Melaleuca[®] LEADERSHIP

ENHANCING THE LIVES OF THOSE WE TOUCH





In Control of Our Destiny

Melaleuca is something different, something strong, something that is mission driven, and something that will last. And there's a reason for that.

Melaleuca is in a very, very good place right now. We didn't get here by accident. Today, Melaleuca is stronger and more relevant than ever before. While many companies all over the world in every industry are struggling, we're growing. While most companies are burdened with debt, we're debt-free. While

Our business model has been and remains the best way for the average person to get ahead and make a major difference in their lives

many companies are cutting corners and scaling back, we're aggressively investing in strategic initiatives and programs designed for our future success. And while other companies are forced to change their business models and abandon their business partners, we're strengthening ours. Our business model has been and remains the best way for the average person to get ahead and make a major difference in their lives.

At Melaleuca, we're in control of our destiny. I'm extremely confident in our future, and I feel very fortunate that I'm part of what we've built here together. We get to go make a difference in the world. We get to make a direct and significant difference in households all over the world.

As a Melaleuca Marketing Executive, you have an army behind you helping you make that difference. There are nearly 4,000 Melaleuca employees around the world who take pride in being part of the Melaleuca mission. They take their partnership with Melaleuca Marketing Executives seriously. And that pride is reflected in the work they do to support you and serve our customers. These are the people who bring the investments we're making to life.

These investments are how we build our future and control our destiny. Just look at a few of the investments we made last year that are driving our momentum today. We launched new products, including *Berberine Glucose Support*, *FocusAP*™, and Renew® Targeted Eczema Treatment, just to name a few. We launched and managed both a PartnerUp and a Fast Track incentive. We had dozens of monthly incentives and



other special incentives. All of these investments go beyond the Compensation Plan as a way to support your teams and accelerate the growth of your business. The Compensation Plan has grown as well. We enhanced the Critical Activity Bonus by adding more ways to achieve it, making it more lucrative. And we introduced the Legacy Program and Founder's Club, two programs designed to reward our most loyal, long-term, and high-contributing leaders.

And, I believe probably the most significant, we've invested a massive amount of time, resources, and money into the new Grow business-building app that was launched at Convention 2024. The Grow business-building app empowers you to build your business in the palm of your hand with greater purpose and simplicity. And I'm thrilled about the high-impact enhancements to the Grow app and the new products we released at January Launch last month.

These examples are just highlights of the continued investments we made during the last 12 months—and 2025 will be no different. In fact, this year we're not only celebrating our 40th year of enhancing lives—we're investing in our 40th year so we can enhance lives for decades and decades to come.

Why are we doing all of this? Because we can. And it's the reason that more and more people around the world are discovering

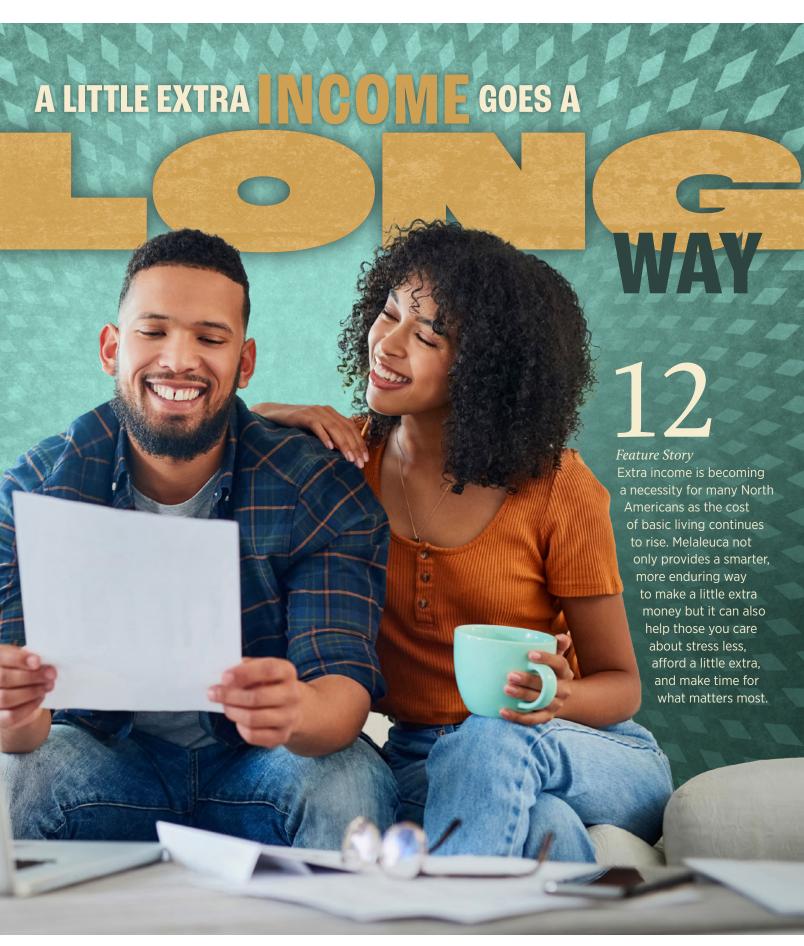
Melaleuca and changing their lives. And I hope it's one more reason that you know you're in the right place!

