



### Nutrition Inside & Out

Healthy looks truly are more than skin deep. That's why you need to take care of your skin on the inside and outside.

"Using Reliv's new r collection skincare products outside with Reliv nutritional supplements inside creates an ideal synergistic combination," explains Vice Chairman and Chief Scientific Officer **Dr. Carl W. Hastings**.

The exclusive RA7 complex includes an array of topical antioxidants, anti-inflammatories and restorative nutrients that work together to repair, replenish and revitalize skin at every age.

"The RA7 complex includes many of the same powerful ingredients found in Reliv's most popular nutritional products," notes **Kari Montgomery**. "No other skincare products combine these powerful ingredients in one complex with the delivery technologies to make them so effective."

### Look at these radiant skin results:

**Rebecca Howe, Age 53** — Custer, South Dakota  
"I noticed the results around my eyes first as I watched the bags under my eyes begin to fade. And in just one month using the r collection, a big brown freckle on my face has almost completely disappeared."

**Marty Young, Age 49** — Peshastin, Washington  
"I grew up on a farm/ranch in South Dakota and using a moisturizer on my face was something guys just didn't do. But the r men's moisturizer feels great, not greasy, and I'm noticing a difference in the crow's feet around my eyes and wrinkles. My age spots are lightening, too. The inside/outside approach to nutrition offers perfect synergism. I'm not worried at all about turning 'the big 50.' I'm looking forward to feeling even younger!"

**Jamie Schrock, Age 28** — Marshallville, Ohio  
"I had a baby three and a half years ago and got a rash on my back. My dermatologist diagnosed tinea versicolor and it kept spreading. Nothing she prescribed helped. Then I decided to try the r night moisture. I am so impressed with the results. I know it's the BEST thing I can use on my skin. I also use it on my kids, for rashes and mosquito bites. Three and a half years — and now, normal, healthy skin!"

**Got a Relivables™ success story to share?** Send it to [relivables@relivinc.com](mailto:relivables@relivinc.com), and if we publish it, we'll send you a **FREE** t-shirt.

*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.*

### The holidays r here!

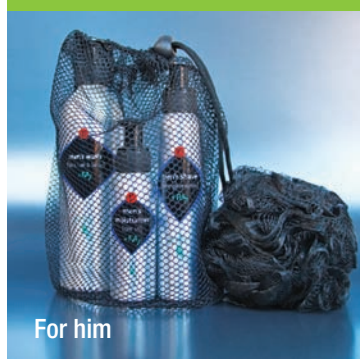
Make this year one to remember for the special people in your life. Show them how much they mean to you with Relivables™ personal care.

#### Special Holiday Offer

**For her:** Order the r skincare collection and you'll receive a FREE special-edition silver satin and clear vinyl holiday bag — the perfect package for gift giving.

**For him:** Order the men's r trio and you'll receive a FREE black mesh sponge and shower bag — ideal for hanging in the shower or taking to the gym.

Offer good while supplies last, so visit [www.relivables.com](http://www.relivables.com) and place your order today!



For him



For her

# Best of Both Worlds

For Ambassador Paula Coffey, Relivables are exceptional products that make even better business tools.

As a beauty salon owner, Ambassador **Paula Coffey** knows quality skincare products. That's why she's so excited about Reliv's new r collection. "I loved the ReversAge® skincare line, but the r collection is even better," she says. "These are absolute premium health and beauty products. I'd put them up against any high-end skincare. And the best part is that we can get the r collection at a fraction of the cost!"



## Build Volume

Paula says her family uses the r collection — and all Relivables™ products — every day. "I use the women's skincare day and night and my husband just loves the men's line," she notes. "Plus, the sweetener is a permanent fixture on our kitchen table, we make sure the sunscreen is always handy, and the soy milk is ideal when traveling — no need to buy milk at every stop."

She encourages everyone in her organization to use Relivables to build their volume. "We all use these kinds of products already, so why not buy higher quality versions from ourselves?" she asks.

