

you to super you

the power of x

going mobile

# lifestyle

reliv.



2015 Australia/New Zealand



reliv: the  
nutritional  
epigenetics  
company

Helping you take control of your health like never before



I've been on Reliv for 2 years, before I started I was a size 18 after 3 months I went down to a size 10. I'm taking Innergize!® now and it gives me heaps of energy and I hardly ever get colds like I used too. Best product ever why not give it a go.

**Phillipa Tataurangi via Facebook**

I have enjoyed Reliv (health and wealth) for more than 22 years

**Gwen McNaught, via Facebook**

Absolutely stoked with my debut marathon, a win at the Lydiard Legen, 2:29:23! Thanks @relivaunz for the support!

**Josh Maisey via Twitter**

I am grateful for this product, it makes getting the nutrition my family needs a whole lot easier. I know my kids won't eat 10 cups of raw broccoli and 20 cups of brussel sprouts in a day? We take this concentrated nutrition product and we are all healthy and on NO meds, yea!!!

**Jennifer Ellis Eaves via Facebook**

Big thanks to @relivaunz for keeping me fit and in one piece to finish 3rd in the Auckland Half Marathon.

**Jono Jackson via Twitter**

I have been taking Reliv products for the past 6 years. However, I would like to comment on the Reshape® with Lunarich™ which I have recently started taking. In one month taken daily with fresh fruit and berries, as a meal replacement at lunch which supports my busy lifestyle, I have put in place a substantial weight loss program and have seen a significant reduction in fluid in my upper arms and torso. To add to these comments, I would also like to remark that I have experienced an incredible lightness of body which translates to increased energy and vitality. A truly amazing product.

**Carole Nestor via Facebook**

I love Reliv ReversAge®

**Nte Pappas via Facebook**

Thanks for the mobile app. Awesome!

**Maureen Vonder via Facebook**

Way to go Stephanie! What an inspiration you are! (On winning her way to Phuket, Thailand!)

**Judy King, via Facebook**

Took Innergize!® with me on my first marathon. Love this drink!

**Chef Katrina, via Facebook**

Visit our new Facebook page, Reliv Australia and New Zealand. This will be the first place we'll be communicating special events, recognition, webinar invites, product updates and a whole lot more. Keep up to date with what's happening at Reliv ANZ by 'liking' our page and don't be shy, feel free to make a comment. **We want to hear from you!**

A black and white photograph of a woman with long, light-colored hair, wearing a dark tank top and dark pants, in a starting crouch on a light-colored floor. She is smiling at the camera. The background is blurred, showing what appears to be a track or outdoor setting.The reliv logo, featuring the word "reliv" in a sans-serif font above a stylized graphic of three wavy lines, all enclosed within a blue circle.

reliv

luna  
richX™

**LunaRich X™** is the most pure, concentrated form of lunasin ever produced. Lunasin's documented health benefits prove that it supports:

- Heart health
- Cholesterol management
- Inflammation reduction
- Antioxidant benefits
- Improved immunity
- Overall cellular health
- And the list keeps growing...

**You to  
Super You**



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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.

As with any independent business, success as a Reliv Distributor requires a significant amount of hard work and dedication. The individuals featured in this material offer a glimpse into the lifestyle and economic benefits they are enjoying through the Reliv opportunity as a result of their own skills and personal effort. These stories are examples only and are not intended as averages or guarantees.



## Dear Reliv Asia Pacific Distributor,

I just wanted to send out a short message to everyone sharing with you the latest reports from the Direct Selling Industry. The Asia Pacific region is considered the "New Frontier" in our industry and with all the new consumers and new business builders coming into the direct sales industry, Reliv Asia Pacific is a prime region for your Reliv business!

Here are some of the latest 2013 industry facts:

- Global Sales have topped US\$178 Billion up 8.1% from 2012.
- Worldwide Salesforce grew to 96 Million up 7.2% from 2012.
- There are now 23 Direct Sales countries with annual retail sales of over US \$1 billion!
- The Philippines earned this prestigious list last year and ranks #23.
- Indonesia comes in at #22.
- Australia at #19.
- Malaysia is ranked #9 in the world; the 9th highest direct sales market in the entire industry!

All these markets are among the billion dollar markets in the industry and they continue to show strong sustainable growth. Not only that, but Indonesia (15%) and Philippines (14.8%) had the highest percentage of growth rates in the industry and makes the "Powerful New Markets" list.

Now, what does all this mean? YOUR opportunity in Asia Pacific continues to be bigger than ever! People continue to be attracted to and sign on to this industry! The question is will they come in under you in your organisation or in someone else's?

