



NEOLIFE®

# Real People Real Stories



Lost Over

**250** lbs.†

on the Breakfast Pack

## CARLOS TRISTAN

"Thanks to NeoLife products, NeoLifeShake, and Pro Vitality, I lost over 200 lbs.† in 18 months and dropped four shirt sizes! The hard work pays off. I never imagined I would be blessed like I have been."



Lost Over

**100** lbs.†

on the Weight Loss Pack

## SHANDELL THOMPSON

"Before joining the Challenge, I felt tired, sad and had very low self-esteem. In 13 months, I've lost over 100 lbs.† and 7 pant sizes on the Weight Loss Pack. NeoLife is the fresh start to my new life I've been needing. I feel like a whole new woman!"



Lost Over

**70** lbs.†

on the Breakfast Pack

## SUZANNE FORSTER

"I am 70 lbs.† lighter, have an energy that just won't quit - and I love my life! I had such success with NeoLife I'm now a NeoLife Promoter so I can share what I truly believe in."

†Results are not typical. In an open label clinical study participants lost an average of 5.27 lbs. over a 12 week period.

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Lost Over

**60** lbs.†

on the Breakfast Pack

## TRACY BURNS

"I lost 32 lbs.† in three months. When I switched to NeoLifeShake, I really started seeing a difference. Two months later I lost 23 more lbs.† But this isn't my 'After'—this is my 'In Progress' to reach my ultimate goal!"



Lost

**60** lbs.†

on the Breakfast Pack

## SUZY HUME

"I've lost 60 lbs.† on my 'healthy weight loss journey' and I've gained my health back! My blood sugar and cholesterol levels are normal. My digestion is calm for the first time in 20 years. I owe it all to my NeoLife supplements."\*



Lost

**60** lbs.†

on the Breakfast Pack

## SHARON WATCHORN

"NeoLife has given me back life. I've lost 60 lbs.† and my energy level is great. I have regained my self-confidence. Now when I go shopping I can buy what I like and not be limited to just what fits! I am able to say I'm comfortable in my body."

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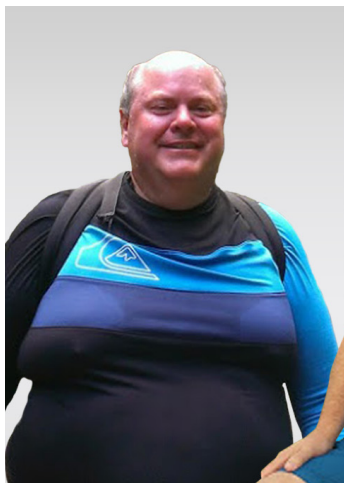
# Real People Real Stories



Lost  
**65** lbs.† & **20%** Body Fat  
on the Breakfast Pack

## KATRINA REAM

"I lost 65 lbs.† went down 8 pant sizes and lost 25 inches around my waist. My life has changed so much! I feel strong, healthy, and energized! I even cut 22 minutes off my half-marathon time!"\*



Lost Over  
**50** lbs.†  
on the Breakfast Pack

## KENT WILSON

"My heavy-travel job made it difficult to get healthy but the Breakfast Pack turned my life around. I've lost over 50 lbs.†, learned to manage stress better, make smarter eating choices and am working out on a regular basis. I'm living my NeoLife!"



Lost Over  
**40** lbs.†  
on the Breakfast Pack

## TINA VALDES

"I reached a point in my life where I was desperate to change. In five months I lost 41 lbs.† I have a delicious chocolate NeoLifeShake every morning for breakfast. NeoLife has helped me change my life!"

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Lost

**35** lbs.†

on the Breakfast Pack

## MARY ACUFF

"I've lost 35 lbs.† in the 18 months since I started using NeoLifeShake. This is the first time in a long time that I've been able to keep my weight off for more than a year—and I keep losing!"



