

February 2023 Virtual Product Showcase



HEALTHPOINTE

live better, feel better

HealthPointe Health & Wellness Program

- HealthPointe Program – Linda Best
- Breaking News with Patty Crumpler
- Q&A

Hosted by Mary Roberts & Diana Boyd



HealthPointe Program

Lean Team Wall of Success



Ron & Cathy Allen -
before

Cathy 25#
loss

Cathy 35#
loss

Ron 50#
loss



Program Highlights

- ✓ Never Be Hungry
- ✓ Food You Buy & Prepare
- ✓ Delicious Snacks
- ✓ Free Coaching/Support
- ✓ Gentle Exercise
- ✓ Proven Success



100#
1 year



Twins lost 35# each and
baby sister lost 97#



WOW! Cay was faithful for a
full year and lost 55 pounds!



Before



After 40 pound loss
In just six months!

Why HealthPointe?

Why is the HealthPointe Program unique?

- NEVER go hungry - UNLIMITED snacks to prevent hunger
- Add food after 4 weeks to stabilize metabolism
- Nutritional Supplements from Nutrilite, world's best - plant-based from certified organic farms
- Only gentle exercise required
- It Really Works!
- You don't have to fear what you will do if it doesn't work or if you quit losing weight; the solution is in the plan

HealthPoint Program Details

- **5 days of preparation:**

- Minimum six-week commitment
- **5 days of eating freely** (to clear the pantry & fridge of pasta, desserts, and potatoes, etc., plus to get the best Jump Start results)
- Take and record your **measurements (take a before picture)**
- Set and write down your **goals** – picture the new you!
 - Set up intermediate goals and **rewards** along the way
- Set up communication with **coach**
- Partner with family in your home and even a **team** of friends
- **Plan HOW** you're going to follow the plan –
 - Identify and address your specific challenges
- Plan first week **menus and shop for food**
- Plan first 2 weeks (minimum) **snacks and place order**

- **3 days of Jump Start** (Protein Days): 3 meals from the Protein Food List + recommended snacks & snacks from the Protein Food List.

No veggies, fruit, or grains on these days.

- **Four weeks of weight loss on Menu Days**
- **Two weeks of metabolic adjustment on Add More Food Days** (get instruction on this ahead of time so you'll know how)
- If more weight loss is desired; **repeat** above six-week cycle
- When you **reach your goal**, follow lifetime maintenance program.

PRO TIP: Don't start without having food, snacks, & menus ready!!

Points to Remember

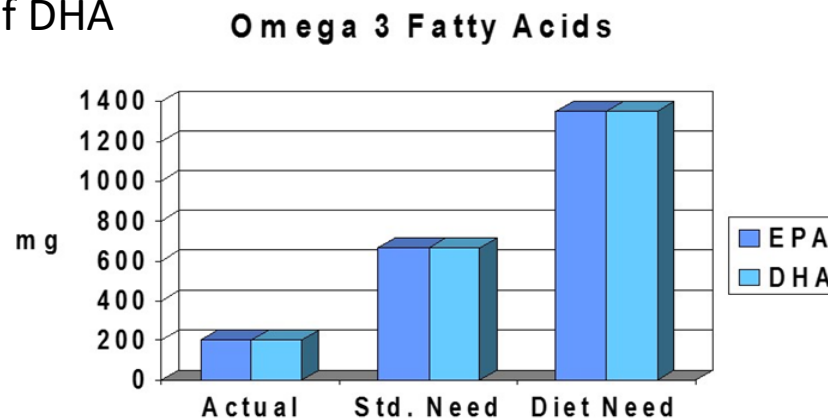
- Eat! **NEVER** be hungry (recommend 4 – 9 snacks a day)
- Drink your water (80 oz/day of filtered, quality water)
- Take a quality multi vitamin and quality omega 3
- Follow Menu Plan – serving quantities from Food Lists
- Keep moving – improve over yesterday

Why are snacks critical?

