



nutrilite



Immunity Support JOURNEY

DISCOVER HELPFUL TIPS

**on how to keep your immune system strong
all year round**





HOW THE IMMUNE SYSTEM WORKS

Why should I support my immune system all year and not just during the winter months?

Your immune system is highly complex. It consists of three lines of defence. **And there are various ways how you can support it.**



THREE LINES OF IMMUNE DEFENCE



Physical barrier
the 1st line of immune defence

What is it?

Your skin, mucous membranes, saliva, tears, intestinal walls, and important immune cells located in your gut.

How does it work?

It serves as a shield that protects you from the outside environment.



Quick response
the 2nd line of immune defence

What is it?

White blood cells and other internal mechanisms.

How does it work?

You can think of it as a quick response team, always ready to take action when a health threat appears.



Smart response
the 3rd line of immune defence

What is it?

It consists of superheroes, whose job is to focus on your immune system's response.

How does it work?

Your superheroes determine the right way to support your health in any situation. Also, they will know what to do next time it occurs, thanks to their "immune memory."

When your immune system performs optimally, it helps keep you healthy.

Take **control by supporting your immune system – whatever the season** – with immunity **supporting nutrition, exercise and sleep habits**, as well as nutrients from specially **selected supplements**.



The products in the **Immunity Support Journey** have been **specially selected in collaboration with Dr. Francesco Avaldi**, Nutralite™ Nutrition Consultant and general practitioner, expert in sports nutrition with a masters in vegetarian diet.



IMMUNITY SUPPORTING NUTRITION

Examples of immunity-boosting food:

1 Citrus fruits

Citrus fruits contain vitamin C. Try to add oranges, grapefruits and lemons to your diet to enjoy various different ways of intaking vitamin C.

Tip: Add slices of lemon to sparkling or plain water or eat an orange as an in-between snack.

2 Ginger

This zingy root adds powerful flavour to curries, soups, smoothies, as well as hot and cold drinks. Ginger contributes to the natural defences of the body.

3 Kiwi

Kiwi fruits are rich in immune-supporting vitamin C. Did you know that one kiwifruit contains more vitamin C than an orange?

Tip: eat them as a snack or add them into your morning smoothie.

4 Spinach

Rich in vitamin C and beta carotene, which your body can transform into immune-supporting vitamin A. Whenever possible, consume spinach fresh (not cooked) to preserve nutrient content. Add to a salad or blend as part of a fresh green smoothie.

5 Turmeric

Turmeric helps to maintain the efficacy of the immune system and has antioxidant properties. This "golden spice" contains a high concentration of curcumin, which gives it its distinctive colour. If you mix turmeric into oat milk, the drink is called Golden milk. This bright gold drink has been a part of Indian culture for centuries. You may also use vegan milk substitutes.



Expert insight

Fruit, vegetables, herbs and spices are an important element of an immune system supporting diet as they provide vitamins, minerals and phytonutrients which support our body's immune defence.

Dr. Francesco Avaldi
Nutralite Nutrition Consultant



IMMUNITY SUPPORTING NUTRITION



Easy recipes to supply nutrients to support your immunity

BLENDER

Achieve a perfect smoothie with the Nutralite blender.

Find out more at www.amway.co.uk



Immunity Booster smoothie

INGREDIENTS:

- + **3 oranges** (or blood oranges), peeled and chopped
- + **2.5 cm piece of fresh ginger**, peeled and chopped or finely grated
- + **2.5 cm piece fresh turmeric**, peeled and chopped or finely grated
- + **100 ml water**
- + **1 sachet Nutralite™ Balance Within**

PREPARATION METHOD:

1. **Place** the oranges, ginger, turmeric, water and Balance Within in a blender.
2. **Blend** until smooth.