Lost

**30** lbs.†

on Breakfast Pack

## IAN BELLE

"I lost 30 lbs.† in 6 weeks by replacing 2 meals a day with NeoLifeShake. I have more energy, breathe more easily, feel more calm, and I'm able to sleep for longer periods of time. My doctor has even noticed the improvement in my health!"\*

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# Real People Real Stories



Lost Over

**30** lbs.†

on the Weight Loss Pack

## DANIEL AGUIRRE

"Before I began the weight loss challenge, before even Neolife, I was always tired, unmotivated and didn't care too much about my health. But after I accepted the challenge, I began to be more inspired and encouraged to take care of my health. After the first week, I slowly began to feel a difference in my energy and there was more pep to my step. Then as I continued the weight loss challenge, I began losing weight. Go figure. I was and am still excited about it. First it was 5 lbs, then 10, then 20, then now 30!! This has been an incredible journey that will forever be my lifestyle. It helps that all of the NeolifeShake flavors taste really good! Ever since I began losing weight I just wanted to share how amazing this product is and how it is enhancing my life! About 3 weeks into the challenge, I started to run. I haven't ran in years and wanted to really push myself further. I set a goal with a mile. That alone was a big stretch for me, I was able to accomplish it within a week! Then I decided to increase 1 mile, and I felt great! After a few days of 2 miles, I decided to try a 5K. And this is my new normal. I am truly blessed to have a strong network of people who care enough about me to encourage me back to health."



Lost Over

**30** lbs.†

on the Breakfast Pack

## JESSICA TRAUTNER

"I gained weight in college and struggled to lose it, nothing was sustainable. With NeolifeShake I lost 10 lbs.† in one week. I've lost 30 lbs.† in total and kept it off for 2 years. I feel better than ever!"

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Lost  
**29** lbs.† & **11%** Body Fat  
on the Breakfast Pack

## MAREN GILBERT

"I gained weight after having my 3 kids and I never thought I would be an athlete again. Since using the Breakfast Pack, I've lost 29 lbs.†, 11% body fat and 5 inches around my waist! I'm also down 4 pant sizes – from a size 12 down to a 6! Losing the weight made it easy to get back to working out! I started run-walking and worked up from there. I recently finished a half marathon at a 8:50 minute/mile pace beating my 2 hour goal time! I have a NeolifeShake in the morning and snack on a NeolifeBar post workout. I have tons more energy and love how I look and feel! Plus, now I'm able to keep up with my kids! Thank you Neolife for helping me change my life!"\*



Lost  
**20** lbs.†  
on the Weight Loss Pack

## ALLAN BLAIN

"I feel great on the Weight Loss Pack. The shakes taste great, are satisfying and have helped me lose fat while maintaining and gaining lean muscle mass. I'm on track at age 43 to be in the best shape of my life by the end of the year!"

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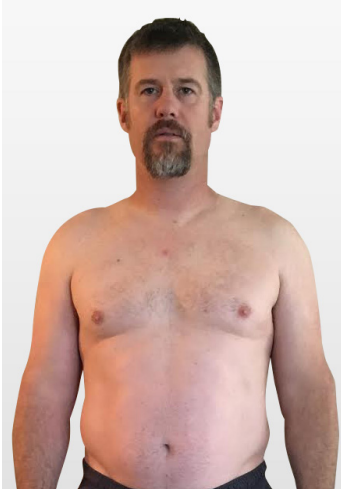


Lost  
**20** lbs.†

on the Breakfast Pack

## MOE CHUN

"Drinking NeoLifeShake and seeing results motivated me to balance my daily diet. I feel like my body was reset and I feel so much healthier after losing 20 lbs.† It's simple: set a goal and drink NeoLifeShake!"



Lost  
**15** lbs.†

on the Breakfast Pack

## DWIGHT JOHNSON

"I love the sense of being part of something that is helping so many. During the challenge, I've noticed a lot more energy and a lot more mental clarity.\* My favorite part is breaking my addiction to coffee in the process. Starting my morning with a NeoLifeShake instead of a coffee, and a NeoLifeTea in the afternoon has given me way more energy without all the digestive issues. I haven't even noticed coffee being out of my life - other than the fact that I feel a lot better. Every spring I suffer seasonal challenges and this spring, I didn't even notice them - even though I worked outside 10-14 hour days. I'm blown away!"\*

