think YFast is a really accessible, convenient way for many people to manage their calorie intake and support their overall health.

WHY WE LOVE YFAST

Our YFast program combines intermittent fasting with nutritional supplements and a balanced diet for a meal plan that is loaded with potential health benefits. Intermittent fasting has been demonstrated to help with weight loss, blood sugar stabilization, chronic disease prevention, and so much more. Add in Dr. Wallach's 90 essential nutrients and a healthy diet, and you may never have to worry about cravings again!

You can choose from one of three fasting schedules: Beginner, Standard, or Professional. Before you get started, we recommend checking in with your doctor to make sure fasting is right for you.


Visit youngevity.com/yfast to browse fasting schedules, expert tips, recommended products, recipes, and so much more.



EASY STEPS TO HIT THE GROUND RUNNING

As you dive into your Youngevity journey, you may find yourself feeling intimidated or not sure where to begin. So many beneficial products and potential customers, but how to bring the two together? The good news is, as a distributor, your goal isn't about finding one type of "ideal" customer, it's about helping anyone who wants to live younger longer with the right nutrients and a healthy lifestyle.

Everyone wants to feel their best, and we're here to help them do it from the inside out! Thanks to the expert wisdom provided by some of our leaders, nutrition educators, and distributors, we are able to offer you this step-by-step guide on how to build your business quickly and effectively.

All of your burning questions, answered on the following pages – plus some other helpful hints to help you get started! 



1 GET TO KNOW 90 FOR LIFE

Thanks to our founder, Dr. Joel Wallach, we now know that all humans require 90 essential nutrients to achieve and maintain optimal health. Dr. Wallach's early research demonstrated that without the right balance of vitamins, minerals, amino acids, and other vital nutrients, we're more likely to experience deficiencies, chronic diseases, and early death. As part of his mission to ensure everyone is equipped with the right knowledge and a trustworthy source of these 90 essential nutrients, so we can all live younger longer, he launched Youngevity.

Though many of these essentials are naturally present in our bodies and the foods we eat, some can only be obtained (or maintained at optimal levels) through supplementation. What's worse, our modern farming practices have depleted the nutrient density of our crop soil, leading to less nourishing produce. To put it simply, supplementation may be the only way to maintain a truly healthy diet. Our 90 For Life products provide an easy solution to this problem, making it possible for everyone to maintain a healthy diet with our 90 essential nutrients.

2 FIND YOUR NUTRITIONAL MIX & PASSION

The best way to get to know our products is by experiencing them yourself. As you find what works best for you, start tracking your results and incorporating your favorites into your daily routine. Best of all, you don't need to be an expert immediately to become a savvy seller quickly. Testing the products yourself, you'll know what works for you – a part of the process we like to call becoming a "product of the products."

Showing how much the supplements have helped you personally goes a long way to demonstrate your newfound expertise! And don't forget, sharing and selling what you're passionate about is the best way to reach people. Have you gotten relief from menopause symptoms? Share that info with others! Has the boost of collagen helped your joints? Do you love the Mineral Make Up? Whatever you love—sell that.

Eventually you'll learn more about our history and a few of our top products by visiting the Resource Center or our web store. Before you know it, you'll be a Youngevity expert!

3 FIND YOUR PEOPLE

Get out there and start meeting people! Expanding your circle, both online and in person, will help you get a feel for the different needs in your community. Use what you've learned about 90 For Life and nutrition to bring the right supplements to the people who need them. The most important part of finding the right people is making it known that you're also one of those people –someone who's looking to improve their nutrition with the help of a supportive community. Sharing your passion for health, nutrition, or helping people will bring all the right folks to you and show them you care!



Always speak authentically while chatting with your community. Don't be afraid to ask how people are doing, what health issues they're concerned with, and what limitations may be holding them back. It's your job to make sure they have someone to lean on and ask for advice, and that starts by building a genuine bond and trust.

HERE ARE SOME INTERESTING CONVERSATION STARTERS:

- How are you sleeping lately? I was having a lot of restless nights until I discovered the best sleep product.
- I know how important joint health is to you as we start to age. Are you familiar with the benefits of collagen to support joints?
- I've really struggled to get enough protein into my diet, but I now have such a great protein powder. The flavor is amazing!
- I've lost a few pounds and feel so much more energetic. Let me know if you'd like more info!

Resources for You!

Our Resource Center has everything you need to succeed: Detailed training videos, marketing materials, product info, blogs, events announcements, and more! Check out our Getting Started Guide at youngevityrc.com.





4 SHARE YOUR PURPOSE

Being able to share why you love helping others on their health journeys is key. Before you even mention your favorite supplement, workout, or recipe, your followers will want to know your story. What drew you to Youngevity? What makes you wake up every day wanting to share the gift of good health with others? Was there an “aha” moment that changed your life? Did your health journey help you overcome challenging hardships? Asking yourself these kinds of questions will help you better connect with your purpose and, ultimately, build rich, deep relationships with your community.

SOME EXAMPLE MISSION STATEMENTS TO CONSIDER:

- I want to help others eat better because I know what it's like to struggle with an unhealthy weight.
- Sharing the gift of good nutrition is important to me because I want us to all live our lives to the fullest.
- My community is everything to me, and I'm driven to see them all feel their best as they age.

HERE ARE SOME WAYS TO REASSURE YOUR FRIENDS YOU KNOW THEY'RE RIGHT FOR THE YOUNGEVITY LIFESTYLE:

- Call out your shared passions! “It seemed like you really connected with what we talked about earlier.” or “I can see how much this product excites you!”
- Give them permission to say no. “Maybe I missed the mark, but you seem like a really good fit for this?”
- Remind them of everything they stand to gain. “Wouldn't it be great if the entire community could rally around better health?” or “I think selling really could help enable that new remote work schedule you've been wanting to try.”

5 INVITE THEM TO JOIN

It's time to be bold! Once you've found the right people, you'll need to strategize the best approach and make it known you think they would be a good fit (either for the products, joining the distributor team, or both)! It's important to keep in mind their unique journey and perspective as you plan; make sure they feel welcome, but not pressured.

EATING WELL?

Why Whole Foods are No Longer Enough - All too often, we're told how important it is to add whole foods to our diet for optimal health. Yet, several factors, including high-yield farming, have decreased the overall quality of our food, making it far less nutritious than it once was. That, combined with our bodies' decreasing ability to absorb nutrients from food, begs the question: how can we give our bodies the nutrition they need to avoid poor health?

FOOD SUPPLEMENTATION IS A NECESSARY COMPONENT OF BETTER HEALTH

Simply put, we do not get the nutrients we need from food sources alone. Even if we consume the best diets, our food supplies simply do not meet our bodies' nutritional needs. This, combined with our bodies' decreasing ability to absorb nutrients from foods as we age, can increase our risk of developing health problems. This gap between nutritional needs versus what our bodies actually get can only be bridged with supplementation.

Using the right supplements in conjunction with a whole foods diet can help ensure the proper intake of a wide range of vitamins and minerals, without which we could surely be deficient. By following a few basic guidelines for shopping smart, determining our supplementation needs, and regular consultations with a healthcare professional, we can find the right balance in our pursuit of better health.



Follow Dr. Wallach's Good Food & Bad Food List

To get a little guidance on what foods are the best option for a healthy lifestyle, you can start by following Dr. Wallach's Good Food & Bad Food List. This list can serve as a base for the best sources of food.

GOOD FOODS



- Eggs—soft scrambled in butter, soft boiled, poached
- Butter
- Salt
- Dairy
- Fish
- Chicken
- Pork
- Lamb
- Beef—rare/medium rare
- Veggies
- Fruit
- Mixed, salted nuts—no peanuts
- Nut butters—no extra sugar
- Rice
- Millet
- Pure buckwheat (Isn't wheat)
- Beans
- Couscous (made from pearl millet only)
- Quinoa
- Corn
- Coffee, tea, green tea, red wine
- 4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.

BAD FOODS



- Wheat
- Barley
- Rye
- Oats (except gluten-free)
- Fried Food - nothing fried! You should boil, broil or bake and never more.
- Oils—cooking or salad. Yes, this includes olive oil! NO OIL OF ANY KIND!
- Well done meat (rare or medium-rare is ok)
- Deli meats... No nitrates or nitrites – Read labels

Tell your butcher NO NITRATES or NITRITES!

- NO carbonated drinks within one hour before, during or 1 hour after meals
- Baked potato skins

DETERMINE YOUR SUPPLEMENTAL NEEDS.

With the massive number of supplements on the market today, choosing the right ones can be a bit overwhelming.

Here are the four key factors that may help you identify which supplements you need:

- Age
- Current health concerns
- Types of food we eat
- Health conditions we're at risk for



Every individual has unique needs, but these four factors will help identify what may be lacking in a given diet. For example, people at risk for osteoporosis may need a supplement with calcium or vitamin D; pregnant women are often asked to take folate supplements; many vegans take B12 supplements.

As always, make sure you consult with your healthcare professional before taking nutritional supplements, as some vitamins can interact negatively with some medications. To learn more about the 90 Essential Nutrients we need daily for optimal health, visit our 90 For Life page on Youngevity.com.

LET'S TALK ABOUT "THE BIG M"

Aging, and all the curveballs that come with it, can be intimidating and challenging. You finally get used to a "new normal" just for another one to come barging in unexpectedly, plus an entire echo chamber telling you you're "overthinking it" or "imagining" these changes. This is especially true for women and their menopause journey. It's time to debunk the misconceptions. We're here to give women all the info and support they need to navigate "the big M" with confidence.

