

lifestyle



ProVantage: Packed with Protein

hello.

The world has changed and we are all getting used to the new normal, whatever that may be. The good thing is that people are now open to new ways of maintaining their wellness and having more financial choices. When you can have a strong solution for improving these areas of someone's life, you can help to meet a real need. For over 32 years, Reliv has been meeting this need and Reliv Europe is at the forefront of the charge, continuing to impact people's lives in these two areas.

Many lives have already changed because of this company. But the most exciting part of our work is that there are more people's lives ready to be changed who haven't even heard of Reliv yet. We want to help as many people as possible and we want to see real people with real results.

Let your new normal be success and freedom. Let your new normal be impact and results. Let your new normal be maintained wellbeing and an improved lifestyle!

Get outside of the box that people have tried to put you in. Stop suppressing your potential and instead tap into your unlimited possibilities. Stop waiting for the perfect time to do something and just take that leap of faith.

We hope to welcome more people into our global family and with all of the processes and strategies that we have put in place to make this business as simple as possible, we are so excited to see more and more people be included in our leadership.

Believe in yourself, be prepared for personal growth, have a good work ethic and identify your goals. Remember, success is not an accident but a result of consistent action taken on a regular basis. It is falling down but not staying down and most of all, it is proving all of those naysayer's wrong!

The times that we are living in may be different but they can also be exciting. Keep your eyes on the prize and I can't wait to hear about your success.



Jason Gregory

Reliv Europe Sales Manager



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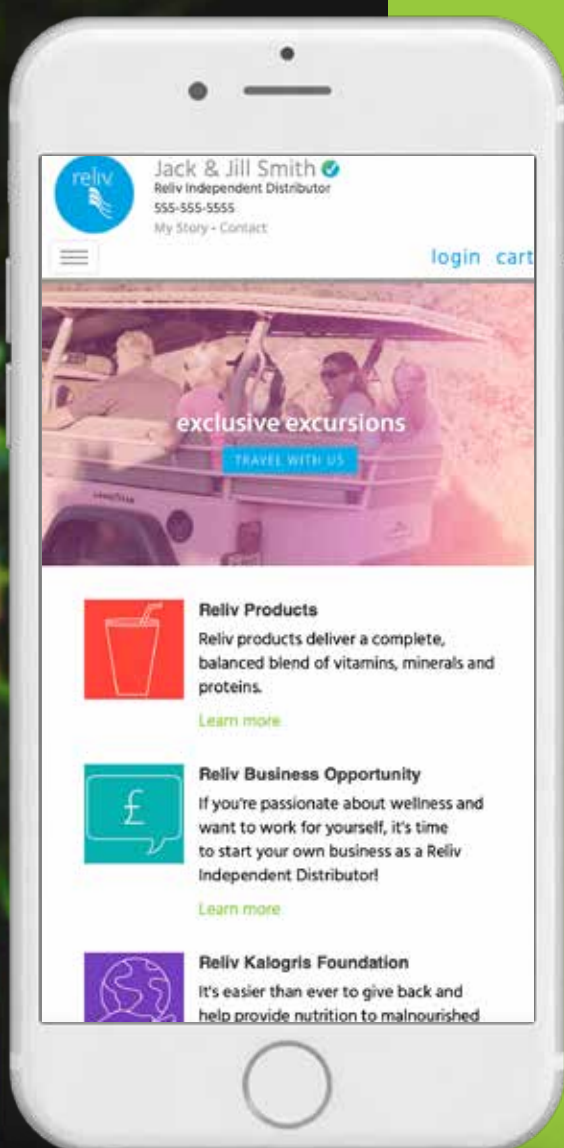
The statements contained in this material have not been evaluated by the Food and Drug Administration. The personal testimonials shared reflect individual experiences of Independent Reliv Distributors and are not necessarily typical of the results you may obtain. Reliv products are not intended to diagnose,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

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.

BOOST YOUR BUSINESS with a Reliv Personal Website!



June 2020 saw the launch of our brand new personal websites! The new websites have been completely modernised whilst maintaining the essential content that you need to build your business. Read about some of the key features of the new personal websites below:



Smoother Navigation

You can now navigate your way around your personal website in much quicker and easier steps. Everything is labelled and categorised clearly on your new website, allowing yourself and your prospects to explore your website in a much smoother fashion.

Attractive Design

The new personal websites have had a huge facelift to reflect the clean and modern design of our main websites. This means that your personal website will be much more attractive and appealing to new prospects — after all, first impressions count!

Easier Customisation

You can completely customise your personal profile and homepage of your new website. Edit the video preview, call to action icons and featured products on your homepage to make it your own and showcase exactly what you want to highlight in your Reliv business. Tell everyone your story in your personal profile and let the world find out what Reliv has done for you!

Fantastic Content

Your new personal website is full of clear and insightful content, allowing prospects to discover what Reliv can offer them. From the product line and business opportunity to the Reliv Athletic programme and Reliv Europe videos, your website shows the big picture of Reliv in an engaging way.

Expand Your Network

Building your business across a multitude of countries and languages has never been easier as your new personal website is available in English, French, Dutch and German and can even reach out to the US market. Expand your network across Europe and beyond!