So, who do you know who could benefit from the Reliv opportunity? Who do you know is looking to live a healthier lifestyle? Who do you know who wants more flexibility in their lifestyle? Who do you know who wants to earn extra money to provide for their family? The Reliv opportunity is there; will you take advantage of it?

Together, let's take Reliv Asia Pacific to the next level!



**R. Scott Montgomery**  
*President of Reliv Asia Pacific*



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A photograph of two scientists, an older man and a younger man, both wearing white lab coats, working in a laboratory. The younger man is in the foreground, looking at a laptop. The older man is behind him, also looking at the laptop. The background shows laboratory equipment and white cabinets.

Nutrition  
at a  
higher  
level

reliv: the  
nutritional  
epigenetics  
company

## Did you hear the news?

LunaRich X™ is here – it's time to take your nutrition to the next level.

Lunasin, a naturally occurring soy component, is the key ingredient responsible for soy's well documented health benefits and is the first dietary ingredient identified to affect gene expression and promote optimal health at the epigenetic level.

## LunaRich X™

Is the most pure, concentrated form of lunasin ever produced – and it's exclusive to Reliv!

## First Epigenetic Superfood

LunaRich, with guaranteed levels of bioactive lunasin, works at the cellular level to turn GOOD genes ON and BAD genes OFF – and lets you take control of your health like never before.

## Benefits Booster

In addition to its own benefits, the lunasin in LunaRich increases the benefits of other bioactive nutrients (like those found in Reliv nutritional formulas) in two ways:

- **Synergism:** Lunasin works in with other nutrients, each with its own effect on genes and physiological pathways. When you optimise these pathways with different bioactive nutrients, you optimise your health as well.
- **Increased Potency:** Certain nutrients are activators of important genes involved in maintaining health. Once these genes are activated, lunasin has the ability to further increase their expression by making them more readily recognized by the cell.

## Epigenetic Accelerator

Reliv Now is your nutritional fuel; LunaRich X is your epigenetic accelerator. You get optimal health today and smart prevention for tomorrow.

## Proven Effective

A University of Missouri swine study supplemented daily with Reliv Now and LunaRich X™ for eight weeks showed significant improvement in biomarkers associated with cardiovascular and metabolic health. Circulating free fatty acids, linked to obesity and metabolic syndrome, decreased by 65%. The hormones leptin and adiponectin, which play a key role in weight management, increased by 64% and 60% respectively. No effective treatments currently exist for improving these biomarkers.

"My hypothesis is that the nutrients in Reliv Now work in combination with bioactive lunasin in LunaRich X to specifically activate and increase the expression of the leptin and adiponectin genes, resulting in lower free fatty acid levels," says Dr. Alfredo Galvez. "The next step is to validate these results by conducting full-scale human clinical trials, which we are actively pursuing."

## Award Winning Nutrition

**LunaRich X™ was named the 2013 People's Choice for favourite New Consumer Product by the American Business Awards.**



# New to Australia and New Zealand!

Multiply your good health by the power of X



**Name:** Mavis Nyantachi

**Hometown:** Auckland, New Zealand

**Time for a change:** I had been struggling with high cholesterol, high blood pressure and low iron levels for many years. I had been to see my doctor but I wasn't noticing any improvements. It was time for a change.

**Sleeping through the night:** I have been consuming Reliv nutrition for over 12 months now. I'm so happy with how I am feeling. I'm also sleeping better through the night and waking up refreshed and with more energy.

**A new business opportunity:** I work in a hospital, and while enjoying the products I saw the benefits of the Reliv business as well. I've had my Reliv business for over 12 months now and we are receiving residual income each month, and qualified to attend the 2014 Leadership Camp – an all-expenses paid trip for my husband and I to Bali!



**Name:** Lynne Culph

**Hometown:** Forest Hills, VIC

**Chronic allergies:** Reliv came into my life over 23 years ago when my own health was severely compromised. I was a chronic allergy sufferer for most of my life and had been hospitalised for six weeks at one stage because my eczema was so bad. I was rapidly becoming allergic to everything I was touching or using on a regular basis. I was told I had the worst case of food allergies the hospital had ever seen, and had a very restricted diet. The allergies soon turned to chemicals, then the environment, and I was told my prognosis was to eventually live in a bubble away from everything I was rapidly becoming allergic to.

**Energy back:** I had lived on medication for many years, high doses of steroids and I'd lost count of the alternative treatments I'd tried over the years. I was already supplementing my diet, but after three days trying Reliv products I got some of my energy back, which was wonderful as I hadn't had energy for years. After six months enjoying the products I stopped my medication, and have not used it since. I am now 62 and feel better than when I was 30.

**What a wonderful way to earn an income:** For quite a time I didn't want anything to do with the business. I had two other businesses and those kept me very busy. But because the products are so effective and people noticed me and my family's continuing good health, people wanted what we had and the Reliv business was happening without me putting in very much effort. As a result of the Reliv business I have travelled the world and made lifelong friends everywhere I've been.