No matter where you are in your Melaleuca journey, I invite you to take a moment and think about what you'll do with everything Melaleuca has to offer. Where would you like to be one year from now, and what decisions will you need to make today to be sure that you get there? And who can you help along the way?

Regardless of where you've been or where you are right now, you have the power to create your story going forward. It's your turn. It's your time. I look forward to celebrating your achievements this year!

Facebook.com/groups/MelaleucaEnhancingLives







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Approaching friends and family about Melaleuca shouldn't feel uncomfortable. You just need the right words. Here are six practical methods used by proven leaders that you can easily adapt and start using right away!



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2025 Executive Director Perspective Meetings

DECEMBER 2024



EXECUTIVE

LEADERSHIP COUNCIL



Morgan & Derek Martin **TENNESSEE**



Benjamin & Brittany **Kovacs** OHIO



Jessie & Andrew Trudeau FLORIDA



Kristina & Christopher **Brown TEXAS**

MELALEUCA LIFETIME EARNINGS: \$910,983

MELALEUCA LIFETIME EARNINGS: \$280,530

MELALEUCA LIFETIME EARNINGS: \$762,148

MELALEUCA LIFETIME EARNINGS: \$372,165



Jonathan & Kimberly **Montgomery GEORGIA**



Gaby & Lance Walerczyk TEXAS



Tracey & Jeremy Ebert INDIANA



Kaylin Hobbs & Shane Murphy MISSOURI

MELALEUCA LIFETIME EARNINGS: \$377,236

MELALEUCA LIFETIME EARNINGS: \$270,273

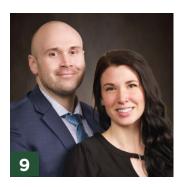
MELALEUCA LIFETIME EARNINGS: \$457,852

MELALEUCA LIFETIME EARNINGS: \$353,698

All Executive Leadership Council (ELC) calculations are based on Member growth from US and Canadian customers only.

Please consult the Annual Income Statistics on page 58 for typical results.

The Executive Leadership Council is composed of the top Presidential, Corporate, National, or Executive Director businesses with the highest contribution index and a current Monthly Retention Index (MRI) of 50% or more. The contribution index is the product of the net increase in an organization's Members during the prior 60 days, multiplied by the number of each Presidential, Corporate, National, or Executive Director's Personal Enrollee Advancement Factor (the same factor found within President's Club criteria). Council membership is reviewed monthly. At least five positions are reserved for Masters.



