

90  
nutrilite™  
YEARS OF GROWTH



# GUTPROtein



Life starts with **Protein** • Health powered by **Gut**

**RE-ENGINEER YOUR SECOND GENOME**

# A HEALTHY GUT IS KEY TO A HEALTHY YOU

Our health starts from our gut. Science has shown it does more than just aid digestion. In fact, it is the **master key to unlocking the secrets to optimal health.**

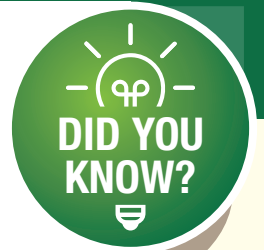
Let's embark on a health and wellbeing journey where your gut plays host to the superheroes of your health story!

## What is a Genome?

A genome is the complete set of genes or genetic material present in a cell or organism. The DNA in your cells is essentially the blueprint that makes you who you are.

### The First Genome

are the genes you inherited from your parents that cannot be altered.



The First Genome Determines Your

Height



Eye Colour



Hair Colour



Skin Colour



Fingerprints



and more!



# Your Second Genome: Your Gut Microbiome

Your gut contains trillions of microorganisms that have their own genes, collectively known as the **gut microbiome**. This microbiome is so influential on your health that it's often referred to as your **Second Genome**.



To illustrate this, imagine your gut as KL Sentral. Just like this transportation network hub connects different parts of the city, **your gut connects to and supports various bodily functions.**



**DID YOU KNOW?**

We can change the **Second Genome** by influencing your gut microbiome. In other words, you can transform your health by improving your gut health.

# What Is The Gut Microbiome?

A healthy gut microbiota is estimated to have

**85%**  
of Good Bacteria

**15%**  
of Bad Bacteria

DID YOU KNOW?

**70-80%**  
of the body's immune system lies in the gut.

The primary role of our gut microbiome is to **teach immune cells when to react, what to target and what to ignore.**

In addition to the body's overall immunity, research has shown that the skin's immune function is influenced by the gut's diverse bacteria, so **a healthy gut microbiome strengthens the skin's immunity!**

DID YOU KNOW?

Your gut microbiome is home to an estimated **100 trillion** gut bacteria.

DID YOU KNOW?

## MEET YOUR GUT SUPERHEROES!

The good bacteria in your gut act like a tiny team of superheroes, each with their own superpower to keep you healthy.

### Digestive Helpers

Help break down food for better nutrient absorption.

### Mood Regulators

Produce chemicals in your brain to keep you happy, less anxious & more energetic.

### Harmful Bacteria Fighters

Act like security guards to kick out bad bacteria so the good bacteria can keep you healthy and thriving.