**Name:** Stephanie Semmens

**Hometown:** Hampstead Gardens, SA

**Deteriorating health:** I'm a registered nurse from South Australia. Returning back home from living in the Middle East for 26 years, I noticed my health had generally deteriorated. I was experiencing aches and pains all over, had reflux and was lacking energy. My sister introduced me to the Reliv products. I've been taking the products for seven years now and my health has really bounced back.

**Top nutrition:** I had previously supplemented my diet with multivitamin tablets but found they were not effective. With Reliv powdered nutrition, I know I'm receiving the full benefits with the combination of vitamins, minerals, protein and herbs, I'm full of energy, I feel like I'm in my thirties and I will take the products forever!

**The gift of good health:** By sharing the gift of good health with everyone I meet, I've won my way to Bali and Thailand. I look forward to what the future holds with Reliv in my life. Reliv is my insurance for good health and wellbeing!



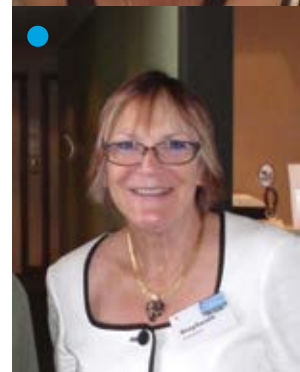
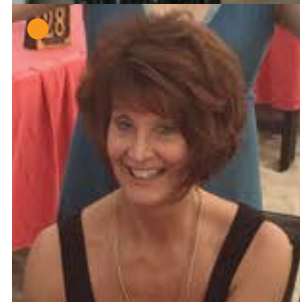
**Name:** Terry Owens

**Hometown:** Penguin, TAS

**Knee surgery:** I have been enjoying my Reliv nutritional regimen of Reliv Now, Innergize! FibRestore, A-affect and ReversAge consistently every day for 18 months. I'm 63 years old and I recently underwent an arthroscopy on both sides of the knee for a medial meniscus tear. When the nurses took my blood pressure and heart rate they were impressed, saying my results were close to those of a 20 year old! My explanation — I look after myself and take Reliv nutritional supplements.

**Speedy recovery:** After the arthroscopy I was so pleased with my recovery, which appeared to be much better than the other people having the same procedure. I had no swelling, experienced no pain and didn't even require crutches. Four days later all I needed was a sleeve over the knee to protect the wound and I was walking without a limp, which I never expected.

**What's next:** Having recently sold and retired from the pizza shop I started in 1975, I'm looking forward to spending more time with my family and enjoying my hobbies whilst feeling great with Reliv nutrition! I'm keeping active with swimming twice a week and I jog or bike ride each morning for 30 minutes. When meeting people of my age I find it easy to share Reliv with them. When they see the energy and enthusiasm I still have for life, people always want to know more!



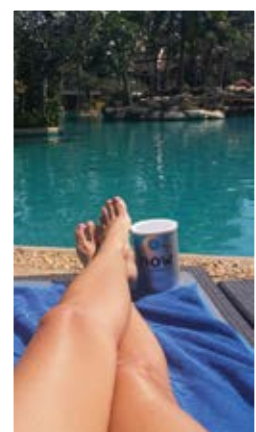
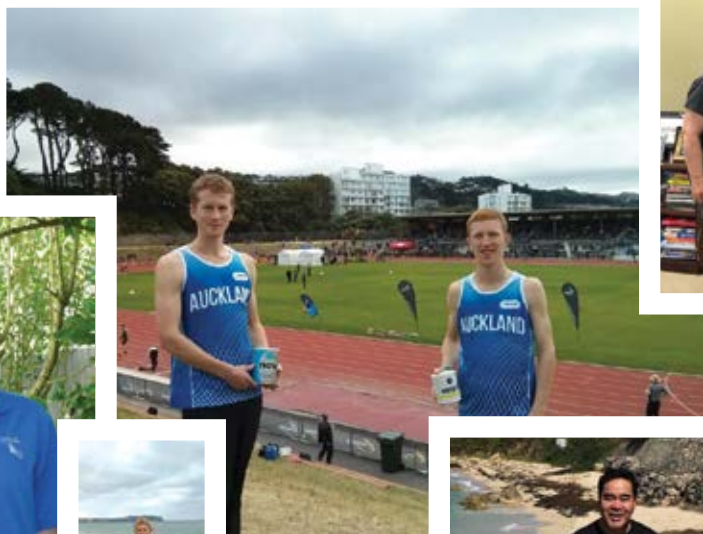




# WHERE DO YOU now?

Distributors from Australia and New Zealand are sharing their photos with their cans of Reliv Now. Share your photo or selfie with us on social media and show us where you enjoy your Reliv Now shakes.