Get started on your own personal website now by subscribing to the Reliv Europe Web Bundle which includes access to Dashboard, the Reliv mobile app AND your very own website!

reliv.co.uk/p/web-bundle

ie.reliv.com/p/web-bundle



Reliv's Protein Product

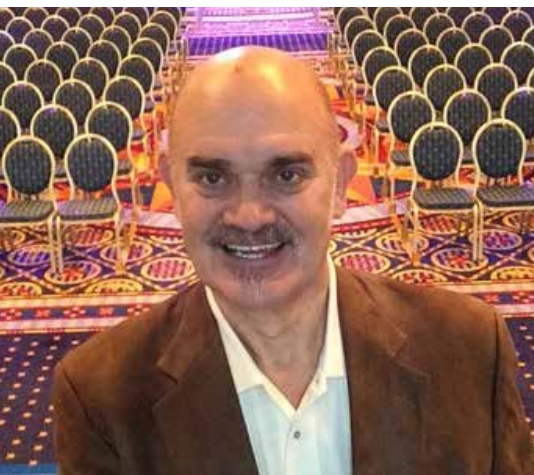
We are delighted to add ProVantage to the Reliv Europe product line!

This extraordinary, plant-based product is high in protein which contributes to the maintenance of muscle mass and normal bones.

Whether you are looking for additional protein, supporting an active lifestyle or simply seeking to maintain your wellbeing, ProVantage is the edge that you've been looking for!

welcome to the **LEADERSHIP TEAM**

In December 2019, we welcomed Jason Gregory to the Reliv corporate team as our new Sales Manager. Shortly after, our Financial Director, Kerri Toy, assumed the role of Managing Director. But don't worry our Chairman, Eric Vill, still had an exciting and pivotal role in the Reliv Europe team. Let's get to know more about the leadership in Reliv Europe!



Eric Vill
Reliv Europe Chairman



Kerri Toy
Reliv Europe Managing Director



Jason Gregory
Reliv Europe Sales Manager

It is now almost 16 years that I have been working with Reliv and Distributors all over the world. After moving from the position of Managing Director to Chairman of Reliv Europe, my role has changed significantly but is no less exciting than before as I look to widen the Reliv opportunity into other European countries. Through the efforts of both Distributors and my hand picked Head Office team, we have already identified several markets in which we are looking to conduct significant business. I am excited for the added benefit of technology in Reliv. It means Reliv Distributors can expand their businesses across the globe a lot more easily and can be effective in training, coaching and encouraging over the internet. I am excited to be a part of this international expansion with you!

Thanks for all that you do and I remain proud to be your Chairman.

I have worked for Reliv for over 13 years and I have been privileged to work with an amazing group of people! Not only have I had the best mentor and team to work with every day, I have had the pleasure of meeting and working with some of our amazing network of Distributors too!

I began working for Reliv in 2007 as Company Accountant and was promoted to Finance Director in 2016. Most recently, I have been given the opportunity to head up the Reliv Europe Team as Managing Director. This great new role has given me the opportunity to manage our strategic objectives and to contribute directly towards the performance and growth of Reliv throughout Europe. We are currently investing all of our time and resources into making Reliv a business environment for our Distributors to strive and reach their maximum potential with our great products!

I began working in the wellness industry in 2006. Before this time, I was working in London in business development in IT. I am married with 4 children and have had the privilege of being able to work from home around my family life for 13 years.

I've always been interested in motivation and understanding how to get the best out of people. Since being in this industry I've gained a practical knowledge of how to apply the theories that I learned and it's been an amazing journey. This journey has had its ups and downs, but I believe that this has given me a unique perspective that now enables me to be more effective and relevant as Reliv Europe Sales Manager.

I like learning new things that will make life simpler and I genuinely want to see as many people as possible succeed in this company. Reliv attracts a specific type of person, so once that person joins the company who has the right work ethic, goals, and attitude, it is my job to help to create an environment in which that person can thrive.

My door is always open to those who need my help, so let's go and continue to impact lives!

meet^{the}team

So having heard from the Reliv Europe Leaders, let's meet the rest of the Reliv Europe Team!



Dominique Vill

Marketing & Events Manager

Dominique comes from a background of events management and was promoted to Events & Marketing Manager soon after joining Reliv 13 years ago. Dominique is responsible for the organisation and co-ordination of all key events and promotions and together with the Marketing team, oversees all of Reliv Europe's social media activity and websites. Dominique is a travel enthusiast, loves live music and is actively involved in charity work. She thrives on working within a positive team environment, developing relationships with the Reliv Distributors and understanding what inspires and drives them!



Frances Keaney

Communications & Events Coordinator

Frances graduated from The University of Liverpool with a BA (Hons) in English and joined Reliv in 2013. She was promoted to Communications & Events Coordinator in 2019 and is responsible for updating the Reliv social media accounts, copy writing, maintaining the European websites together with writing communications for the Reliv Distributors and staff. Frances particularly enjoys the creativity and variety of projects that her role offers and the interaction with incredible people every day!

In her free time, Frances loves to keep fit and visits the gym regularly. She also enjoys socialising and spending quality time with her friends and family.



Elise Johnson

French Customer Relations/Translator & Compliance Administrator

Elise joined the Customer Relations department at Reliv Europe over 7 years ago. Elise is responsible for dealing with all the Reliv French and UK related Customer and Distributor enquiries and processing orders. Elise also translates a variety of marketing communications and promotional material into French. Elise particularly enjoys liaising with the French Distributors on a daily basis and the positive atmosphere within the Reliv team at Head Office.

In her spare time, Elise loves to spend time with her 2 children and family taking long walks in the English countryside!



Lisa Schwarz



Delphine Mouchel



Stella Burford



Erika Baltesova

German Translator

Lisa lived in South Africa and Germany before returning to the UK in 2003. She comes from a background of international marketing, sales and translation and is currently studying for her Bachelor of Law Degree (LLB) Hons. Lisa joined Reliv Europe over 6 years ago in the Marketing team as German translator. Lisa translates a wide variety of marketing material and has an active role in the Expansion Team initiative to develop the Reliv business into other European countries.