Rainbow salad

INGREDIENTS:

- + **250 g carrots**, peeled and cut into 1 cm pieces
- + **370 g cauliflower**, cut into small florets
- + **285 g broccoli**, cut into small florets
- + **225 g pear**, cored and cut into 1 cm pieces
- + **250 g beetroot**, peeled and cut into 1 cm pieces
- + **100 g olive oil**
- + **30 g apple cider vinegar**
- + **1 ripe mango**, peeled and sliced
- + **Juice of 1 lime**
- + **1 shallot**, peeled and finely sliced
- + **1 tsp salt**
- + **½ tsp black pepper**
- + **30 g coriander**, finely chopped

PREPARATION METHOD:

1. **Combine** the prepared carrots, cauliflower, broccoli, pear and beetroot **in the large mixing bowl**.
2. For the **dressing**, blend the olive oil, apple cider vinegar, mango, lime juice, shallot, salt, pepper and coriander in a food processor or blender. Pulse 5–6 times to blend, then whisk in the other dressing ingredients until combined.
3. **Pour the dressing** over the prepared vegetables, **mix well**, and **serve**.



- + Start your day with a **Green Goodness Smoothie**
- + Enjoy a delicious nutritious **California Quinoa Bowl** for lunch
- + Looking for a yummy snack in-between? Discover the **Mixed Nut Bowl**



DAILY MEALS EXAMPLE & SUPPLEMENTS

A quick guide to help you adding immunity supporting vitamins in your diet.

The daily meal plan recommends **3 main meals and 2 snacks each day**. This helps us to:

- + Provide our bodies with the energy we need to live an active lifestyle
- + Distribute calorie intake evenly throughout the day and prevent overeating late in the day
- + Keep our blood sugar levels balanced

1 PRE-BREAKFAST



Nutrilite Balance™ Within

+



Glass of water



Keep Balance Within on your bedside table so you remember to take it when you wake-up, **before breakfast**.

2 BREAKFAST



Muesli

+



Nutrilite Vitamin C Plus

3 MORNING SNACK



Nutrilite All Plant Protein Powder (1 spoon)

+



Smoothie



It's a great idea to **include plant-based proteins as part of your morning or afternoon snack**.

4 LUNCH



PROPER LUNCH

such as a healthy bowl, salad or warm meal with the right balance of vegetables, proteins and complex carbohydrates and good fats

5 AFTERNOON SNACK



Nuts

OR



Yogurt

6 DINNER



Soup

OR



LIGHT DINNER

such as a healthy bowl, salad or warm meal with the right balance of vegetables, proteins and complex carbohydrates and good fats

PHYSICAL EXERCISE

Taking a proactive approach to supporting your immunity is one of the best things you can do for your health. Here's what you need to know. Exercise helps the immune system find and eliminate pathogens in the short term and reduces the risk of infections in the long term.

Move more

Regular, moderate-intensity aerobic exercise – such as walking, running or cycling – for 150 minutes per week **can give your immune system the support it needs.** So, put on your favourite playlist, grab a bottle of water, and head out for a brisk walk around your neighbourhood, or cycle through the park.

Move to the music

Pick an upbeat tune to **dance to** or **repeat moves to the rhythm.** Alternatively, **start with gentle movements** for the start, **then really go for it for the next 1-2 minutes with high-power action,** like push-ups, then return to gentle activity for the song's conclusion.



Teatime training

Like tea? **Use the time it takes your kettle to reach 100°C as your fitness session.** Stretch, jump, jog or dance until the water boils!