**#wheredoyourelivnow?**





# NEXT LEVEL NUTRITION

*We sat down with Reliv Vice Chairman and Chief Scientific Officer **Dr. Carl Hastings** to discuss the nutrition industry and Reliv's place in it — now and in the years to come.*

## **THE USE OF NUTRITIONAL SUPPLEMENTS IS ON THE RISE. DO YOU SEE THAT TREND CONTINUING?**

No question. Our poor diets today make supplementation more important than ever. We need to transition to food products that are both flavourful *and* nutritious, especially for our kids. Our food should deliver the key nutrients we need, with supplements there to fill in the gaps.

Just because you're not sick doesn't mean you're healthy. We need to meet and exceed nutritional requirements to attain and maintain optimal health. One big obstacle is a general lack of knowledge within the medical community about supplements. Doctors don't receive a lot of training in nutrition, versus the constant attention they receive from the drug industry. They usually look to pharmaceuticals first, even for prevention.

But the situation is starting to change. More medical professionals are learning the value of nutritional approaches to good health. That's why it's so important that our industry remain vigilant in policing the less reputable manufacturers and why Reliv is committed to using only ingredients backed by real science. In my role on the board for the Council for Responsible Nutrition, I get to stay on top of all the latest developments, and I see a very bright future for the industry and for Reliv.

## **WHAT MAKES RELIV PRODUCTS A SMART CHOICE FOR CONSUMERS?**

Two main reasons: innovation and quality.

LunaRich® is the perfect example of how we innovate. LunaRich is a Reliv-exclusive ingredient that delivers more bioactive lunasin than any other source available today. Lunasin is the first dietary compound shown to promote optimal health at the epigenetic level. That puts Reliv on the leading edge of nutritional epigenetics, a field you'll be hearing a lot more about in the coming years.

But it's not just LunaRich. We innovate with every product we produce. Just look at FibRestore®, one of my favourites. We know the many benefits of fibre and that people need more fibre in their diets, so we include both soluble and insoluble fibre. To that we add antioxidants, herbs and enzymes to enhance that fibre's effectiveness and provide other synergistic benefits. The result is a product unlike anything else on the market.

Developing a formula is one thing; putting it together is another. And Reliv's manufacturing and quality control process sets the industry standard. We strive to create the best possible formulation with every product run — from selecting suppliers to sealing the can. And we test and test and test at every step along the way.





SO WHY AM I EXCITED?  
I'VE BEEN IN THIS INDUSTRY  
LONG ENOUGH TO  
KNOW WHAT A UNIQUE  
OPPORTUNITY WE HAVE  
WITH EXCLUSIVE RIGHTS  
TO AN INGREDIENT  
LIKE LUNARICH.

#### WHAT CAN RELIV CONSUMERS EXPECT TO SEE IN THE MONTHS AND YEARS AHEAD?

It's an exciting time at Reliv. With the acquisition of LunaRich, Reliv also added the innovation team of SL Technology to our staff, including **Dr. Alfredo Galvez**. Dr. Galvez is recognised worldwide as a pioneer in nutritional epigenetics. He recently spoke about LunaRich to a packed room at the VitaFoods Conference in Geneva and was the talk of the event. I can't tell you what an asset it is to have someone of Fred's calibre on the Reliv team.

#### TELL US MORE ABOUT WHY YOU'RE SO EXCITED ABOUT LUNARICH.

We've really just scratched the surface of LunaRich's potential. Studies already show lunasin's range of benefits — cholesterol reduction, improved immunity, inflammation reduction, cellular health and so on. And the results people are seeing on LunaRich are even more remarkable.

The results of the University of Missouri animal study of Reliv Now® and LunaRich X™ (visit [relivasiapacific.com.au/nowlrxstudy](http://relivasiapacific.com.au/nowlrxstudy) or [relivasiapacific.co.nz/nowlrxstudy](http://relivasiapacific.co.nz/nowlrxstudy) for details) were so impressive that we are now conducting preliminary studies and working with universities to set up clinical trials. I am confident that what we learn will further validate the benefits of our epigenetic superfood.

We've set up a special lab for Fred to continue his research and to train Reliv scientists and quality control staff in the production of LunaRich. This coincides with our launching of a new LunaRich X encapsulation line at Reliv. LunaRich X is now our second highest selling product behind Reliv Now, and we needed to upgrade our manufacturing to meet the growing demand.

What can you expect from Reliv? Continued quality, continued innovation, continued university studies and continued work on new ingredients and new formulations. In other words, more of the same that you've expected from us for 25 years — just better than ever.