### Immune Boosters

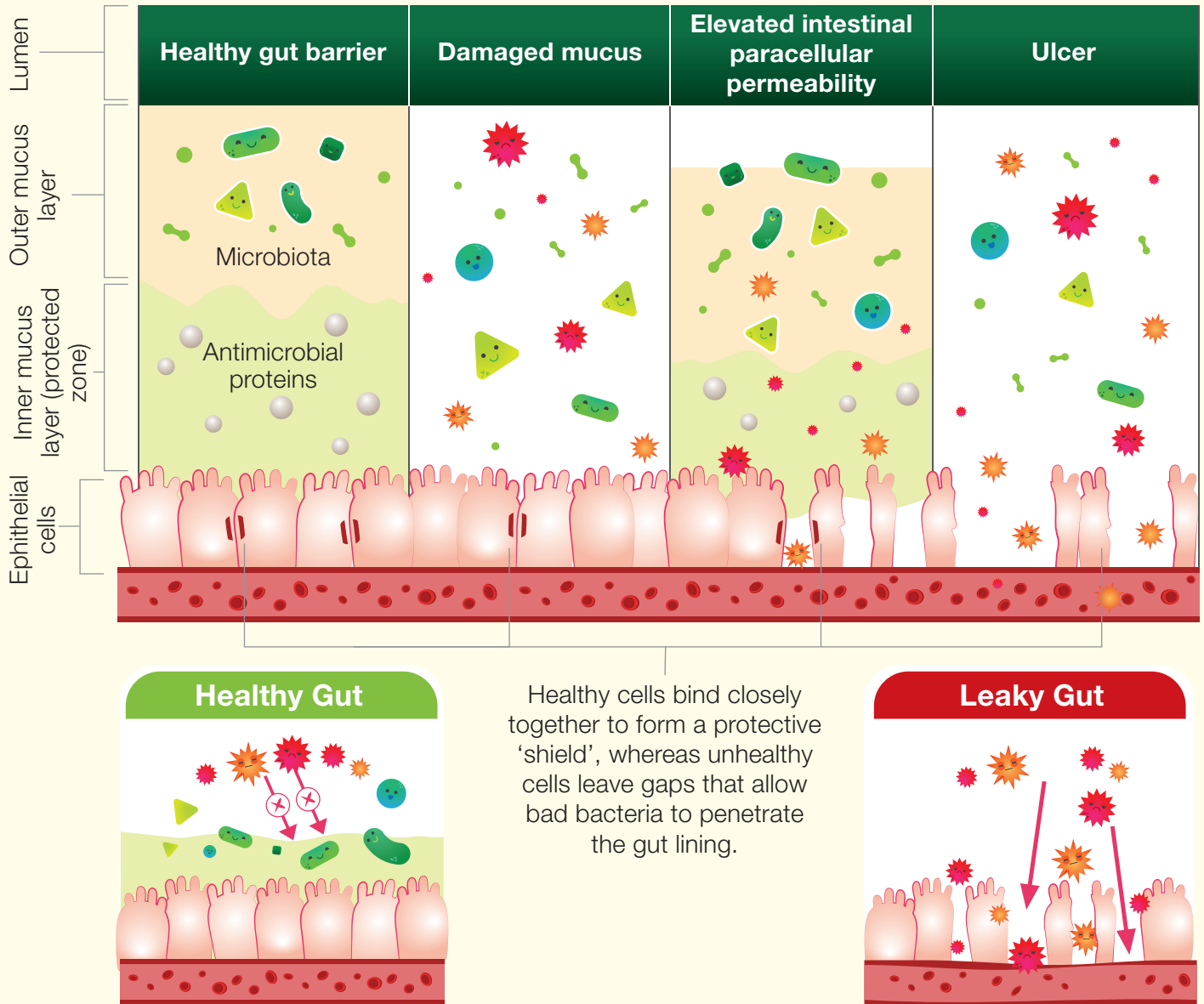
Build a strong defence by training your immune system to recognise & fight off harmful invaders.

  
**DID YOU KNOW?**

These tiny projections in your intestines are called **villi**. Healthy villi absorb nutrients from food efficiently to ensure healthy digestion and overall gut health!

# Gut Lining: Your Body's Fortress

Think of your gut lining as a fortress wall. When it's strong, it keeps harmful invaders out. However, when your gut lining is damaged, it becomes permeable, leading to what is known as a "leaky gut".



## What happens when you have a leaky gut?

Toxins and bacteria can pass through the barrier, entering the bloodstream and causing inflammation and other health problems.

In other words, there's a breach in the fortress walls, letting in invaders that wreak havoc on your health.

Symptoms of a leaky gut can include



Diarrhoea



Increased gas



Constipation



Abdominal pain or discomfort



Nausea or vomiting

# Establishing a Strong Gut Foundation

Achieving optimal health requires a healthy gut. Among others, a healthy gut can help:



**Boosts your energy levels**



**Enhance your digestive comfort**



**Experience healthier skin**



What you need are



**PROTEIN**

**PREBIOTICS**

**PROBIOTICS**



**HEALTHY GUT**

When you nurture your gut, you create a strong foundation for better health. Let's take a closer look at the science.



# Boosting Your Energy Levels by Regulating Metabolism

Feeling tired all the time? Your gut health might be affecting your energy levels. When the gut is functioning optimally, it ensures that we get the most out of the food we eat. This includes converting:



Carbohydrates into glucose

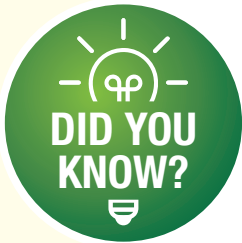


Proteins into amino acids



Fats into fatty acids

which our cells use for **energy**.



