

OPTIMAL NUTRITION CUSTOMIZED TO YOU.

1

Start with Core Nutrition:

delicious daily shakes with more essential vitamins, minerals and herbs



2

Customize with Targeted Solutions:

customize your Core Nutrition shake with any Targeted Solution to meet your individual health and fitness goals!



PLANT-BASED PROTEIN ON THE GO.



Did you know?
Reliv Now with Soy is:

- Great for breakfast smoothies or a post-workout shake
- Made with LunaRich®
- Built on the latest findings in nutritional science

COST-EFFECTIVE FUEL YOUR BODY CRAVES.



Did you know?
Reliv Now with Whey is:

- Great for breakfast smoothies or a post-workout shake
- Formulated with 7 grams of whey-based protein per serving
- Built on the latest findings in nutritional science

OPTIMAL NUTRITION FOR PICKY EATERS.



Did you know?
Reliv Now for Kids has:

- Advanced ingredients to boost energy and mental performance
- LunaRich®, Reliv's epigenetic superfood
- Two delicious flavors (chocolate and vanilla)

RELIEF IN MOMENTS.



Did you know?
RLV Hemp Balm is:

- Organically grown in the USA
- Non-GMO and gluten free
- Eco-friendly
- Third-party tested and verified.

HELP YOUR BODY RESTORE ITSELF NATURALLY.



Did you know?
RLV Hemp Full Spectrum 750 can:

- Help manage stress
- Support feelings of calm and focus
- Help support good sleep
- Help address discomfort and promote the healing process

SUPPORT YOUR IMMUNE SYSTEM.



Did you know?
Reliv Defense has:

- Adaptogens to combat immune stressors
- 2 sources of beta glucan (yeast and algae)
- Reishi mushroom extract, the king of mushrooms
- Tinofend extract – clinically shown to support immune health



"My name is Diane Helmold. My background is in Education. Reliv has blessed us with great health and wealth. I will be forever grateful to my friend for sharing reliv with me. It has changed my life.

Twenty seven years ago, before Reliv, I was a with three children. My husband Kevin, a fireman, was putting in around 80-90 hours a week between working at the firehouse and his side jobs. We had a little extra money but we didn't have a life. We were missing time as a family. I knew there had to be a better way. As I was praying for an answer, my friend shared Reliv with me.

When Reliv was introduced to me I was tired, depressed, had numerous female issues and was never happy with my weight. My husband had daily stress headaches and seasonal allergies. Our son was dealing with skin problems and we were looking into medical solutions. Our daughter had attention issues and issues with her ears.

Our 3 month old had been crying since birth. My life was crazy between doctor visits and hospital stays. Within six months of using the Reliv products, we saw amazing improvement in our overall health and well-being. The only thing we did differently was take our Reliv every day!

Fast forward 27 years and our life is so different. We went on to have our fourth child. She is our Reliv baby and she has never had any health concerns. Our family has never been healthier or happier. We only see doctors for wellness checkups. What a great way to live.

However not only have the products changed our lives but the business has impacted us in a great way financially. After just two years of working the business part time, when our fourth baby was born, Kevin left his side jobs to come home to be a Dad. My Reliv check has always supplemented his Firehouse paycheck. My dream came true to have my husband home on his days off from work. It has now been 25 years since we've been raising our family together as a team. I have been able to leave teaching. This is all I do. I have been able to work this business from home and earn a check every month. Our children were able to attend Private Schools from K through College. Most importantly though, we have been able to put our faith and family first while still having time for a business. You cannot put a price tag on that.

Now, with four young adults, a daughter in law, three son in laws, and five grandbabies, we are living the good life. After our wonderful 36 years of being married and the birth of our four kid's, Reliv is the next best thing to happen to us! I am a "Reliver" for life!" —Diane, Chicago



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



Cantaloupe Cooler

- 1/2 cup coconut or almond milk
- 1 cup frozen mango chunks
- 1 cup fresh cantaloupe
- 1/2 frozen banana
- 1/2 cup plain or vanilla Greek yogurt
- 1 scoop Reliv Now®

Blend all ingredients together and add ice for desired consistency.



Good Morning Mochaccino

- 1/2 cup cold coffee
- 1/2 cup soy milk
- 1 scoop Reliv Now® with Soy
- 1 tbsp. cocoa powder
- 1 tsp. instant coffee granules
- 1 tsp. stevia
- 1/2 cup crushed ice
- Garnish: Whipped topping and chocolate sprinkles



Very Berry Energizing Shake

- 1 scoop 24K®
- 1 cup coconut water
- ¼ cup strawberries
- ¼ cup blueberries

Our family has been on Reliv nutrition since 1995. Within 3 months of using the Reliv nutrition, my family had relief of headaches and allergy issues. We noticed more energy and started losing cravings for sweets, which led to weight loss. Our kids were involved in sports and starting using the sports nutrition to train. They noticed quicker recovery and less injury after workouts and competitions.

I was working as a nurse at the time. I started working very part time with the Reliv business, around family and my job as a nurse. It fit in nicely with family life, because I had flexibility. Its now been over 20 years that I have been enjoying a home business. I can keep my family as the priority while meeting our family expenses. Both the products and business have been such a blessing to us. I enjoy coaching families in reaching these goals of health and business too!! — Mary, Illinois



Reliv products are intended to provide balanced nutrition for a healthier lifestyle and overall wellbeing. Reliv products are not intended to diagnose, treat, cure or prevent any disease. Although many individuals have seen improvements in their health when consuming these products, individual results will vary. We feel that optimal nutrition is beneficial to all.