**Name:** May Copland

**Hometown:** Auckland, New Zealand

**A new business venture:** I started with Reliv in 1992 for a new business venture – to make money. I didn't want to be on a pension when I reached retirement age. By 1996 I had stopped working full-time to concentrate on Reliv.

**What a difference:** Since then Reliv has made a huge difference in my life. When I came into the Reliv business I had two children and a little house and I was wondering how to make ends meet as a solo mother. Thanks to Reliv I now have three properties in Auckland city and I continue to invest my Reliv income into property. I've enjoyed many all expenses paid overseas trips, like the recent trip to Bali, staying in 5 star accommodation — I can tell you, my life is wonderful!

**Living my life:** There is however, more to this business than making money. I love what I do — meeting new people, travelling, and teaching others. I also enjoy the lifestyle – if I want to go somewhere, I can. Reliv keeps me healthy and Reliv keeps me young. And I have the freedom to choose how I want to live my life!

**Name:** Kilisitina Finau,

**Hometown:** Waitakere, New Zealand

**Exciting beginnings:** I responded to a business ad in the newspaper as I had been working at a chicken company for 15 years with not much to show for it. When I was presented with the Reliv business opportunity - being able to work from home and helping people with their health and finances - I was excited. My husband Siaki and I have two young children and I was looking for a business that would allow me to spend more time with my kids.

**Success system:** I joined Reliv in December 2012 and started sharing the Reliv opportunity and products with everyone I knew. My sponsor came with me on appointments and taught me the importance of the Reliv Success System, including two on one appointments and attending the weekly meetings and training. My enthusiasm for the business and my own great results with the Reliv products – I dropped from a size 30 to a size 20 – has helped me sponsor over 70 Distributors and Preferred Customers. Everyone I sign up I automatically enrol on autoship, as that is what I did when I joined and I just duplicate what my sponsor did with me.

**Wining my way:** Not long after I joined Reliv, my sponsor encouraged me to go for a promotion to win my way to the Reliv International conference in the USA. He made it sound achievable and I thought 'I can do this, I can sponsor lots of people'. It's quite ironic that in less than six months with Reliv I achieved a free trip to the USA, yet I worked for a company for 15 years....

I have won many trips since and enjoy meeting the other Reliv business builders around the world. Reliv has also allowed me to visit my family who are spread all over the world, which is an added bonus. I am so happy Reliv came into my life.

**Name:** Judy King

**Hometown:** Myalla, TAS

**Making time:** My husband and I joined Reliv in May 2012 to earn some extra income. We run a dairy farm that is a seven-day-a-week job. Fortunately, Reliv happens while you live your life. Look at your calendar and mark off all those times you can't do Reliv. You'll be surprised by how many little chunks of time you still have available. And those little chunks are all it takes to get started.

**Big bonuses:** At the very beginning I didn't work at it very hard, but after a few months I got people together and held some presentations and through this we achieved a \$485 bonus and awards. From there I have been steadily building our business, earning all-expenses paid overseas trips and weekly bonuses.

**So much to look forward to:** Recently we won our way to Thailand. I'm really looking forward to riding an elephant and shopping up a storm. We have also earned a Reliv cheque every month since starting our Reliv business, I'll always promote Reliv wherever I am.

**Name:** Lorna Antonio

**Hometown:** Sydney, NSW

**A clear vision:** Winning the trip to Bali, then Phuket, is proof that having a goal, a clear purpose and vision, is really powerful because it's what makes you take action!

**Turning dreams into reality:** My business took an exceptional turn when I made a solid decision to write down on paper, specific goals on set target dates, and a clear map of what steps to take consistently every day, determining that I will not allow anything or anyone stop me from reaching my goals. I looked at vivid pictures of those dreams every day, "feeling" as though they are already mine, and they did begin to happen, one by one. A leader is always a few steps ahead of the pack, so that was part of my written plan - lead by example, show proof that small steps taken daily, consistently and purposefully, work. Good leaders walk the talk.

**Helping others:** I began to communicate with my team regularly, and purposely, which began with training to think the right way, "picture the dream", write down goals and set dates to achieve these goals. Success is possible; we just have to believe in ourselves. The leadership conference at the Laguna Luxury Resort in Bali Indonesia was one unforgettable weekend of much laughter, camaraderie, growth, and great encouragement - thank you Reliv – and bring on Phuket!