Lisa loves using her language skills on a daily basis and thoroughly enjoys working in the Reliv family team alongside such wonderful colleagues.

Together with her passion for photography and a love of good food, Lisa loves nothing more than to spend time with her friends and family.

Customer Relations Supervisor (French)

Delphine has been with Reliv Europe for nearly 10 years and during this time has progressed from a part-time French speaking operator to a full-time French Customer Relations Supervisor. Delphine is responsible for dealing with all French and UK related customer and Distributor enquires, processing orders and is involved with proofing and French translation work.

Delphine particularly enjoys the fact that every day is different at Reliv and she loves working within a close-knit and friendly team.

In her spare time, Delphine loves to socialise with her friends, is an international travel enthusiast and especially enjoys visiting her family in Normandy.

Customer Relations Manager

Stella joined the Reliv Europe team in 2005 as an Office Junior after completing an NVQ in Business Administration. She progressed quickly within the company and has been the Customer Relations Manager for over 12 years. Stella's main roles include managing the Distributor Service Centre at Reliv Europe, liaising with Distributors across all areas of their business and working closely with Reliv International Head Office.

Stella loves to travel and has particularly fond memories of her trips to the Reliv International Head Office in St Louis.

Family and socialising are very important to Stella and in her spare time she loves nothing more than to spend quality time with friends, family and young son Oscar!

Warehouse Assistant

Erika joined the Reliv Europe team 4 years ago in 2016 working in the warehouse alongside Martin Fox. She is responsible for picking and packaging the orders, assists with deliveries into the warehouse and can operate forklifts to move, store and organise stock. Erika particularly likes the friendly atmosphere at the Reliv Head Office and working within a team driven environment.

In her free time, Erika loves to spend time relaxing with her friends and family.

meet^{the}team



Sarah Mueller

Customer Relations Administrator (German)

With a background in IT systems and administration, Sarah lived and worked in Berlin before moving to England in 2014 to join the Reliv Europe team. Sarah is responsible for processing orders, registering new customers and dealing with all German, Austrian, Dutch and UK related customer and Distributor enquiries. She also assists in German translation work and proofing of copy.

Sarah particularly enjoys building relationships with the Reliv Distributors and using her native tongue on a daily basis means that she always feels connected with her home country!

Sarah loves photography and travelling and in her spare time, she loves to cook and garden.



Lucy Yarnell

Product research, development and Compliance Administrator

Lucy graduated with a BSc (Hons) in Exercise Science and having spent 9 months living and working in Germany joined the Reliv Europe team in 2012. Lucy deals with all EU product information enquiries and is responsible for Reliv European label and product compliance related issues in accordance with EU law. Lucy also works on other EU product related projects and is actively involved with the development of the Reliv Athletic sponsorship programme.

Lucy particularly enjoys the fact that she is constantly learning and developing her knowledge working within the Reliv team.

In her spare time, Lucy is a fitness enthusiast and loves to travel!



Amy Smith

IT/Facilities Administrator

Amy joined the Reliv Europe team 7 years ago as an Office Junior and in 2016 was promoted to IT/Facilities Administrator. Amy provides all IT technical support at Reliv Europe's Head Office, working alongside the US Headquarters to develop new IT initiatives. Amy also assists with the general maintenance of the premises and manages services and contractors to ensure that the building meets all health and safety standards and legal requirements. Variety is paramount within Amy's role and she loves the amazing group of people she works with!

In her spare time, Amy loves to bake and is a passionate follower of Formula 1 Racing!



Martin Fox



Richard Burford



Domenica Campbell



Kim Monk

Warehouse Manager

Martin has 14 years' experience in Warehouse Management and stock control and joined Reliv Europe in 2016. Martin is responsible for the efficient running of the Reliv Europe warehouse and ensuring that the team provide a quality service to our Reliv Distributors and Customers! He coordinates and monitors the receipt, order and dispatch of goods and oversees stock control and inventories. Martin enjoys working within a team and seeing positive results from hard work!

In his spare time, Martin is a fitness enthusiast, a keen Birmingham City football supporter and loves to walk his dogs.

Senior Accountant

With a background in finance and accountancy, Richard joined Reliv Europe 7 years ago as an Assistant Management Accountant. During his time at Reliv, Richard has progressed to Senior Accountant and achieved the global chartered accountancy qualification with CIMA in 2019.

Richard's main roles at Head Office include preparing the monthly Sarbanes-Oxley reports, preparing VAT returns and processing monthly commission payments/bonuses. He also works closely with the rest of the finance team to prepare monthly management accounts focusing on sales and inventory. Richard oversees the annual external audits and the daily finance activities.

In his free time, Richard particularly enjoys spending quality time with his friends and family and as a keen traveller, loves to visit new places.

Apprentice Assistant Accountant

Domenica joined Reliv Europe 3 years ago and has recently successfully completed her AAT Level 3 as a part-qualified Accounting Technician. Domenica's main roles include monitoring accounts payable, expenses and accounts receivable. She works closely with the rest of the Finance team in the preparation of monthly management accounts and budgets. Domenica particularly enjoys working with the lovely group of people based at the Reliv Head Office.

In her spare time, Domenica enjoys reading, the cinema and watching theatre productions. She loves socialising and spending time with family and friends whenever she can!

