



nutrilite™



Reset 30

**STEP-BY-STEP
MANUAL**

**Your Destination
Well-being Guide**



Start Reset 30: 30 days devoted to building holistic health habits for a better you

Welcome to the Reset 30 Program! This holistic approach to a healthier lifestyle is designed to create habits that lead to improved well-being, health and happiness. Covering nutrition, physical activity, mindset and hydration, take this time to reset for positive lifestyle changes. Starting and ending with a self-assessment, you can evaluate **the change that 30 days can have on your well-being.**

Curated tips and goals spread across four pillars of well-being: hydration, positive mindset, physical activity, and nutrition, and carefully selected products and supplements to help you succeed on your journey to reset and **refresh the mind and body**, inside and out.

THE PROGRAM IS DESIGNED TO HELP YOU:



+ SUPPORT YOUR
POSITIVE MOOD



+ IMPROVE YOUR
APPEARANCE



+ STAY FIT
AND ACTIVE



+ IMPROVE THE QUALITY
OF YOUR SLEEP



+ SUPPORT THE
FUNCTION OF
IMPORTANT BODILY
SYSTEMS



+ SUPPORT THE NORMAL
FUNCTION OF YOUR
DIGESTIVE SYSTEM



+ SUPPORT YOUR
IMMUNE SYSTEM



+ HELP YOU BUILD
HEALTHY LIFE-
STYLE HABITS



Before you start: SELF ASSESSMENT

In order to know where you're going and how to get there, you must first understand where you are.

Take this quick test to better understand your current habits.

- + Reflect how you feel about each of the different aspects of well-being.
- + Rate each aspect from 1 to 10, with 1 meaning "I really struggle with this" and 10 meaning "I feel great" or "I have no problem with this."
- + Assign a value by filling in the small circle from 1 to 10. (Example ratings can be found in the descriptions below).
- + Then draw a line to join the marks to see which areas of well-being you should focus on.

Stress management

Are you content with your current habits when dealing with occasional stress (e.g. rating 8), or do you need to focus on gaining tools for your stress responses (e.g. rating 2)?

Sleep quality

Do you feel like you regularly get enough sleep (e.g. rating 8)? Or are you interested in habits and tools to help you fall asleep and to support quality sleep (e.g. rating 2)?

Digestion

Are your bowel movements regular and comfortable (e.g. rating 9) or are you looking for ways to support digestive health and regularity (e.g. rating 2)?

Immunity

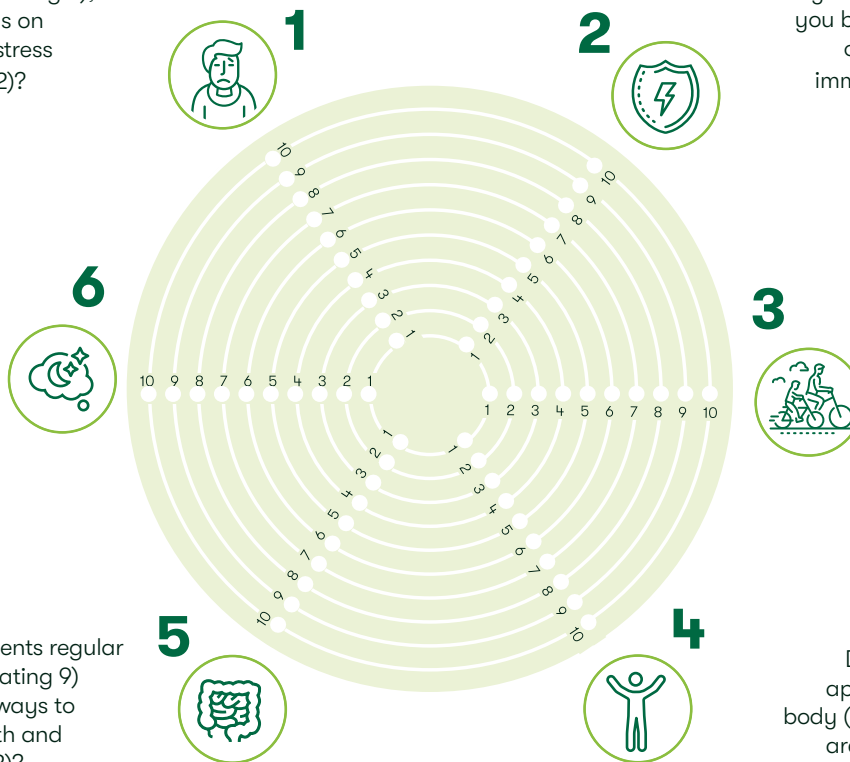
Do you feel satisfied with how you support a healthy immune system (e.g. rating 9)? Or could you benefit from learning about other ways to support your immune health (e.g. rating 2)?