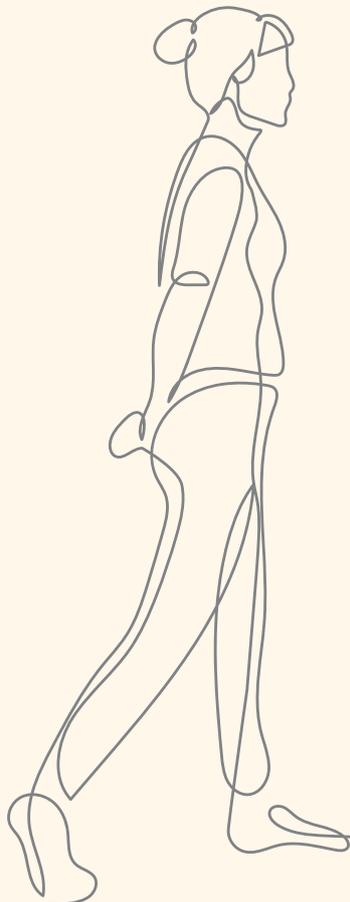
Ease in gently

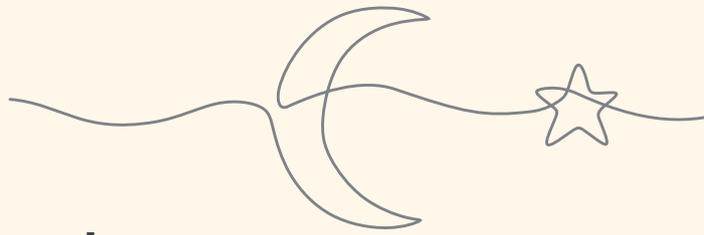
If you need something gentler to start with **throw a soft item,** like a sock or a scarf, **in the air and catch it repeatedly;** pass the item from one hand to the next around your waist, clockwise, then anti-clockwise.

Praise your progress

By the end of week one, **take time to reflect on how great you feel.** After week two onwards, **observe the positive change in your energy levels and muscle tone – and your mind.** Try to repeat your micro-workouts throughout the day, whenever it suits you, or try to make it a daily habit (e.g. first thing after waking)

At the end of each week, look in the mirror, smile and say, **“Well done!”**





GOOD SLEEP

Sweet dreams for a good immune system

Sleep is one of the most important ways to keep your mind and body strong. A good night's sleep can give you an instant energy boost, but a consistent snooze is where the real health benefits kick in. **Sleep is a vital part of every person's overall health and well-being** and can help the body's immune system, and help you keep your heart, weight and mind healthy.

Stick to a sleep schedule

Find a schedule that works for you and **keep to a routine** with the time you fall asleep and wake up every day (weekends too!). Consistency reinforces your body's sleep/wake cycles to help your body know what to expect and when.

Build a bedtime routine

Build a sleep routine that works for you and enjoy it as part of your preparation for bed. It could be a soothing nightly skincare routine, a book, calming music, or a cup of chamomile or lavender tea as these herbs are known for supporting relaxation and a healthy sleep.

Be a daytime doer

The daytime energy dip is real but resist the urge to nap and **save your sleep for bedtime**. If you feel exhausted and you need to recharge, allow yourself a maximum 20 minute nap during the day.

Close the kitchen for evening hours

A big dinner, late-night snack, evening cocktail, and even one too many cups of tea... they can all affect how soundly you sleep. **Pay attention to what you eat and drink** in your last hours before bed make sure you don't go to sleep feeling starving or stuffed.

Create a sense of calm

Just like your light switch, shut off your brain at night with **calming activities**. Clear your mind and promote better sleep using relaxation techniques, like meditation and breathing exercises or a warm bath, shower, or foot bath. Pay attention not to use electronic devices before going to bed.

* The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime



SUPPLEMENTATION FOR YOU

Support your immune system during the whole year.



YEAR-ROUND VITAMIN IMMUNITY¹ BUNDLE

Order no. 315562



Nutralite Vitamin C Plus Extended Release

- A **premium blend** of L-ascorbic acid, acerola cherry concentrate as well as grapefruit, mandarin and lemon concentrates.
- It's specially formulated to **release vitamin C steadily over eight hours**, helping to optimise its absorption.

Nutralite Balance Within™

- Contains **Vitamins B6 and B9** to support immunity² and a positive mood³.
- Every sachet of this fast-melting, pleasant-tasting powder contains **6 billion lactic acid bacteria** from 2 scientifically well-documented strains.

Nutralite All Plant Protein

- Provides proteins with a balance of all nine essential amino acids, with **no unwanted extras like e.g. flavourings or colours**.
- It's a vegetarian-friendly, **easy-to-digest alternative** to traditional sources of protein, like red meat, cheese, eggs and whole milk.