# don't just live. [reliv.](#)

Reliv Asia Pacific enjoyed 3 days of fun in the sun during their Leadership Camp in Bali!



by Quila Buhler



# ways to put your best foot forward

*Quila Buhler is a Reliv Presidential Silver Ambassador from Oregon City, Oregon, and one of Reliv's top Distributor leaders. Here she shares her tips on making the most out of every day in building your business. Access more smart living tips at [relivasiapacific.com.au](http://relivasiapacific.com.au) or [relivasiapacific.com.co.nz](http://relivasiapacific.com.co.nz).*

**1 > Plan** Every Sunday I look at my calendar on my computer and transfer it to my planner. Every night I look at what is planned for the next day. I prioritize what needs to get done and focus on the things that absolutely must be accomplished. Everyone has the same amount of time in a day — it's amazing how some people can get ten times the amount of things accomplished. That's because every moment of time is accounted for. "It's not what we do once in a while that shapes our lives; it's what we do consistently." — Anthony Robbins

## **2 > Recognize Your Progress**

We tend to want to live our dream lifestyle before we've earned it. Work hard, build your business and then you can own your own beach. But until that point... work! I have a whiteboard in my office that I look at every day, throughout the day. It shows me the number of new Master Affiliates (MAs) in my organization, how many people I have personally sponsored, how many new MAs I've sponsored and who on my front line has re-qualified for the year to maintain my 10-star status. Each month the goal is to have at least one person in my group earn a Bonus, a Dr. Ted Plaque and move up new Director levels — including earning their way to the next Reliv trip. When you are aware what is going on in your organisation and in your personal group, you know where to spend your time. You set the pace for what happens in your business, and your organisation will follow your lead.





**3 > Mantra** Choose a phrase to make visible in some key places in your home and workspace. Find something that motivates you and keeps you focused on your long-term goals. "If my life depended upon Reliv, would I do things differently?" This is on my whiteboard in my office and I see it every day. This simple phrase helps keep me focused. I also read good books. Currently *it's No Excuses – The Power of Self Discipline* by Brian Tracy.

**4 > Smile** Never underestimate the power of a genuine smile. It will make people feel more comfortable with you and give them a chance to open up and tell you their story. Be aware of the expression on your face. Smiling is much easier if you're ready to go to work — so get up, get moving and get Reliv nutrition in your body. It's amazing how you project over the phone when you are dressed and ready to start the day!

**5 > Connect** This is a home business; however, you need to reach out to others with similar goals and those who have achieved success in your field. Network! Ask them what works and what doesn't. Work with your support group and be accountable. Have personal integrity! Don't let working from home make you feel isolated — leverage your contact list and learn from the achievements of others that have set the example for you to follow.



## WANT SUCCESS? GET STARTED!

Reliv's Training page makes building your business simple.

There is no secret to Reliv success. It all comes down to one thing: starting new people on the products and in the business. The Getting Started Training walks you through five simple, fundamental steps to do exactly that. The program was developed by Reliv Distributors for Reliv Distributors — by our leaders of today for our leaders of tomorrow. You'll learn proven strategies to achieve success and how you can start enjoying the Reliv lifestyle today.

The training home page includes links to additional content for all five fundamental steps. Just click on each step to discover proven ways to build your organisation:

- 1. Identify**
- 2. Connect**
- 3. Share the Story**
- 4. Ask for a Decision**
- 5. Register & Go!**

Each step includes a video of Hall of Famer **Mindy Jones** explaining strategies that have worked for her. Below each video are links to Reliv's best business-building tools.



So don't wait to train yourself and your organization on how to bring new people into Reliv. Get started today!

**[relivasiapacific.com.au/get-started-with-reliv](http://relivasiapacific.com.au/get-started-with-reliv)**  
**[relivasiapacific.co.nz/get-started-with-reliv](http://relivasiapacific.co.nz/get-started-with-reliv)**

# THE NEW MOBILE APP



Reliv Asia Pacific has launched its much anticipated Mobile App. The simple, easy to download, FREE app encourages you to take your Reliv business to the next level. It's the perfect tool for Distributors to work and grow your business on-the-go, check price lists, stay up to date on Reliv events — and it's all in one place!

The RAP mobile app demonstrates our vision and commitment to supporting our Distributors in strengthening and evolving their businesses — help grow Reliv Asia Pacific business BIGGER and FASTER! This simple interface gives users access to the latest business training tools including webinars and notifications when a business opportunity meeting or special event is happening in their area. The app encourages Distributors to keep an activity log, to foster relationships by keeping a record of sign ups and future follow ups. The app also makes it easy for people to sign up right away and shop on their mobile phones!

Distributors will now be able to discover more! The app lets you connect with Reliv and other Reliv Distributors through our social media platforms and new mobile-friendly training page. It makes it easy for you to download Reliv testimonials any time so you can share them with anyone, from anywhere!

It's time to get mobile with Reliv! The Reliv Asia Pacific mobile app is available for iPhone on the App Store and for Android on the Play Store by searching for Reliv AP. Be sure to turn on your location services and allow for notifications to stay in tune with the latest information as you go about your day — don't just live, reliv.

