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re:liv

**now**

core nutrition

WHEY-BASED PROTEIN  
with essential  
vitamins & minerals  
dietary supplement

Net Wt. 19.74 oz  
(1 lb. 3.74 oz)





THIS IS THE **WHEY** TO CORE NUTRITION

**(( Deliciously powerful protein to get your health up to speed ))**

7 grams of whey-based protein per serving • essential vitamins, minerals and antioxidants • only 50 calories per serving



Order yours now at **reliv.com**

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To learn more about Reliv,  
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# your time is now

a letter from our president **Ryan Montgomery**

This year marks our 30<sup>th</sup> year in Reliv, and we believe our best days are ahead. We will continue to evolve with the world and stay relevant with our product line and business approach, but more importantly, we are committed to the success of those who make us who we are — you, the Reliv family — and 2018 will prove to be nothing short of boundless with our new tools and initiatives.

Product innovation is always top priority for us. At Reliv Live in Anaheim, we launched an important addition to our cornerstone core nutrition product line: Reliv Now with Whey. Reliv Now has been our core product for three decades, and is still available, but now we have a second version with a whey protein base. A comprehensive nutrition plan has never been easier with Reliv:

**Step #1:** We believe everyone in the world needs core nutrition, and that's why we recommend starting with our most complete solution — Reliv Now.

**Step #2:** Customize your nutrition with Reliv targeted solutions based on individual needs and wants.

We're a people business, and organizations grow from personal interaction and relationships; that will never change here at Reliv. But, we must also continue to integrate technology to reach more people and engage on a larger scale. To that, 2018 is also a year of business development with an emphasis on (1) attracting new customers and Distributors, (2) onboarding effectively and efficiently, and (3) fostering a "Reliv for life" focus. Everything we do in 2018 will concentrate on these three key categories that drive your business: Recruiting, Onboarding, and Retention. And in the following *Lifestyle* pages, you'll see the impressive tools and promotions we have available to support each one.

I'm excited about 2018! We're at the intersection of two rapidly growing industries, and I firmly believe we can be leaders of both.

There's no doubt: **Your Time Is Now!**



A photograph of two women walking on a dirt trail through a wooded area. The woman on the left is wearing a black tank top with the text 'get FIT', 'feel FIT', and 'stay FIT' in green, red, and purple respectively. The woman on the right is wearing a grey hoodie and carrying a black bag. The background is filled with green trees and foliage.

# STEP OUT IN RELIV

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## Shop the Reliv Company Store!

business essentials > workout gear > accessories

---

[reliv.com/reliv-gear](https://reliv.com/reliv-gear)



As the industry leader in core nutrition, Reliv is offering you even more choices for getting those essential nutrients that you probably don't get from food alone.

Introducing the newest member of Reliv's core nutrition line-up — Reliv Now in a whey-based protein formula! The same great optimal blend of vitamins, minerals, antioxidants and herbs that has been delivering unmatched results for decades is now available in a delicious, soy-free option.

# YES WHEY!

## INTRODUCING RELIV NOW® WITH WHEY





"I have always believed that soy has tremendous health benefits, but we also know that consumers want choices," says Reliv's Chief Scientific Officer **Dr. Carl Hastings**. "With this whey-based protein blend, even those with soy sensitivities can experience the overall health and wellness of Reliv's core nutrition products."

Nobody does nutrition like Reliv. That's because we put all of your core daily nutrition into one easy, convenient and tasty shake. You can stop wasting time, energy and money mixing and matching bottles of single-ingredient supplements. Reliv Now is the ultimate multitasking nutrition formula that keeps up with your hectic lifestyle and makes nutrition simple.

**GET MORE:** Reliv Now goes beyond a standard multivitamin pill, giving you more of everything your body needs.

**25 Vitamins & Minerals:** Contains more vitamins and minerals than leading multivitamins. Reliv Now contains 200% of the daily value of vitamin B6, one of the most common vitamins for which Americans are deficient. Vitamin B6 helps the body metabolize fats and proteins and is important for healthy hair, skin, eyes and liver. You also get double the amount of Vitamin E and as much as eight times of Vitamin C. In addition, Reliv Now delivers optimum levels of essential minerals such as calcium, magnesium and zinc.

**Antioxidants:** Fights off excess free radicals, which can overwhelm your body's defenses and cause damage to your cells and DNA. Reliv Now provides

antioxidants not found in other popular vitamin brands, including patented Pycnogenol® — one of the most thoroughly researched ingredients available today. More than 170 studies have demonstrated Pycnogenol's ability to fight free radical damage, improve blood circulation and lower blood glucose, among other benefits.

**Protein:** Packs a powerful protein punch. Doctors recommend 50 grams of protein daily, but most multivitamins contain none. Reliv Now gives you 7 grams per serving of high-quality, muscle-building protein. It's a perfect addition to your breakfast smoothie or post-workout shake.

**Bioavailability and Synergism:** Works in synergy to bring out the full potential of all the nutrients. No more choking down huge pills and wondering if they are getting absorbed properly. The powder formula of Reliv products gives your body easy access to their nutrients so you get the most out of your supplement.

"You can choose the new whey-based version or the flagship soy-based formula, but either way, you get optimal nutrition from guaranteed quality ingredients," adds Dr. Carl. "Our core nutrition formulas are the cornerstone of your Reliv nutrition."

