



Exclusively from **Amway**

What's in your supplement?

Many athletes add supplements or sports nutrition drinks to their diet to ensure proper nutrition, boost performance, and help with recovery. But how can you be sure you're getting safe, high quality ingredients? Do you know what to look for when you read the label so you're not getting banned or illegal substances?

We suggest that you look for the NSF logo. The organization has more than 140 currently active public health standards and independent testing protocols. They address products ranging from home water treatment systems to kitchen and household appliances to dietary supplements to sustainable flooring and furnishings. Their certification program for dietary supplements has three primary requirements:

- A label claim review to certify that what's on the label is in the bottle
- A toxicology review to certify product formulation
- A containment review to ensure the product contains no undeclared ingredients or unacceptable levels of contaminants.

Supplements for athletes are held to the [NSF Certified for Sports®](#) standard, which helps protect against the alteration of products and verifies label claims.

At Amway, we have a nine-step traceability process in place to track our nutrition ingredients back to their roots. We know where and how they were grown, and how they were processed.

This has been part of our routine since Nutrilite™ was founded in 1934 with an unwavering dedication to pure and natural ingredients. Today, we have nearly 6,000 acres of certified organic farmland that functions with full ingredient traceability for our facilities as well as for our suppliers, who operate according to our NutriCert™ Certification process. We require our suppliers to maintain specific farming practices which often go above and beyond organic farming standards. These practices include guidelines about how to treat their soil, crops, and employees.

We like to think we're making agricultural practices better – all around the world – one farm at a time, so our customers can rest easy knowing they're getting the best ingredients. Nothing more, nothing less.

For additional information on Nutrilite™ supplements or our traceability program, please visit www.amway.com and www.nutrilitetraceability.com.