WHY PERSPECTIVE MATTERS

Your perspective on menopause can have a huge impact on your preparedness, comfort, and personal agency during your "pause" journey. We wouldn't be surprised if your attitude towards it was anxious, confused, or neutral at best – and you're not alone. AARP estimates as much as 30% of adult women don't have the important information they need to navigate it (other estimates are even higher),^{1,8} while as many as 59% of women interviewed in a separate worldwide survey consider it a taboo topic entirely. Even more women believe menopause and related symptoms aren't taken seriously.²

Let's get one thing straight: menopause is NOT a disease or condition that needs "curing",^{3,4} despite its long history of woefully inadequate research and lingering stigmas.^{2,5,6,7} Understanding what your body is going through and seeing this for the natural aging process it is is an important step to a more empowered life and menopause journey.⁹ Adjusting your perspective and equipping yourself with the right info can lower your stress, ease your symptoms,¹⁰ and help you come prepared to better advocate for your needs during this time of change. The more you, your friends, and your community can move beyond harmful, outdated ways of thinking, the better everyone's experience with "the big M" and life after will be.

EMPOWERMENT THROUGH REFLECTION

We've put together a few questions below to help you reflect on your perspective, top concerns, and engage with ways you can bring hope and empowerment to your menopause journey. When you're ready, grab a journal and take a moment to consider these prompts:

- What are some feelings that come up when you think about menopause?
- How prepared do you feel for the change? What's one thing you could do now to help yourself feel more prepared?
- What's your biggest menopause concern or symptom you'd like to address?
- What symptom treatment options are you open to? Do you have any health conditions to take into account?
- If you're in the postmenopausal stage, what's one piece of advice you would share with your past self or others going through the menopause journey now?

SOURCES

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Our Ultimate Iron 26™ (USYG70008) nutritional supplement is formulated with key synergizing nutrients like iron, folic acid, vitamin C, and iron-rich Moringa leaf to help women support overall health, energy, wellness, and healthy iron levels.



Visit [Youngevity.com](https://www.youngevity.com) to learn more and order your HOPE Bundle today!



Step Into Your Power with HOPE

Regardless of what life stage you're going through, you don't have to let the changes associated with aging and menopause stop you from achieving your goals and living life to its fullest. Whether you're in your 30s, 60s, or 80s, you can promote better health, comfort, and boost your own inner light with the right nutrition.

To help you feel more prepared, supported, and hopeful through this new chapter, Youngevity has developed a targeted, hormone-free, research-backed women's health and relief support system: HOPE. This 3-product system was designed not only to address the underlying causes of uncomfortable menopause symptoms, but also to provide a strong foundation for healthy aging and longevity in women. Whether you're peri, meno, or post-"pause", this system gives you everything you need to nourish your body from the inside out.



WOMEN'S PROBIOTIC COMPLETE (#USYG70007)

Delivers the key probiotics you need to support both a healthy, balanced gut and vaginal microbiota.*

- 16 unique probiotic strains
- 35 billion CFU's
- Clinically dosed strains specific to women's health†
- Combination of probiotic and prebiotic elements

LIFE BALANCE MENOPAUSE SUPPORT (#USYG70005)

Each capsule delivers targeted nutrients – including research-backed botanicals like Siberian Rhubarb, vitamins, minerals, and essential fatty acids – known to help address the key symptoms of menopause.*

- **Menofelis® Siberian Rhubarb:** Clinically shown to support menopause symptom relief†
- **Ashwagandha:** Supports hormonal and nervous system adaptation and resiliency†
- **Berberine:** Supports blood sugar, insulin, and inflammation management†
- **Chaste Tree Berry:** Supports hormonal balance and manages mood health†

REJUVENATE, REWIND, RESTORE (#USYG70006)

Featuring premium research-backed vitamins, minerals, antioxidants, and other key nutrients (like Fisetin and D-Ribose), this product is your all-in-one holistic cellular health and longevity support solution.*

- **Fisetin:** Supports removal of dysfunctional cells to maintain health†
- **Quercetin:** Helps to neutralize damaging free radicals that accelerate aging†
- **B-Vitamins:** Co-factors needed for DNA repair, metabolism, longevity†
- **D-Ribose:** Fuel for cellular energy production†

* 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

CONNECT. LEARN. EARN. THRIVE.

Join the Youngevity Community Today!

Here at Youngevity, success isn't just about building healthier habits and growing your business – it's about being part of a community that helps educate, support and uplift each other. We're in this together, and we've got so many opportunities to connect! Tap into the power of the YGY community with our live calls, Quick Start Bonus, Promotions and social network – all designed to give you the tools, support, and momentum you need to thrive.

DIVE INTO 4 UNIQUE WAYS TO CONNECT TO THE YGY COMMUNITY:

First of the Month & Mid-Month Zooms

TUNE IN. GET INSPIRED. TAKE ACTION.

Start the month strong and recharge mid-month with live calls on Youngevity's Facebook Page. Learn tips, strategies, and insider insights to grow your health, wealth, and wellness.

Visit: [Facebook.com/Youngevity](https://www.facebook.com/Youngevity)

Ongoing Promotions

ENGAGE, PARTICIPATE & BE REWARDED!

Stay active by participating in ongoing promotions and challenges designed to keep you engaged and inspired along the way. Plus, get rewarded with amazing prizes, including getaway vacations!

Visit: [Promotions.youngevity.com](https://www.youngevity.com/promotions)

Facebook Community

YOUR SUPPORT. YOUR NETWORK. YOUR GROWTH.

Connect with like-minded health and wellness enthusiasts, celebrate wins, ask questions, and stay motivated every day.

Visit: [Facebook.com/groups/officialyoungevitygroup](https://www.facebook.com/groups/officialyoungevitygroup)

Quick Start Bonus

HIT THE GROUND RUNNING!

Your first 30 days are critical, and we reward action! Complete key steps and earn extra incentives to kickstart your journey.

Visit: [Youngevityrc.com](https://www.youngevityrc.com)

TIRED OF ALWAYS *BEING TIRED?*

If you're reading this, you're probably familiar with the anxiety, frustration, and bone-deep exhaustion that often accompanies a night of poor sleep. You're not alone, either. According to the National Heart, Lung, and Blood Institute (NHLBI), 50 to 70 million Americans struggle with sleep disorders.¹ Additionally, the CDC has reported that one out of every three adults isn't getting enough sleep every night.² Aside from being really, really frustrating, sleep deprivation can also have a negative impact on your overall health.

The good news is: you actually have more control over your sleep schedule than you realize. If you're ready to dive in and focus on achieving better health, sleep is a good place to begin. Getting good-quality sleep can do so much for your mind, body, and mood. Here's a breakdown of exactly what your zzz's are doing for you every night!



Beyond Sleep System

Relax your body with magnesium, rest with vegan plant-based melatonin, and recover with essential amino acids. #USYG5133P

Getting a good night's sleep means...



MORE ENERGY

When you get a full night's sleep, you'll be ready to tackle your day with better energy and endurance.^{5,11}



IMPROVED COGNITIVE PERFORMANCE

With improved attention span, quicker response times, and greater memory capacity, you can achieve anything you set your mind to.⁵



BOOSTED MOOD

REM sleep is essential for processing emotions and memories, so make sure you're getting around 2 hours of REM each night to feel your best!^{6,7,8}



BETTER COMMUNICATION

According to science, the easiest way to encourage greater empathy, patience, and a calm atmosphere with others is to ensure you're getting enough sleep.^{9,10}



PEAK PHYSICAL HEALTH

Getting enough zzz's keeps your immune system and body strong, which means potentially fewer colds and decreased risk of sleep deprivation-related chronic diseases.^{3,4,5}

Sources: See page 44



HOW YOU CAN GET A BETTER NIGHT'S REST

PUT YOUR HEALTH FIRST BY GETTING PLENTY OF ZZZ'S!

According to the experts, creating a consistent, relaxing nighttime routine is key to getting better rest.¹⁴ You can fix your sleep cycle by practicing a gradual sleep wind-down, and we've put together a bunch of useful info and tips to help you build a healthier sleep routine. Here are our top five tips for building a better bedtime routine:

01

STOP EATING LATE-NIGHT SNACKS

This might be a tough habit to break, but the results are worth the struggle. Research shows that late-night snacking can actually make it harder for you to sleep and cause unwanted interruptions overnight.¹² Sleep Foundation recommends eating your last meal or snacks no less than two to four hours before bed to prevent this. If you can't resist the urge to nibble something while you watch TV, the experts recommend at least avoiding foods high in protein, fat, sugar, and caffeine (yes, that means alcohol, preworkout, and coffee with dinner).³

02

SCHEDULE WORRY TIME

Racing thoughts can be a huge obstacle to restful sleep, especially for the 40 million+ adults with diagnosed anxiety disorder.⁴ According to the experts, the best way to keep your daily worries from flooding your brain all night is simply to spend a few minutes addressing your concerns each day so you can actually relax for sleep. In fact, a small 2018 study found that participants who completed to-do lists before sleep fell asleep faster than those who didn't make a list.⁵ After you confront your to-do list, whether by checking off or rescheduling tasks, you can shift your focus to more soothing activities and thoughts.

