

# AGELOC TR90 OVERVIEW

## WHAT DOES AGELOC TR90 STAND FOR?

The TR90 within the name stands for Transform in 90 days. ageLOC TR90 is the first weight management system based upon gene expression science. The ageLOC TR90 system will transform your body shape and silhouette in 90 days.

## WHAT ARE THE ADVANTAGES OF AGELOC TR90 COMPARED TO TRADITIONAL WEIGHT LOSS PLANS?

ageLOC TR90 is a comprehensive program including an easy to follow eating plan, lifestyle tips, convenient protein shakes, and three dietary supplements—ageLOC TR90 Fit, ageLOC TR90 Control, ageLOC TR90 JumpStart—formulated to: 1) target and promote healthy metabolism, 2) support lean muscle, and 3) promote a positive mood and mindset. The combination of these components harnesses the strengths of the most up-to-date nutrition research and cutting-edge gene expression science to achieve a leaner, healthier, more youthful looking body. ageLOC TR90 products address weight management by scientifically understanding weight management at the genetic level. An important distinction between ageLOC TR90 and traditional diets is that traditional diets do not always differentiate between overall weight loss, which include fat loss and lean tissue loss. In fact, 20 to 40% of weight lost on traditional plans can be accounted for in a loss of metabolically active lean tissue, which can be counterproductive to long-term weight management goals. Clinical research reveals that ageLOC TR90 supports lean muscle. Nu Skin never uses stimulants.

## WHAT IS THE RECOMMENDED ADULT USE OF THE AGELOC TR90 SUPPLEMENTS?

ageLOC TR90 Fit and ageLOC TR90 Control should be taken 15 to 20 minutes prior to meals, per label instructions. For ageLOC FIT, the system recommend taking one (1) capsule 15 to 20 minutes before meals three times per day. For ageLOC CONTROL, the system recommend taking two (2) capsules 15 to 20 minutes before meals twice per day.

ageLOC TR90 JumpStart should be taken once per day for the first 15 days of the program.

ageLOC TR90 TrimShake may be used in conjunction with any meal to provide one portion of protein.

## WHO SHOULD USE AGELOC TR90?

The ageLOC TR90 program is formulated for adults 18 and over who want to achieve a healthy weight a more youthful shape using a system based on gene expression science.

## ARE THERE INDIVIDUALS WHO SHOULD AVOID TAKING AGELOC TR90?

The ingredients within ageLOC TR90 products have not been tested in individuals under the age of 18. Because there is no scientific basis on which to infer the safety or efficacy of these ingredients in children or teenagers, only a competent healthcare professional can offer his/her opinion of the suitability of these ingredients in teenagers and children. However you and your healthcare professional assume full liability of his/her recommendations outside of Nu Skin's usage instructions. Similarly, pregnant or lactating women, diabetics, hypoglycemic, and people with any other known medical conditions should also consult a physician prior to use. As with any dietary supplement or weight loss program, if you have any questions, consult with your physician prior to use.

## WHEN WILL I BEGIN SEEING RESULTS?

Results from clinical research suggest that ageLOC TR90 users will begin seeing results within the first 15 days on the program. Results may include changes in body shape, silhouette, and body measurements (ankles, arms, hips), as well as a decrease in total weight.

## HOW DOES AGELOC TR90 TARGET WEIGHT MANAGEMENT?

ageLOC TR90 products are formulated to target and promote a healthy metabolism and promote a positive mood and mindset. The ageLOC TR90 program provides support at every level: supporting your body, your willpower, and your mood. Additionally, the ageLOC TR90 eating plan provides important support for weight management from a nutritional perspective.

## WILL AGELOC TR90 RAISE MY SKIN CAROTENOID SCORE?

Reduction in body fat has a profound and positive effect on carotenoid concentrations. Losing excess weight produces a long-term health benefit; yet one study demonstrated that weight loss might generate a temporary reduction in SCS in persons who do not supplement with LifePak. Interestingly, individuals who supplemented with LifePak did not experience this temporary SCS reducing effect of weight loss. If ageLOC TR90 users choose not to use LifePak in conjunction with ageLOC TR90, they can be assured that the overall health benefits of reducing excess weight compensate for a short-term temporary reduction in SCS. Once a new lower weight is achieved, SCS can be expected to rise above the pre-weight loss score.

## WHY IS IT IMPORTANT TO USE ALL AGELOC TR90 PRODUCTS AND THE EATING PLAN TOGETHER?

The ageLOC TR90 weight management program was carefully formulated to include support for your body, your willpower, and your mood. If individuals only use part of the system, they are missing out on critical benefits that support their long-term success, and as a result, are not as likely to reach their weight management goals. All four products (ageLOC TR90 Fit, ageLOC TR90 Control, ageLOC TR90 JumpStart, and ageLOC TR90 TrimShake) are crucial to providing full support to all three areas targeted by the program. The ageLOC TR90 eating plan and activity guidelines are extremely important in finding long-term success. Together, these crucial components will provide far greater support than can be achieved by utilizing only a portion of the program.