You work hard and your  
nutrition should do the same.  
Get your health up to speed  
with Reliv Now!



FIND THE NEW YOU WITH

# fit<sup>3</sup> PRODUCTS

The Reliv products are the cornerstone of the Fit3 healthy choices program. Active, Burn and Purify were specifically formulated by Reliv's Chief Scientific Officer **Dr. Carl Hastings** to address the common challenges associated with the lifestyle modifications recommended for long-term weight management. "The products, in combination with nutrition and exercise, offer realistic and sustainable solutions for those who are ready to make a change," explains Dr. Carl. "All three elements of the program work together to not only help people lose weight, but also to maintain a healthy weight for life."

Fit3 Head Coach **Tina Van Horn** notes that "Living a healthy lifestyle is tough. Our environments have been engineered to promote inactivity, and we are constantly bombarded by temptations that can quickly derail our efforts to make rewarding choices." The Fit3 products are designed to give you an edge when it comes to stick-

ing with the program. By boosting energy and promoting muscle recovery, you'll naturally feel more inclined to exercise. And when the Fit3 program becomes a part of your daily regime, resisting food temptations gets much easier as the cravings and hunger cues diminish. "With the right nutritional support from the Fit3 products, you may minimize blood sugar fluctuations that trigger cravings and episodes of low-energy," adds Coach Tina.

There is no magic bullet when it comes to weight management and healthy living. It comes down to making choices. With the support of the Fit3 products, the healthier choice just got easier.



## ACTIVE

**Not your ordinary protein powder... this is protein with benefits!**

Feel full and energized with our unique blend of three protein sources that fuels workouts and builds lean muscle. This low-sugar formula contains fiber to help you feel fuller longer while also promoting digestive health. Natural ingredients like LunaRich®, Pycnogenol, turmeric root and tart cherry are powerful antioxidants that reduce inflammation so you can recover quickly from workouts. The complementary amino acid profiles of the three proteins boost endurance and reduce muscle soreness.



"My willpower is stronger if I have Active in my body. So taking my second scoop of Active mid-afternoon helps me feel satiated through the evening."

— **Tami M.**

"I just love Active. It keeps me feeling satisfied, curbs my cravings and it tastes great!"

— **Patti A.**

"With Active I was able to recover quickly from a recent injury, and I stayed on track with the program, even though I had to take a break from exercise."

— **Yvette D.**

"I love my Active Shake. I simply add it to almond or coconut milk and drink it as my breakfast. It keeps me full and satisfied throughout the morning. I also take it as a recovery after my workout, and I have found that it keeps my muscles from getting sore."

— **Luzia H.**



## BURN

Ignite your metabolism, boost your energy and burn stored body fat with this natural blend of green tea and fruit extracts. Fit3 Burn supports weight loss and improves metabolic health by reducing the absorption of dietary fat and starches. A natural antioxidant, this formula also reduces inflammation and may promote cardiovascular health.



"I love Burn and never miss taking it. I had a lady ask me how I have so much energy at my age! At almost 71, my body fat ranges between 18-20% and my weight is stable."

— **Lou Ann P.**

"I love taking the Burn capsules every morning with my shake. Being post-menopausal, I know my metabolism needs all the help it can get, and Burn does the trick!"

— **Joyce H.**

"Burn has really helped my sluggish metabolism burn calories better and gives me extra energy each morning."

— **Jon Julianne P.**

"Great way to start my morning! I LOVE Burn as it has helped burn some of that belly fat. For me, it's in the inches lost around my waist, thighs and hips."

— **Carla P.**

## PURIFY

Bust your bloat with this probiotic and herbal extract formula that cleanses the body, detoxes the liver and promotes gut health while also supporting your metabolism. Fit3 Purify is a powerful liver protectant that aids in reducing fat oxidation in the liver, in addition to stimulating a healthy immune system.



"I was so excited when I started taking Purify. The very next morning, I felt like a balance had taken place inside of me, and the bloating in my tummy was noticeably decreased. I never miss a night of taking this!"

— **Tina F.**

"I love the Purify capsules! Two capsules every night and I wake up feeling so much lighter, and my belly feels great!"

— **Linda K.**

"Purify balances me when I make some regrettable food choices."

— **Patti A.**

"I love that it does what it says. . . helps purify your whole body!"

— **Christine L.**

"I sleep like a baby and feel really well rested in the morning. Such a great addition to my Reliv routine!"

— **Jennifer W.**

### Reliv Berry Smoothie

- 1 scoop Reliv Now (whey or soy)
- 1 cup unsweetened almond milk
- ½ cup frozen berries
- ½ frozen banana
- 1 cup spinach



\* *Mix it up with*

### Piña Colada Shake

- 1 scoop Reliv Now (whey or soy)
- ½ cup pineapple
- 1 cup unsweetened coconut milk
- 2 ice cubes



Mix up your kitchen with your favorite Reliv products. These tasty treats are easy to make and the perfect addition to your healthy lifestyle. Take them on the go or make them at your next shake party to show off the versatility and accessibility of Reliv nutrition.







