



# Living healthier starts here.



Even if you think you eat well, get enough exercise and live a healthy, active lifestyle, is it enough? Surprisingly, the Centers for Disease Control show **76% of adults do not meet fruit intake recommendations**, and **87% do not meet vegetable intake recommendations**.

Our consumption of sugar, fat, salt and carbohydrates has never been higher while depleted soil, crop changes and seasonal inconsistencies are yielding less nutrient-dense food. **Our bodies are desperate for nutrients** but we can't solely rely on our food sources to deliver them anymore. This is why Youngevity's **90 For Life™** system was created.



# Blending science & nature.

A whole line of wellness solutions for the whole you.

The foundation of health and wellness is good nutrition to help 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!

At the core is the **Healthy Body Start Pak™** – a part of the **90 For Life™** system. The Healthy Body Start Pak brings together **60 minerals, 16 vitamins, 12 amino acids, and a powerful blend of EFAs...** 90 carefully blended components to create the optimal mix your body needs to thrive and feel your best.



## 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 over 30 years, and is deeply involved in ensuring that Youngevity brings cutting edge, innovative products to market to meet the needs of our modern lifestyle. Trusted for years, used by many people around the world – see how good you can feel when you use 90 essential nutrients for 90 days.

## THE NUTRIENTS IN THE HEALTHY BODY START PAK SUPPORT:\*

- Bone building absorption of calcium and essential nutrients
- Alkalinity and pH levels
- Immune system function
- A healthy heart
- Sleep
- Natural energy
- Better digestion
- And more!

CERTIFIED:



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.



It all starts here.  
The foundations to feel great.

## HEALTHY BODY START PAK™ 2.0

### 1 BEYOND TANGY TANGERINE® 2.0

Supports your body's natural defense systems\*

- High quality source of vitamins and minerals
- Pre- and probiotics, amino acids and enzymes to support digestion\*
- 8,000 ORAC antioxidant power per serving

### 2 ULTIMATE EFA PLUS™

Supports a healthy heart, joint health and skin health\*

- Blend of EFAs derived from flaxseed oil, fish oil (anchovy, sardine or pollock), as well as borage oil, alpha lipoic acid and more
- Provides a robust blend of Omega 3, 6 and 9 EFAs

### 3 BEYOND OSTEO-fx™

Supports optimal bone and joint health\*

- Contains nutrients that supports calcium absorption\*
- Supports joint health with MSM and glucosamine\*
- Contains strontium, a special mineral found in seawater and soil, to help protect and defend your bones\*



See full  
Youngevity  
Nutrition line at  
[Youngevity.com](http://Youngevity.com)

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## Get more from our Healthy Body Start Paks.

These additional Healthy Body Start Paks include our broad spectrum of foundational nutrition and are tailored to your individual needs to help you reach your targeted goals. To see all our Healthy Body Start Paks, visit [youngevity.com](http://youngevity.com).

### Healthy Body Blood Sugar Pak™ 2.0

Supports healthy regulation of blood sugar levels\*



Plus:

+ Slender FX™ Sweet EZE™ Capsules

### Healthy Body Brain & Heart Pak™ 2.0

Promotes healthy brain and cardiovascular function\*



Plus:

+ Ultimate™ Selenium Capsules

+ Ultimate EFA™ Soft Gels

### Healthy Body Weight Loss Pak™ 2.0

Supports weight loss and a healthy lifestyle\*



Plus:

+ Slender FX™ REV™ Liquid

### Healthy Body Bone & Joint Pak™ 2.0

Targeted nutrients to support healthy bones & joints\*



Plus:

+ Ultimate Gluco-Gel™

+ Ultimate CM Cream™

### Healthy Digestion Pak™ 2.0

Targeted nutrients to support healthy digestion\*



Plus:

+ Ultimate Enzymes®

+ Ultimate Flora Fx™



## Youngevity Nutrition

**ABSORBABLE** // If your body can't absorb nutrients, it can't benefit from them. We use an exclusive plant-based mineral complex to help you absorb and use nutrients.

**POTENCY** // We blend optimal and helpful amounts so you can feel great.

**PURITY** // Each ingredient is tested to adhere to our high standards for purity before we manufacture.

**SCIENCE** // Based on Dr. Wallach's research on why each body needs 90 nutrients to survive and thrive.

**DESIGNED FOR YOU** // Our Healthy Body Start Pak starts you on your journey, and our large product line means we have what you need to create your own targeted custom program.