

nutrition made simple
life made rich



product catalogue



Reliv, 30 years of good health to you...

How it all began

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 Now®. *"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."*

Nutrition the Way Nature Intended

In nature, nutrients don't exist in isolation. Nature's healthiest foods combine a wide range of powerful nutrients in precise arrangements. Working together, the nutrients strengthen one another and provide greater health benefits than they would individually. And everything comes together in a form that once consumed goes to work immediately in the body.

While it's impossible to duplicate nature, no supplements come closer to matching nature's nutritional recipe than the unique formulas found in Reliv products. We call it the Reliv Difference!

The Reliv Difference!

This is what sets Reliv apart:

- **Superior Bioavailability**
- you are what you absorb
- **Advanced Synergism**
- **Optimal Nutrition**
- **Guaranteed Quality Ingredients**

The Reliv Mission

To Nourish Our World in Body, Mind and Spirit.



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 20 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 three 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.



Feel the difference

Even when you think you're eating right, the processing, cooking, storing, farming or fertilising of your food may have robbed it of vital nutrients.

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.



You Are What You Eat!

Healthy foods supply a variety of vital macro and micro nutrients. Below is a small example of just some of the foods where you can obtain all important vitamins and minerals.

Vitamin B6 - 1.9mg

10 cups of raw brussel sprouts



Vitamin B12 - 3.5mcg

10 x 100g of chicken breasts



Thiamin (B1) - 1.5mg

3 cups of raw peas



Vitamin E - 12mg

1/3 cup of almonds



Niacin - 10mg

13 cups of green beans



Vitamin C - 100mg

1 orange



Riboflavin - 1.9mg

1 ltr of fresh milk



Magnesium - 100mg

5 cups of raw chopped broccoli



Folic Acid - 200mcg

8 bananas



Soy Much better!

Soy's health benefits - from heart health to weight loss - are well documented. In 1996 scientists uncovered the nutritional component within soy largely responsible. Studies now show the key is lunasin, a naturally occurring soy peptide proven to promote cell health. It's only recently though that scientists have realised the health and wellness potential of lunasin.

Reliv's Research and Development team have maximised this amazing discovery with LunaRich®, the first epigenetic superfood and the first nutritional ingredient to fully harness the power of lunasin. LunaRich is available in select Reliv products and in concentrated form in LunaRich X™ capsules.

Reliv products are quite simply the most advanced soy formulations on the market today.

immunity > wellness > vitality



Reliv Now®

One power-packed shake contains:

- 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, important to help defend cells against premature ageing and promote wellness.
- Essential amino acids and prebiotics to support a healthy digestive system.

Reliv Now® 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 Now.



Looking good and feeling great
starts with quality nutrition

I have been enjoying the benefits of Reliv nutrition since 2006. As a retired school teacher and busy mum it's important to have lots of energy and take care of my general well-being, and Reliv helps me to do both.

JOANNE CHAN



healthy > happy > strong

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



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

- Vitamin A for healthy eye sight.
- Omega 3 supports brain function.
- Iodine helps support learning and concentration.
- Vitamin C helps keep skin and gums in good shape.
- 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!

Now for Kids can be:

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

My 24 year old daughter started Reliv Now for Kids at age 6, has not stopped taking Reliv nutrition since and enjoys great health.

JESSIE LEE



activate > accelerate > boost

LunaRich X™

Nutrition at a higher level

LunaRich X™ contains concentrated lunasin, the peptide at the centre of soy's many documented health benefits.

LunaRich is the first epigenetic superfood and the first nutritional ingredient to fully harness the power of lunasin, and it's exclusive to Reliv!



Epigenetics is the new buzzword and with good reason:

- Epigenetics is an additional layer of instructions that controls how our DNA is interpreted—how our genes are controlled and expressed. Basically epigenetics is turning your good genes on and your bad genes off.
- Some epigenetic mechanisms can go wrong during development or cell division, resulting in disease.
- Lunasin is the first food component discovered to play a positive role at the epigenetic level.

Researchers at the University of California-Berkeley first discovered lunasin in 1996. Today 80+ peer-reviewed and published studies from 30+ research institutions demonstrate lunasin's ability to improve your health, including:

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

Take control of
your health like
never before!



balance > restore > revitalise

FibRestore®

An excellent source of dietary fibre, loaded with 10 grams of soluble and insoluble fibre per serving and 23 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, Vitamin A, 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.

How much fibre should we eat?

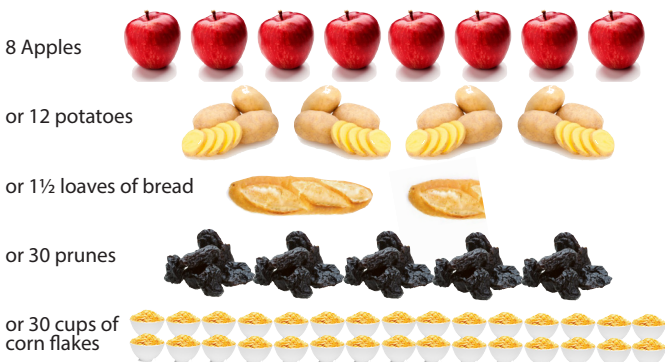
The World Health Organisation recommend an intake of at least 30 grams of fibre per day.

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
- cardiovascular disease
- type 2 diabetes
- weight gain

What does 30 grams of fibre look like?





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.

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 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.



keeping dehydration at bay and energy high!

run > pivot > play



20+
ingredients
work
together to
optimise joint
performance
and help
protect
against wear
and tear.

Reliv Arthaeffect®

Herbal Nutritional Supplement to Help Support Healthy Joint Function.

More and more health-conscious people are making exercise a regular part of their daily routine. If you run, pivot or play you already know flexibility to exercise is vital to your continued mobility. The wear and tear of an active lifestyle, compounded by the effects of aging, make it difficult to maintain healthy joint function. As you age, more than ever nutritional supplementation needs to become part of your daily routine. Reliv Arthaeffect, containing hydrolyzed collagen — Arthred™, provides that nutritional support. The secret is in the formula, which delivers over 20 ingredients to support normal joint function.

I am a retired head mistress. I started taking Reliv nutrition in 2004 and have experienced continued good health, allowing me to enjoy an active retirement.

RITA KONG

take control of your life with Reliv

The same passionate commitment to quality and integrity behind Reliv's unique product line also drives every aspect of the Reliv business. Through a network of tens of thousands of independent Distributors worldwide, Reliv provides a lucrative opportunity for anyone looking to start their own business. And Reliv is so much more than just a business — it's a lifestyle that puts you in control. You decide your schedule, so you can work your business around family and personal priorities. You decide your income level based on the time and effort you're willing to invest. You decide when and where you want to work and what you want to achieve. Contact the Distributor who gave you this catalogue or register online at reliv.com.my

Giving Back

Established in 1995 the Reliv Kalogris Foundation serves 267,000 shakes every month.

The Foundation has built schools and orphanages in Haiti and the Philippines, and provides quality nutrition and hope to thousands of impoverished people around the world.



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

Your Independent Reliv Distributor:

Reliv International Sdn. Bhd.
No. 04-F14-1, Saujana Biz Point,
Jalan Bidara 6/1, Saujana Utama 3,
Bandar Saujana Utama,
47000 Sungai Buloh, Selangor

Call: +603 6038 7388
reliv.com.my



09-2020