You can boost your energy levels by consuming protein.

By maintaining stable blood sugar levels, a healthy gut prevents energy crashes and keeps you feeling alert throughout the day.

Boosts your metabolic rate (i.e. burn more calories after eating & during sleep)



Improve glucose regulation



Your body needs **PROTEIN** to

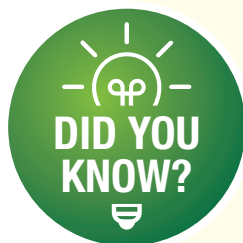
Increase satiety after meals



Enhance concentration throughout the day



Protein consumed before bed aids muscle recovery by increasing amino acids in your blood overnight.



## A Balanced Gut Microbiome = Healthy Metabolism





# Enhancing Digestive Comfort by Improving Gut Health

Often feel bloated or gassy after a meal? This is often a sign of imbalances in the gut microbiota. Restoring balance in the gut involves **providing essential nutrients** that support the gut lining, introduce beneficial bacteria, and promote their growth.

## Your Gut Needs

### PROBIOTIC

to replenish beneficial gut bacteria to maintain a balanced gut microbiome.

### PREBIOTICS

to supply the food they need to thrive (like superheroes refuelling after a long day of saving the world).



### PROTEIN

to support the repair and maintenance of the gut lining, especially during sleep. Also helps the body to utilise nutrients effectively.

## Signs of a healthy gut



Regular bowel movements



Consistent energy levels



Glowing skin



Limited or no bloating



Mental clarity



Improved food tolerance



**A Balanced Gut Microbiome = Better Digestive Comfort**



# Experience Healthier Skin By Achieving Healthy Gut



Our skin is the largest organ in our body and our first line of defence. It also reflects our inner health.

An imbalance in the gut microbiome can lead to **systemic inflammation**, which can manifest as **skin conditions** such as



Acne

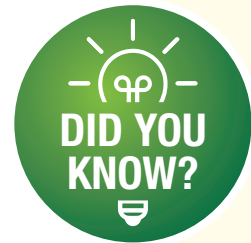


Eczema



Psoriasis

We need a healthy gut to absorb the nutrients that are vital for skin health.



Build & maintain a healthy skin barrier



Retain moisture and hydration



Your skin needs **PROTEIN** to



Support collagen production (for firm, youthful skin)



Healing, repairing damaged tissue & cell regeneration

Help balance skin pH balance



Reduce skin sensitivity



Your skin needs **PREBIOTICS & PROBIOTICS** to



Improve skin's barrier function



Boost antioxidants to fight skin ageing

When you nourish your gut, you support the health of your skin from within, leading to a more radiant and youthful appearance!

**A Balanced Gut Microbiome = Healthy Skin**

# What Makes The GUTPROtein So Potent?

**GUTPROtein Foundational Health** is a potent blend of three powerful products **working synergistically** to give your gut the ultimate foundation for optimal health. Let's take a closer look at each component:

	<p><b>Nutralite Botanical Beverage Mix Chicory Root Extract with Probiotics</b></p>		<p><b>Nutralite Soy Protein Drink</b></p>		<p><b>Nutralite Mixed Fiber Powder</b></p>
<p>Replenishes beneficial gut bacteria so they can multiply and grow.</p>		<p>Essential to create new replacement tissue, support bone and muscle growth, and mental development, while giving you healthy looking skin.</p>		<p>Nourishes good bacteria, serves as food for probiotics to maintain a balanced gut microbiome.</p>	
<p>Uses “Arrive Alive” and “Stick-To-The-Gut” technology to ensure probiotic strains reach your gut alive and anchor effectively</p>		<p>Made from wheat, soy &amp; pea.</p>		<p>Features a unique blend of three soluble fibres from naturally derived plant sources.</p>	
<p>Each serving delivers 6.3 billion CFUs from an exclusive blend of 5 probiotic strains.</p>		<p>Preserves lean muscle mass and promotes satiety.</p>			



Learn more about the **GUTPROtein Foundational Health** here!