French Translator/Marketing Assistant

Kim holds a BA (Hons) Degree in French & Business and worked for a French company in the Marketing Department for 6 years. She spent 10 years working for a family run property and rental business and then joined the Reliv Team in 2017 in the Marketing Department where she is able to use her language skills. Kim's main roles include the translation of marketing communication and promotional material, writing copy and proofing for the Lifestyle magazine and assisting with the organisation of marketing events and the annual conference.

In her spare time, Kim loves to cook and regularly hosts and caters for family and friends' social events and parties!

Travel Memories from Unique Destinations

[CROATIA]

At Reliv Europe, we strive to make our incentive trips truly unique and special for our worthy winners. We aim to whisk our top Distributors away to places that they have only dreamed of visiting and never thought that they would get the chance to experience.

Here are some travel highlights from Distributors who earned trips to the incredible destinations of Croatia, Finland and Barcelona!

Kirstin Rosenzweig

Travelling with Reliv is so special, amazing and a real treasure. The trip to Croatia created wonderful memories which has made my love for Reliv as a company even more profound.

We stayed in the Sheraton Hotel in the fishing village of Mlini, not far from the beautiful city of Dubrovnik, whose old town is classed as a world heritage site. On the first evening, we were warmly welcomed with a selection of treats. Familiar faces met with those new to Reliv and lots of fun was had chatting with one another. The mornings also provided plenty more opportunities to chat with each other over a fantastic breakfast before the day's activities began. It's not just Dubrovnik that's worth a visit; we enjoyed an unexpected view from the city wall, namely the picturesque old town which was spared from destruction during the civil war. The final day of the trip was spent relaxing together at the hotel's pool before we ended this beautiful experience with a great meal.



Nicole Heihlsler

The trip to Croatia that we earned with Reliv was our best holiday yet! When my husband and our 2 children arrived in Croatia, we were filled with excitement as we had never stayed in a 5-star hotel before. We headed straight to the pool and met some of the other winners.

In the evening, we were greeted by Reliv Europe Chairman, Eric Vill and Reliv Europe Events & Marketing Manager, Dominique Vill. We were together with everyone again and ate, drank and enjoyed the beautiful moonlight.

The next day, there was a yacht waiting for us at the harbour which we spent the whole day travelling on. This was the main highlight of the trip for our family and especially for our children who had never swam in the sea before. For lunch we visited an island and enjoyed tasty, fresh fish and in the afternoon, we tried paddle boarding which was so much fun! Everyone was so happy and got on so well together.

The next day was spent relaxing at the pool and by the sea. In the evening, we enjoyed a final meal together on the beach which was so tasty and the atmosphere was amazing.

To this day we often talk about the beautiful holiday that we experienced in Croatia. We would never have been able to afford such a holiday ourselves and for that we are truly thankful to Reliv.

Andreas & Nadja Reinold

"The world is a book, and those who do not travel read only a page." – Saint Augustine.

We are very thankful that we have seen and experienced so many pages of this beautiful planet. Every Reliv trip is planned with such love and care of the finer details that the memories last forever.

The trip to Croatia left us with many unforgettable memories. We were joined by someone from our Reliv team who had not experienced travelling with Reliv before and to see how she and her family enjoyed this well-deserved holiday made it all the more amazing for us.

We couldn't have asked for anything more from our trip to Croatia. Away from the magnificent Sheraton Hotel where we were staying, we were also able to enjoy many picturesque settings! The sea in Dubrovnik glistened with so many blue tones that when swimming together in a cave, we came up with the idea that Reliv Europe Events & Marketing Manager, Dominique Vill must have pre-ordered the "Reliv teal" for us! We spent a whole day on a private yacht, ate fish for lunch and enjoyed an evening walking through the historical, sophisticated and unbelievably clean city of Dubrovnik.

We never thought that this country, the friendly culture and the fascinating colours would cast such a spell over us. Thank you Reliv for giving us such a wonderful few days.

Patricia Pacaut

My trip to Lapland was incredible and magical! It was magnificent to discover a country that I used to dream about seeing, even if I was a little bit worried about being cold!

It is hard to put it into words the breath-taking scenery, fantastic organisation and exceptional excursions that we enjoyed. I really loved it all, especially driving a snowmobile (which was a first for me) and husky sledding.

It was a very motivating and wonderful reward which incentivised me to try and earn more trips. Thank you Reliv!

Françoise & Pierre Poulizac

This trip was a dream to us. We truly loved visiting Finland and especially Lapland.

Riding snowmobiles, going husky sledding, seeing reindeers, ice fishing, roasting marshmallows, visiting a Lappalainen family, bringing back beautiful handicrafts – all of this was marvellous. Plus, it was so nice to get together again with our favourite European friends.

We even managed to sign up a new Master Affiliate on the trip! A French family staying at our hotel were so impressed with our vitality and enthusiasm for Reliv that the mother decided to join the business!

The trip was definitely one of our favourite Reliv memories. Thank you Reliv for this experience and for all that you do for us!

Anette Metz

Finland was an absolute dream trip for me and one that really stood out from all other trips.

Husky sledding, ice fishing and snowmobile tours aren't an everyday occurrence and an experience that I will never forget. The friendliness amongst everyone in Reliv is absolutely incredible and something that cannot be competed with.

This trip was super, super, super!

Nathalie De Pontac

When I found out that I had earned my place on a trip to Lapland, my daughter Alice was thrilled that I was going to visit Santa Claus!

On this trip, I went on a husky sledding adventure and I can truly say that it was one of the best experiences of my life so far. You can't experience this magic in the Haut-Doubs region of France! We had great weather conditions and the scenery was breath-taking. This was followed by hot drinks and biscuits around a campfire. It was simply joyous!