- Meals keep blood sugar level at 80 for two hours
 - ✓ Blood sugar will start to drop after two hours
 - ✓ Without a snack, metabolism will start to slow down
- Nutrilite snacks are balanced to keep blood sugar level close to 80
- Extra calories are more than offset by metabolism being at full throttle

Why Omega 3s?

- Need equal balance between Omega 3 and Omega 6; however modern diet ratio is 1:14
 - ✓ Vegetable oils are Omega 6
 - ✓ Domestic meat has almost no Omega 3s
 - ✓ Omega 3s suppressed by Omega 6s (compete for same enzymes)
- Important in brain and retinal tissue
- Significant reduction in sudden cardiac death
- Psychiatric
 - ✓ Low levels of Omega 3 & Zinc good predictors of major depression & suicide
 - ✓ Postpartum depression linked to low levels of DHA
 - ✓ Low levels linked to ADHD in children





Five reasons Nutrilite is the best food supplement brand

No other company can make all five claims:

1. Nutrilite grows only certified organic vegetables, fruits and herbs
2. Nutrilite owns 6,400 acres of certified organic farms in California, Washington State, Mexico and Brazil.
3. Nutrilite uses whole plant concentrates (minus water and fiber).
4. Nutrilite has phytonutrients in most of its products. In fact, Nutrilite is credited for discovering phytonutrients.
5. Nutrilite has the highest quality control standards (seed to supplement). Follows current “Good Manufacturing Practices” (cGMPs), including accurate labeling & expiration dates for maximum nutritional benefits.



HEALTHPOINTE RECOMMENDED PRODUCTS

Set yourself up for success on HealthPointe with these 5 products.



1.) NUTRILITE PERFECT PACK

SKU: 123377

THE ULTIMATE PERSONALIZED PACK

The perfect mix of supplements created to build a solid nutritional foundation and optimal health. Each daily serving contains the following supplements:

- Double X™ Vitamin/ Mineral/ Phytonutrient Supplement
- Concentrated Fruits and Vegetables
- Balanced Health Omega
- Vitamin D

2.) NUTRILITE FIBER POWDER

SKU: 102736

SUPPORTS GUT MICROBIOME HEALTH*

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.* This taste-free, non-gritty powder can be sprinkled on foods or mixed into liquids.

3.) BODY KEY CINNAMON SWIRL MEAL BARS

SKU: 290761

A LOW NET CARB MEAL OPTION

These well-balanced bars offer delicious non-GMO ingredients. Gluten free.

(Purchase 2 boxes for a month)

4.) XS SPORTS PROTEIN SHAKES

SKU: 110369 (chocolate) 110370 (vanilla)

BUILD LEAN MUSCLE MASS ON THE GO

Delicious, convenient and packed with 25 grams of whey and casein proteins and just 1 gram of sugar.

(Purchase 2 cases for a month)

5.) XS ENERGY + FOCUS DIETARY SUPPLEMENT

SKU: 107846

GIVE YOUR WORKOUT YOUR FULL ATTENTION

Helps maximize physical endurance and mental focus during exercise.* Supports the body's stress response to shorten recovery.*