03

MAKE TIME FOR PHYSICAL AND MENTAL HEALTH

Science says that exercising for at least 30 minutes per day can have an impact on how well you sleep at night, so it's important to prioritize it.⁶ Thankfully, it's super easy and low-effort to incorporate some light physical activity into your nightly routine! Use part of your wind-down time to stretch while you listen to a relaxing podcast, guided meditation, or soothing music. The experts say you may need to experiment with the timing to find what time of night works best for you. We encourage everyone to take good care of their physical and mental health outside of the evening hours as well, including seeing a doctor or therapist if you have any unusual reoccurring symptoms. Gasping for air, for example, can be a symptom of sleep apnea,⁷ while waking up confused or scared may indicate night terrors.⁸

04

PUT AWAY OR TURN OFF SCREENS

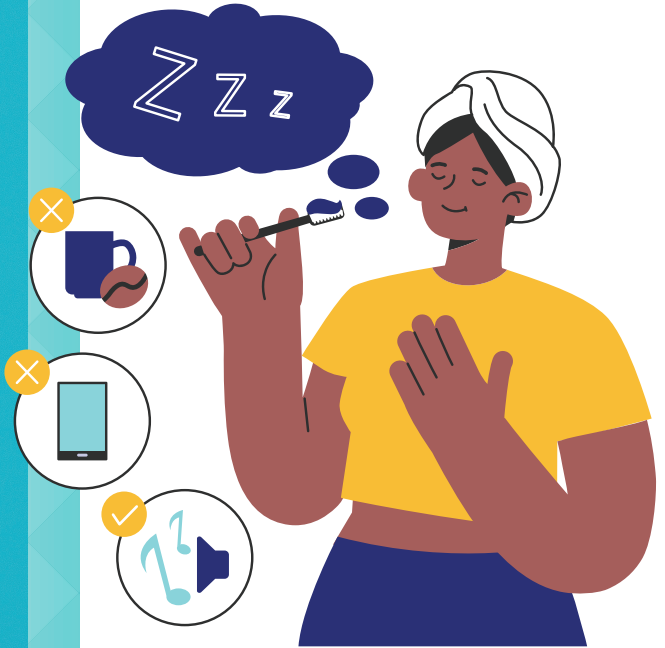
With all our favorite entertainment options at our fingertips 24/7, it can be incredibly hard to get away from screens – even just for a few minutes each day! To make matters worse: Our phones are keeping us awake a little too late most nights and may prevent us from getting good quality sleep. The blue light emitted from our screens tricks our circadian rhythm into believing it's daytime, so our minds remain more active than they should be at bedtime.⁹ Our brains are also addicted to the dopamine we produce by engaging with social media and our favorite entertainment. As Harvard Health pointed out, "Every notification, whether it's a text message, a 'like' on Instagram, or a Facebook notification, has the potential to be a positive social stimulus and dopamine influx."¹⁰

You can break this cycle by putting away screens entirely, or compromise by lowering the brightness of your screen with a night light filter (which most phones include these days). We recommend pursuing a quiet activity that engages the body's five senses, a therapist-approved technique that can help quiet your mind and relax you for sleep.¹¹

05

STICK TO THE SAME BEDTIME EACH NIGHT

This one may be a no-brainer, but it can make all the difference in the world! According to the CDC, maintaining a consistent bedtime all week (yes, even the weekends) is crucial to getting better sleep.¹² If you train your body clock to shut down at 10pm and start up at 6am, it will become easier to get sleepy at 10pm and wake up feeling refreshed at 6am. Bonus: keeping a consistent bedtime may also help prevent certain diseases by influencing gut health.¹³



YOU CAN DO THIS!

We're confident that these tips can help you achieve a consistent bedtime routine every night, but it is important to note that everyone is different and not all nights will be perfect. How late you stay up and how much sleep you get is completely up to you! The important part is that you wake up feeling well-rested most days and are satisfied with how well you slept.

To help ease you into your new sleep schedule and prepare you for unexpected nighttime disturbances, we suggest keeping a pair of headphones or earplugs, a sleep mask, and our Beyond Sleep System within arm's reach. Relax with magnesium, rest with vegan melatonin, and recover with amino acids. Spend less time tossing and turning, and more time counting sheep!

SOURCES
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THE MANY PATHS TO YGY SUCCESS

The Connection Path

KATE BUSKER

As a nurse anesthetist, Kate Busker loves being able to help connect people with the information and nutrition that helps them feel their best. After joining the Youngevity family, she was able to quickly build her business around her passion for helping others achieve better health; within months, she achieved 1 Star status and continues to grow her business while sharing Dr. Wallach's mission for nutrition. "It feels really, really rewarding to be able to be a part of their journey and to watch people get better," she said.

Both Kate's personal connection to nutrition and her experience as a nurse anesthetist have played a big part in her success. In 2021, she was diagnosed with an autoimmune disorder that left her feeling terrible. Faced with no medical options for feeling better, she began doing her own nutritional research and trying supplements, which started to make a difference in her health. When she joined Youngevity, she dove deep into the science behind our one-of-a-kind products and worked her way back to feeling the best she's felt in years (shout out to 90 For Life!). Since her health transformation, she's been dedicated to helping others get back on their feet through her Youngevity business.

When it comes to how Kate finds and connects with people in need, she said embracing real-life opportunities to build relationships as they arrive – even just a quick rapport – always pays off, for everyone involved. Second most important to that, she added, is guiding conversations with authentic support and information; bring samples, share about the benefits, and cite your sources! "The products speak for themselves," she explained. "Why not let them?" Finally, she urged anyone interested in becoming a distributor to lean on the resources we provide and the community for support. "You're not alone," she added.

From her career as a nurse anesthetist to her more personal connection to Youngevity's nutrition, Kate has always found fulfillment, success, and healing through face-to-face, authentic connection and care. Ultimately, she hopes her work will help inspire others to better advocate for their health and persevere through challenges in business building. "Don't sell yourself short, because you can do what you don't think you can do," she said. "You just have to try and put one foot in front of the other."





The Social Influence Path

RACHEL CROFTS

Rachel Crofts found her path to Youngevity through her love for helping others. With a background in HR, healthy food solutions, and network marketing, she was able to hit the ground running with her new YGY business and achieve 1 Star Executive status within the first few months of joining. Pretty impressive, right?

Harnessing the power of social media was key to Rachel's success. "It's really about making connections with people," she explained. Through those connections – some of which she has been building for close to a decade – she builds trust, shares useful info and recipes, and introduces people to YGY's transformative nutrition and business opportunities. She also emphasized that the most important aspects of growing your business online are being consistent and interacting with your followers. "You have to be social on socials," she said. "You can't just post something and leave it out there – you have to follow up and create the conversation."

At the same time, there's no "one way" to perfect social media marketing. Rachel likes to share a little bit of everything. Her favorite way to engage is through her private Facebook group, where she can share recipes, tips, health info, giveaways, and really interact with people as a community. Ultimately, she recommends giving your followers something they can relate to or sharing information about the products; this helps them see you as a trusted friend or resource rather than a salesperson.

By harnessing the power of social media, Rachel has been able to pursue what she's passionate about – helping people – while being a work-from-home mom. If you're thinking of pursuing the social influence path, Rachel's parting advice to you is: "Keep going, no matter what!" Your belief in yourself counts for a LOT and will get you where you want to go.

Pro Tip

Try the products and learn about them to build authentic confidence and experience.

The Wellness Coaching Path

PAUL KROTO & SHERYL MORLEY

Paul Kroto and Sheryl Morley were both drawn to Youngevity through Dr. Joel Wallach's mission for nutrition, but what has solidified their presence and success here is a combination of education and real-world results. As longtime distributors, they have perfected consistent, easy-to-understand tools and efficient systems for educating others on Dr. Wallach's teachings and Youngevity's standout offerings. This systems-based approach to health became the foundation for building their team and establishing the Institute of Wholistic Health (IWH), the successful coaching system they lead today.

So how does the IWH coaching system work? According to these two experts, it's not about chasing trends, pushing products, or even sharing results – it's about being an active listener, identifying your community's health issues or needs, and giving them the education they need to make their own informed health decisions. "This approach removes pressure, builds trust, and creates confidence for both clients and distributors," they explained.

To start, Sheryl and Paul offer anyone who's interested or curious a free health evaluation to establish a baseline health score and uncover the root causes of any health challenges. They then follow up with Dr. Wallach's teachings, helping people to understand both how the body works and why deficiencies matter. "Education isn't just part of the process – it's the engine behind it," they said. "When people understand how their body works, compliance improves, confidence increases, and results follow." When clients are ready, Paul and Sheryl introduce them to what makes Youngevity's nutrition so effective and give them the opportunity to put it to use with a personalized health plan. "By the time products are introduced, Youngevity isn't being sold," they added. "It's being understood."

Looking back, Sheryl and Paul attributed their longevity and success to three core elements: community, culture, and contribution. They've built a growth-focused culture where people are encouraged to learn, improve, and help others do the same. At the heart of it all, they emphasized, is contribution. "By staying focused on service – helping others improve their health, income, and lifestyle – our business continues to grow year after year," they said. "When you coach first, educate deeply, and serve consistently, the business grows naturally."

Pro Tip

Get certified! If you're inspired by the Wellness Coaching Path and want to build a Youngevity business rooted in education, credibility, and duplication, you can become a Dr. Wallach Certified Wholistic Health Coach and gain access to the exclusive Health Hub System.



The Podcast Path

TRACEY KASTER

With a business-savvy background and a house full of hungry teenagers, Tracey Kaster found her way to Youngevity through her love of food and cooking. Though she had always wanted to start a podcast, it wasn't until after she joined Youngevity and saw the impact of YGY's unique supplements on her own family's health that she was able to manifest her dream with an even more ambitious, holistic health-centered mission statement. "It all worked out exactly as it should!" she said.

Tracey really likes the podcast format for being a convenient, flexible way to learn and engage with new content without being glued to a screen – people can listen in the car, at home while they cook, etc. "I think it's a beautiful way to get a message to the community," she added. As for content, she said she gets her best ideas from taking topics that are already out in the community (including seasonal happenings, current news, local issues, etc) and relating them back to health, wellness, and whatever her community needs most. She urges new distributors to ask themselves: "What are my friends dealing with that's challenging? How can I help someone in my community?"