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Lost  
**10** lbs.†

on the Breakfast Pack

## MELINDA BROWNING

"This year was a new start for me. I have been telling myself that I am going to start eating healthier and that I'm going to lose weight. Finally, this year I didn't just tell myself, I actually did it! I had been struggling to lose the weight that I had gained during my pregnancy. Thanks to NeoLife, I lost 10 lbs.† in 3 weeks using the Breakfast Pack and now I'm only 3 lbs. away from my pre-baby weight and looking forward to continuing my weight loss journey! I met my weight loss goal by replacing 2 meals a day with NeoLifeShake and having healthy snacks in between. I also take additional NeoLife nutritionals to boost my energy levels and to improve my overall health. Thanks to NeoLife, I am feeling great and losing weight in the healthiest way!"\*



Lost  
**10** lbs.†

on the Shape Up Pack

## CYNDY HADLEY

"I lost 10 lbs.† using the Shape Up Pack. The Challenge provided accountability and encouraged me not to give in to 'cheat meals'. I feel great! This is the first time in a long time I've been under 120!"

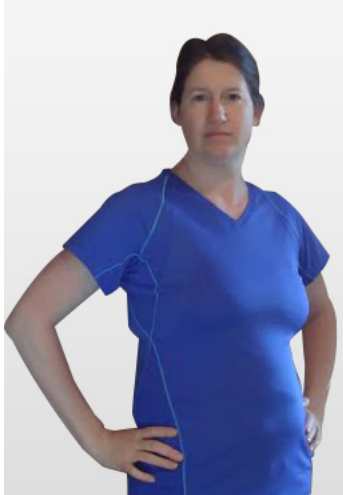
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Lost  
**10** lbs.†  
on the Breakfast Pack

## MARILEE JOHNSON

“Since starting the Challenge, I’ve noticed quite a bit more energy and endurance! I love drinking half a NeoLifeShake before and half a shake after my workouts. I started with walking or doing 10-minute workouts. Then, I ran my first mile without stopping in over 12 years and since having my 8 children! I’m up to running 2 miles now and loving it. I’ve lost 10 lbs.† and several inches and I’m down a few sizes in clothes as well! Looking forward to running a 5K here soon and seeing how the consistency of being intentional with my NeoLife and fitness can help me for years to come.”



Lost  
**7** inches!†  
on the Weight Loss Pack

## JEFF CAMERON

“By replacing two meals a day with NeoLifeShake and eating healthy, I’m losing weight. I’ve lost 7 inches off my waist! NeoLifeShake not only gives me energy to get through a day of teaching but also keeps me sustained till dinner. As a science instructor, I’m always somewhat skeptical of things, however after doing the research and experiencing the results firsthand, I am a firm believer of NeoLife nutritionals.”\*

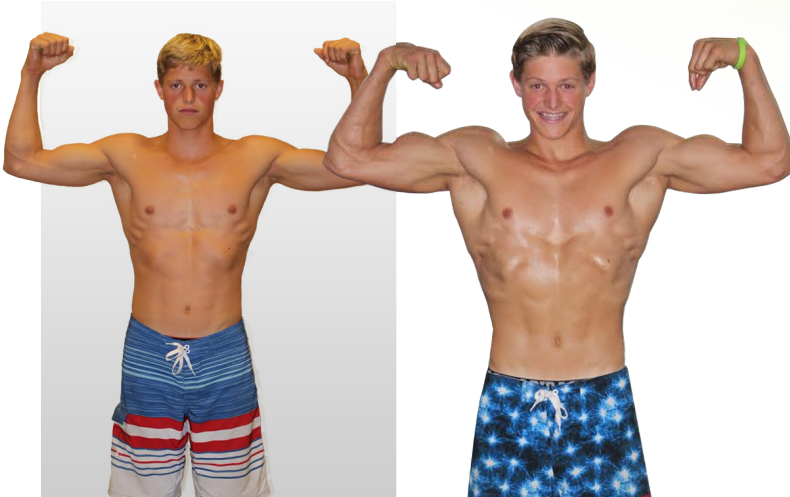
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Gained **6lbs.** of muscle  
on the Breakfast Pack

## BAYLOR JOHNSON

"Thanks to the Breakfast Pack and working out 5 days a week, I gained 6 lbs. of muscle in 30 days! I had a NeoLifeShake with Pro Vitality every morning post workout. I noticed a big difference in my recovery and muscle soreness. I'm so excited to continue pushing myself to be my best!"\*

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