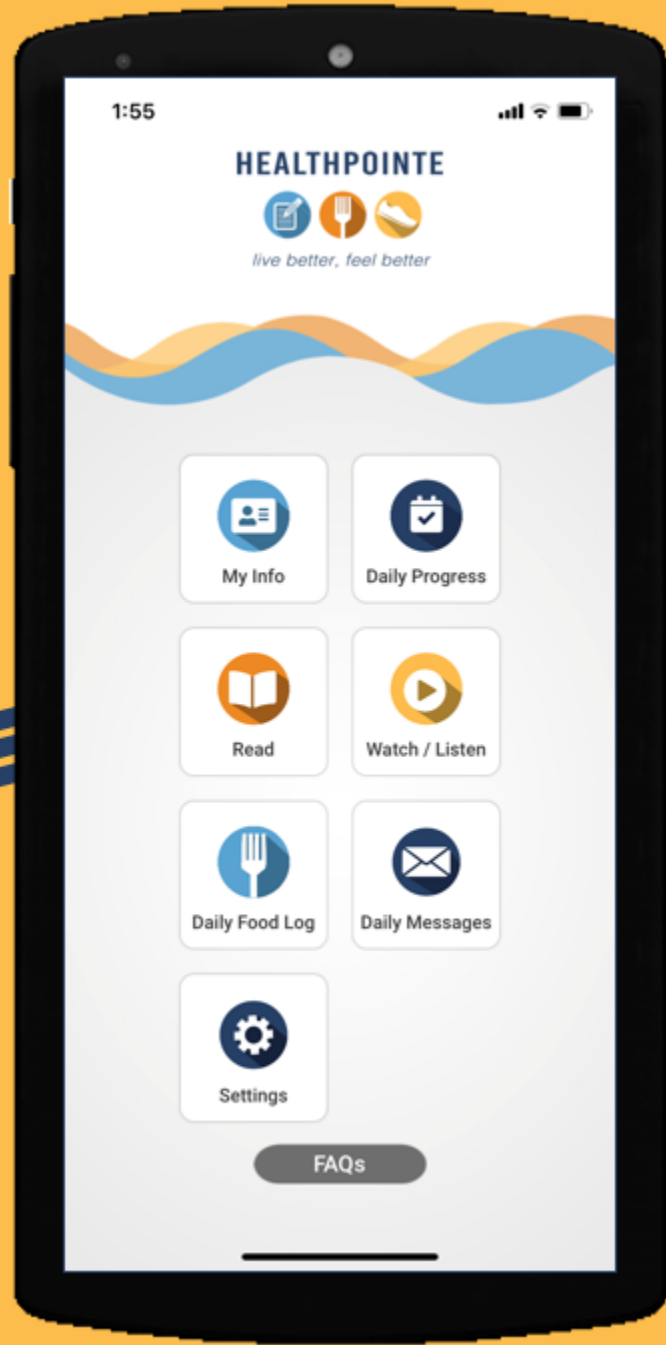
Talk with your coach about other products to add (i.e. XS Energy Drinks, XS Muscle Multiplier, and healthy Nutrilite and XS Snacks)

*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.

Common Mistakes

- Not drinking 60-80 oz of clean water per day
(needed to help flush out toxins produced by the metabolizing fat)
- Not eating enough snacks
(Water is for thirst...Snacks are for hunger)
- Not getting enough sleep
(6 hour minimum, 8 hours optimal, your mileage may vary)
- Not setting a goal and tracking your progress
- Not communicating with your Healthpointe Coach regularly

HealthPointe App



HealthPointe App

Next Steps

1. Set a time to meet with your HealthPointe Coach to discuss your goals
2. Order (or get from your coach) the HealthPointe Program materials and app access
3. Place an order for your vitamins and snacks
4. Go shopping for healthy foods recommended in the HealthPointe Program materials
5. Have access to filtered water (optimal from an eSpring Water Purification system)
6. Start your program and track your progress (take “before” picture)
7. Repeat as needed

We look forward to adding your before/after pics to our Lean Team Wall of Success!



With Patty...

Feb 22

Glister Oral Care System (plant based) – toothpaste, floss, oral rinse, and breath spray

Mar 8th

Nutrilite Omega (For brain + heart health)

Nutrilite Advanced Omega (For brain, heart, joint, eye + skin health)

Glister Update!

New products are all part of our oral care system, including a toothpaste, floss and mouth rinse that each contain Nutrilite mint! Refresher spray is also updated.





Nutrilite™ Everyday Nutrition Bundle with Advanced Omega

Item # 318781 \$135

Nutrilite™ Everyday Nutrition Bundle with Omega

Item # 318780 \$120



Individual Omegas launch March 8th

**THE NEW 12oz
ENERGY DRINK
FAMILY**



**Transition
to 12 oz cans
begins in
March.**

Q&A