So how does one become a successful podcaster like Tracey? It all starts with finding your purpose. According to her, knowing what your mission is not only helps you plan content in advance (which she definitely recommends), but it can also help you push through challenging times and course correct as needed. If you're having trouble finding your purpose, Tracey encourages you to ask yourself, "When I run into someone in public who's been listening to my podcast, what do I want their feedback to be?"

Once you have your purpose, determining your audience is key. "In our market especially, because we have such an amazing, broad spectrum of products, it's easy to say, 'I have something for everyone,'" she explained. "And that's true – but you won't be efficient in your marketing and finding your target people if you can't just narrow it a little and say, 'This is who I really think I can help.'"

Tracey's parting guidance to new content creators is: prioritize progress over perfection. "If you wait until something is perfect, if you wait until you're ready, you're going to realize one day when you decide to start that you should have started 10 months, 12 months ago," she said. "...Just know there are so many resources we have, you don't have to know everything, you just need to start."



Pro Tip

Differentiating yourself will give you an edge!
Gamify your channel with giveaways, rewards,
and other unique ways to engage.

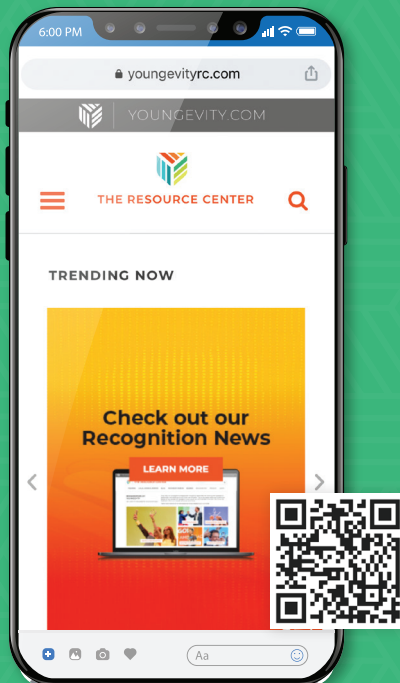
YOUNGEVITY TOOLS AND TRAINING

Stay connected and take advantage of new opportunities with the resources, tools, and training you need to support your team and run your business from anywhere, any time. Access everything you need right now from your mobile device!

Visit Youngevityrc.com

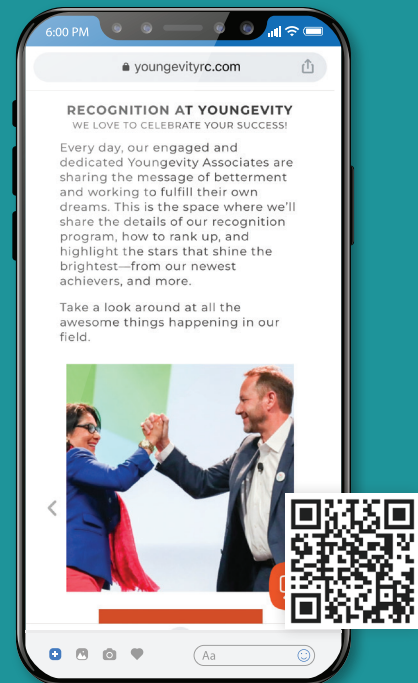
YOUNGEVITY RESOURCE CENTER *News, Training and More*

YoungevityRC.com has everything you need. Browse events in your area or promote an event. Trainings, sales tools and downloadable PDFs. Stay up to date on our blog and news each week.



YOUNGEVITY UNIVERSITY *30, 60 and 90 Day Onboarding Training*

Whether you're new or not, Youngevity has created a comprehensive training guide to help you get started or refresh your skills.



YOUNGEVITY BACKOFFICE 2.0

Business Dashboard and More

Your one-stop shop to access and manage your customers, orders, and track your earnings.



YOUNGEVITY PRIVATE FACEBOOK GROUP

Your YGY Community

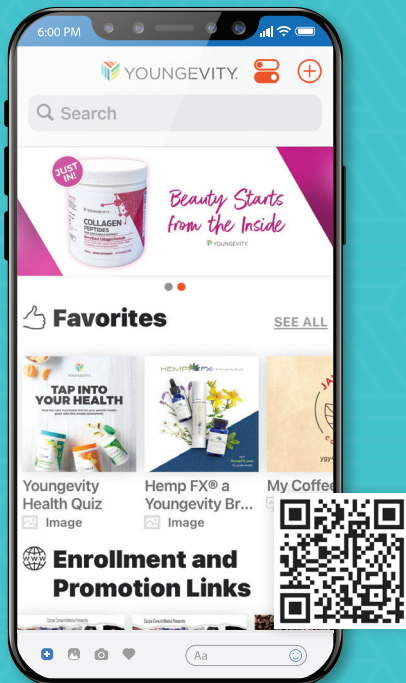
Exclusive access to a community of Youngevity Distributors for questions, advice, events and specials.



YOUNGEVITY GO2 APP

A Business Builder at Your Fingertips

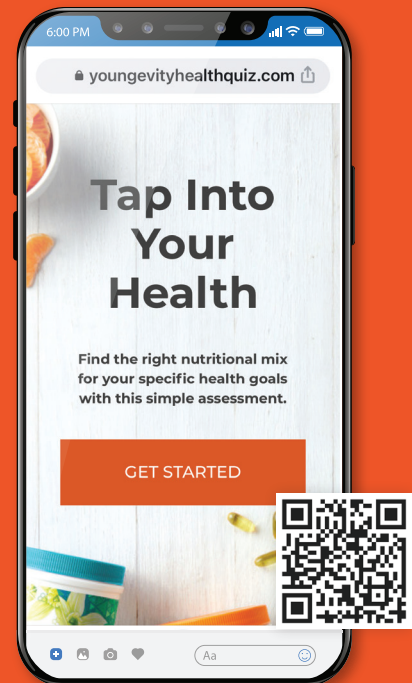
Whether you're on your mobile app or a desktop, connect directly with your customers and team to share exclusive marketing materials, videos and more.



YOUNGEVITY HEALTH QUIZ

Personalized for You and Your Customers

Not sure what products to suggest? Customers who complete the Health Quiz are 65% more likely to purchase from Youngevity.com and get the products they're looking for.



LIVE THE LIFE YOU WANT

In an industry dominated by female participation (roughly 75% of people in network marketing are women), but not necessarily leadership, Youngevity Co-Founder and COO Michelle Wallach had seen how much the women in Youngevity's distributor group poured into their businesses. She wanted to create something just for them.

With the same determination she brings to all her projects, Michelle launched the first Live the Life You Want (LTLYW) conference back in 2012. The goal was simple, yet impactful: create an opportunity for women to step away from the noise of everyday life and connect with who they truly are. The LTLYW retreats exist to gather women together with intention, providing meaningful connection, inspiration, education and a beautiful, shared but personal experience. The hope is that everyone who attends one of our Live the Life events walks away feeling restored, connected to the other participants, and aligned with their purpose to lead and live in a way that they want. All this—while exploring amazing destinations and having FUN!

Groups of women from around the world have gathered together to explore Scottsdale, Ensenada, Santa Barbara, Nassau, Bahamas, Solvang, Cuba and more. A 2020 trip was derailed due to the impact of Covid-19 on travel, but in 2025, the events were relaunched with an event in Scottsdale and Sedona, Arizona. Each event has grown in the most meaningful ways: building lifetime relationships, expanding personal visions we have for our lives, and cultivating authentic leadership.

Our next event is coming soon to another fabulous destination, and we can't wait! We understand that women juggle multiple roles as caregivers, partners and leaders. Providing you with the opportunity to set those roles aside and surround yourself with other driven, supportive women can create powerful connection and transformation! We hope to see you on the next adventure!



To join, follow us on Facebook to stay up to date and find resources to register for our next event!



A DOCTOR ON A MISSION

Our co-founder, Dr. Joel Wallach, has spent many decades challenging the status quo of our understanding of health and nutrition. His life of research and service has uncovered the correlation between the nutritional deficiencies in our food and the rise of disease. He's been on a tireless mission to educate the world on how to counteract the impact of poor nutrition, and we are all the beneficiaries of his visionary work.

From an early age, Joel Wallach was curious about the connections between animals and humans, and how the environment, pollution, and disease impacted both. His curiosity drove him to veterinary school and research, which eventually connected him to two important mentors: Marlin Perkins and William Albrecht. These two men were experts in the fields of animals and plants/soil, respectively—two key topics that would become the cornerstone of Dr. Wallach's life's work.

From a conservation project with white rhinos in Africa, to studying pollution as a source of disease in animals, Dr. Wallach couldn't shake the idea that everything was connected, and that the issues plaguing animals could also impact humans. While working at the Emory National Primate Research Center (Yerkes), his research led him to a life changing discovery: a nutritional deficiency was the cause of cystic fibrosis and death in some of the primates he was working with (formerly only thought of as a human disease), but the outcome could be changed by taking selenium and vitamin E.

He had uncovered why animals (and people) were facing so many health issues, and it had everything to do with nutrition. Soon after, he earned his doctorate as a naturopathic physician and began to formalize an understanding of the role that nutrition — specifically, minerals and other essential nutrients — played in overall

health and well-being. He discovered that there were 90 essential nutrients, vitamins, minerals, amino acids, and essential fatty acids required, not just for good health, but to avoid illness and disease. His research uncovered the reason why just eating “healthy foods” wasn't enough.