Find out more at www.amway.co.uk/DestinationWellbeing/

1) Vitamin C, B6 and folic acid (B9) contribute to the normal function of the immune system.
2) Vitamin B6 and folic acid (B9) contribute to the normal function of the immune system.
3) Vitamin B6 and folic acid (B9) contribute to normal psychological function.

EXTRA IMMUNITY SUPPORT DURING THE CHANGE OF SEASONS

SEASONAL IMMUNITY SUPPORT BUNDLE



Vitamin C, vitamin D, zinc and selenium contribute to the normal function of the **immune system**. Each of the products supports the cells in a different way.

Order no. 314051

KIDS IMMUNITY SUPPORT BUNDLE

Specially designed for children aged 4+



Nutralite Kids Immunity Support* Plus

Yummy fast-melting 4-in-1 powder with vitamin D*, vitamin C, zinc and lactic acid bacteria.

Nutralite Kids Omega-3

Fruity soft chews with vitamin D for normal immunity support* and bone development** as well as essential omega-3 fatty acids.

Order no. 308133

*Vitamin D contributes to the normal function of the immune system in children.
**Vitamin D is needed for normal growth and development of bone in children.

THE RIGHT PRODUCT FOR EACH NEED

How to choose? Take care of your **“Immunity foundation”** first, reach for **“Immunity “sensitive” seasonal support”** when the seasons change and choose **“Immunity for special demand support”** in moments of need.

Nutralite Vitamin C Plus Extended Release – SKU 109471

+ Vitamin C which contributes to the normal function of the immune system.

Nutralite™ Daily – SKU 4215

+ Vitamin C which contributes to the normal function of the immune system
+ Vitamin E and B2 which as vitamin C contribute to the protection of cells from oxidative stress.

Nutralite Balance Within™ – SKU 120571

+ Vitamins B6 and B9 (folic acid) which contribute to the normal function of the immune system.

+ They also contribute to normal psychological function. So they support your good mood.



Choose these products: if you need a **good daily base for your immune system**, as you know that despite your best efforts to lead a healthy lifestyle, nutritional gaps may still occur.

Nutralite™ Vitamin D Plus – SKU 119797

+ Vitamin D which contributes to the normal function of the immune system
+ It also contributes to the maintenance of normal bones, teeth and muscle function



Choose these products: if you feel **you may need additional support during the seasons** that challenge the immune system, to help your immunity function.

Nutralite™ Immunity Support – SKU 126149

+ Elderberry extract which can support your body's natural defences.

Support your immune system

Choose this product: if you would like to **support your immune system on-the-go**, where each great tasting sip nurtures your body's natural immune defences.



XS™ Power Drink + Ginger Passion Fruit – SKU 298813

+ With Vitamin C & Zinc which contribute to the normal function of the immune system they support mental agility and alertness as it contains Vitamin B5 (pantothenic acid) which contributes to normal mental performance, and together with Vitamins B3, B6 and B12 contributes to the reduction of tiredness and fatigue.

Choose these products: if despite taking preventive measures, you want to **additionally boost your diet**.



Nutralite™ Garlic – SKU 109705

+ Garlic contributes to normal immune function.
+ It also contributes to maintenance of normal cholesterol levels.

Nutralite Zinc + selenium – SKU 126811

+ Zinc and selenium contribute to the normal function of the immune system
+ They contribute to the maintenance of normal hair and nails

Immunity foundation

Immunity “sensitive” seasonal support

Immunity support on-the-go

Immunity for special demand support



DO THE IMMUNITY CHECK

Check out the everyday basics below, and tick the boxes that apply to your daily routine:



Eat healthy

A balanced and varied diet is key to both your mental and physical well-being. In addition to eating at least 5 servings of (preferably seasonal) fruits and vegetables per day, we should also eat them from 5 different colours. These colours are created by phytonutrients - plant components that promote their growth and protect plants from disease.



Exercise

Be it quiet strolls, running or something in between - staying active helps flush out bad bacteria in your lungs and airways, which helps prevent certain illnesses. It also increases blood flow, strengthens antibodies and reduces stress hormone levels.