### Chocolate Covered Strawberry Shake

- 1 scoop Fit3 Active
- ½ cup strawberry Greek yogurt
- ¾ cup frozen strawberries
- 1 cup unsweetened almond milk
- 1 tbsp. cocoa powder

## Reliv Recipes \*

Share your favorite recipes with us  
and be sure to use the hashtag

**#RelivRecipe**



### Toning Green Smoothie

- 1 scoop Reliv Now (whey or soy)
- ½ cup coconut water
- 1 banana
- 1 cucumber
- 2 tbsp. of fresh ginger
- 1 tbsp. apple cider vinegar
- ½ cup ice

### \* *snack* \*

#### Dark Chocolate Chia Protein Bites

- |  |  |
|--|--|
| 2 scoops Fit3 Active                     | 1 tbsp. honey or agave nectar                |
| ¼ cup chia seeds                         | 1 tbsp. melted coconut oil                   |
| 4 tbsp. almond butter                    | ¼ cup unsweetened coconut<br>or chopped nuts |
| 3 tbsp. unsweetened dark<br>cocoa powder | ½ tsp. vanilla extract                       |
| 1/8 tsp. salt                            |  |

Mix all ingredients together, either by hand or in the food processor.  
Roll the dough into 1½" balls, then roll each ball in shredded coconut.

Makes 9 balls.

Store in refrigerator in a covered container for up to a week.



# Running a Reliv business? There's an **app** for that.

By Director of Marketing **Erin Koch**

Never — and we mean never — in the history of Reliv has there been a better time to start your own business as an independent Distributor. Why? Because now running your Reliv empire is as easy as pushing a button on your smart phone. In April of this year, fans flocked to Reliv Live in Anaheim, California, to be the first ones to take the new Reliv app for a test drive.

“Partnering with Reliv to build your own business means that you must stay engaged with Reliv and all the support, information, tools, notifications and updates provided to run your business effectively. We live in an information age, and now with the mobile app, everything for your Reliv business will be at your fingertips. This is the most important and comprehensive tool ever created by Reliv to help Distributors build their business.”

**President Ryan Montgomery**



## WHAT OUR DISTRIBUTORS HAVE TO SAY

“I’m excited because our Distributors and recruits will experience Reliv’s personal touch in the palm of their hands when they use our new mobile app! It will highlight our incredible value through the app’s professional presence, and most important, it will be user-friendly and allow people to get information much easier and faster. Times have really changed in the last 5-10 years. The number of mobile users today is greater than the number of desktop users! There is no comparison to the personal touch a mobile app can offer.”

**Bronze Ambassador Julie Moeller**



## LET'S TAKE A TOUR!

On the home screen, you'll see everything you need to recruit new Distributors and customers, get the latest training and tools you need, plus have instant access to reports that will help you grow your check (and the checks of your downline!) by leaps and bounds.



### Recruit

Now all of your recruits are conveniently stored in the app. Here you can view their activity, share a video or share a website. You can even filter leads based on their activities. This makes it so easy to follow up with them!



### Videos

Now you can share, download or play a Reliv video with the push of a button! No internet connection is needed to download videos!



### Websites

Now you can easily visit all of your important Reliv websites from one place!



### Metrics

View your latest activity including requalification details, plus the amount of your last check. You can even track two months of sales data, including personal group volume, signups, rank advancements and more!



### My Sales

Here you can view your personal group sales orders. You can toggle back and forth between the current month and the previous month, and even sort by order date.



### My Downline

Ever wished you had your downlines' info at the touch of a button? Now you can view your personal group and breakaway stats and see member details. You'll also be able to send a text, call or email them without leaving this screen. So convenient!



### Tools & Training

From the latest training videos and podcasts to important tools like the order calculator and price list, you'll find everything you need to onboard a new Distributor right here.



### Shop

Whether you're working with a customer, a new Distributor or want to place your own order, it's easy to shop for Reliv products!



### Calendar

Never miss another Reliv corporate event again!

**Interested in trying out the Reliv mobile app?** New Distributors can try it out for free for the first 30 days after signup! After that, it's just \$4 per month and you can cancel at any time! Visit [reliv.com/join](https://reliv.com/join) to signup as a Distributor and to get started today. Already a Distributor? Get the app now at [reliv.com/p/app](https://reliv.com/p/app). In addition, you can also get the mobile app when you purchase the Reliv Web Bundle! For only \$15 a month you receive the Distributor Dashboard to track, manage and grow your business, plus a personal website and the new mobile app. Visit [reliv.com/p/web-bundle](https://reliv.com/p/web-bundle) to get it now!

"In the 27 years I've been with Reliv, I've never been as excited as I am about the mobile app. It's such a great way to take my business with me wherever I go. With the push of a button I can track my PVQ, organize contacts in my downline, play videos for prospects, and manage my business. This is going to make things so much easier and will allow people like me, who are not good with technology, a simple way to track my business. I couldn't be more excited!"