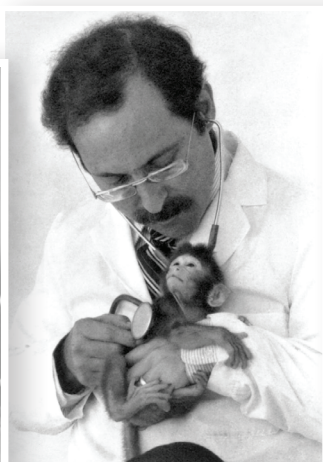
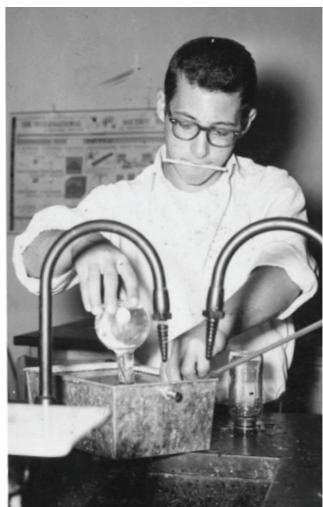
Flash forward 40 years, and Dr. Wallach is still driven by his mission for nutrition. In fact, we all are. He showed us how soil depletion affects the nutrition level of the food that comes from it. Some of his ideas flew in the face of conventional theories and ideas of the time, specifically his beliefs about eggs, oils, and healthy fats—which have since been validated. No one had ever spoken about nutrition and supplements the way that he did. He drove home the point that epigenetics (environmental factors) actually have a tremendous impact on our lives, and illnesses are not only related to genetics. Today, epigenetics is seen as the key to understanding health.

His mission led him to combat misinformation about nutrition, and to fight for health information freedom. He partnered with Attorney Jonathan Emord and petitioned the U.S. Congress to pass the DHSE Act, securing that vitamins and minerals did not need to be disbursed via a prescription from a physician. They also helped to bring about the Nutrition Labeling and Education Act, as well as the Dietary Supplement Education Act.

He's earned invitations to speak at the United Nations about his findings, and he was the first naturopathic physician to receive the esteemed Klaus Schwarz Award for his work with trace minerals. Several of his research findings have received FDA approval. In short, his lifetime of work—his mission—laid the foundation for Youngevity, our product line, and an entire organization of health advocates.



We're proud of Dr. Wallach's legacy of research and health information advocacy!



FIND YOUR IDEAL HEALTHY BODY START PAK

■ Youngevity offers immediate solutions through our health quiz.

Your body needs a wide range of vitamins, minerals, amino acids, and essential fatty acids to function optimally. But many of these nutrients are needed in concentrations and are not available from food alone. That's why, after decades of research, Dr. Wallach was able to establish 90 essential nutrients as the foundation of optimal health. These 90 essential nutrients encompass the Youngevity Healthy Body Start Pak™.

The Healthy Body Start Pak brings together 60 minerals, 16 vitamins, 12 amino acids, and a blend of three EFAs — 90 carefully blended components to create the optimal mix your body needs to thrive and feel your best. That's a grand total of 90 reasons to love 90 For Life™.

60 Minerals. Minerals play many vital roles in the body, including bone-building and hormone synthesis. Macro-minerals, such as calcium and magnesium, are minerals the body needs in larger amounts. Trace minerals like selenium, copper, and zinc, are necessary, but needed in much smaller amounts.

16 Vitamins. Vitamins are crucial for normal growth and development. Vitamin C, for example, is used by the body to form collagen in the bones, cartilage, muscle, and blood vessels. It also aids in the absorption of iron. Scientific research is just beginning to uncover the numerous benefits of Vitamin D, which include support for bone, heart, immune, and cellular health.

12 Amino Acids. These “building blocks of life” combine to form proteins. Their myriad uses include growth, muscle building, and digestion. Amino acids are classified into three groups — essential (the body cannot make them; they must be obtained from diet); non-essential (synthesized by the human body); and conditional (essential when the body is under stress or in poor health).

3 Essential Fatty Acids. The Omega-3, Omega-6, and Omega-9 fatty acids are essential to human health, playing an important role in a wide range of biological systems such as reproductive, respiratory, cardiovascular, mental and nervous, and eye health. Studies show that most people aren't getting enough of these key nutrients.¹

The Healthy Body Start Pak™ includes a 30-day supply of nutrients in three flavorful components: Beyond Tangy Tangerine supports your body's natural defense systems; Ultimate EFA Plus™ supports heart, joint, and skin health; Beyond Osteo FX™ supports optimal bone and joint health.

Brain & Heart Health

OUR PICK FOR YOU!


Broad-spectrum foundational nutrition formulated to support brain and cardiovascular health.

Healthy Body Brain and Heart Pak™ 2.0

\$274.99 Retail
\$219.95 Wholesale*

SKU #10258

YOUR INTEREST 1



MODERATE

¹ <https://www.heart.org/en/news/2023/07/05/are-you-getting-enough-omega-3-fatty-acids>



ONE DOCTOR'S MISSION.

Dr. Joel Wallach's groundbreaking medical and nutritional research on the health benefits of selenium and other minerals led to his discovery that all humans require 90 essential nutrients to achieve and maintain optimal health. He started Youngevity in 1997 with a mission of sharing the benefits of these 90 essential nutrients. He has studied nutrition for more than 30 years, and is deeply involved in ensuring that Youngevity brings cutting edge, innovative products to market to meet the needs of the modern lifestyle. See how good you can feel when you use 90 essential nutrients for 90 days, a trusted approach to health used by many people around the world.

A nutritional combination that's uniquely you

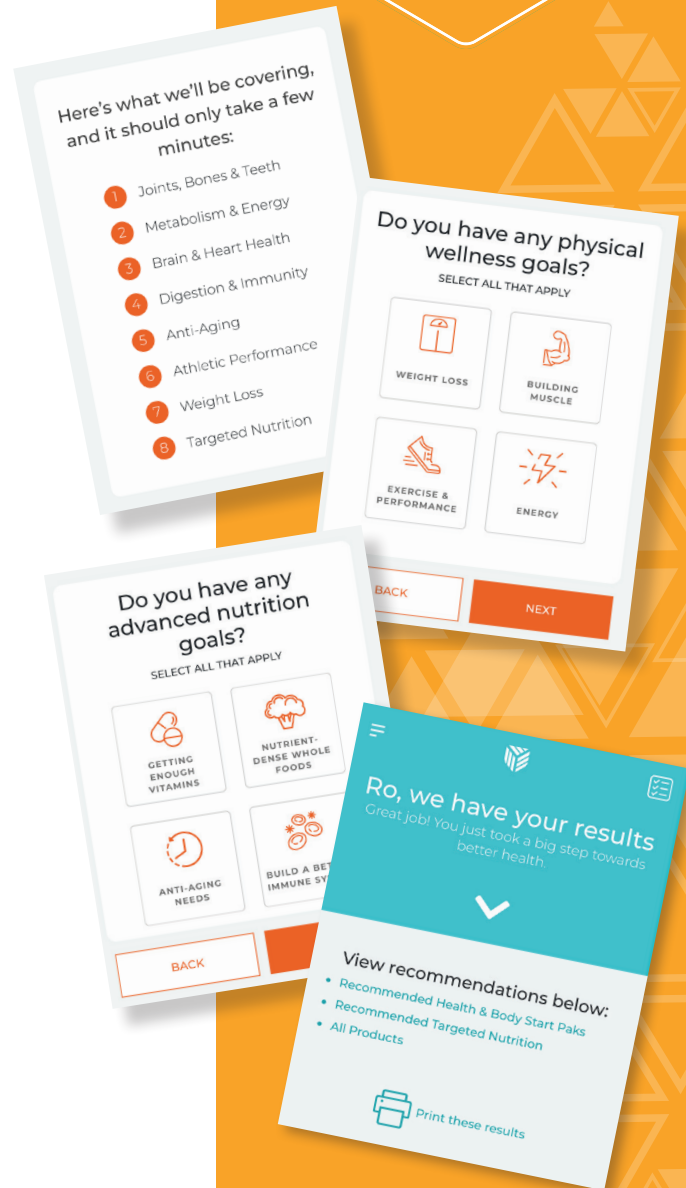
All humans have basic nutritional needs — our Healthy Body Start Pak 2.0 supports those needs — but we understand each individual has specific requirements and priorities. What are yours? To help you select the Healthy Body Start Pak best suited for you specifically, we need to get to know you a little better. Our online health quiz asks questions about your goals and preferences and comes back with real health solutions — like an in-tune personal trainer. It suggests specific Healthy Body Start Paks, along with other Youngevity products, to address your health concerns and goals. Spend 10 minutes with these questions — there are no “wrong” answers, we’re just determining what’s right for you — and we can recommend solutions for some of your biggest health priorities.

The foundation of health and wellness is good nutrition, which helps you support a healthy body. Youngevity® offers a line of wellness products to help you live your best life – for any age, any lifestyle, any need.

It all starts here

HEALTHY BODY START PAK 2.0

The heart of what we do at Youngevity is helping people live healthier, happier lives. Our Healthy Body Start Pak was developed to provide the 90 essential nutrients we all need to thrive. The Healthy Body Start Pak is the starting point, and we recommend it for every individual.



To take the quiz, visit youngevityhealthquiz.com or scan the QR code with your phone to take a healthy step forward.



THE POWER OF PROTEIN

The key to supporting better strength, energy, and radiance with age

Protein used to be viewed as something reserved for gym-goers, athletes, or bodybuilders. But today, research is clear: adequate protein intake is essential for every person—at every age, at every activity level, living every type of lifestyle. As you age, your body changes dramatically over the decades, and the way you nourish yourself needs to change with it. Protein plays a direct role in how strong, energized, and resilient you feel—both today and long into the future.

WHY PROTEIN MATTERS MORE AS YOU AGE

As an adult, you begin to naturally lose muscle mass around age 30—a process called sarcopenia. Building muscle isn't just about looking fit; it influences metabolism, energy, mobility, weight management, bone density, and immune health. Protein is the nutrient that protects—and rebuilds—this critical lean tissue. Simply put, protein is one of the most powerful tools you have for healthy aging.