Waking up in the Aurora cabin was completely magical, with a panoramic view of the snow-covered landscape. In the morning, we set out on snowmobiles to the other side of the lake which was completely frozen and tried our luck at ice fishing.

If I hadn't earned this trip, I never would have thought about going to Lapland. Now that I've been, it would have been such a shame to miss out on this wonderful creation! If you ever get the chance to visit this part of the world, you must go – don't hesitate!



[FINLAND]



[BARCELONA]

Esther & Jarrod Bartlett

We were delighted when we heard that we had earned the trip to Barcelona. The balance on this trip between having our own time to explore and spending time with the other Reliv Distributors was perfect. Reliv Europe Events & Marketing Manager, Dominique Vill ensured that our trip remained relaxed and provided us with free travel and discount entry cards. Reliv Europe Sales Manager, Jason Gregory facilitated a couple of short meetings where he inspired us and we all shared about our Reliv journeys.

Our first excursion was a walking tapas tour which was wonderful. We started in the market place and experienced delicious authentic Spanish finger foods. We really enjoyed the whole Spanish market feel with its vibrant colours and friendly hustle and bustle.

The second excursion was an evening visit to the La Pedrera (Casa Mila). We were treated to our own private, rooftop light show and yet more delicious Spanish food. Jarrod and I then explored the streets of Barcelona, soaking in the sights, sounds and smells and ended up in a bar where two Spanish guys played guitar and sang old British pop songs with the locals raucously joining in!

The whole trip was a relaxing fantastic experience, providing us with beautiful memories and great Reliv friends.

Silke Casciani

Everything was incredible on our trip to Barcelona. It was indescribably beautiful and exciting.

The nature of Reliv and the support that the company provides us with is simply incredible. Everybody on the trip was so lovely and we felt very much taken care of. We travelled without needing to do anything for ourselves and knew that we were in great hands.

Barcelona was full of surprises that took my breath away, particularly the house from Gaudi which was stunning and fascinating.

Barcelona was a wonderful dream that became a reality. Thank you so much Reliv!

2020 has been an unusual year for sport with many competitions and events being cancelled due to the Coronavirus pandemic. However, our team of sponsored athletes have remained active and motivated throughout the year, making new goals for better times ahead.

Get to know some of the newest members of Reliv Athletic by reading about them!



Find out more about all of Reliv Athletic's members by visiting our website <https://reliv.co.uk/reliv-athletic>



Anthony Liño Chauteau

Sport: Powerlifting
(Weightlifting, Bench Press)

Reliv Regimen: Reliv Now,
Innergize!, FibRestore

How does it feel to be part of Reliv Athletic?

I feel very happy to be part of the Reliv Athletic programme and thank the team for their continued support.

What are your main goals for the future?

To be the best I can be I want to continue to persevere in my discipline, have increased confidence in myself and keep on achieving better results in future competitions.



Thomas Pigois

Sport: Trail Running and Long-Distance Triathlon

Reliv Regimen: Reliv Now, Innergize!, LunaRich C

How does it feel to be part of Reliv Athletic?

I feel I am well supported to achieve my objectives! I've been able to experiment with the Reliv products which has enabled me to make even more progress in my training and recovery. It's also great to be able to talk with other members of the team and find out how they use the products – we keep each other motivated.

What are your main goals for the future?

I have one major goal – to secure a place in the world championships in Kona, Hawaii which is due to take place at the end of this year.



Lucio Sergio dos Santo

Sport: Brazilian Jiu-Jitsu

Reliv Regimen: Reliv Now, FibRestore

How does it feel to be part of Reliv Athletic?

I feel very happy to be part of Reliv Athletic and honoured to represent Reliv Athletic in Brazilian Jiu-Jitsu competitions, classes and workshops. The Reliv products have been a great part of my daily routine and have supported me in my performance in training and competitions.

What are your main goals for the future?

My main goal for the future is to keep mentally and physically well. I want to continue training as it's something I really love to do and it helps me in so many aspects of my life. I want to keep teaching others about having a healthy lifestyle with sport and encourage them to achieve their goals.



Manon Petit Lenoir

Sport: Snowboarding

Reliv Regimen: Reliv Now, LunaRich C, Innergize!, FibRestore

How does it feel to be part of Reliv Athletic?

It feels great to be a part of Reliv Athletic. The products have supported me in my physical training. With having to train and compete for 25-30 hours a week, I feel that the Reliv products have really helped me to manage my workload better. I spoke with the person who introduced me to Reliv Athletic about my specific needs and now I'm starting to understand myself and my needs better and have been able to adapt the products that I'm taking.

What are your main goals for the future?

At the moment I'm on the international circuit. My objectives are to strive for the top of the podium on a regular basis so that I can win the much coveted Crystal Globe Award. To win medals at World Championships and the Olympic Games would be the ultimate goal in my career.



RELIV EUROPE'S FIRST SANDY MONTGOMERY AWARD WINNERS

Anja & Bernd Kern
Germany

HOW DOES IT FEEL TO BE THE FIRST RELIV EUROPE DISTRIBUTORS TO RECEIVE THE RENOWNED SANDY MONTGOMERY AWARD?

It is a great feeling to be the first Reliv Europe Distributors to receive the renowned Sandy Montgomery Award. We feel proud and very grateful!

WHY IS THIS AWARD SO SPECIAL TO YOU?

The award is very important to us because we were able to help the children who are a part of the Kalogris Foundation.

