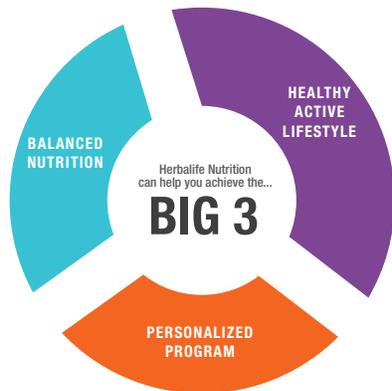


GLOBAL NUTRITION PHILOSOPHY



WHAT WE BELIEVE

We make the world healthier and happier. We believe that balanced and personalized nutrition supports a healthy, active lifestyle. Eating the right foods combined with the right nutritional supplements and regular exercise are key.

BALANCED NUTRITION

Our philosophy is based on balanced nutrition – a combination of foods and nutritional supplements that help you meet your daily needs, coupled with the right calorie balance to help you lose, gain or maintain your body weight. A well-balanced diet helps to supply the vitamins and minerals you need.

MACRO/MICRONUTRIENTS

Protein, carbohydrates and fat are all macronutrients. You need all three in the right balance in order for your body to function properly. You also need micronutrients in the form of vitamins and minerals. We suggest that 30% of your daily calorie intake comes from protein sources, such as soy products, poultry, fish and eggs; 40% of your calories come from carbohydrates in the form of vegetables, fruits and whole grains; and 30% of your calories come from sources such as olive and canola oils, avocado and nuts.

FIBER

Fiber supports the digestive process, helps fill you up and promotes the growth of friendly bacteria in the digestive tract. Whole fruits, vegetables, whole grains and beans are the best sources of dietary fiber.

WATER

Your body needs water to transport nutrients to cells and to get rid of waste products. Water helps control body temperature and lubricate joints, organs and tissues. The recommendation of eight 8-ounce (240ml) glasses of water a day is consistent with most dietary guidelines.

PHYTONUTRIENTS

Plant foods contain phytonutrients, which have a number of benefits. Many of these phytonutrients are pigments that give fruits and vegetables their beautiful colors, which is why our Global Nutrition Philosophy recommends seven servings of colorful fruits and vegetables a day.

DO YOUR NUMBERS ADD UP?

Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% beneficial fats.

