

reliv **30** years of good health to you...

product catalogue



Feel The Reliv Difference

Reliv's core nutrition shakes go way beyond the minimum daily requirements, and are formulated based on the four key principles that make up what we call the Reliv Difference:

- **Bioavailability** - Dissolving nutrients in a liquid shake enables quick, optimal absorption.
- **Synergism** - The ideal combination of ingredients in a science-based formula brings out the full potential in all nutrients.
- **Optimal Nutrition** - Optimising key nutrient levels beyond minimum daily requirements leads to greater health benefits and an improved quality of life.
- **Guaranteed Quality Ingredients** - Our uncompromised quality control program ensures both purity and potency. What's on the label is in the can — guaranteed.

Through regular use of Reliv nutrition, you could experience any of these improvements:

- ✓ Increased **energy** and **reduced fatigue**
- ✓ Improved **alertness**, concentration and the ability to handle **stress**
- ✓ Increased **protection** to fight disease and build defences
- ✓ **Reduction in cravings** for sugar and junk foods
- ✓ Improved **digestion** and elimination
- ✓ Improved **sleep** patterns
- ✓ Improved **fitness** through extra energy



Plant-Based Protein

Studies continue to illustrate the many benefits of soy. Whether you're looking to manage cholesterol, minimise menopausal symptoms, take control of your weight, or protect against health problems, soy is a simple, effective way to take control of your health. With Reliv's advanced soy-based products, harnessing the power of soy has never been easier; you get the highest-quality plant-based protein available, delivered the way nature intended.

You'll love Reliv Nourish and ReShape! Both taste great, are packed with plant-based protein and have higher levels of key nutrients for greater health benefits. Tip: Try adding a scoop of Nourish to your breakfast smoothie, or use ReShape to refuel after a workout or in place of a meal if you're trying to manage your weight!

health > wellness > vitality

Reliv Nourish™

One power-packed shake contains:

- 7 grams of high quality non-GMO soy protein.
- Exclusive bioactive LunaRich®.
- Optimal levels of all the essential vitamins and minerals critical to good health.
- An array of select herbs.
- Protective antioxidants, including patented Pycnogenol® — one of the most cutting-edge ingredients available today. More than 170 studies have demonstrated Pycnogenol's ability to fight free radical damage, improve blood circulation and lower blood glucose, helps to defend cells against premature ageing and promote wellness, among other benefits.
- All 9 essential amino acids.
- Prebiotics to support a healthy digestive system.



Reliv Nourish™ is low in calories, carbohydrates and fat and high in advanced nutrients to give you more of everything your body needs to thrive. Put a spring in your step with Reliv Nourish.



glutenfree



dairyfree



vegetarian

luna rich®



Healthy aging has never been more simple - yes lotions and creams are great but until you nourish yourself on the inside, the outside can't follow the same healthy path! **KARI M**



When Reliv came into my life over 29 years ago I was already supplementing but immediately noticed better energy levels and increased vitality. The appearance of my skin improved and now in my 60s, I lead a very active life and feel better than when I was in my 30s. **LYNNE C**



activate > accelerate > boost

LunaRich X[®]

Contains lunasin — a super nutrient for healthy aging and cellular health.

- Supports cholesterol management, heart health and weight wellness.
- You'd have to consume 25 grams of high-quality soy protein to get the same amount of bioactive lunasin found in one 125 mg capsule of LunaRich X.
- In addition to its own health benefits, LunaRich X powers up the benefits you receive from other Reliv products.
- Available exclusively from Reliv.



glutenfree



dairyfree



vegan

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- It's not easy to find a supplement built on cutting-edge science, but you will find that with LunaRich X!
- 100+ peer-reviewed and published studies from 30+ research institutions demonstrate lunasin's ability to improve health.
- Award winning technology: It was named the 2013 People's Choice for Favourite New Consumer Product by the American Business Awards.



LunaRich X is one of my daily products! It has helped me support my immune system, but I especially love the healthy aging benefits and it powers up my daily shake!
MICHELLE N

Finding Reliv was one of the best things to ever happen to me and my family. We all feel better for taking these products. I love doing shake parties and I'm building the life I've always wanted.