Adequate protein intake helps:

- Maintain muscle mass
- Support a healthy metabolism
- Strengthen bones
- Improve energy
- Enhance immune function
- Support hormonal health

HOW MUCH PROTEIN DO YOU REALLY NEED?

Many adults are still following outdated recommendations that suggest around 50 grams of protein per day. But that number only prevents deficiency—it doesn't support strong, active, vibrant aging. Today's research tells a different story.

For adults, the optimal daily protein range is:

1.2–2.0 grams of protein per kilogram of body weight. Individuals with rigorous exercise routines or strength programs would fall on the higher end of this range.

Example:

150 pounds = 68 kilograms

Protein needed: 82–136 grams daily

Even the lower end is significantly higher than the old recommendations. But it's what the body needs to preserve strength and vitality.

WHEN YOU EAT PROTEIN MATTERS

It's not just how much protein you eat—it's when you eat it. Spreading your protein evenly throughout the day delivers significant benefits, including better muscle repair, more stable energy, and improved satiety.

A simple rule of thumb:

Front-load your day with protein. Breakfast and lunch should be your highest-protein meals.

Breakfast example:

- Youngevity protein shake blended with Greek yogurt and nut butter
- Eggs and turkey bacon
- A fiber- or legume-rich side

PROTEIN SOURCES: ANIMAL, PLANT, AND SUPPLEMENTAL

Animal Protein



- Chicken, fish, eggs, yogurt
- Complete proteins
- Provide all essential amino acids
- Easily absorbed

Plant Protein



- Beans, lentils, quinoa, tofu
- Nutrient-dense and high in fiber
- May need to be combined for a full amino acid

Protein Powders



- Makes meeting your goals more convenient
- Whey Protein is fast-digesting, great for muscle repair
- Plant-Based Protein is ideal for vegans, vegetarians, or those sensitive to dairy

A balanced diet benefits from all sources. And if you eat a mostly plant-based diet, supplementing with amino acids—such as Youngevity's HGH Amino Acid Blend—can help fill the gaps.



WHAT 24 GRAMS OF PROTEIN LOOKS LIKE

Many individuals underestimate portion sizes, making it harder to hit their daily goals. 24 grams of protein is the average amount found in many protein shakes, which is an easy solution to protein intake. However, when looking at food sources, it looks a lot different.

About 24 grams of protein is equivalent to:

- 3.5 oz chicken breast
- 3 whole eggs + 2 egg whites
- 1 cup cottage cheese
- 1 block tofu
- 1 cup Greek yogurt with hemp seeds

When you start visualizing protein, you start getting a better grasp of what you should be eating.

3 DAYS TO OPTIMAL PROTEIN INTAKE

Try this simple experiment: track your protein for three days. You'll soon discover that you are likely eating far less protein than you need. Be mindful during these three days to build each meal around a protein source - mix both plant and animal options. Add at least one high protein shake each day to make your goals easier.

THAT'S THE POWER OF PROTEIN

It's not about restriction or dieting, it's about fueling your body so you can live younger, longer. When you prioritize protein, you prioritize strength, longevity, energy, and confidence.

BUILD THE PERFECT PROTEIN SHAKE

Shakes make it simple to hit your protein goals, especially if you're on the go. Here is a simple plan to build your perfect shake based on your goals.

- 1. Base:** Whey, plant-based, or seasonal protein shake
- 2. Texture:** Almond milk, yogurt, or frozen fruit
- 3. Flavor Boost:** Cinnamon, cacao, berries
- 4. Satiety Add-Ons:** Nut butter, oats, chia, or fiber

Then adjust based on your goals:

- **Weight Loss:** Protein + fiber + low-sugar fruit
- **Muscle Gain:** Protein + carbs (banana/oats) + healthy fats
- **Maintenance:** Protein + carbs + low fat

Shakes are flexible, filling, and delicious—making them a perfect tool for fueling your day.



EARN IT. REDEEM IT. LOVE IT. *REPEAT.*



The Youngevity Rewards Program is all about celebrating you—our Distributors and your loyal Customers. Whether you're stocking up on your favorites, sharing products, or staying connected, every action earns you points toward future savings.



Shop

Earn points on every purchase you make at Youngevity.com. The more you shop, the more you earn.



Share the love

Even your Customers earn points for shopping and sharing. Plus, you earn more when you have a monthly Autoship.



Redeem

Use your points toward discounts on your next order and save up to 50%!

HOW IT WORKS

Every month, you'll find Double Rewards products that help you earn faster, plus a special reward during your birthday month—because you deserve a little extra celebration. Don't forget—points expire after six months, so be sure to check your account and redeem them regularly!



SINCE LAUNCH

The Youngevity Rewards Program continues to grow—because our community loves to earn and save!

Over 100 million rewards points have been redeemed on Youngevity.com

Millions in savings have been unlocked by Customers and Distributors

Hundreds of thousands of orders have been placed using rewards points



YEAH, WE'VE GOT *THAT!*

There's no denying that Youngevity has a wealth of premium nutritional and health products, but the full spectrum of products we offer is much broader. Youngevity believes in holistic health—looking at wellness from a complete perspective: physical health, mental health, environment, movement, food, spirit, etc. Over the years, Youngevity has developed or acquired new brands with amazing products that offer you the opportunity to improve all facets of your life!

Here are a few of the healthy, quality product lines we offer:

- **Home & Family:** Safe, natural and effective cleaning products, pet products and more
- **Food & Beverage:** Coffee, tea, spices, healthy chocolate, protein drinks, dip mixes and meal starters
- **Spa & Beauty:** Mineral Makeup, skin care, dental care
- **YPhoto:** Digital photo, home décor, and gift items



Watch this fun video to see a true Youngevity home!



COMPENSATION *PLAN*

■ At Youngevity, we are committed to providing our distributors and customers with quality products, reliable services, and amazing opportunities.

The Youngevity compensation plan caters to distributors interested in earning different levels of income, rewarding them with generous percentages and bonuses. Those interested in making enough each month to cover their car payment can use the compensation plan to do so. Those ready to build a downline strong enough to support their children's college tuition dreams can also do so with Youngevity's programs.

For more information, visit youngevityrc.com.



COMPENSATION PLAN SUMMARY

Associate	Brand Associate	Sales Associate	Senior Associate	1 Star Executive	2 Star Executive	3 Star Executive	4 Star Executive	5 Star Executive	Emerald Ambassador ⁴	Ruby Ambassador ⁴	Diamond Ambassador ⁴	Black Diamond Ambassador ⁴
50	100	150	200	250	300	300	300	300	300	300	300	300
PQV = Personal wholesale orders plus personal retail customer volume.												
PQV (Personal Qualifying Volume)				5,400 (at 3 levels)	7,500 (at 3 levels)	10,500 (at 3 levels)	27,000 (at 3 levels)	43,200 (at 3 levels)	75,000 (at 3 levels)	75,000 (at 3 levels)	75,000 (at 3 levels)	75,000 (at 3 levels)
COV¹ (Group Qualifying Volume)			1,000 (at 3 levels)									
TCQV (Total Group Qualifying Volume)									750,000	1,500,000	3,000,000	6,000,000
Team		(3) Active Preferred Customers or Associates (at level 1 or above)	(3) Active Preferred Customers or Associates (at level 1 or above)	(3) Active Sales Associates or above (at level 1 or above)	(3) Individual Active 1 Star Executive legs	(5) Individual Active 1 Star Executive legs	(6) Individual Active 1 Star Executive legs	(9) Individual Active 1 Star Executive legs	(12) Individual Active 1 Star Executive legs	(12) Individual Active 1 Star Executive legs	(12) Individual Active 1 Star Executive legs	(12) Individual Active 1 Star Executive legs
1	5%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%
2	5%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%
3		7%	7%	7%	7%	7%	7%	7%	7%	7%	7%	7%
4		6%	6%	6%	6%	6%	6%	6%	6%	6%	6%	6%
5		6%	6%	6%	6%	6%	6%	6%	6%	6%	6%	6%
6				8%	8%	8%	8%	8%	8%	8%	8%	8%
7 Infinity Bonus²				2%	2%	2%	6% ³	6% ³	6% ³	6% ³	6% ³	6% ³
8				2%	2%	2%	6% ³	6% ³	6% ³	6% ³	6% ³	6% ³
9+				2%	2%	2%	2%	2%	2%	2%	2%	2%
I. Coding Bonus	Refer to page 2 for details		up to \$35	up to \$100	up to \$140	up to \$170	up to \$180	up to \$190	up to \$190	up to \$190	up to \$190	up to \$190
II. Car Bonus	Refer to page 3 for details. Training manual coming soon.	\$15		\$300* ⁶	\$600* ⁶	\$800* ⁶	\$1,000* ⁶	\$1,500 or \$2,000* ⁶	\$1,500 or \$2,000* ⁶	\$1,500 or \$2,000* ⁶	\$1,500 or \$2,000* ⁶	\$1,500 or \$2,000* ⁶
III. Global Revenue Share Bonus Pool	Qualified 5 Star Executive and up receive proportionate share of company global business volume.											
IV. Recognition: Rank Advancement, Circle of Honor	See training manual for details (coming soon).											