Physical activity

Do you love exercising regularly and never miss a workout (e.g. rating 10), or do you find exercise to be a chore that you try to avoid (e.g. rating 2)?

Overall appearance

Do you feel happy with the appearance of your skin and body (e.g. rating 8)? Or are there areas you would really like to improve (e.g. rating 2)?



Too many filled circles close to the center of the wheel might mean you could benefit from some lifestyle changes.

Introduction to the Reset 30 Program

In order to function at its best, your body needs to remove the waste it produces. This natural cleansing process is performed by a group of organs working together around the clock.



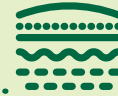
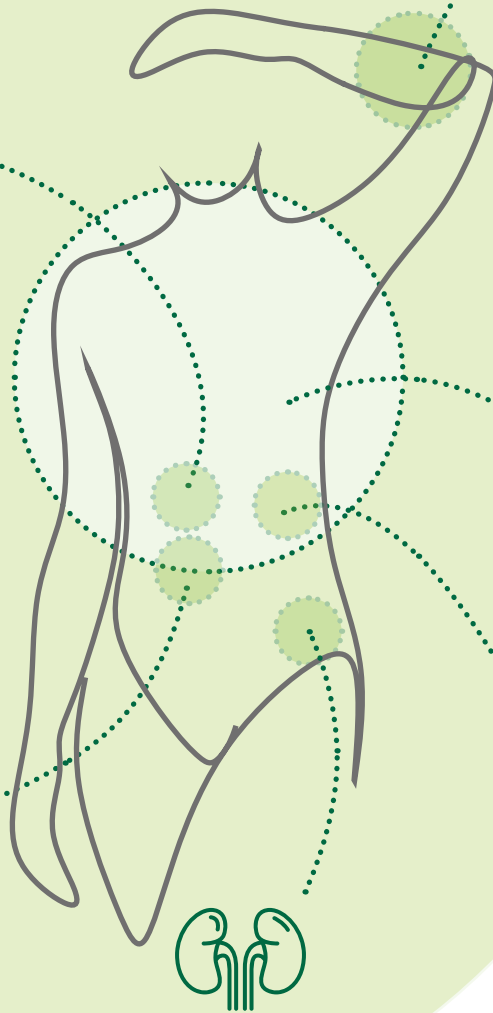
LIVER

The liver is the body's natural detox system and **it works by filtering and cleaning** our blood. We support a healthy liver by cutting down on fatty and fried food, as well as alcohol and foods with high sugar content. We can also support the liver by consuming foods and supplements that support the normal function of the liver.



BOWEL

Like the body's canteen, the bowel is where **nutrients are absorbed** from food and **solid waste is removed**. We should pay attention to our fiber intake to ensure appropriate fecal bulk and support normal bowel function and intestinal transit.



SKIN

Skin is **the largest organ** in our body. Just like all our other organs, it needs enough water to function at its best. We can take care of our skin by staying hydrated and reaching for the nutrients it craves. A healthy diet full of omegas, vitamins and antioxidants can make all the difference in what you see when you look in the mirror each morning.



LYMPHATIC SYSTEM

The lymphatic system **removes foreign bodies** by transporting them to the circulatory system. To help support proper lymphatic function, reach for foods rich in vitamin C, like oranges and grapefruits.



GUT

Listen to your gut, because **this organ digests and absorbs nutrients** as well as supports the immune system, impacting body weight, energy and appetite. It's home to trillions of microorganisms that play important roles and can even influence how we respond to stress. Support your gut by eating a healthy diet, full of fresh fruits and vegetables, prebiotics and probiotics.

KIDNEYS

The kidneys act like a home water filter, **filtering out undesirable substances** and waste from the blood to remove them from the body. Drinking adequate amounts of water daily helps support healthy kidney function.

The Reset 30 program provides a **holistic approach** to making better, healthier lifestyle changes. Set your intentions and create a strong routine with **professional expertise, support and supplements.**

Building positive habits helps you **live a happier and healthier life.**



Pillars of well-being



Nutrition

Getting the right amounts of macronutrients, vitamins, minerals and phytonutrients as part of a balanced and varied diet to support your metabolism and key bodily functions – like the nervous system and those involved in the body’s natural cleansing process – is key for your overall well-being.



Physical activity

Building healthy habits around staying active is a great way to start improving overall well-being.



Positive Mindset

A positive mindset and relaxation can also support your ability to fall asleep. Adequate sleep can have a wide-range of impacts on your mood, focus and immune system.