**Presidential Platinum Ambassador and Hall of Fame member Mindy Jones**



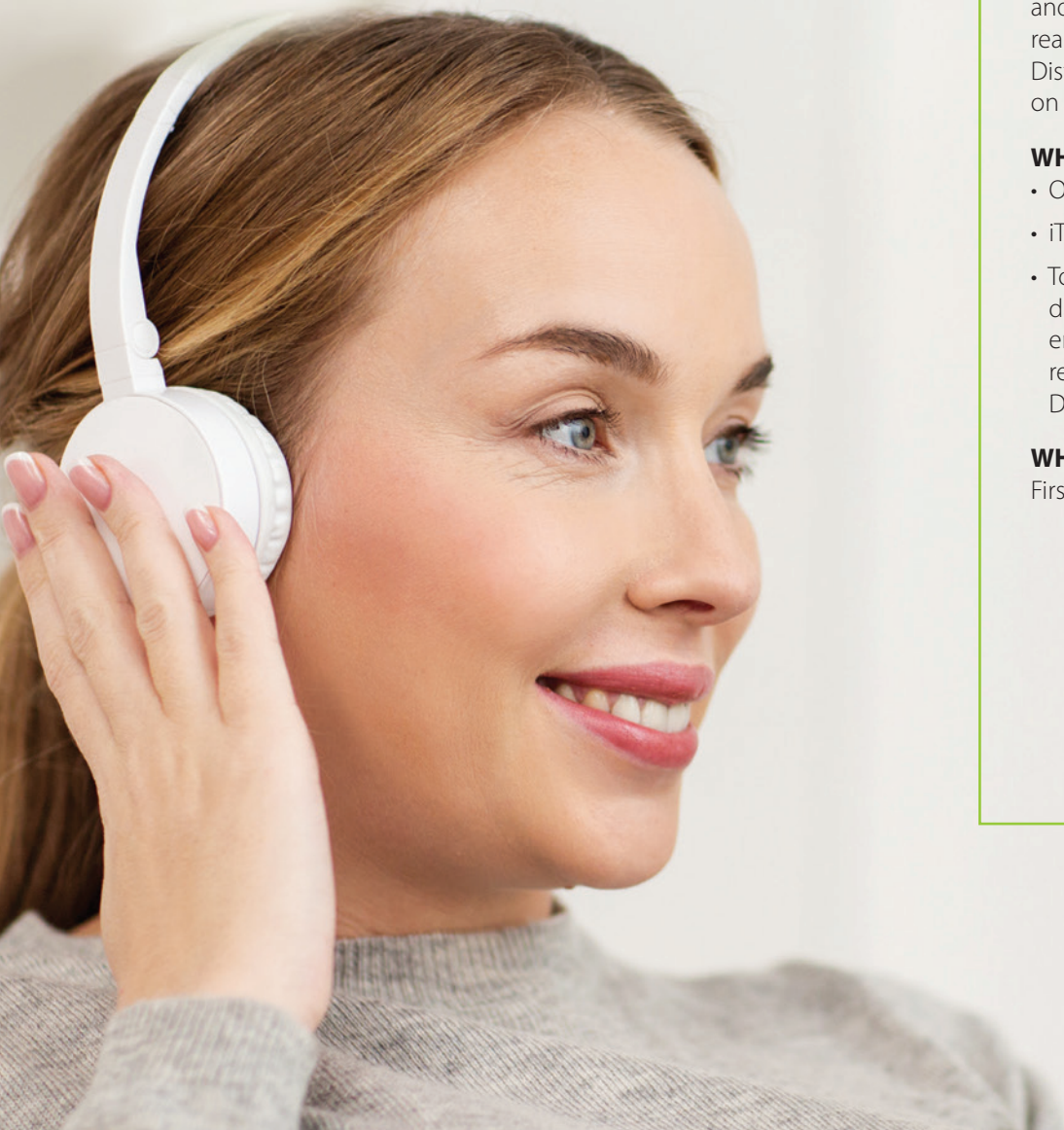
# ARE YOU LISTENING?

## Tune into 3 Powerful Podcasts

### Grow • Learn • Go

By Copywriter **Dena Molen**

Take our podcasts on the go! Whether you're looking for product insights, business training or inspiring stories, our podcasts are designed to help you grow and learn. It's a great way to sneak in some Reliv tips when you're headed to an appointment or just standing in line at the grocery store!



#### WHO?

Coach **Tina Van Horn** interviews expert guests

#### WHAT?

Listen and learn as Coach Tina shares the latest about wellness, fitness and Reliv products. Each episode features a professional guest who shares the latest research and trends in health and nutrition. Also, get real field advice from Reliv customers and Distributors who have found great success on Reliv products and the Fit3 program.

#### WHERE?

- Online at **reliv.com/conference-calls**
- iTunes: The Reliv Podcast
- To listen to new episodes the first business day of each month Dial: 866.267.8756 and enter passcode 093388#. To listen to the replay available the rest of the month, Dial 866.330.4922

#### WHEN?

First business day of each month





#### WHO?

Executive VP of Sales & Marketing  
**Tom Pinnock** chats with Reliv Distributors and customers

#### WHAT?

Experience how Reliv changes lives! These stories are a great way for new Distributors to gain amazing health and business stories to share with their new prospects. It's also a great tool to find inspiration as a Reliv customer who is thinking about going into business for his/herself. Improve your health and financial freedom — understand how Reliv's nutritional supplements and home-based business opportunity allows you to pursue your dreams!

