



Get up,  
get moving  
and get fit  
with Reliv

supplement your active lifestyle





## Supplementing gives you a healthy edge

Eating a healthy diet and exercising regularly are the foundation for good health. The next step is adding high-quality nutritional supplements to your active, healthy lifestyle.

“Supplements are an excellent means to assure proper daily intake of nutrients,” says Reliv Vice Chairman and Chief Scientific Officer **Dr. Carl Hastings**. “Combined with diet and exercise, they provide the basis for good health.”

When you're active, your body's need for micronutrients increases. You also need energy to fuel your activity and protein for building and repairing muscle tissue. Supplementing with the proper nutrients can improve your stamina, endurance, recovery and help protect you from injury.

Here's a look at just some of the nutrients you need to keep your body functioning its best and stay active:

### Protein

Protein needs increase during strenuous activity. Your body needs high-quality protein as a source of energy as well as to repair tissue and build muscles.

### Iron

Athletes use more iron stores than inactive people. Low iron can lead to more frequent injuries and slower recovery time after exercise. Supplementing with iron can significantly improve your endurance levels.

### Antioxidants

When you exercise strenuously, your body produces more free radicals, which can damage cells and lead to tissue damage, slower recovery times and lower energy production. Antioxidants counter this effect and maintain iron levels. In fact, a study shows an antioxidant combo of vitamin E, beta-carotene and vitamin C may help athletic performance. Research also shows athletes who consume more vitamin E have less cell damage.

### B Vitamins

B vitamins are essential for active lifestyles, too. Experts say athletes involved in heavy training may need more of several vitamins, such as thiamin, riboflavin and B-6 because they are involved in energy production. B-1 (thiamin), B-2 (riboflavin), niacin, B-6 and biotin work together for energy metabolism and muscle function.

### Creatine

Creatine helps rebuild muscles and increase energy. Creatine studies done on younger athletes in their 20s and 30s show benefits such as an increase in muscular efficiency and strength and an increase in the ability of the muscles to work longer.

### Glutamine/Amino Acids

Glutamine, an amino acid, helps restore and rebuild tired muscles. A 2006 study shows supplementing with amino acids resulted in a quicker recovery from muscle fatigue. The oxygen-carrying capacity of the blood also improved.

# Reliv is the Right Fit for Your Active Lifestyle

Reliv nutritional supplements are excellent sources of essential nutrients to support your active lifestyle.

"Physical activity requires adequate nutrient intake to ward off stress, maintain overall health and reduce the risk of disease and injury," says Dr. Hastings. "Reliv products are the perfect fit for active lifestyles because they contain high-quality nutrients that work synergistically to provide many benefits."

For example, FibRestore®, Reliv Classic® and Reliv Now® all contain the enzymes bromelain and papain, which help reduce inflammation and aid muscle recovery. These products also include a host of antioxidants and other nutrients.

Innergize!® contains vitamins, minerals, amino acids, chromium, zinc and carbohydrates to provide added energy, promote oxygen absorption and boost the immune system.

Another Reliv product designed for active lifestyles is ProVantage®. It's formulated to improve performance, endurance, recovery and repair with 13 grams of muscle-building soy protein and other advanced ingredients, such as creatine, CoQ10 and amino acids.

"Reliv products are easy to use and consume as liquids," Dr. Carl says. "You don't have to try to figure out the right balance of nutrients because we've already done it — through advanced formulas based on good science. Just two Reliv shakes a day and you'll know your body is benefiting from optimal nutrition."

*The statements contained in this material have not been evaluated by the Food and Drug Administration. The personal testimonials shared reflect individual experiences of Independent Reliv Distributors and are not necessarily typical of the results you may obtain. Reliv products are not intended to diagnose, treat, cure or prevent any disease.*

## Good Nutrition Packs a Punch

Six-foot-tall Reliv Distributor **Sheena Glover**, of Omaha, Nebraska, is pairing an intense, twice-daily training schedule with Reliv products to get in fighting shape for the Golden Gloves amateur boxing tournament.

Using ProVantage, Slimplicity® and Innergize!, Sheena has already lost 6 pounds and 2½ inches from her waist in just two weeks as she works toward her fighting weight of 165 pounds.

"With Reliv, I have tons of extra energy so I can push longer and train harder," Sheena says. "I've tried other supplements before, but I like that Reliv products have all the essential nutrients I need in one shake — I don't need a cabinet full of pills."