Hydration

Water contributes to the maintenance of normal physical and cognitive functions.



Stay connected with your Amway™ Business Owner who can help keep you motivated.



Nutrition

Nutralite™ products in your Reset 30 Program

For the next 30 days, try easy swaps in your daily diet. Instead of reaching for fast food or a processed snack, grab whole fruits and vegetables across the colors of the rainbow. And when you can't get enough nutrients from protein, fruits, vegetables and fatty fish, fill nutrient gaps with these Nutrilite™ products:



Nutralite™ Omega

Essential fatty acids EPA and DHA for our body.

Omega 3 fatty acids along with healthy eating and regular exercise can have cardiovascular benefits, including support for normal blood triglycerides and healthy blood flow, helping maintain joint mobility for an active lifestyle, and may promote normal brain function and concentration.

126132DR

Nutralite™ Concentrated Fruits and Vegetables

Phytonutrients equal to 5-10+ servings of fruits and vegetables*

Provides the phytonutrient equivalent of more than 5-10 servings of fruits and vegetables, the amount recommended by health authorities. Phytonutrients are the natural nutrients in plants that give fruits and vegetables their vibrant colors and respective health benefits when consumed.

102992MX



Nutralite™ All Plant Protein Powder

Helps maintain lean body mass†

Protein helps maintain lean body mass and energy. Get what your body needs by adding 10 grams of this fine, flavorless protein powder to beverages, foods, or batters. All-vegetarian base, derived from soy, wheat, and yellow peas, provides balanced amounts of the nine essential amino acids.

110415CO



Nutralite™ Fiber Powder

Supports gut Microbiome health.

Offers a convenient way to add fiber to your diet, which will help feed the good bacteria in your gut with three natural prebiotic fibers and help you feel full.

102736MX

*The Nutrilite™ brand believes in the power of a food-first approach to nutrition. Our nutritional supplements can help you fill in the gap between the amount of nutrients you get from your diet and the amount of nutrients your body needs.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Additional dietary support for your program

As you practice good eating habits and leverage the products carefully selected for Reset 30, consider additional support for your dietary gaps:



NUTRILITE™ VITAMIN B DUAL-ACTION

Helps your body fight fatigue with natural spirulina, eight essential B vitamins and no caffeine. Provides 8 hours of support in one easy-to-swallow tablet.

110170CO



NUTRILITE™ DOUBLE X™

Whether your focus is sports nutrition, weight management or general nutritional health, Nutrilite™ Double X™ supplement is power-packed with vitamins, minerals and phytonutrients to help support a healthy heart, brain, eyes, skin, bones and immune system.* Contains natural plant ingredients from every color on the phytonutrient spectrum: 12 essential vitamins, 10 essential minerals, 22 plant concentrates.

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Physical activity

When you exercise, your body produces endorphins, which help to improve your mood. Regular exercise also helps improve posture, manage weight, relieve stress and even improve mental performance.

If you're already physically active and enjoy exercising, keep going and just make sure it's regular.

GETTING STARTED

If you're not used to exercising regularly, check with your physician before starting any exercise regimen. Here are some tips to help you get started:

1

Start with simple exercises such as **walking or biking**.



2

Walking is effective, easy and low risk. It requires no special equipment, except comfortable sneakers. Try to set aside at least **30 minutes a day** for walking. You can start with 10 minutes and set a goal to increase +5 minutes every day.



3

Use every opportunity to be more active. Use the stairs instead of the elevator, walk for 1-2 bus stops, or park your car in a place that provides a nice walk to your destination.



When you're ready to take it up a notch, free, on-demand HIIT workouts can be found at [xsfitnessprogram.com](https://www.xsfitnessprogram.com) for registered customers and Independent Business Owners.



Hydration

During the Reset 30 program, it's important to consume sufficient water.

Water is needed for normal physical functions. Water makes up more than half your body weight and plays an important role in the body's natural cleansing function.



GENERAL RECOMMENDATION

- + We should consume **at least 2 liters of water** (from all sources) per day.¹

HYDRATION TIPS

- + **Carry a reusable water bottle** to encourage frequent water consumption.
- + **Experiment with flavor infusions** (e.g. lemon, cucumber, mint, ginger) to add variety to your water intake.
- + Eat foods that have a **high water content** (e.g. fresh fruit).