#### WHERE?

- Online at **reliv.com/monthly-story-podcasts**
- iTunes: Reliv Stories
- Dial: 866.330.4922  
(Choose option 2 when prompted)

#### WHEN?

Once a month



#### WHO?

Executive VP of Sales & Marketing  
**Tom Pinnock** interviews Reliv Ambassadors, Hall of Famers, and of course, invaluable Reliv mentors

#### WHAT?

Designed to be short and to the point, these priceless training tools cover everything from how to handle objections to how to host a successful shake party. These are single topic trainings for new Distributors looking for expert advice from top Reliv leaders. It's also a great way for existing Distributors to brush up on the basics.

#### WHERE?

- Online at **reliv.com/success-training**
- iTunes: Reliv Success Training

#### WHEN?

These episodes compile a large library of training topics that can be accessed on our website at anytime





BREATHTAKING BEAC

# Puerto



One of the great joys of being part of Reliv is traveling the world with people you love, and that's exactly what happened in March when nearly 60 Reliv Distributors had the time of their lives in the tropical paradise of Puerto Vallarta, Mexico. "I had to pinch myself," said **Carol Hambleton** from Michigan. "It's so beautiful, and everyone is so nice." Carol is the mother of Reliv Ambassador **Kimberly Burns**. "I worked hard so I could take my Mom on a trip of a lifetime," Kimberly said with tears in her eyes. "It was so worth it."

they listened to the rhythm of the waves, felt the ocean breezes in their faces, and watched beautiful sunsets drop into the Pacific Ocean. While reclining in lounge chairs with their feet in the sand, several Distributors even witnessed the impressive breaching of a whale or two. On the first night, everyone enjoyed a delicious banquet and lively music on a pool deck that looked out on jagged cliffs that bordered the sea, and overhead, fireworks lit up the sky. Jugglers and dancers, some on stilts and some dressed as colorful robots, delighted everyone.

On Friday morning, the group gathered in a conference room carved out of the side of a cliff where Reliv President **Ryan Montgomery** shared his amazing vision of the company's future. He also unveiled the new Reliv mobile app that he said would both simplify and accelerate business building for everyone. "I want that app now," said

Ambassador **Diane Helmold** also brought her mother, Jeanne Kross from Illinois. "I feel like I'm in a dream," Jeanne said, as she and Diane, arm in arm, strolled their way up a candlelit path to their dinner on the island of Las Caletas.

For four incredible days, the group immersed themselves in a lush, tropical paradise with pristine beaches where





HES. MAGICAL MEMORIES.

# Vallarta

By Executive VP of Sales & Marketing **Tom Pinnock**

Master Director **John Curtin** from California. "It's going to make my life so much easier." Another highlight of the meeting took place when Ryan's wife, **Tracy**, and Tom Pinnock's wife, **Karen**, handed out gold charms shaped like starfish to the 11 Ambassador ladies who had earned the trip.

Later that day, some journeyed down the cobblestone streets of Puerto Vallarta where they shopped and ate, while others gathered at one of the three amazing infinity pools that appeared to flow right into the ocean. Distributors will tell you that one of the best parts of a Reliv trip is getting to know each other and sharing stories, and even exchanging tips on how to do the business.

Without a doubt, the highlight of the trip took place on the last night when everyone boarded a catamaran and sailed for 45 minutes to the tropical paradise of Las Caletas. On the way, excited Distributors looked for whales, sang songs and were entertained by a delightful crew.

The island was lit up by hundreds, if not thousands, of candles that lined walkways winding through a thick jungle. On the way, entertainers were dressed in all sorts of native and animal costumes. Hammocks hung from palm trees along the beach. After an amazing dinner, Distributors made their way up a jungle path to an outdoor theater surrounded by towering trees that opened up at the top — just enough to show the stars above. Then, some thirty or so members of the island cast put on a performance called "Rhythm of the Night." It was filled with astonishing dancing, acrobatics and costumes that no one will ever forget.

Indeed, traveling with Reliv is about discovering, exploring and falling in love with new places while making friendships that will last a lifetime. Puerto Vallarta was all that and so much more!







# ALL AROUND

Winning a challenge with Fit3 is a lot of fun — but our Fit for Life Challenge and Fitness Friend Challenge winners worked hard for their victories, and now is the time to celebrate them! Each and every participant in these challenges consistently took their Reliv products, found personal growth in their fitness journeys, and gained a sustainable community in the Fit3 program. Fit3 challenges are a way to form healthy habits, create daily exercise routines, and build up your confidence. These five winners worked every day to win the grand prize!

So what's the prize for winning these challenges? Each winner won a Fit Kit and was flown to Anaheim, California, for a once-in-a-lifetime opportunity to be pampered and recognized on stage at Reliv Live!

## Fit For Life Challenge

The Fit for Life Challenge was separated into three divisions based on the amount of time they have been with the program: Get Fit, Feel Fit and Stay Fit.



### Get fit.

"I have been a Reliv customer since 1990, and I found a renewed purpose when Fit3 was introduced. I have more hope than before and plan on continuing spreading the Fit3 mission wherever I go!"

**ALI CROCKETT**

## FITNESS FRIEND

challenge

It is so much more fun to get fit with a friend! We kicked off 2018 with this new challenge to prove that Fit3 is a strong, reliable community where lifelong friendships are formed. Fitness friends **Dawn Tucci** and **Cindy Bennett** accomplished all the tasks of the challenge and were pampered in Anaheim alongside the Fit for Life Challenge winners!