JESSICA S



**Please note LunaRich X and Reliv Defense are only on the New Zealand website. They are available to purchase for personal consumption in Australia by calling the office.*

immune > sleep > support

Reliv Defense

Arm Your Immune System

Defense is the perfect addition to your core nutrition and targeted solution shakes, plus LunaRich X and Defense have complimentary mechanisms of action for comprehensive immune support.

Support your immunity and combat the negative effects of stress and harmful free radicals by arming yourself with Reliv Defense!

What makes Defense unique is its blend of nine powerful ingredients including Wellmune® (yeast beta glucan) which makes your immune system smarter and puts immune cells on high alert to confront pathogens quickly, and Reishi mushroom extract, an adaptogen known as the king of the mushrooms that combats stress throughout the body and stimulates the immune system through cell regeneration.

As well as the botanical remedies Echinacea and Ginseng that have been used for centuries to restore and enhance well-being.

My job requires me to spend a lot of time away from home, where I often work unusual hours. With ingredients like zinc and echinacea, Defense gives me the immune-support I need when I'm out of my normal routine and has been a great addition to my Reliv shakes.

TOM B



I was so excited to add Defense to my daily Reliv Shake. With the stress of renovating and running around after my young children, I really wasn't sleeping well and was looking for something to help me manage my stress.

LEANNE P



glutenfree



dairyfree



soyfree



vegan

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healthy > happy > strong

Reliv Nourish™ For Kids

Children have special nutritional needs. Growing bodies and developing minds need a variety of macro and micro-nutrients to reach their full potential.



Feed the Need - Reliv Nourish for Kids gives you a powerful weapon in combating fussy eaters and the ravages of today's fast food diets. Reliv Nourish for Kids is a healthy drink containing an array of vitamins and minerals in a soy protein base.



glutenfree

This dedicated children's supplement includes health essentials such as:

luna rich

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- ✓ Vitamin A for healthy eyesight.
- ✓ Omega 3 supports brain function.
- ✓ Iodine helps support learning and concentration.
- ✓ Vitamin C helps keep skin and gums in good shape.
- ✓ Chromium metabolises carbohydrates and fats.
- ✓ B Vitamins B1 and B2 releases energy from the food you eat.
- ✓ Protein builds lean muscle and provides sustained energy.
- ✓ Iron carries oxygen around the body.
- ✓ Calcium for strong bones and teeth.
- ✓ Zinc aids the immune system.

Your kids will love the taste, and you'll love the convenience — just one creamy shake a day is all it takes to fortify your child with the advanced nutrition needed for a healthy future!

Reliv Nourish for Kids can be:

- Mixed with water, milk or juice
- Added to your pancake mix or sprinkled over cereal
- Included in your coconut date balls



I don't have to worry so much having picky eaters when I know they are getting all of their essential vitamins and minerals in one shake a day. KATIE M



Our boys are so busy with activities and sports. Along with the proper equipment, we make sure they have the nutrition they need to be successful. Reliv Nourish for Kids is a quick and healthy snack before practice. MARCELLA R

balance > restore > revitalise

FibRestore®

An excellent source of dietary fibre, loaded with 10 grams of soluble and insoluble fibre per serving and 21 herbs, FibRestore contributes to regular laxation.



How does it help?

- **Balance.** Fibre helps keep energy up while it curbs hunger and can help control mood swings by stabilising blood glucose levels.
- **Restore.** Soluble and insoluble fibres combine to gently restore and maintain regularity.
- **Revitalise.** The bioflavonoids in herbs have been shown to protect and revitalise, helping to promote overall wellness.
- **Protect.** With potent antioxidants, Beta carotene, Vitamin C and Vitamin E.
- **Aids Digestion.** Papain and bromelain are two key enzymes that help to reduce inflammation, promote proper digestion, relieve bloating and indigestion and help the body function more effectively.



dairyfree



vegan

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How much fibre should we eat?