## WHAT IS THE PURPOSE OF BODY MEASUREMENTS IN THE AGELOC TR90 PROGRAM?

Bathroom scale measurements register the same whether an individual has lost muscle or fat. However, losing significant lean muscle tissue can be counterproductive to achieving your weight management goals and can even sabotage long-term weight maintenance. The ageLOC TR90 program focuses on healthy weight loss through targeting loss of excess body fat. The purpose of tracking changes to body measurements (ankles, arms, hips) is to focus participants on positive, visible changes that are occurring as a result of overall weight loss, with more overall fat loss and lean tissue support. Changes to silhouette and body tone are more important for long term weight management than the number on the bathroom scale.

## WHAT HAPPENS IF I STOP THE DIET BEFORE THE END OF THE 90-DAY PROGRAM?

The ageLOC TR90 system is designed to deliver measurable results in 90 days. Users can anticipate results as early as 15 days and will continue with positive results throughout the 90 days as long as they follow the program as directed. A reduction in compliance to either the ageLOC TR90 eating plan or the ageLOC TR90 supplements will be counterproductive to the overall outcome of the program. The ageLOC TR90 eating plan is designed to be continued past the 90 days. It is a lifestyle change that participants can follow for the rest of their lives.

## AGELOC TR90 JUMPSTART

### WHY DO I ONLY TAKE AGELOC TR90 JUMPSTART THE FIRST 15 DAYS?

After the first 15 days, ageLOC TR90 Fit and ageLOC TR90 Control (in conjunction with ageLOC TR90 TrimShake and the ageLOC eating plan) are sufficient to provide support throughout the remainder of the 90 day program.

### WHAT ARE THE KEY INGREDIENTS IN AGELOC TR90 JUMPSTART?

ageLOC TR90 JumpStart provides prickly pear fruit powder, Satiereal® saffron stigma extract, pomegranate fruit extract, and red orange fruit extract.

## AGELOC TR90 FIT

### CAN I TAKE AGELOC TR90 FIT BY ITSELF AND STILL SEE RESULTS?

ageLOC TR90 Fit will not be available separately. It is intended to be used as part of the ageLOC TR90 weight management system. While the ingredients provided in ageLOC TR90 Fit will still promote healthy metabolism and support metabolically active lean tissue even when taken alone, Nu Skin does not recommend using ageLOC TR90 Fit by itself and has not assessed its effects on overall weight management efforts when taken alone. No dietary supplement alone can deliver the transforming benefits of a holistic system.

### WHAT ARE THE KEY INGREDIENTS IN AGELOC TR90 FIT?

ageLOC TR90 Fit provides red orange fruit extract, green tea leaf extract, citrus bioflavonoids, quercetin (from onion bulb extract), cayenne fruit powder, and fucoxanthin (from brown seaweed extract).

## AGELOC TR90 CONTROL

### CAN I TAKE AGELOC TR90 CONTROL BY ITSELF AND STILL SEE RESULTS?

ageLOC TR90 Control will not be available separately. It is intended to be used as part of the ageLOC TR90 weight management system. Nu Skin does not recommend using ageLOC TR90 Control by itself and has not assessed its effects on overall weight management efforts when taken alone. No dietary supplement alone can deliver the transforming benefits of a holistic system.

### WHAT ARE THE KEY INGREDIENTS IN AGELOC TR90 CONTROL?

ageLOC TR90 Control provides cocoa bean powder, tart cherry fruit powder, pomegranate fruit extract, and theanine from green tea.

## AGELOC TR90 TRIMSHAKE

### WHAT IS AGELOC TR90 TRIMSHAKE?

ageLOC TR90 TrimShake is a convenient and delicious way to incorporate protein into daily food consumption while helping manage calories. It is formulated to help users feel full longer. Unlike the other ageLOC TR90 products, ageLOC TR90 TrimShake will be made available separate from the kit. Individuals who have completed their 90-day program can continue to use the shakes as a healthy source of protein.

### HOW DOES AGELOC TR90 TRIMSHAKE WORK?

ageLOC TR90 TrimShake provides an excellent source of protein. When ageLOC TR90 TrimShake is used in conjunction with dietary protein portions, ageLOC TR90 participants will achieve ideal protein intake sufficient to support lean muscle tissue for optimized caloric burn.

### HOW OFTEN CAN I TAKE AGELOC TR90 TRIMSHAKE?

ageLOC TR90 TrimShake can be taken one or two times per day.

## AGELOC TR90 EATING PLAN

### WHY DOES THE AGELOC TR90 EATING PLAN EMPHASIZE EATING PROTEIN?

Protein plays a significant role in supporting lean muscle, and the timing of when protein containing foods are consumed not only optimizes lean tissue support, but also positively affects satiety, thermogenesis, and blood glucose regulation. Most people consume the majority of their daily protein intake with the evening meal. Research indicates that by spreading protein consumption throughout the day, individuals can benefit from sustained protein to support muscle all day instead of only the evening hours. Protein's abilities to support metabolically active lean tissue and promote satiety are particularly important for success when following a weight maintenance program.