Fitness friends being surprised of their win

# CHAMPIONS

## FIT3 CHALLENGE WINNERS



### Feel fit.

"Fit3 gave me a starting point and a way to stay on track. The community is a huge motivator to keep going, and this challenge helped me form a daily exercise routine. I hope to be a source of encouragement for others who want to start or continue on a weight loss journey."

**DODI MCCUNE**

### Stay fit.

"Fit3 helped me not only lose 35 pounds, but also stay motivated to live a healthier lifestyle and keep active for my growing family! I am so excited to celebrate in Anaheim!"

**JEREMY BUSMAN**

"We joined the Fitness Friend Challenge because we love to work out together and because it came along at the perfect time. We were just talking the day before it started about wanting to get fit and stronger together in the New Year. Throughout the challenge, we pushed each other to our limits and took our workouts to the next level — it's easier to do when there's someone keeping you accountable!"

We didn't see each other very much before the Fitness Friend Challenge, but now we have a special bond because we completed the challenge together, all while laughing and having fun. In the beginning, the social media side of the challenge was scary, but we really enjoyed bettering our online presence."

Can you believe Cindy is a mother of four and a grandmother of three? A healthy lifestyle goes a long way. Dawn and Cindy say that they aren't done just yet. Why

stop having fun? The pair plan on continuing working out together multiple times a week and posting about their Fit3 lifestyle on social media.

"I'm going to use social media as a tool to make the world a healthier place. My mission in life is to spread the message of wellness and nutrition. Winning this challenge gives me the motivation and credibility to continue to do this," says Dawn.



# Become Your Best Self With Reliv

## CONGRATULATIONS TO OUR LATEST ADVANCEMENTS AND PROMOTION WINNERS!

### JANUARY 2018

#### Presidential Director

Florence & Elo Sauder

#### Master Director:

Nelson & Lizzie Reist

#### Dr. Ted Plaque Winners:

Nelson & Lizzie Reist

Julie Moeller

Eileen & James Tesch

Noah & Sadie Yoder

John & Nathalie Curtin

#### Sandy Award:

Nelson & Lizzie Reist

### FEBRUARY 2018

#### Dr. Ted Plaque Winners:

Stephanie & Paul Collins

Betty & David Blazic

Julie Moeller

#### Quick Start

#### Bonus Winners

Lupe Finch (two time winner)

Shermin Helal

David Enniss

Richard Clark

Mika & Weston Patch

Macaria & Paula Leticia Perez

Robert Lonsinger

Dawn & David VanAmberg

Eileen & James Tesch

Stephanie & Paul Collins

Maria & Raul Arredondo

David & Jennifer Eaves

Deana & Scott Wik

Vickie Grove

Dilruba Zaman

Christine Phillips

Rosemary Bell

Noah & Sadie Yoder

#### Master Affiliate Bonus

Suzie Howard

Christian Toscano & Faviola

Perez Gonzalez

Alejandra Aguilar Pozos

Shermin Helal

Candice Golightly

Jaime & Diana Cortes

Nancy Bole

Mary & Kermit Bright

Richard Figiel

Ron & Juanita Rash

Feliciano Torres

Antonio Pezzullo

Jean & Jerald Baugh

Leonard & Margaret Nafziger

Marcia Daniels

Sidney Czysnski

Laurie & Richard Epps

Eileen & James Tesch

Mirosława Grajdek

Mitch Suffield

Susan & Gerard Raymond

Herbert & Carol Woollard

Linda & Leonard Kraudel

Terri & Jerry Petterborg

Julie Moeller

Ruth & Leonard Falk

Andrea & Brad Rogers

Judith & Daryl Fox

Betty & David Blazic

Cindy Kleiza

Davis & Lori Rogers

Douglas & Rhonda Maggard

D'Arcy & Shawn Burke

Alexander Carlozzi

Lera Hobbes

Leona & Lyle Irvin

Mary & Michael Peters

Donna Gray & Janet Woster

Sharon & Jeffrey Johnson

Phil & Betty Wolf

Susan Brusa

Stephanie & Paul Collins

#### Top 3 New Volume

Feliciano Torres

Laurie & Richard Epps

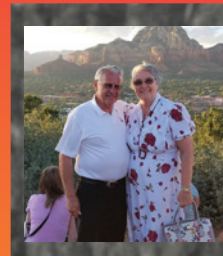
Eileen & James Tesch

### FLORENCE & ELO SAUDER // CANADA

Our daughter told us about Reliv 12 years ago, but we used the products for three years before entering the business. It took us only a year to become Ambassadors. I loved that Reliv allowed us to take our time and choose to come into the business when we were ready. Because of Reliv, we have been able to do things that we couldn't before. We are able to splurge on certain things and continue to have the best health at the same time. We can share the products with our friends, and if they cannot afford it, then we enjoy helping them create a business for themselves so that they can enjoy all the freedom and rewards that we've experienced with Reliv.

We have been very excited and surprised by what we have earned, especially now that we've reached Presidential Director level. How do we do it? We help people. To us, Reliv is not about money, but about helping people with their health and finances. We love what we do and love that we get to help people!

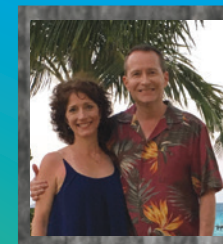
We really appreciate the leadership of this company. There is so much trust and integrity coming from corporate, which makes it easy to believe in the business.