Experts in Australasia and the World Health Organisation recommend an intake of at least 30 grams of fibre per day. In today's modern diet, most people don't get enough. With 10 grams of fibre per serve, FibRestore® can help bridge the gap.

Eating adequate fibre each day helps manage or may assist in preventing:

- bowel disorders
- type 2 diabetes
- cardiovascular disease
- weight gain



I have been adding Reliv FibRestore to my daily morning shake for over 20 years. FibRestore helps keep me full to lunchtime, I don't crave a mid-morning snack and my weight rarely fluctuates. I have no bloating and my digestive health is excellent, even when I'm on holidays or travelling and stray from my regular diet, as long as I take my FibRestore! SUE S

train > sustain > maintain

ReShape

Formulated Meal Replacement

Reliv ReShape is a premium, soy protein based meal replacement that includes all 9 essential amino acids and prebiotics to support a healthy digestive system. ReShape is easy to digest and readily absorbed.

Our exclusive low calorie formula contains 12 grams of high-quality, non-GMO soy protein with LunaRich and high levels of all the vitamins and minerals your body needs on a daily basis to keep energy high and hunger low. ReShape includes ingredients shown to support weight loss such as Advantra Z® to boost your metabolism and beet powder, rich in nitrates and fibre. This is why ReShape is so superior– not only is it delicious and ultra-satisfying, it contains premium ingredients at optimal levels – ReShape is for people serious about getting in Shape!

If you:

- ✓ Want to lose weight
- ✓ Lack time to prepare healthy meals
- ✓ Skip meals or lack energy
- ✓ Require a light but nutritious meal
- ✓ Want to change your shape or manage your weight
- ✓ Want a healthy shake pre or post workout

Reshape is for YOU!

I was binge eating like crazy and starting to lose hope of ever losing my excess weight and fitting into nice clothes. Reshape was exactly what I needed to get 'in the zone'. The shakes gave me heaps of energy so I could exercise without finding excuses. I lost 11.2kgs in 12 weeks and am so happy with the results. CARLA C



As someone who works in a gym and trains five times a week, I'm always looking for a protein rich snack to keep me going, that's why I choose Reshape! It's packed with 12 grams of protein, tastes delicious and is easy to make.

LIZZIE A



glutenfree



vegetarian

luna rich

KD



To be used in conjunction with a calorie controlled diet and exercise.

energy > performance > stamina

Reliv Innergize!™

Energy for Your Busy Lifestyle

A delicious, tangy lemon flavoured **electrolyte drink**, efficiently replaces fluid and essential electrolytes; sodium, magnesium, potassium and calcium, lost during physical exertion, while providing a speedy, yet sustained source of energy.



glutenfree



vegan

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Why is Reliv Innergize so effective?

- Contains a balance of simple and complex carbohydrates to provide energy.
- Replaces electrolytes, essential for good health — conforming to the highest standards.
- Delivered in an absorbable and delicious tasting (isotonic) drink to protect from dehydration.
- Contains no preservatives.

Help Beat Heat Stress! We often lose essential minerals (electrolytes) when we sweat. These electrolytes are crucial to maintaining concentration and healthy muscles.

Reliv Innergize can benefit those working in industrial heat stress situations, not only as protection from the harmful effects of dehydration, but improved concentration can result in increased productivity and decreased work-related accidents.

What do electrolytes do? Without them the metabolism of muscle cells can be affected; extra strains are placed on the cardiac system, and the body experiences thirst, exhaustion, and resultant loss in performance and concentration.

Reliv Innergize is my go-to sports drink for stamina and energy that I need for full workouts. With this gym buddy, I don't feel too worn-out and find it helps with my recovery after an intense exercise. Innergize allows me to do more reps and yes, it keeps me going! **GENEROSE U**



I've always led a fit and healthy lifestyle but felt Reliv nutrition could help me maintain my health as I get older. I play golf three times a week and take the Innergize in a drink bottle. It keeps me hydrated and full of energy on the golf course as well as on long bike rides. I really enjoy the taste too and there's no added table sugar like similar drinks on the market. **RON B**

keeping dehydration at bay and energy high!

run > pivot > play



Reliv A-affect™

Reliv A-affect is your nutritional approach to joint health. Just add one scoop to your favourite smoothie to receive over 20 ingredients that work together to help protect your joints from wear and tear.



glutenfree

A-affect combines the best traditional Eastern herbal therapies with cutting-edge nutrients.