## YOU CAN HEAR ALL THE LATEST INSPIRING STORIES FROM OUR BALI LEADERSHIP CAMP ACHIEVERS RIGHT NOW ON OUR MOBILE APP

### SETTING A GOAL

**Lolita Casanova, NSW Australia**

Before starting her Reliv business, Lolita and her partner didn't have the income to go out for dinner or to the movies. Lolita made it her goal to tell up to 10 people a day about Reliv and before she knew it the cheques were coming in.

### PROBLEM SOLVED

**Christina Mensah, Auckland New Zealand**

Christina had experienced problems with mobility and was low in iron. Since Reliv she has seen many improvements to her health.



### MORE TIME WITH FAMILY

**Vava Fosita Auckland, New Zealand**

Vava was looking for a job opportunity that would let her be with her daughter. She is now earning a steady income by simply sharing her story!

### EVERYONE CAN ENJOY RELIV

**Terry Renton Australia/USA**

After hearing about Reliv, Terry knew everyone could enjoy these products and that he needed to be in this business. Terry says the best part about the business is helping other people!



# seeing is believing



In September 2014 RAP Sales Manager **Bernie Birch** visited the Reliv Kalogris Foundation (RKF) program in the Philippines. Reliv established the Reliv Kalogris Foundation in 1995 as a non-profit, 501(c)(3) charitable organisation in honor of the late Dr. Theodore “Ted” Kalogris. Dr. Ted lived by the motto: “Be ashamed to die until you have scored a victory for mankind.” This motto has guided the RKF since the very beginning.

Rather than simply giving money to a single cause, the RKF works at a grassroots level, providing nutritional support to individuals who have been nominated by Reliv Distributors for assistance. From an elementary school in Haiti to a remote village in the Philippines, the RKF is providing quality nutrition and new hope to thousands of people around the world.

This was evident when Bernie, who made the trip alongside Senior Vice President and COO **Brett Hastings**, and Senior Vice President and CFO **Steve Albright**, saw the impact the Foundation’s program was having in the Philippines:

- The sparkling eyes, beaming smiles, excited laughter, radiant skin and affectionate displays of appreciation and respect from all our RKF kids.
- The shining heart of our volunteers and their commitment to work tirelessly every day to provide life-changing nutrition and support.
- The Foundation’s buildings rising amidst the shanties and rubbish — bright, beautiful monuments to the hope and change possible through the generosity of Reliv Distributors.

All three felt a sense of pride when they got to the Cavite house, Reliv’s first major project for the Foundation. Sister Beth Perez and her team have done a wonderful job of making the house a place of safety, comfort and well-being for the local children over all of these years. You can see that in the happy, healthy smiles on all their faces!

Bernie, Brett and Steve also visited the newest RKF facility in Welfareville. Welfareville is a neighborhood in metro Manila with block after block of pieced-together shanties — right in the shadow of the city’s high-rise buildings and gleaming office towers. Pastor George and Blessie Padilla are the driving forces behind the RKF’s efforts in this area, and Bernie was able to spend some quality time with these dedicated souls.

Children wearing hats made from Reliv Now® for Kids labels greeted their arrival — what a beautiful sight! Kids took their hands and placed them to their foreheads — a sign of respect in the Philippines. Bernie served the children their afternoon shake. For many, these shakes represent the only decent food they will see all day. Yet they all waited patiently for their cup, making sure the littlest children got theirs first. If they mistakenly offered one of them another shake, they politely declined. Their gratitude was humbling.

Our story, photos and videos provide a window into the vital work of the RKF. There is nothing better than seeing the looks on the faces of the children your generosity helps every day. On their behalf, we thank you. Together we can BE THE CHANGE!

# vitality X

**Reliv Now® with LunaRich®** provides you with the vitamins, minerals, protein (amino acids) and phytonutrients your body needs every day to help restore energy, maintain health and enable you to perform at your best.

- Assists in the improvement of general wellbeing.
- Supports healthy digestive function.
- Helps fight disease and prevent infection.
- Promotes the maintenance of normal blood pressure and cholesterol.
- Aids in the relief of inflammation.
- May help alleviate menopausal systems.



**LunaRich X™** delivers the world's most concentrated form of bioactive lunasin, a naturally occurring soy compound and the key to LunaRich's effectiveness. You'd have to consume 25 grams of high-quality soy protein to get the same amount of bioactive lunasin found in one 125 mg capsule of LunaRich X.



Documented benefits prove that lunasin supports:

- Heart health
- Cholesterol management
- Inflammation reduction
- Antioxidant benefits
- Improved immunity
- Overall cellular health
- And the list keeps growing...