# Start & End Your Day with GUTPROtein

Now that we've unlocked the power of GUTPROtein Foundational Health, let's dive into how you can seamlessly integrate it into your daily routine to supercharge your healthy lifestyle.

Take GUTPROtein 2x Daily for Optimal Health



**Once Before Breakfast**

**Start Strong**

Kickstart your metabolism and maintain high energy levels



**Once Before Bedtime**

**Rest & Repair**

Essential for cell repair & regeneration and helps promote quality sleep

Enjoy GUTPROtein Foundational Health as a standalone shake or incorporate it into your daily diet or breakfast!

## GUTPROtein Shake Recipe

Recommended Serving Size:



2 scoops  
**Nutralite Soy Protein Drink**

(or any other flavour)



1 stick pack  
**Nutralite Mixed Fiber Powder**



1 stick pack  
**Nutralite Botanical Beverage Mix Chicory Root Extract with Probiotics**



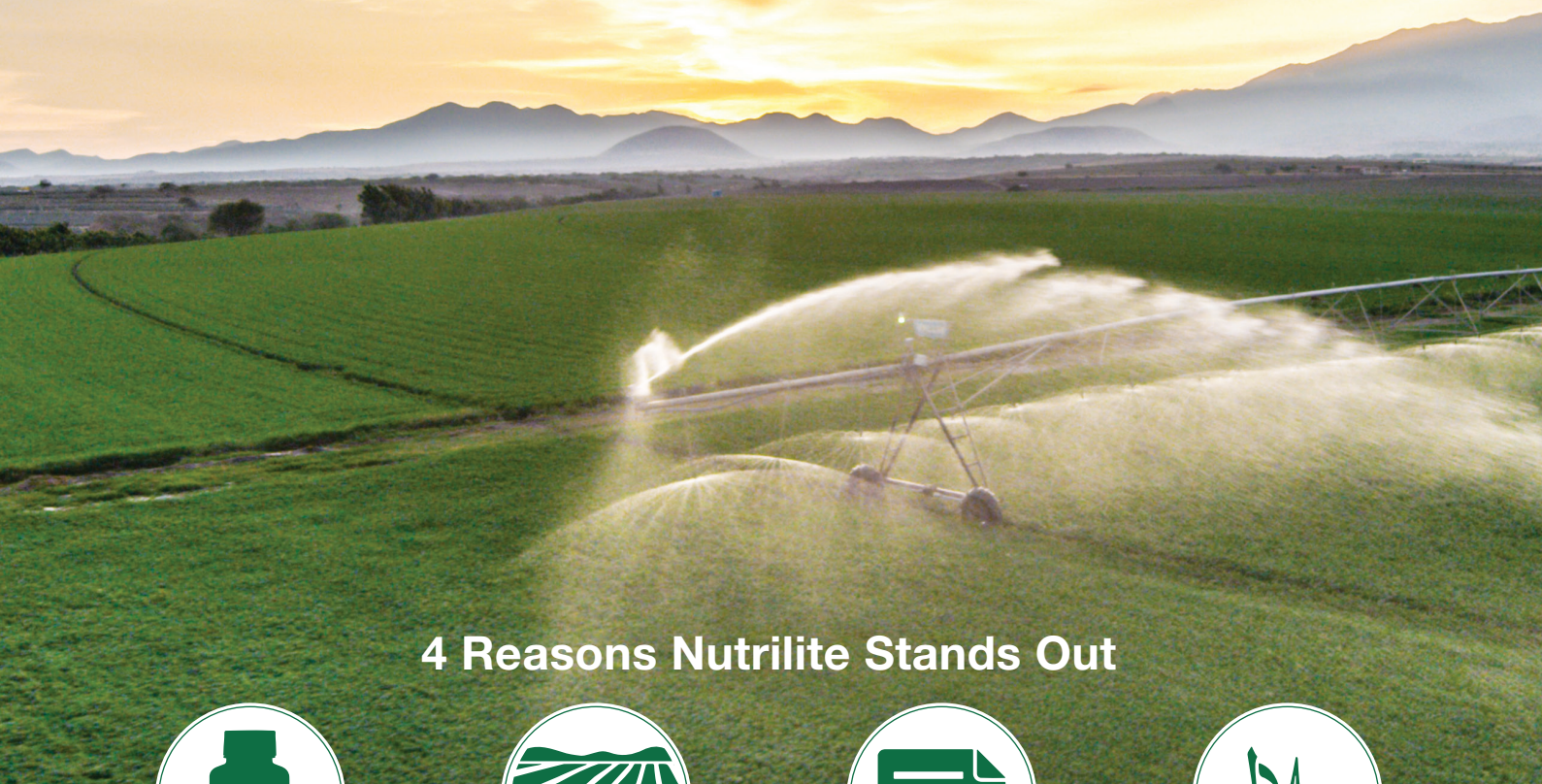
200ml  
**Water**

**Mix well and enjoy!**

**Disclaimer:** The recipe provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor or medical practitioner before making any significant changes to your diet, including incorporating this solution into your daily diet plan. While GUTPROtein Foundational Health can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications.

# Why GUTPROtein by Nutralite?

Nutralite has a legacy spanning over 90 years, providing a wide range of trusted organic and plant-based healthcare products and supplements to families across the globe.



## 4 Reasons Nutralite Stands Out



### Traceable from Seed To Supplement

Our rigorous **9-step traceability process** ensures the highest quality and complete accountability every step of the way. Nutralite is committed to **tracing our ingredients from seed, to soil, to supplement.**



### Exclusive Nutralite Farms

Nutralite is the only global vitamin and dietary supplement brand to grow, harvest and process plants on our own certified organic farms.\*

\*Source: GlobalData, <http://gdretail.net/amway-claims/>