- Group Qualifying Volume (COV) extends through 3 levels of the Global Residual Comp. Plan (including your own) with compression. Compression occurs when volume from a distributor/preferred customer rolls up 1 or more levels due to volume less than 50 PQV in those levels.
- 1 Star Executives and above on level 7 and higher earn a 2% Infinity Bonus paid to a potentially unlimited number of levels through 6 generations of Sales Associates.
- Already includes 2% Infinity Bonus.
- To achieve each Ambassador rank, you must achieve the applicable qualifications for three consecutive months, with no more than 60% of Total Group Qualifying Volume (TCQV) coming from any single downline leg.
- Only 1 Star Executives require a minimum of 12 personally enrolled qualified Preferred Customers and/or Brand Associates or higher, where at least 6 are Paid as Brand Associates or higher and where each have a minimum of 100 PQV during the qualification period.
- Car bonus earned after 2 consecutive months of qualifying at any Star rank the first time (does not have to be the same Star rank). Once this has been accomplished, the car bonus will be paid out on any month afterwards, as long as the requirements have been met for that Star Rank. Refer to "Car Bonus Payout Breakdown" on page 3 for details.

CEO MEGA PAK BONUS BREAKDOWN

How Coding Works

- A coding bonus generates commissions when a CEO Mega Pak* is purchased.
- Enroller's bonus is determined by their coded rank at the time of enrollment, which starts a new coded group.
- Downline bonuses are determined by the difference between the upline coded rank and the Enroller's coded group.

RAPID PAY (RP)

Receive a \$70 Rapid Pay (RP)** for any personally enrolled Distributor who purchases any CEO Mega Pak.*

*Also known as the Business Builder Kit

**Applies to US packs only. International CEO Paks are \$100. Any BellaVita Pak that is \$599 USD pays a \$200 RP.

Cumulative Payout Details

The cumulative payout received depends on the rank of the enroller on the day the enrollee joins, not the rank of the enroller on the date product is purchased.

EXAMPLE

Michelle enrolls Steve on August 1st and is a 1 Star Executive (1SE). Steve waits to buy his CEO Mega Pak on August 8th. On August 8th, Michelle becomes a 2 Star Executive (2SE). Michelle receives \$100 Cumulative Payout (1SE rate) **not** \$140 Cumulative Payout (2SE rate) because she was a 1 Star Executive (1SE) at the time of Steve's enrollment.

Coding Bonus Qualification

- Become CEO qualified by purchasing any CEO Mega Pak* or by reaching a minimum of 500 PQV (accumulative over the lifetime of your account).
- Must have a lifetime rank of Sales Associate (SA-A) or above.
- Must have a Paid As Rank of Brand Associate or higher within the qualification period.

Rapid Pay Qualification

- Must have a Paid As Rank of Associate or higher during the qualification period.

Rank	Coding Bonus (Based on time of enrollment)	Cumulative Payout (Paid up to)
Associate	---	---
Brand Associate	---	---
Sales Associate (SA-A)	\$15 +	\$15
Senior Associate (SR-A)	\$20 +	\$35
1 Star Executive (1SE)	\$65 +	\$100
2 Star Executive (2SE)	\$40 +	\$140
3 Star Executive (3SE)	\$30 +	\$170
4 Star Executive (4SE)	\$10 +	\$180
5 Star Executive (5SE) and higher	\$10 +	\$190 (max group payout)

CODING BONUS PAYOUT BREAKDOWN

CUMULATIVE PAYOUT EXAMPLE

Week 1 – Michelle Enrolls Steve: Steve's coding is shown below. Michelle has a lifetime rank of 5 Star Executive (5SE) and a Paid As Rank of Brand Associate or higher. Michelle gets \$190 payout + \$70 Rapid Pay (RP) when Steve purchases a CEO pack.

Rank	Who's Coded to Enrollee	Coding Bonus Payout (Based on the time of enrollment)	Cumulative Payout (Paid up to)	Rapid Pay	Total (Includes Rapid Pay)
Sales Associate (SA-A)	Michelle	\$15 +	---	---	---
Senior Associate (SR-A)	Michelle	\$20 +	---	---	---
1 Star Executive (1SE)	Michelle	\$65 +	---	---	---
2 Star Executive (2SE)	Michelle	\$40 +	---	---	---
3 Star Executive (3SE)	Michelle	\$30 +	---	---	---
4 Star Executive (4SE)	Michelle	\$10 +	---	---	---
5 Star Executive (5SE) (or higher)	Michelle	\$10 =	\$190 +	\$70 =	\$260

Week 2 – Steve Enrolls Dave: Dave's coding is shown below. Now Steve is building and makes 1 Star Executive (1SE) and enrolls Dave. Steve gets \$100 payout + \$70 Rapid Pay (RP) and Michelle gets \$90 payout when Dave purchases a CEO pack.

Rank	Who's Coded to Enrollee	Coding Bonus Payout (Based on the time of enrollment)	Cumulative Payout (Paid up to)	Rapid Pay	Total (Includes Rapid Pay)
Sales Associate (SA-A)	Steve	\$15 +	---	---	---
Senior Associate (SR-A)	Steve	\$20 +	---	---	---
1 Star Executive (1SE)	Steve	\$65 =	\$100 +	\$70 =	\$170
2 Star Executive (2SE)	Michelle	\$40 +	---	---	---
3 Star Executive (3SE)	Michelle	\$30 +	---	---	---
4 Star Executive (4SE)	Michelle	\$10 +	---	---	---
5 Star Executive (5SE) (or higher)	Michelle	\$10 =	\$90 +	\$0 =	\$90

Week 3 – Dave Enrolls Jim: Jim's coding is shown below. Dave is building and achieves Senior Associate (SR-A) and enrolls Jim. Dave gets \$35 payout + \$70 Rapid Pay (RP), Steve receives \$65 payout and Michelle receives \$90 payout.

Rank	Who's Coded to Enrollee	Coding Bonus Payout (Based on the time of enrollment)	Cumulative Payout (Paid up to)	Rapid Pay	Total (Includes Rapid Pay)
Sales Associate (SA-A)	Dave	\$15 +	---	---	---
Senior Associate (SR-A)	Dave	\$20 =	\$35 +	\$70 =	\$105
1 Star Executive (1SE)	Steve	\$65 =	\$65 +	\$0 =	\$65
2 Star Executive (2SE)	Michelle	\$40 +	---	---	---
3 Star Executive (3SE)	Michelle	\$30 +	---	---	---
4 Star Executive (4SE)	Michelle	\$10 +	---	---	---
5 Star Executive (5SE) (or higher)	Michelle	\$10 =	\$90 +	\$0 =	\$90



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CAR BONUS PAYOUT BREAKDOWN

Start earning a car bonus after 2 consecutive months of qualifying at any Star rank the first time (does not have to be the same Star rank). Once this has been accomplished the car bonus will be paid out on any month afterwards, as long as the requirements have been met for that Star Rank.

For example: Rank achieved in Jan is 1SE so that starts the 2 consecutive months of qualifying at any Star rank. Rank achieved in Feb is 2SE. This completes the requirement of qualifying 2 consecutive months at any Star rank. 3SE is achieved in Mar so the \$800 car bonus will be paid out.

***1 STAR EXECUTIVE (1SE) ONLY** Requires minimum 12 personally enrolled, Paid as Preferred Customer and/or Brand Associates or higher, where at least 6 (six) are Paid as Brand Associates or higher and where each have a minimum of 100 PQV within the qualification period.

5 STAR EXECUTIVE (5SE) ONLY Earn \$1,500 Car bonus if qualified 5SE and not qualified for the 2% Revenue Share Pool (NPQ). Earn \$2,000 if qualified 5SE and 2% Revenue Share Pool qualified (PQ).

EXAMPLE #1

Breakdown	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
RANK	*1SE	2SE	3SE	4SE	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ
PAYOUT	\$0	\$0	\$800	\$1,000	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500

*1SE (must meet additional bonus requirements, see above) was achieved in Jan and 2SE in Feb, this satisfies the requirement of qualifying at any Star rank the first time (does not have to be the same Star rank). Now the car bonus will be paid out on any month afterwards once the requirements have been met for that Star Rank. 3SE was accomplished in Mar so the car bonus of \$800 was paid out, 4SE was made for Apr, paying the Car bonus of \$1,000 and 5SE (NPR) was achieved for the remaining months, paying the car bonus of \$1,500 for each month.

EXAMPLE #2

Breakdown	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
RANK	*1SE	*1SE	SR-A	3SE	*1SE	*1SE	SR-A	SR-A	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ
PAYOUT	\$0	\$0	\$0	\$800	\$300	\$300	\$0	\$0	\$1,500	\$1,500	\$1,500	\$1,500

*1SE (must meet additional bonus requirements, see above) was achieved in Jan and Feb, This satisfies the requirement of qualifying at any Star rank the first time (does not have to be the same Star rank). Now the car bonus will be paid out on any month afterwards once the requirements have been met for that Star Rank. Car Bonus was not paid in Mar because the rank achieved was only SR-A, 3SE was accomplished in Apr so the car bonus of \$800 was paid out, *1SE (must meet additional bonus requirements, see above) was made for May & Jun so Car bonus of \$300 was paid. Car Bonus was not paid for Jul & Aug because the rank achieved was only SR-A, 5SE (NPR) was made for Sep thru Dec, paying the car bonus of \$1,500 for each month.

EXAMPLE #3:

Breakdown	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
RANK	2SE	SR-A	3SE	3SE	*1SE	*1SE	SR-A	SR-A	5SE NPQ	5SE NPQ	5SE NPQ	5SE NPQ
PAYOUT	\$0	\$0	\$0	\$0	\$300	\$300	\$0	\$0	\$1,500	\$1,500	\$1,500	\$1,500

2SE was achieved in Jan, SR-A in Feb and 3SE in Mar. Since 2SE & 3SE was not consecutive it does not satisfy the requirement of qualifying at any Star rank the first time, 2 consecutive months, 3SE was achieved in Mar and Apr, this satisfies the requirement of qualifying at any Star rank the first time (does not have to be the same Star rank). Now the car bonus will be paid out on any month afterwards once the requirements have been met for that Star Rank. *1SE (must meet additional bonus requirements, see above) was made for May & Jun so Car bonus of \$300 was paid. Car Bonus was not paid for Jul & Aug because the rank achieved was only SR-A, 5SE (NPR) was made for Sep thru Dec paying the car bonus of \$1,500 for each month.