WE ARE MOVING CLOSER TO SANDY MONTGOMERY'S VISION OF FEEDING 1 MILLION CHILDREN A DAY THROUGH THE KALOGRIS FOUNDATION. HOW DOES IT FEEL TO BE A PART OF MAKING THIS VISION COME TRUE?

It is a wonderful feeling to support Sandy Montgomery's vision of humanity and to show a sign of hope.

WHAT DID YOU DO TO GET THIS AWARD?

We shared our enthusiasm for Reliv with as many people as possible.

DID THIS AWARD HAVE A POSITIVE IMPACT ON YOU PERSONALLY?

Yes, because Sandy Montgomery's vision and the Kalogris Foundation have come to our attention in a very special way. We believe that getting to know Reliv, is a great gift to many people!

WHAT ADVICE CAN YOU GIVE OTHER DISTRIBUTORS WHO ALSO AIM TO RECEIVE THIS AWARD?

We believe that it is extremely important to always know your personal WHY as it inspires our own actions.

WHAT NEW GOALS ARE YOU HOPING TO ACHIEVE?

We are working on finding and supporting strong-minded and enthusiastic partners who themselves will focus on receiving an award. We are also looking forward to the next "offline" conference!



the Reliv Kalogris Foundation

25 YEARS!

Our Impact – SERVING 267,000 Shakes every month

Our Mission

To "Nourish Our World" by providing nutritional supplements to support needy individuals and organisations throughout the world.

Reliv established the Kalogris Foundation in 1995 in honour of the late Dr. Theodore "Ted" Kalogris who created the nutritional formula that would become Reliv Classic®, the company's original product. The story of the Reliv Kalogris Foundation is one which reflects great compassion in every one of the people involved in its development. "Be ashamed to die until you have scored a victory for mankind," Dr. Ted's father advised him when he was still young, a motto that inspired Dr. Ted to start on a mission to help combat hunger. Dr. Ted's passion, combined with Reliv Chairman, President and CEO Robert Montgomery's vision, launched Reliv's mission to nourish our world.

Back to the Grind

The year 2020 is like no other. For the first time since 2001, the RKF nutrition programme ceased to operate in most (if not all) sites because of the stay-at-home orders brought by the covid-19 pandemic. It was a wise move that just before the lockdown, some of our site coordinators managed to have the Reliv Now® for Kids repacked and distributed to the children enrolled in their respective programmes.

As weeks of lockdown turned to months and as the supply neared exhaustion, the parents started to worry for their children's health. A few of our pastor-coordinators, like Pastor George Paramio of San Carlos City, Pangasinan (approx 4 hours from Manila), were able to get Frontliner's IDs which enabled them

to continue visiting the children to see how they were doing and were able to monitor their Reliv shakes intake – as did Pastor Richard Caspillan with his wife Prosie of Dagupan City, Pangasinan, and Pastor Jenny Arana of Casiguran, Aurora (about 9 hours from Manila). As soon as the community quarantine relaxed in their regions, their volunteers went back to the grind and started to meet up with the kids and led them to meaningful activities that they so missed doing.

Thank you RKF donors for your continued provision of Reliv Now® for Kids to support our Kalogris kids' wellbeing!

Full Circle – The Next Generation

Dr. Manno of Haiti first started taking Reliv Now® as a college student in Port au Prince. Some days it was the only nutrition he had - and he continued to thrive.

Fast forward nearly 30 years later, and Dr. Manno has a beautiful new baby girl named Bie. After her first couple of months of life, they discovered that Bie is lactose intolerant. In many places, that would be no problem, but in Haiti, in the middle of a pandemic, there was no possibility of even having formula shipped in for her. But guess what Dr. Manno had on hand? Reliv Now® for Kids. And guess who is now thriving nicely on her bottles of Reliv Now® for Kids?

The story comes full circle!

> ADVANCEMENTS >



Zeenat Saiyed

Key Director

It feels really great to have advanced to this level and I really feel proud of my achievements. I reached this level through my increased volume. I spoke to a lot of people and helped them with the Reliv products or business opportunity.

My goals in the future are to give hope to as many new people as I can. It's also very important to me to help those in my organisation to advance to their next levels and earn bonuses and trips.

My best advice for anybody wanting to achieve this level is to be teachable. Stay close to your upline and follow their example.



Anja & Bernd Kern

Key Directors

It feels great to have advanced to this level. How did we achieve this? We spoke to a lot of people from our circle of friends and acquaintances about the unique Reliv products and business opportunity.

Together with our committed and enthusiastic partners, we want to share the Reliv message with more and more people who are open and ready to learn. We want to help people to achieve their goals to have financial freedom.

To advance to this level, it is important that you are focused, enthusiastic, accept support and you must be willing to step out of your comfort zone. Ultimately, we believe that your personal WHY is the key to being successful.



Kirstin Rosenzweig

Senior Director

I was delighted to advance to Senior Director. However, what is more important to me than a title is that as many people as possible hear about the Reliv products. I have been motivated from the start to share Reliv with the world.

You have to know the products very well and be fascinated by the experiences that you and others have had. The stories shared on the Monday Night Calls and with other Distributors are very important. I always make sure that I have good stories to share when I talk to others about Reliv. If you share your own story regularly and enthusiastically, success will happen automatically.

Put people at the centre of your actions. Everything else will fall into place!



Pedro Pereira

Senior Director

To become Senior Director is testament to believing that I can achieve as others have. I have always held the view that it is not a matter of "if" but "when" regarding advancement.

Achieving this level was a direct result of working closely with my mentors. I shared the principles of what works in the business with those in my organisation and reached out to new prospects through Reliv's online tools which will be invaluable in the future.