WATER QUALITY IS IMPORTANT

Ensure the water you drink is clean.

eSpring™, the world's number one selling brand of home water treatment systems.²



- + **Effectively** destroys up to **99.99%** of waterborne bacteria and viruses that may be present in drinking water.³
- + **Filters** particles including **microplastics down to 0.2 microns.**³
- + **Preserves beneficial minerals in water**, such as calcium, magnesium and fluoride.
- + **Effectively reduces over 140 contaminants** including over 140-potential health affect ones that may be present in drinking water.³
- + Filters the water through a **pressed activated carbon block made of coconut shells**, which is **more porous than coal or wood**. Highly porous materials improve the quality and performance of water filtration.
- + **The eSpring water treatment system is certified to Class I Particulate Reduction by NSF International** which is for reduction of particles down to 0.5 microns. In addition, Amway has a third party verified claim for even smaller particles down to 0.2 microns. Therefore, if the particle is larger than 0.2 microns, the eSpring unit will filter.

Explore the eSpring™ Water Treatment System

¹ Based on WHO recommendation.

² Based on a Verify Markets study of 2020 global sales revenue.

³ The eSpring Water Treatment System is designed for use only with potable water deemed safe to drink by local public health authorities. The eSpring Water Treatment System does not prevent or mitigate diseases. It has not been tested for the reduction of any coronaviruses (i.e. MERS, SARS or COVID-19).



Positive mindset

Mindfulness and good sleep can impact your mindset, which is a key contributor to well-being and your success.

- + Create a specific **waking and sleeping schedule** to regulate your body clock.
- + **Wind down before bed** (e.g. take a bath, read, avoid social media).

+ **Follow the steps below to experience progressive muscle relaxation:**

1. Bring **awareness to a specific muscle** in your body.
2. Start to **squeeze that muscle** for a few seconds and then release.
3. **Notice the sensations**, imagine tension decreasing with each breath. Release and repeat with different areas of your body.



SUFFICIENT SLEEP



PROGRESSIVE MUSCLE RELAXATION

MINDFULNESS



SELF RECOGNITION

- + **Don't be hard on yourself.** Forgot to follow the program today? **Don't worry.** Tomorrow is a new day and a **new chance to get back on track.**
- + **Congratulate yourself on your daily achievements** and thank yourself for the benefits you're starting to enjoy.
- + **Reward yourself for achieving interim goals.**







DIAPHRAGMATIC BREATHING

- + **Follow the below steps to experience it:**
- 1. Wear **comfortable clothes** and get yourself in a **comfortable position.**
- 2. **Inhale to fill your belly with air, hold** it for a few seconds (3-5), **exhale** from your lungs and then belly.
- 3. To help you, **try putting 1 hand on your belly** and the other **hand on your chest** so you can **feel** the belly and lungs **filling with air.**

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



HABIT TRACKER FOR 30 DAYS

	WATER	BALANCED AND VARIED DIET	30 MIN WALK OR EXERCISE	MENTAL ATTITUDE EXERCISES (E.G. BREATHING OR MEDITATION)					YOUR MOOD
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY PROGRESS TRACKER

WEEKLY PERSONAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
PERSONAL TARGETS				
EXPECTED EFFECTS				
OBSERVED PROGRESS				

See the difference

Once you've completed the program, **retake the well-being wheel** test and celebrate the progress you've made.

(Example ratings can be found in the descriptors below.)

Stress management

Are you content with your current habits when dealing with occasional stress (e.g. rating 8), or do you need to focus on gaining tools for your stress responses (e.g. rating 2)?



1

2



Immunity

Do you feel satisfied with how you support a healthy immune system (e.g. rating 9)? Or could you benefit from learning about other ways to support your immune health (e.g. rating 2)?



Sleep quality

Do you feel like you regularly get enough sleep (e.g. rating 8)? Or are you interested in habits and tools to help you fall asleep and to support quality sleep (e.g. rating 2)?

6

10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10



3

Physical activity

Do you love exercising regularly and never miss a workout (e.g. rating 10), or do you find exercise to be a chore that you try to avoid (e.g. rating 2)?

Digestion

Are your bowel movements regular and comfortable (e.g. rating 9) or are you looking for ways to support digestive health and regularity (e.g. rating 2)?



5

4



Overall appearance

Do you feel happy with the appearance of your skin and body (e.g. rating 8)? Or are there areas you would really like to improve (e.g. rating 2)?

Continue on your journey to healthier, happier living and enjoy the support of Nutrilite™ products every step of the way.

Congratulations!

You have successfully reached the end of your Reset 30 plan and the beginning of a new chapter.

You have several options:

1

Continue with the Reset 30 program for another 30 days to keep up with your new healthy lifestyle habits and maintain the benefits.

2

Maintain your **positive habits** and **support** your overall nutrient intake with **Nutralite™ Double X™**, or other high-quality Nutralite products.

3

Take the next step on your journey to Nutralite Destination Well-being by **exploring products** that target your specific well-being goals.



Talk to your Amway Business Owner to learn more.