James & Katey Kloepper **ALBERTA**



Angelita Diaz & Jorge Medrano **TEXAS**



Bo & Chelsie Gilbert MISSISSIPPI



Jamie & Jazzlyn Young **TEXAS**

MELALEUCA LIFETIME EARNINGS: \$639,066

MELALEUCA LIFETIME EARNINGS: \$1,794,028

MELALEUCA LIFETIME EARNINGS: \$1,559,958

MELALEUCA LIFETIME EARNINGS: \$505,310



Sun Kim **CALIFORNIA**



Francisco & Rhina Guardado CALIFORNIA



Laura Garza & Jorge Perez

TEXAS



Sewell **TEXAS**

MELALEUCA LIFETIME EARNINGS: \$3,511,560 MELALEUCA LIFETIME EARNINGS: \$1,163,065

MELALEUCA LIFETIME EARNINGS: \$2,812,977

MELALEUCA LIFETIME EARNINGS: \$2,415,717



In the time it takes to get from the produce section to frozen foods, you can browse the Digital Library and find details on the latest enroller promotion to send to your newest business builder. And while you're waiting in the checkout line, you can find everything you need to put together a successful Strategy Session. And that's just one aisle of options you can access 24/7 in the Grow Digital Library.

PRODUCE







X @darrinToGo (a) @darrinjohnson1 There are times when life teaches you lessons you didn't know you needed—like when a simple decision about who gets your time and attention that day leads to a precious, irreplaceable experience.

Continued>>



I learned one of those life lessons recently during a conversation I had with well-known sports journalist Chris Myers. His story hit me like a brick, and I can't stop thinking about it.

Chris Myers is one of the most trusted and renowned sports journalists ever. Over the past six decades, he has had a front-row seat to some of the most iconic moments in sports—from the Super Bowl and the World Series to the Olympics and the Daytona 500.

He has interviewed thousands of legends and champions, including Muhammad Ali, Don Shula, and John Wooden, to name just a few.

But his proudest moment isn't a sports moment. It's not at all what you might expect.

SAVE YOUR BEST TIME FOR THE ONES YOU LOVE

The proudest moment in Chris's life, he told me, happened in 2009. Instead of covering a pivotal Major League Baseball game between the New York Yankees and the Los Angeles Angels, Chris made the difficult but intentional decision to attend a high school play where his son, Christopher, had the starring role.

Deciding to be there for Christopher on his big night instead of covering a big game might have been a hard decision for a minute or two. But that decision led to an irreplaceable experience and memories that he will always treasure. Chris shared with me that just a few years after starring in that play, his son Christopher tragically passed away in a car accident at the age of 19.

"You think you have a lot of time, but you don't," Chris says, with the conviction that only a parent who has lost a child can truly convey. "Don't let these moments pass by. Slow down and enjoy each one."

Here's the truth: With all the distractions coming at us, many of us struggle to balance working to provide for our family with being there for the most important moments. It's never easy to make these decisions. The emails keep coming. There is always a new deadline that's only a week away. It's tough. I know better than most.

But I'm grateful to have Chris's story to remind me not to miss out on life's important moments in the midst of pursuing my goals.

YOU WON'T REMEMBER THE MEETINGS

I'm sure that by now, you've heard about how the Grow app is revolutionizing the ways that Marketing Executives are building their businesses.



One aspect of Grow that I haven't talked enough about is how it helps you build a thriving Melaleuca business in the "pockets" of your day. Whenever you do have a few minutes—walking the dog, waiting to pick up your kids, standing in line at the grocery store—open up Grow. This amazing app guides your next steps and takes the guesswork out of what to do whenever you have a moment to do it. The benefit? You're better able to reach your goals while living the life you want—and building the future you desire.

Chris Myers and I found a lot of common ground as we shared lessons we've learned about being dads while pursuing goals. Perhaps one of the most profound lessons is this: When we look back on our lives, we won't remember that important work meeting we needed to attend. We will, however, remember—in vivid detail—being present to enjoy the high school play. And our kids will remember us being there for them.

THE GROW APP IS A MAJOR TIME-SAVER

My challenge to you this week is to scan your calendar and embrace more of the moments that truly matter. Tap into the Grow app and the Grow Suite to revolutionize how you build your business and to help you be more efficient with your actions. That's where Grow really shines! This incredible app is helping thousands of Melaleuca Marketing Executives stay on track, avoid distractions, and focus on what matters most. Here's how:



- **1.** Grow lets you gain timely insights about your business, customers, and team. It keeps all of your customer information at your fingertips. With a few taps you can track orders, view shopping histories, and follow up with your personally enrolled customers and those enrolled by your team members. And vou can start an enrollment with just a tap!
- 2. With Grow, you wake up to a daily to-do list that is customized for you and your business. From celebrating