My working goal is to find more special people who want to embrace the Reliv values. This is the principal action to reaching my main goal of becoming a Reliv Ambassador and helping others to do the same.

Everything is in place for you to be successful with Reliv if you are prepared to adopt and apply what has worked for all of the successful leaders. I hope that my achievement, attitude, persistence and belief inspires others to reach their dreams with Reliv.

Reliv Now for Kids Chocolate — Nutritious and Delicious!

It has been almost a year since we launched Reliv Now for Kids Chocolate and it is proving to be more popular than ever! What better way to support your children's daily needs and add even more excitement to their Reliv Shakes. So why not mix it up and try these delicious and nutritional Reliv recipes!



Kids' Chocolate Berry Shake

177 to 237 ml milk

Fresh Raspberries

1 Scoop Reliv Now for Kids Chocolate
Ice

Blend and enjoy!



Kids' Chocolate Banana Shake

250 ml milk or non-dairy alternative

Half a frozen banana

1 Scoop Reliv Now for Kids Chocolate
Blend and enjoy!



Kids' Chocolate Bites

200 ml cold coconut milk

1 heaped tablespoon peanut butter or almond butter

½ tsp cinnamon

¼ tsp nutmeg

Half a frozen banana

1 Scoop Reliv Now for Kids Chocolate
Stir thoroughly and work the mixture

Roll into small balls and pop into your mouth. Delicious!



Kids' Chocolate Shake with Strawberries

300-350 ml cold water

Handful of fresh greens

4 large frozen Strawberries

1 tbsp cacao or cocoa powder

1 Scoop Reliv Now for Kids Chocolate
Blend and Enjoy!



Kids' Chocolate Shake with Coconut Milk

200-250 ml coconut milk

1 tbsp sunflower butter or handful of finely ground sunflower seeds

½ frozen ripe banana

1 tsp cacao or cocoa powder

1 Scoop Reliv Now for Kids Chocolate

1 Scoop Reliv Now or Reliv Classic

Dash of vanilla extract

Blend and Enjoy!





Building a business during a pandemic

As an Independent Reliv Distributor, you might not have imagined that a worldwide pandemic could turn your business into a real success story. Here's how. . .

Adapting to the new world we are living in! There has been a real change in the way we communicate. Since the pandemic started, the world has moved online. Network Marketing and online businesses have experienced an enormous boost – unlike non-essential retail shops. Instead of getting on a plane to attend a business event on the other side of the world, we now attend Zoom meetings and webinars from the comfort of our home office. We can connect with our customers, colleagues, friends and families without having to leave the house. The key to success is being able to adapt to these changes and making sure that you have all the tools in place that will make your business thrive. Luckily, being a Reliv Distributor means that you can embrace the new normal. Some of our most successful Distributors have done just that – made the most of the endless opportunities that this new world we are living in has to offer.



“ADAPTABILITY IS ABOUT THE
POWERFUL DIFFERENCE
BETWEEN ADAPTING TO COPE
AND ADAPTING TO WIN.”

— MAX MCKEOWN

The basics!

In order to make your home office more online-efficient, there are a couple of basic things that you need to have in place.

A reliable internet connection is essential. If your Wi-Fi is constantly failing, you may want to check whether your router is too far away from your workplace or if it's out-dated. Both can easily be solved by either rearranging the place of your router or contacting your broadband provider.

Once you have ensured that you have a good internet connection, you need to make sure that your technical equipment is up to scratch. You do not need to invest in a luxury item however, your laptop or computer should make life easier for you and not complicate things.

Now is the time to make use of the Reliv business tools. We offer a wide range of online tools that will help your business to thrive. If you haven't already subscribed to our web bundle, make sure you subscribe now and enjoy access to Dashboard, the Reliv mobile app AND your own personal website for just £10/€12 a month! This tool is perfect for forming your business presence.

How are your social media skills? Do you have a Reliv Facebook page? This is a great way for you to connect with people who are interested in a healthy lifestyle and business opportunity. Remember, a new follower is a potential new customer! Platforms like Facebook are free and there is no better place to engage with people when they connect with you. If you are struggling with creating the right content for your page, check out our Social Media eBook – another fantastic Reliv tool.

Be organised!

Organising your communication is important. During a pandemic, you will experience an increased volume in online communication and you need to stay on top of things in order to run a successful business from home. Staying connected can seem a little overwhelming at first, but once the task of answering emails and messages becomes a routine, you will experience all the positive feedback your own efficiency creates.

Stay positive!

Yes, these unprecedented times without live events, conferences and face to face meetings are challenging. But they are also a once in a lifetime opportunity for every single Reliv Distributor! You can do it! You are #relivstrong!

my story

ANDREA JAMES

Home: Luton, United Kingdom

Currently: Registration Inspector

Reliv Family Regimen: Reliv Now, Innergize! FibRestore and Reliv Now for Kids

Development: I started as a Reliv Distributor a few months ago so I am still developing my business, but on a personal level I have already gained a lovely Reliv family and am feeling the benefits of taking the Reliv products.

Flexibility: In the recent unprecedented and difficult times, Reliv has enabled me to help lots of people and I have been able to benefit from all of the online tools that are available to me; videos, testimonials and online Business Opportunity Meetings and Saturday Training sessions.

Motivation: To build a Reliv business, I think it is very important to follow up and share stories with prospects and new Customers and Distributors.