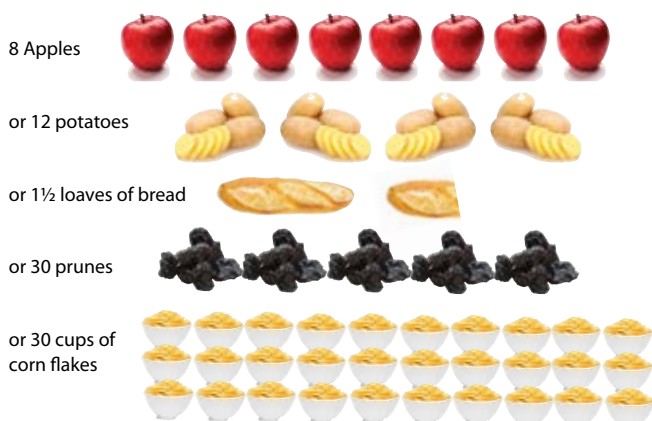


**FibRestore®** aids digestion as soluble and insoluble fibres combine to gently restore and maintain regularity.



- Helps absorb fat and cholesterol before it transfers in to the blood stream.
- Promotes good health and helps reduce the risk of developing certain diseases.
- Helps reduce the risk of developing different conditions such as constipation.
- Keeps the bowels healthy and elimination easier.
- Keeps energy up and hunger down.

## What does 30 grams of fibre look like?



**Innergize!®** a lemon flavour electrolyte drink which efficiently replaces fluid and essential electrolytes, lost to varying degrees during physical exertion or when you sweat.

- Helps maintain concentration, healthy muscles and prevention of cramps during exertion.
- Provides a speedy yet sustained source of energy.
- Prevents dehydration, enabling the body to continue performing at its best.





# nutrition made simple



don't just live. Reliv

**A-affect®** hydrolysed collagen and herb nutritional supplement to help support healthy joint function.

- Aids in manufacturing and repairing connective tissue.
- Helps to keep joints flexible, elastic and resilient.
- Anti-inflammatory properties.
- Assists with blood flow to hands and feet.



**Reliv ReversAge®** is a specifically designed herbal, antioxidant supplement to help overcome those unwelcome changes that appear as years go by.

- May assist peripheral circulation.
- Helps maintain normal mental clarity concentration and alertness.
- May help relieve nervous tension, stress and mild anxiety.
- Helps fight free radicals in the war against disease and aging.
- Aids in maintaining normal healthy functioning of the heart.



**ReShape with LunaRich®** a deliciously satisfying, scientifically formulated meal replacement containing 12 grams of soy protein and full of all the vitamins, minerals and antioxidants your body requires to be in great shape.

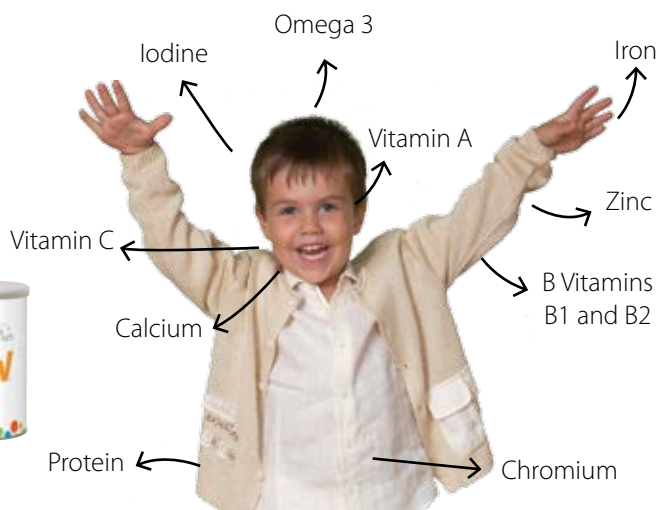
- Quick, nourishing meal option for people who want to look and feel their best.
- Low in calories, ideal for those wanting to manage their weight.
- Provides energy, sustenance and keeps you satisfied to the next meal.
- Conveniently mixes with water for a fast, nutritious, great tasting shake.

*Vitamin supplements should not replace a balanced diet. Reliv products are not intended to diagnose, treat, cure or prevent any disease or medical condition.*



**Reliv Now For Kids® with LunaRich®** gives your children the complete spectrum of vitamins and minerals, plus an array of advanced nutrients, including Omega 3, in a soy protein base to accommodate the special nutritional needs of children's growing bodies and developing minds.

- Helps normal growth, healthy skin, eye sight, strong bones and teeth.
- Supports normal brain development, learning and concentration.
- Increases resistance to infection.
- Builds lean muscle.
- Aids the immune system.





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Reliv Australia and New Zealand

# Vitality



Multiply your good health  
***by the power of X!***