### JULIE MOELLER // CALIFORNIA

I've been a Reliv Distributor since 2002 when my friend offered me a Reliv shake — I never looked back. Becoming a Reliv Distributor positioned us to be able to save money and open the door to financial freedom. I have been able to live the life I've always wanted and to work from home while raising our children and getting involved with their activities. With Reliv, I've also been afforded the flexibility to volunteer in my community. I am now a Bronze Ambassador, and my recent achievements include receiving three Dr. Ted Plaques and earning the trip to Puerto Vallarta. This is a culmination of intentional, very rewarding work. I love that every plaque represents helping more children through the Reliv Kalogris Foundation. The trip will be a wonderful way to celebrate success with other serious Distributors who all want the same goal — for Reliv to nourish our world.

Reliv has such an incredible system of support with our mentors, local presentations, and online trainings and podcasts. With everything we do, we share stories of hope with real people creating real results. I know Reliv will continue to support my family with the best health, while building a life of prosperity and time-freedom that allows me to serve others in my community.





## GET 20% OFF RELIV PRODUCTS

When you become a Preferred Customer and sign up for autoship (quarterly or monthly). Sign up now at [reliv.com/join-reliv](http://reliv.com/join-reliv)





# THE RELIV KALOGRIS FOUNDATION IN THE US

*Nourishing the malnourished, right here at home.*



## Lighthouse Ministries

One of our remarkable programs is at Lighthouse Ministries in Oklahoma City. **Lera Hobbes** is a Senior Director in Reliv. She was attracted to the Reliv business because of the work of the Foundation. She can be part of a business that gives back, which aligns with her personal spiritual goals.

Lera is married to a pastor and in the early years of their marriage, they lived in Guatemala where they worked as missionaries. They raised four kids there, homeschooling and helping out in the community. When it was time to come back to the States, Lera stayed dedicated to raising her family and helping out in the community.

It was through her husband's work as a pastor that she became involved in Lighthouse Ministries, a clinic that operates out of Capitol Hill Church of Christ. The clinic serves people in the lowest level of poverty. Many in this neighborhood have no health insurance and lack proper nutrition.

Being a Reliv Distributor, Lera knew the benefits of taking the products and saw some great results in her own family. She identified a few patients at Lighthouse Ministries who were regulars at the clinic due to chronic skin conditions or life threatening illnesses and offered them Reliv products.

Six years later, the product has become a staple of the clinic, and Lera Hobbes is our site coordinator. Clinic Director, **Beverly North**, has been tracking the results of many of the patients, including numerous children with ADD, ADHD, and kids on the autism spectrum. A common problem with children with autism spectrum disorder is that they "are five times more likely to have mealtime challenges such as tantrums, extreme food selectivity and ritualistic eating behaviors. Children with autism are also more likely to have inadequate nutrition than those unaffected by the disorder." (autismspeaks.org).

The Reliv Kalogris Foundation may be best known for our international programs, but did you know we provide nutrition to individuals and organizations across the US and Canada also? As of 2018, the Foundation has provided product assistance to more than 6,000 individuals and six ongoing group programs.

Temporary assistance is provided to Reliv consumers who fall on physical or financial hardships. Requests are made by Distributors and temporary assistance is offered for three months. Distributors play a huge role in our U.S. programs. They help identify people within their business or community who could use a helping hand through a rough time. They are the eyes and ears of the Foundation providing follow-ups and making sure the products are being used appropriately.

Ongoing programs consist of medical clinics, religious orders and patients with Alzheimer's disease and ALS.



In all the cases at Lighthouse, Reliv products have made a remarkable difference in behavior and mood for these young patients.

**Ana Martinez**, another Lighthouse patient, was able to build her immune system and give her body what it needed to go through cancer treatment. At 37, Ana has overcome breast and bone marrow cancer. Thanks to Reliv products provided through the Reliv Kalogris Foundation, and to Lera's persistent concern, Ana and her whole family have stayed healthy through this long journey.

Beverly North, the Clinic Director, says "Thank you from the bottom of our hearts for making a difference in a small part of Oklahoma City. Thank you for the kids — they calm down after taking Reliv and they actually learn!"

So you see, we're not just "over there"... the Reliv Kalogris Foundation is working right here at home as well.

Many people struggle with financial hardships or catastrophic life events that make it difficult to get back on track. These events can compromise overall nutrition needs. That's why when you identify those in need to the RKF and donate to the Foundation, you can rest assured that you are impacting others — right here in your own backyard.

If you are aware of a way the Foundation could be of service to individuals or groups, give us a call at 636-733-1408 or send Joan an email to [jcolaneri@relivinc.com](mailto:jcolaneri@relivinc.com).



Today is a great time to go into business for yourself as a direct seller — and Facebook makes it so easy! You can reach out to prospects, customers or Distributors without even leaving your house. Better yet, Reliv provides you with the support and training you need to put your best self online.



## Why use Facebook?

- To share your healthy and active lifestyle
- To highlight the benefits of financial freedom
- To convey information quickly and efficiently
- To provide excellent customer service
- To build solid relationships

Facebook makes connecting with people easy while Reliv products and opportunities blend into your daily life seamlessly. Create your personal brand by sharing your authentic self and providing a snapshot into your day-to-day life. Facebook is a great way to connect with other Distributors or customers and even seek advice from the top!