Sleep well

Your immune system is reliant on healthy sleep. Most adults need about 7 to 9 hours of sleep a night. Stick to a regular bedtime schedule, stay active during the day, skip caffeine and alcohol near bedtime, keep the bedroom cool and give yourself time to unwind before bed. Remember to avoid electronic devices before going to sleep.



Think positive

When you think happy thoughts, your body's defences work better. Savour the things you enjoy and always look for a silver lining - even in tough times.



Relax

Some stress can be a good thing. It helps your body get ready for a challenge. But if it lasts too long it can weaken your body's defence system. Avoid stress where possible, taking the time to unwind and do things you enjoy.



Have fun

Laughter is the best medicine. There's even evidence to suggest it can make your immune system work better, both in the short-term and long-term. Nothing conclusive, but still - who doesn't love a good giggle?



Wash Your Hands

Send those germs down the drain before they threaten your health. Use soap and clean running water, wash for at least 20 seconds and rinse. Use hand sanitiser throughout the day as an effective top-up.

If you have ticked all 7, you are taking good care of your immunity.

Check the above regularly, ideally every day, to keep track of how well you are supporting your immunity in the short-term through the long-term.



But no matter how careful you are, **you may occasionally need additional nutritional support** to keep your immune system functioning well. This is precisely where **food supplements can help you fill these potential gaps** and help you take better care of your immunity.

DISCOVER MORE PERSONALISED SOLUTIONS FOR YOU

Open up a world of bundles that help you address your specific health, lifestyle and wellbeing needs.



THE COMBINATION OF THESE PRODUCTS PROVIDES YOUR BODY VITALITY AND ENERGY.

- **VITAMIN C PLUS:** Contains vitamin C, which contributes to normal energy-yielding metabolism and to the normal functioning of the immune system.
- **VITAMIN B PLUS:** Contains vitamin B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 and B12 which contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue.
- **OMEGA-3 COMPLEX:** Contains omega-3 fatty acids EPA and DHA, which contribute to the normal function of the heart.*

Order no. 294545

In Charge BUNDLE




Best age BUNDLE

THE COMBINATION OF THESE PRODUCTS PROVIDES NUTRIENTS A MATURE BODY MAY NEED.

- **ALL PLANT PROTEIN:** Provides high-quality protein, supplying balanced amounts of the nine essential amino acids.
- **OMEGA-3 COMPLEX:** EPA and DHA contribute to the normal function of the heart. DHA contributes to maintenance of normal brain function and normal vision. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA
- **COENZYME Q10:** Provides co-enzyme Q10 as its natural concentration in our bodies decreases as we age.

Order no. 305543



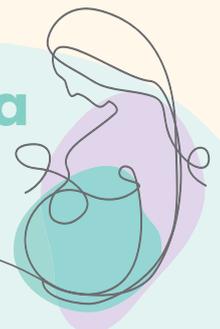
THE COMBINATION OF THESE PRODUCTS SUPPORTS YOUR DIET DURING PREGNANCY**

- **IRON FOLIC PLUS:** Contains folate which contributes to maternal tissue growth during pregnancy.
- **CALMAGD PLUS:** Contains calcium which is needed for the maintenance of normal bones.

Order no. 294852



Mama To be BUNDLE



* The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

** Pregnant and breastfeeding women should consult their GP before taking any food supplements

CONGRATULATIONS!

You've successfully completed the Immunity Support Journey. It's a major achievement and step on your way to reaching Destination Wellness.

Now...

enjoy the benefits of your efforts and be ready to live life to the full.

Then...

start thinking about other areas of your wellbeing and lifestyle that you'd like to improve.

Talk to your Amway Business Owner and explore a world of wellbeing opportunities.



Expert insight

How our immune system performs can influence our enjoyment of life and our ability to live life the way we want to. It's important to support it in every way we can – from the food and drink we consume, to our physical and mental activities. Knowing how important immunity is to how we feel and how we perform, I encourage you to find the immunity support solution that's right for you and start living life to the full!

Dr. Francesco Avaldi
Nutralite Nutrition Consultant