## Start the Conversation

Beyond personal use, Paula thinks Relivables also provide an easy new way to share Reliv. "Just use the products and get them out in public and you'll be amazed how many conversations you'll start," she says. "I find that many people have a special interest in skincare. And once you get your foot in the door, there's no telling where the conversation might lead."

Paula and members of her downline have taken it a step further by giving skincare samples to local beauty salon owners for their professional opinion. "The response has been fantastic!" she says. "People are calling us within days to set up appointments."

## Added Incentive

Paula recently added a new Master Affiliate thanks in part to Relivables. "She was a self-described 'skincare junkie' who had tried just about everything. When she tried the r collection, she was blown away — the best skincare she had ever used!" Paula explains. "It was the final motivation she needed to make the move to MA. Now she's eager to start enjoying the full discount on Relivables and all Reliv products — and to start building an organization of her own."

## Get Visible

While she acknowledges that approaching beauty salons isn't for everyone, Paula says the point is to be visible with Relivables like you should with any Reliv product. "Include Relivables in your Facebook entries and on your personal website, put on Relivables skincare or sunscreen while you're out, make it a part of your booth at your next tradeshow — whatever gets the Reliv name out there," she advises.

"Reliv will always be a nutritional supplement company — the best in the world. Relivables gives us one more way to help people discover what we're all about."



Learn more about how to make Relivables part of a thriving Reliv business by viewing Four-Time Platinum Ambassador **Tom Pinnock's** "Healthy MA's = A Healthy Reliv Business" presentation from International Conference. The video is available for download on the "Workshops" page of Reliv U ([www.relivuniversity.com](http://www.relivuniversity.com)).

## EVERYDAY “bites”

# Make **Vitamin D** a Diet Priority

Vitamin D is created when the body absorbs the sun's ultraviolet (UV) B rays. It's also found in foods, such as salmon, cheese and egg yolks.

Unfortunately, with increased indoor activity and the use of sunscreens for skin protection, a large percentage of people are deficient in vitamin D. That can lead to a host of health problems including osteoporosis, diabetes, heart disease, cancer and even the flu.

Vitamin D stimulates production of our body's natural antibiotics and anti-virals that destroy invading microorganisms

and can inactivate the influenza virus. Inadequate amounts of vitamin D leave your body less able to fight these invaders.

New research indicates that your daily Vitamin D quota should be at least 800 to 1,000 IUs for maximum health benefits — twice the current RDI. Most milk in the U.S. is fortified with 100 IUs of vitamin D, or 25 percent of the RDI. However, Relivables™ fortified soy milk contains 50 percent RDI of both calcium and vitamin D, plus 6 grams of healthy soy protein — a great complement to your daily Reliv shakes. And it's lactose-free and dairy-free. Drink to your health!

## Keep the **Jolly** in Your Holidays

With the holidays fast approaching, it's easy for stress levels to start rising. This season, however, you can keep stress low and increase the fun factor by following these simple tips:

- ▶ **Create realistic expectations.** Don't try to make this holiday “perfect.” Instead, focus on simply enjoying time with family and friends.
- ▶ **Learn to say ‘no.’** As your holiday calendar starts to fill up, say ‘no’ to new obligations that can leave you feeling overwhelmed instead of overjoyed.
- ▶ **Give yourself a break.** When you start to feel stressed, stop, take a few deep breathes and relax for a moment.
- ▶ **Exercise.** A few minutes of extra activity each day will help defuse stress.
- ▶ **Eat nutritious food.** Keep your body fueled for the festivities!
- ▶ **Rest.** With adequate sleep, you'll have the energy to handle whatever comes your way.
- ▶ **Tend your spirit.** Volunteer your time. Create a handmade gift. Start a new tradition. The holidays are about opening your heart, not just your wallet.

Make sure you keep your body performing at its peak throughout the holidays with optimal nutrition from Reliv and healthy everyday products from Relivables™. Visit [reliv.com](http://reliv.com) and [relivables.com](http://relivables.com) for more information.