## Discovering an Athlete's Secret Weapon

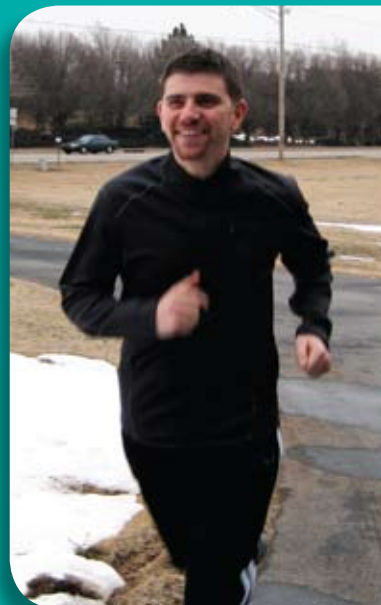
Kayak instructor and Reliv Ambassador **Kevin Hinds** of Bath, Maine, says ProVantage is an "athlete's secret weapon."

"I've supplemented before but never saw results I could point to," the 36-year-old says. "But with ProVantage, my workouts are smoother, I have more stamina and I recover quickly. In my job, I carry a number of 60-pound kayaks down a 565-foot dock several times a day. I work with people younger than me and perform as well or better than them thanks to Reliv products."

## Running in Fast Forward

After 22 years of distance running, the past year has been the best for 32-year-old Reliv Master Affiliate **Kurt Musgrave** of Enid, Oklahoma. That's because a year ago, he started supplementing with Reliv nutrition, including Reliv Classic, Innergize! and FibRestore.

"The difference is like night and day," Kurt says. "My endurance is 100 percent greater and I run the 5K faster than I ever have. My recovery is quicker and I don't even get tired."





## with Dr. Hasler



### Q **What is your role on Reliv's Scientific Advisory Board?**

a I've known Dr. Carl Hastings for many years and we worked together through the Functional Foods for Health Program at the University of Illinois, Chicago and Urbana-Champaign campuses. Reliv was an industry member of that program. It has been a pleasure and honor to serve with him on Reliv's Scientific Advisory Board. Reliv is an exciting company. Part of my role on the board is to keep up with the research done at top-tier research facilities and pass along this information to Carl to benefit Reliv products.

### Q **What does your healthy, active lifestyle look like?**

a I've been athletic all my life in various activities such as Tae Kwon Do, biking, swimming and running. I try to eat a plant-based diet with lots of fruits and vegetables. I also eat probiotics every day, along with fish oil for Omega-3 and vitamin D. I shop the perimeter of the grocery store for the healthiest food choices.

### Q **How do supplements fit into a healthy, active lifestyle?**

a A healthy diet should be the underpinning for everyone's lifestyle. Eating lots of fruits and vegetables is very important along with eating enough whole grains and fiber.

In the area of nutrition, we now realize that diet can have a transformative effect on health and well-being. This should come as no surprise. After all, it was Hippocrates, the father of medicine, who linked the critical relationship between diet and health more than 2,500 years ago when he said "Let food be thy medicine and medicine be thy food."

Appropriate diet and lifestyle choices can prevent a large percentage of the chronic disease that we face today. But supplementing is good nutritional insurance for those who don't eat the way they should — which includes many people.

### Q **What advantage do Reliv products have over other supplements on the market to support an active lifestyle?**

a Reliv products are based on good science. That's a very important foundation. With so many nutritional products on the market, people trust Reliv products because they're scientifically based on the latest research. We need more than one nutrient in our diet. So Reliv figures out

what nutrients people need and creates the right balance of these in its products for optimal health.

To be successful in the crowded marketplace, products also have to taste good. Reliv products certainly do. I love the new snack bars. They taste terrific and have a good mix of nutrients. The protein in the snack bar leaves me feeling satisfied and it's convenient and portable. Plus I love chocolate!

*Dr. Clare Hasler is an internationally recognized expert in the areas of functional foods and nutraceuticals. She is founding executive director of the Robert Mondavi Institute for Wine and Food Science at the University of California, Davis, and she is a distinguished lecturer for the Institute of Food Technologists. She serves on the editorial boards of the Journal of Nutraceuticals, Functional Foods and Medical Foods and the Journal of the American Nutraceutical Association, among other editorial positions.*

*Hasler was the founding director of the Functional Foods for Health Program, a joint effort between the University of Illinois at Chicago and University of Illinois at Urbana-Champaign. She has written extensively on functional foods and other health-related issues. Dr. Hasler earned a dual Ph.D. in Human Nutrition and Environmental Toxicology from Michigan State University.*