JUDY LEONARD

Home: The Hague, Netherlands

Currently: Retired Medical Doctor

Reliv Family Regimen: Reliv Classic, Innergize! FibRestore, Lunarich C and Reliv Now for Kids

Positive Changes: I love the friendships that develop over time and of course the benefits of the Reliv products and impact that building a business can have in turning people's lives around.

Personal Development: I initially started my Reliv business while I was living in India, but since moving to the Netherlands I have connected with many Distributors which has helped me to develop my communication and leadership skills.

Growth in Confidence and Flexibility: In this challenging year, as a Reliv Distributor, I have enjoyed the freedom and security of growing a business from home. I have been focusing on the positives and using the online tools available, I am able to share stories and invite prospects to live Reliv meetings using Zoom.

Motivation: To maintain momentum, I recommend doing something every day for your business. Take inspiration from others and have fun talking to people!

FRANÇOISE CARISSAN

Home: Pleneuf Val André, Brittany

Currently: Retired just over 3 years ago

Reliv Regimen: Reliv Now, Innergize ! FibRestore

Positivity: I love the support you get working within a team. Reliv has opened up new horizons to me and helped me to connect with other people and develop my skills, especially within the digital world and public speaking. I'm also hoping to improve my English.

Flexibility: The flexibility of being a Reliv Distributor is more important now than ever. There has never been a better time to be a part of Reliv and share it with others. With the importance of social distancing, I have been able to benefit from all the online tools available, especially webinars for training purposes, Zoom for presentations and the Reliv mobile app.

Listening is key: It's important to listen to your upline and your upline's upline, your Customers and prospects and always remember to follow your heart!

ANNE FOTHERINGHAM

Home: Clowne, Chesterfield

Currently: Professional Singer

Reliv Regimen: Reliv Now, Innergize ! FibRestore, Lunarich C and Reliv Now for Kids

Transforming lives: Having the ability to help other people to improve their lifestyle is one of the things that I love most about being a Reliv Distributor. I also enjoy being associated with such a professional and forward-thinking company.

Growth in confidence: I have developed in confidence both personally and professionally and now have a much more positive outlook on life now and for the future!

Positives: Through this challenging year, I have learned to adapt and change the way I do things in order to achieve a positive outcome. Winners always find a way! I have learned to use the Zoom online platform which has enabled me to broaden my horizons and make contact with people from all over the world.

Motivation: My top motivational tips would be to read positive material, listen to uplifting audio and switch off the TV! Above all, remain focused and be consistent!





my story

CYRIAQUE POINTEAU

Home: Brissac-Quincé, France

Currently: Basketball Coach

Reliv Regimen: Reliv Now, Innergize!

Teamwork: I love helping people with their wellbeing and particularly like the fact that through my own success, I am able to help others succeed.

Support: I've really benefitted from the support I've received from my sponsor and other Reliv Distributors on a daily basis. I became a Master Affiliate within 4 months of starting at Reliv and now have 7 other Distributors and several Customers in my team.

Positives: During these particularly challenging months, one of the main advantages of working at Reliv is that I have been able to continue to build and develop my business and all orders to my customers and Distributors have been delivered successfully and on time!

Advice: Take part in as many webinars and Zoom training sessions as possible and look out for special events such as MATS and Super Saturdays!

BRIGITTE VOGLMAYR

Home: Mühlviertel, Upper Austria

Currently: Retired Nurse

Reliv Regimen: Reliv Classic, Innergize! FibRestore and Reliv Now for Kids

Connecting: What I love about being a Reliv Distributor is connecting and working with such a variety of people. I am concentrating on developing my business and increasing the number of Distributors in my team. I particularly like seeing the results of my efforts and how through my continued help and support, other people benefit too. It's so rewarding!

Online Tools: There are so many online tools available on the Reliv website to help you build your business and I regularly use Zoom and the Reliv videos to help me.

Motivation: Perseverance is so important. Never give up, even when things don't quite go the way you'd like them to. The support of other Distributors and your sponsor is invaluable. Remember that talking is key!

ALEGRA-CHANTAL KWISDORF

Home: Ruhr area, West Germany

Currently: Registered nurse

Reliv Regimen: Reliv Classic, FibRestore and Reliv Now for Kids

Support: The Reliv family atmosphere means that there is always someone to help you on both a personal and business level. I always feel valued and recognised for the work I do at Reliv.

Opportunity: I have enjoyed offering people a new hope and an alternative to the 9 to 5 working day. I am eager to share my knowledge with other people and hopefully inspire them at the same time.

Teamwork: I have found it particularly helpful to exchange ideas with people who are in a similar situation to me. Listening to Podcasts has inspired and motivated me and through social media I have been able to develop my own network and make connections with a wide variety of people.

Top motivational tips: Perseverance, curiosity and honesty are key! Believe in yourself!

SILKE CASCIANI

Home: Bottrop, Grafenwald, Germany

Currently: Independent Consultant

Reliv Regimen: Reliv Classic, Innergize! and FibRestore mixed with Reliv Now for Kids

People Business: What I particularly like about working with the Reliv team is that everyone is friendly, warm and welcoming. There is a great deal of support from Reliv Distributors and we all help each other and exchange thoughts and new ideas.

Personal Development: Through attending weekly meetings and listening to calls, I am able to build upon my knowledge every day. I think it's important to be inquisitive and never be afraid to ask lots of questions!

The Positives of Being a Reliv

Distributor: I have found that people are starting to care more about their wellbeing and I love being able to share my own positive experiences to help others.

Motivation: Feeling good about yourself is key. Positivity, energy and quality of life are what motivate me. The Reliv travel opportunities are also another incredible incentive!

Reliv Athletic: Soaring to New Heights



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