## Gifts from the Heart

*Let them know how much you care with the gift of health, vitality and beauty from Relivables™.*

### Gifts for Her

- ▶ **women's r collection** – total beauty for the special woman in your life
- ▶ **r cleanser** – great for teachers, coworkers, friends, stocking stuffers, etc.
- ▶ **r day moisturizer** – a supple treat for your sister, aunt, friends, etc.

### Gifts for Him

- ▶ **men's r moisturizer** – pampering for the face you love most
- ▶ **men's wash** – ideal for coworkers, mail carriers, stocking stuffers, etc.
- ▶ **men's shave lotion** – the perfect stocking stuffer for the men in your life!

**Relivables — for radiant beauty inside and out.**



# Products to Fit Your Life

Enjoy healthier, top-quality alternatives to the items your family uses most with Relivables™, a new line of everyday products from Reliv, the world leader in optimal nutrition.

Designed with the same attention to quality and effectiveness you expect from all Reliv products, Relivables fit your life and lifestyle. From personal care to pantry staples, Relivables put a healthy twist on the products you love, from the company you trust.

[www.relivables.com](http://www.relivables.com)



## Soy Wonderful for Skin

We know consuming soy benefits your health. But did you know it's also healthy to put on your skin? Research shared at an American Academy of Dermatology meeting shows soy applied topically can reduce skin discoloration and slow hair growth. It also reduces the appearance of redness caused by acne and sun exposure. As an antioxidant, soy provides skin protection from UV rays.

In addition, soy applied topically reduces wrinkles and inflammation. It also promotes the synthesis of collagen to improve skin elasticity and the skin's ability to retain moisture. Used in shampoo, soy improves the gloss and texture of hair, and improves manageability and body.

Soy is an essential part of Reliv's RA7 complex found in all the Men's and Women's r collection products. Using the soy-rich r collection on your skin is an ideal complement to consuming high-quality soy protein found in Reliv nutritional supplements, as well as the Relivables™ Fortified Soy Milk.

For more information on skin nutrition, download the October issue of Reliv's *Science & Health Today* newsletter on [reliv.com](http://reliv.com).

## Product FAQ

### Why doesn't the r men's body wash lather up like my old soap/shampoo?

The r men's wash doesn't contain the chemicals found in most soaps and shampoos that promote extra lather. The result: a soap-free clean that nourishes, hydrates and protects. Tip: Try using a mesh sponge (like the one included in the holiday gift offer) for added lather.

### Why is the Relivables Sunscreen a spray rather than a lotion?

Recent research shows that sunscreen loses some of its ability to prevent sun damage when users thoroughly massage it into their skin as with a lotion. And the pump-spray container allows for convenient application without the waste of an aerosol.

### How does the r skincare line compare to the ReversAge® skincare it replaced?

The r collection takes the best core features of the ReversAge products — oxypeptides, emulsion technology, etc. — and updates them with new breakthrough ingredients — many of which weren't even available when the ReversAge line was created. The key enhancements can be found in the RA7 nutrient complex, an exclusive formula that works synergistically to repair, replenish and revitalize your skin.

## Better Baking

I baked cookies right off of the recipe on the chocolate chip bag using Relivables All-Natural Sweetener in exchange for the white and brown sugar. I cut the recipe in half and used:

12 scoops of sweetener to replace the white sugar

12 scoops of sweetener and 1/2 tsp. molasses to replace the brown sugar

My grandchildren loved them! Thanks Reliv for another great product!

— Key Director **JoAnn Zelm** of Michigan



Got a Relivables recipe to share?  
Send it to [relivables@relivinc.com](mailto:relivables@relivinc.com)

## COMING SOON!

If you haven't registered for the National Conference in Phoenix, now's the time. We'll be introducing the new offerings from Relivables live on stage. Don't miss your chance to be among the first to get your hands on the latest products!