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QUICK START BONUS

- 26% PAID WEEKLY
- 1/2 NORMAL RESIDUAL PAID MONTHLY

Effective January 1, 2018, enjoy up to 30% Quick Start Bonus (26% actual QSB paid weekly & 1/2 of the normal residual paid on the 15th of the following month) on the BV of newly enrolled Distributor's (or customer's) purchases within 30 days from the join date. Prior to January 1, the Quick Start Bonus will be paid on purchases within 30 days from the first order. These bonuses are paid on purchases up to 750 BV total per new enrollee. Any BV in excess of 750 within the month will be paid out in the regular upline unilevel commissions.

Requirements

- 1 Must be the Enroller
- 2 Must be paid at BR-A or higher

Quick Start Bonus Example

- Enrollee (frontline placement to Enroller) enrolled: 08/01
- Enroller enrolls Enrollee on Aug 1st. Enroller is qualified to earn up to 30% QSB (26% actual QSB and 1/2 of normal residual payout, depending on placement) for the first 30 days from Enrollee join date.

Quick Start Restart

A Quick Start Restart will trigger for Enrollees who has NOT placed an order in the Past 12 months from the end of the last month an order was placed. This Bonus only pays out Once in the Enrollees lifetime.

Quick Start Bonus Payout Example

Enrollee places his initial order for 250 BV on Aug 1st. The week the order is placed is called the Qualification week. There is a 2 week waiting period after the Qualification Week to ensure that the Enroller meets all the requirements (See Requirements Above) to be paid out.

If all the requirements are met then the Quick Start Bonus of 26% will be out paid out as a weekly bonus the Monday after the 2 week waiting period.

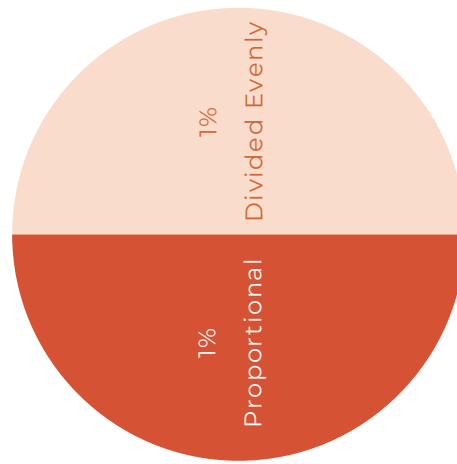
26% QSB paid to Enroller on Enrollee's order = 250 BV X 26% = \$65.00

Enroller will also be paid out 1/2 of the normal residual payout on Enrollee on the 15th of the next month.

1/2 of the normal residual based on Enrollee's frontline placement = 250 BV X 4% = \$10

To fund the Quick Start Bonus Program, the upline up to 8 levels above the enrollee will earn 1/2 of the normal commissions earned during qualification period. So if they were to schedule to earn 8% Uni-level Bonus Commissions they will now earn 4% Quick Start Uni-level Bonus Commissions, 7% will earn 3.5% and so on.

GLOBAL REVENUE SHARE BONUS POOL*



Commission

- 1 1% is paid in proportion to each qualifier's Team BV
- 2 1% is evenly divided among all qualifiers
- 3 Count 100% of your BV not under another pool qualifier
- 4 Plus 50% of BV under other pool qualifiers who are in your downline

Example

Anyone who achieved 5SE or more in 9 of the past 12 months ending January 2018 will earn in 5SE pool.

*Eligibility to share in 2% of company BV each month requires you to reach 5 star or above and achieve 500,000 OGV for 9 out of the last 12 months.

HEALTHY EATING *MADE EASIER*

It's a question that comes up 365 days a year: What's for dinner? We all want an easy solution to this daily task, and we want it to be tasty too!

Here at Youngevity, we've been cooking up plenty of fun, delicious ways to get the nutrition you need without sacrificing the flavors you love. Beyond our nutritional supplements, we offer fresh spice mixes, comforting instant bread and soup kits, addictively good condiments and jellies, and other tasty meal seasoning kits to help inspire your cooking.

Both our YGY Easy Eats™ and Sunset Gourmet products provide you with fresh, fast, and fabulous meal options! Find recipe ideas and our current list of products at Youngevity.com.

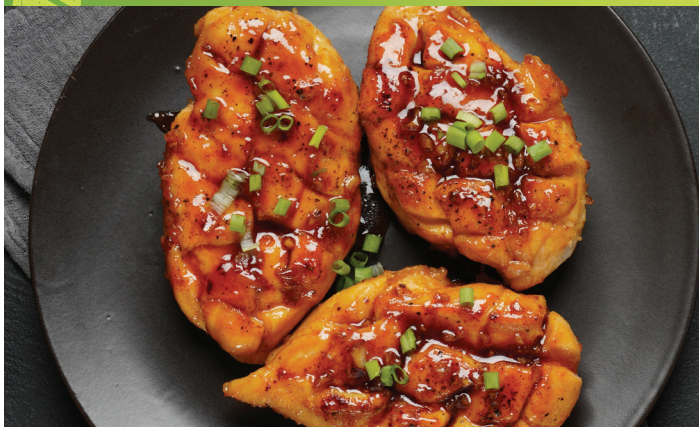
Fresh

Explore fun new texture and flavor combinations with garden-fresh ingredients.



Fast

Instantly level up your favorite go-to snacks with pantry staples.



Fabulous

Elevate your celebration spread with a touch of complexity and embellishment.





AUTOSHIP



YOUNGEVITY AUTOSHIP PROGRAM

**Your monthly nutrition and lifestyle products at your doorstep!
Plus, save on shipping and earn Reward Points!**

Youngevity's Autoship provides a TON of awesome benefits:



GET FREE SHIPPING ON AUTOSHIP ORDERS OVER \$99* IN US/CA

Get the necessities delivered right to your door step every month, automatic and hassle-free.



FLEXIBLE DELIVERY SCHEDULE

Change your delivery date each month or cancel anytime you want. No penalties!



PERSONALIZE YOUR AUTOSHIP OR SKIP A MONTH

Easily add/remove products, choose from your wishlist, or put your Autoship on hold (Max 3 skips per year).



GET BONUS YOUNGEVITY REWARDS

Autoship orders earn 20 Bonus Reward points on top of your total Autoship order value.

Our Autoship program is fun and flexible - because we have so many amazing products to choose from, you can change up your Autoship to try new things each month.

If you're building a business with Youngevity, you'll be happy to know that Autoship increases retention, loyalty, and predictability of your monthly volume, AND Autoship participants have a higher average order than regular orders.

Since we mentioned loyalty, Autoship participants get 20 BONUS rewards points as a thank you for that loyalty on top of free shipping.



**SATISFACTION
GUARANTEE**

LEARN MORE & GET STARTED

Visit Youngevity.com/Autoship to learn more and get started today.

ALREADY ON AUTOSHIP?

Spread the news with your friends, family and in your organization.

*Free shipping is \$99 for Preferred Customers and Distributors and \$125 for Retail Customers in US/CA. See other markets for free shipping rules.

SOURCES

PG: 8-9 | INSIDE THE GLP-1 REVOLUTION

- 1 GLP-1 Agonists, Cleveland Clinic
- 2 Ozempic reportedly faces \$2 billion in lawsuits over severe side effects, Yahoo News
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- 4 Ten die and 100 sent to hospital after taking off-brand Ozempic
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- 6 GLP-1 diabetes and weight-loss drug side effects: “Ozempic face” and more, Harvard Medical School

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- 1 AARP Report: 32 Percent of Women Lack Crucial Information About Menopause, AARP
- 2 New Research Reveals Impact of Menopause Stigma, Astellas
- 3 Menopause, Mount Sinai
- 4 Menopause, Cleveland Clinic
- 5 A historical perspective on menopause and menopausal age, 2002
- 6 Why we know so little about women’s health, AAMC
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- 10 An online survey of postmenopausal women to determine their attitudes and knowledge of the menopause, 2023

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- 1 What Are Sleep Deprivation and Deficiency?, NIH National Heart, Lung, and Blood Institute
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- 3 The Benefits of Slumber, NIH News in Health
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- 11 How Inadequate Sleep Affects An Athlete’s Performance, Sleep Cycle Center

PG: 20-21 | HOW YOU CAN GET A BETTER NIGHT’S REST

- 1 Relationship between food intake and sleep pattern in healthy individuals, 2011
- 2 Associations between bedtime eating or drinking, sleep duration and wake after sleep onset: findings from the American time use survey, 2021
- 3 Is Eating Before Bed Bad?, Sleep Foundation
- 4 Anxiety Disorders – Facts & Statistics
- 5 The effects of bedtime writing on difficulty falling asleep: A polysomnographic study comparing to-do lists and completed activity lists, 2018
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- 7 What Is Sleep Apnea?, NIH National Heart, Lung, and Blood Institute
- 8 Nightmares and Night Terrors, Johns Hopkins Medicine
- 9 High Sensitivity of the Human Circadian Melatonin Rhythm to Resetting by Short Wavelength Light, 2003
- 10 Dopamine, Smartphones & You: A battle for your time, Harvard University Science in the News, 2018
- 11 Grounding Exercises: Using Your 5 Senses for Anxiety Relief
- 12 Tips for Better Sleep, Centers for Disease Control and Prevention
- 13 Why you should go to sleep at the same time all week, BBC
- 14 Are You Getting Enough Sleep?, Centers for Disease Control and Prevention

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