# FACEBOOK: A DIRECT SELLE



## Why use Facebook Groups?

- To stay connected
- To build community
- To encourage onboarding
- To acknowledge achievements
- To provide support

Facebook Groups are also beneficial in welcoming new people and customers to the business. These small acts of encouragement and acknowledgment move mountains.

The way you can view posts on Facebook is always changing, but the key to staying on top is to have a Facebook Group. Facebook views "group" as a community, not as a business — which means you can be sure you are getting the best exposure and engagement when you post. Group members are even notified with each post so you can see your followers and their comments immediately!



## CONNECT WITH SUCCESS



### VAL MOODY

#### Presidential Gold Ambassador

I use Facebook to engage with other Distributors and customers. We like to acknowledge our downline and new customers to show the world that we care. If you comment and share these posts, then people that are not Reliv Distributors will see them and want to know more. Creating a conversation with your Facebook friends that aren't part of Reliv can be easier if you do this type of sharing!

If you are new to Facebook, don't worry. It is all trial and error! Try something small and see what works. Something is better than nothing, and it is okay to figure it out as you go along. Once you find out what works, you'll succeed.

### DODI MCCUNE

#### Reliv Distributor & Fit3 Fit For Life Challenge Winner

I use Facebook to share my story. I strive to be as authentic as possible online to inspire and motivate other people to start their own journey. I want to build up my followers and make them feel stronger.

If you aren't super comfortable with Facebook, that's okay! My advice to you is to just do it. You can always go back and change something, but get it out there, get your name out there, and get going. That's how you're going to spread awareness about your business.

## R'S DREAM TOOL

By Reliv Social Media Coordinator **Michaela Bukaty**

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@RelivInternational



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Listen to our training podcast at  
**reliv.com/success-training**

Read our Facebook Guide at [reliv.com/engage](http://reliv.com/engage)



DID YOU KNOW THAT AS A RELIV DISTRIBUTOR, YOU GET INSTANT ACCESS TO HIGH QUALITY, PROFESSIONAL GRADE VIDEO YOU CAN USE FOR TRAINING OR RECRUITING?



# THE MAKING OF RELIV VIDEOS

Last August, production for the Reliv Success Training ICSAR Series went into full swing. This new six video training series, hosted by Executive VP of Sales & Marketing **Tom Pinnock**, is the first in a new line of success training videos created to support our Distributors with the most effective training techniques available in the industry! ICSAR is our simple five-step plan for starting your own Reliv business, and we show you how to do it all so that you're never on your own!

Produced for seamless integration with the new mobile app and designed to complement the ICSAR training guide, this innovative training series will provide Reliv Distributors with more usable success tools than ever before. The ICSAR training video series is currently available on our website at [reliv.com/getstarted](http://reliv.com/getstarted) and can also be found online through **YouTube**

**under ICSAR Reliv Videos.** Best of all, you can easily view these videos on our new mobile app!

Beyond training, other video projects include new Fit3 home workouts with Fit3 Head Coach **Tina Van Horn** — convenient workouts you can do in your own home and available to all customers and Distributors! Production has also wrapped on a new **Why Reliv?** video. Available in the new Reliv mobile app, this video gives Distributors a simple way to share why Reliv is the best wellness company out there. And it will be just the first... we have so many more great things in development at the moment, and we are so excited to keep going!



# MEET RELIV'S VIDEO TEAM

Multimedia Producer **Ben Alagna** and Assistant Producer **Tom D. Pinnock** have a mission to create high-quality, helpful video content, and their primary focus is to produce video tools that are both engaging and practical for our Distributors.

## **BEN ALAGNA**

Ben comes from a film industry background in Los Angeles where he most recently wrapped up the second season of a cable television series for NBC Universal. Last year, he relocated back home to the Midwest and joined Reliv International's Marketing Team — eager to assist in making Reliv a wellness and network marketing industry leader.

"Distributors are the essence of all that is Reliv. When I started here last summer, it was soon clear that there was a great need for effective video tools for Distributors."

— **Multimedia Producer Ben Alagna**

Beyond television production, Ben's marketing expertise stems from over a decade of writing and producing television commercials for companies such as Black + Decker, Chevrolet, and Campbell's. His experience developing new ad campaigns for some of the country's most esteemed companies have made Ben a valuable new addition to the video department.

## **TOM D. PINNOCK**

Tom studied Film at Full Sail University in Orlando, Florida, and has worked on dozens of music videos, feature films and documentaries. Tom's experience also includes creating commercials and filming weddings and other live events. "ICSAR Success Training is really just the start of it all," Tom added. "There is a lot of really cool things coming down the pipeline that we are excited to share."

I've always had a natural affinity with computers and fell in love with video editing the very first time I got my hands on a nonlinear editing system in my teens. I soon realized that if I wanted to have things to edit, I needed to learn how to shoot, which turned out to be my true passion. Cameras and I just click."

— **Assistant Producer Tom D. Pinnock**

We are truly excited to have such amazing talent join the Reliv Marketing Team, and we know you'll be thrilled with all the new videos and tools designed to help you take action and grow your business!





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