### IN THE AGELOC TR90 EATING PLAN PORTIONS, HOW DO THE HAND SIZE RECOMMENDATIONS WORK?

The ageLOC TR90 eating plan utilizes hand sizes as a guide to food portion sizes. This system takes advantage of the fact that portion sizes for each individual should be proportional to their body size; a larger individual has a larger hand and should consume more calories to maintain lean muscle tissue and avoid hunger. Portions of protein from meat sources should be about the size and thickness of the palm of the hand (not including fingers). Portions of protein from non-meat sources should be approximately the size and thickness of the fist. Portions of grains (including whole grain breads and crackers, quinoa, and rice) should be approximately the amount that can fit into a cupped hand. Please note that this amount refers to fully prepared grains. When measuring out a portion of brown rice, for example, one portion would be the amount of cooked brown rice that fits into a cupped hand—not the amount of dry rice that fits in the hand. Portions of fruits and vegetables should be the amount that can be held on an open palm (including fingers).

### ARE THERE ANY CLINICAL STUDIES TO SUBSTANTIATE THE AGELOC TR90 EATING PLAN?

The central guidelines of ageLOC TR90 eating plan were designed in accordance to recent peer-reviewed third-party studies. In addition, portion sizes for proteins, grains, fruits, and vegetables were developed through in-depth collaboration of Nu Skin's team of scientists.

## HOW MANY CALORIES A DAY SHOULD I BE CONSUMING?

ageLOC TR90 portion sizes are determined by hand size, not by total daily caloric intake. The total number of calories necessary to bring about healthy weight management is different from person to person depending on their body frame/size. A large framed individual needs more calories than a small framed individual; the hand sizes in both circumstances will help to guide the appropriate amount of food for both large and small body frames. To avoid the complexity of determining the specific number of calories for each person, and to avoid the need for calorie-counting, Nu Skin scientists have developed the hand-size portions outlined in the ageLOC TR90 Program Guide.

## WHEN SHOULD I EAT SNACKS IN ACCORDANCE WITH THE AGELOC TR90 EATING PLAN?

Nu Skin scientists recommend eating snacks two hours after a meal (approximately midway between meals). The purpose of eating a snack is to extend the lean tissue supporting benefits of protein-adequate meals through a greater percentage of the day. Eating a fruit or vegetable snack about two hours after a protein-adequate meal will prolong the benefits of mealtime protein until the next meal—even when the snack does not contain any protein itself. In addition to between-meal snacks, an evening snack of fruits or vegetables is optional.

## CAN I EAT MORE THAN ONE PORTION OF FRUIT AND VEGETABLES EACH WITH EACH MEAL?

Yes. The ageLOC TR90 eating plan recommends at least one portion of vegetables and/or fruits with each meal, and two to three portions of fruits and vegetables as snacks; however, participants can eat more fruits and vegetables if they desire. Nu Skin scientists recommend that you consume no less than half of your daily portions of fruits and vegetables from the vegetable category (or even consuming all five to six portions from the vegetable category). Vegetables have a slight advantage over fruits for weight management benefits; however fruits do not need to be excluded when following the ageLOC TR90 eating plan. Eat fresh or lightly steamed vegetables and fresh fruits to maximize the health benefits of these foods; substitute high fat dressings or butter with moderate fat vinaigrette dressing or olive oil (or similar healthy alternatives).

## SAFETY OF AGELOC TR90

### IS THIS PROGRAM SAFE?

When users implement the ageLOC TR90 weight management system as directed, there are no safety concerns. Persons with known medical conditions must consult a competent healthcare professional to determine the suitability of this or any other weight management system and dietary supplements to their situation. The system is not intended to diagnose, cure, mitigate or treat any disease or health condition, including but not limited to obesity.

### ARE THERE ANY SIDE EFFECTS?

Only ingredients with documented and excellent safety were selected for inclusion in the ageLOC TR90 supplements. There are no known side effects in otherwise healthy overweight individuals when taken as directed.

### ARE THERE ANY CONTRAINDICATIONS OR DRUG INTERACTIONS?

As a dietary supplement company, Nu Skin cannot make recommendations of our products to persons with medical conditions; such individuals must consult with their physician prior to taking ageLOC TR90 (or other supplements) or beginning any weight management or strenuous exercise program. Nu Skin scientists will do their best to provide doctors with information to help them advise their patients. However, doctors will be required to come to their own conclusion of whether the ingredients within ageLOC TR90 are appropriate for their patients; and in providing such information, Nu Skin does not assume liability for the physician's recommendations. Concurrent use of ageLOC TR90 with prescription drugs has not been assessed; however, third-party studies of the individual ageLOC TR90 ingredients provide useful insights to physicians advising their patients.