Glucosamine: natural compound found to be effective in rebuilding cartilage, protecting against joint deterioration, and promoting healthy joint function. It also stimulates production of collagen, a key component of the fibrous substance that holds joints together.

Arthred®: hydrolyzed collagen protein, consisting of the same series of 18 amino acids that form the framework of human cartilage and are required for its generation.

Boswellin: herb used in Eastern medicine to help with joint and muscle swelling.

Ashwagandha: herb that reduces inflammation and relieves discomfort.

Using Reliv A-affect and Reliv Nourish has changed my life! When I started on Reliv in 2007 I noticed how much more active I became and now in my 60s I feel great. Having nursed in the Middle East for 26 years, I returned to Australia with discomfort in my lower back and hands. After six weeks of using Reliv A-affect, I realised I felt more flexible in my body, and my fingers were more relaxed and at ease. Freeing up my body also freed up my work and my lifestyle. Reliv is my insurance for good health and well-being and for getting the most out of life – which I certainly do! STEPHANIE S





TRIPLE BERRY BOOSTER

- 1 cup milk
- ½ banana
- ½ cup triple berry blend
- 1 scoop Reliv Nourish™
- ½ cup ice
- Garnish: 1 strawberry,
1 raspberry, 1 blueberry

TONING GREEN

- 1 scoop Reliv FibRestore®
- 1 scoop Reliv Nourish™
- ½ cup coconut water
- ½ banana
- 1 cucumber
- 2 tbsp. of fresh ginger
- 1 tbsp. apple cider vinegar
- ½ cup ice



NOURISH FOR KIDS BLISS BALLS

- 1 cup nuts (optional)
- 15 dates
- ¼ cup (45g) sultanas
- 2 scoops of Nourish for Kids
- ¼ to ½ cup cocoa
- 20ml (1 tbsp) coconut oil
- 10 ml (2 tsp) water
- Shredded coconut

Directions:

- Into a food processor add your nuts and process until crumbly.
- Add your pitted dates and sultanas, process again.
- Add cocoa, Nourish for Kids and coconut oil, mix again and then add your water with as much as you need to bring it all together in a dough-like consistency.
- Roll tablespoon-sized balls in shredded coconut and chill.

The Reliv Story

The creator of the first Reliv products was the late Dr Theodore Kalogris, who after returning injured from WWII, worked as a consultant for the World Health Organisation and helped eradicate bovine mastitis from South America simply by altering the animal's diet. This led Dr Ted to realise that the key to his own health lay in proper nutrition. Some 10 years of research led Dr Ted to his first formulation, what has come to be now known as Reliv Nourish™. *"The human body contains an incredible array of chemicals, minerals and vitamins,"* Dr Ted is quoted as saying. *"For an individual to be healthy, all those ingredients must be balanced through proper nutrition. Unfortunately for a number of reasons, many people fail to receive the micronutrients they need to preserve this balance. Nutrition is not a debatable issue; it must be of major concern to anyone wanting to maintain good health."*

Dr. Alfredo Galvez:

Reliv's Lead Scientist of Research & Development.
Discovered Lunasin, the First Epigenetic Superfood

Galvez discovered the soy peptide in 1996 as a postdoctoral researcher at UC Berkeley and currently holds 11 patents on the lunasin technology.

Reliv has exclusive rights to the lunasin technology produced through a proprietary extraction process. No one else has been able to effectively extract bioactive lunasin of such quality and in such concentration. Reliv currently owns 4 patents relating to lunasin, and Galvez firmly believes that the company is way ahead of the curve in harnessing the power of this clinically proven superfood.



Reliv products are not intended to diagnose, treat, cure or prevent any disease.

Your Independent Reliv Distributor:

reliv.com.au
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