### NutriCert Partner Farms

Every farm that furnishes botanicals and plants used in Nutralite products must meet our strict NutriCert quality standards for purity, safety and efficacy.



### Halal-certified

by the Islamic Food and Nutrition Council of America (IFANCA).



Scan here to know more about the **9-step traceability process!**

# Making GUTPROtein a Part of Your Healthy Lifestyle

Now let's amplify the power of GUTPROtein with other healthy habits:

## Supplement Smart

Fill nutritional gaps with Nutrilite DOUBLE X or Nutrilite Daily.



## Exercise Regularly

Aim to achieve 10,000 steps daily.



## Prioritise Sleep

Get 7-8 hours of quality sleep per night.



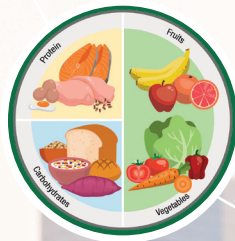
## Stay Hydrated

Drink at least 8 glasses of clean, filtered water each day.



## Balance Your Meals

with **Suku-Suku Separuh** — half your plate with fruits and veggies, the other half with proteins and carbs in equal amount.



By following these habits, you can ensure that your gut superheroes have the best environment to thrive!



Scan here to watch the video on GUTPROtein!



# The Tree Of Holistic Health

Just as a tree thrives with strong roots and nourishment, our bodies require **protein**, **probiotics** and **fibre** to establish a solid foundation for a healthy gut and optimal health.



“All disease begins in the gut.”

**Hippocrates**  
Ancient Greek physician

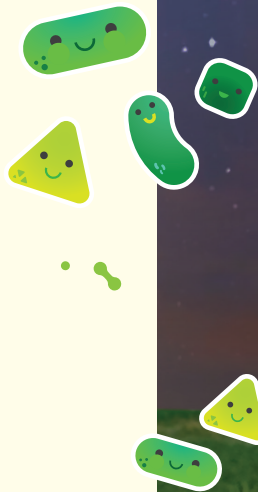


Scan here to learn about  
Beyond GUTPROtein:  
Personalised Health  
Solutions For You.

**A Healthy Gut = A Healthy You**



Scan here for  
the references.



Note: This product is not intended to diagnose, treat, cure, or prevent any disease. Those with medical condition, please seek physician's advice before taking the product.

This user guide is meant for Amway Business Owners only. It is not meant to be circulated to the public. The contents are for informative purpose only and are not a substitute for professional medical advice. Please consult your physician on any questions or concerns you may have regarding your health.