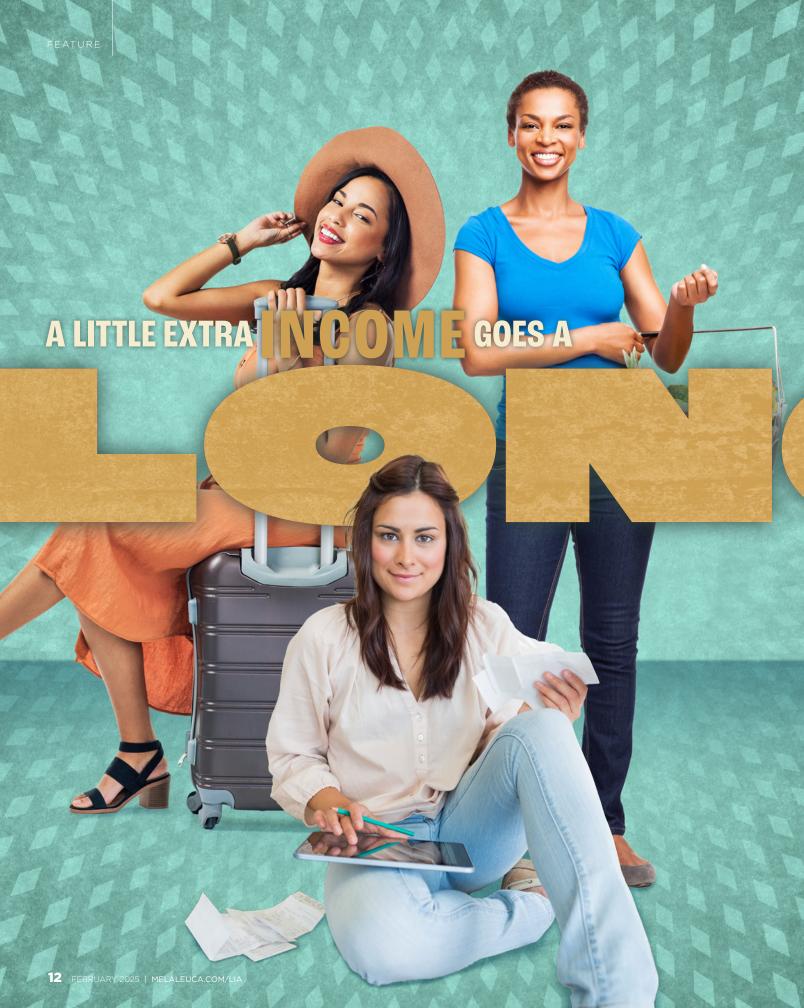
- birthdays to adding another name to your contact list, you'll immediately know the best way to spend your limited time every day.
- **3.** With 30 suggested scripts, vou'll have an idea of what to say or text in a wide variety of pivotal situations. Whether you're sending celebration texts or setting appointments, you can easily customize these scripts and communicate with confidence.
- 4. Grow helps you onboard new business builders easily with personalized learning programs. In the app, you have quick, easy access to a wealth of Melaleuca resources—training materials, product information, podcast interviews, and more. There are hundreds of assets for you to use and share with just a tap!
- **5.** Grow is your primary source of communications straight from Melaleuca, including first-of-the-month audio, enroller promotions, frequent life-changing stories, announcements, and more.

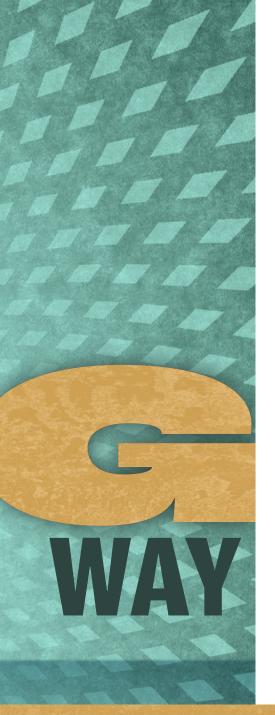
HAVE YOU HEARD ABOUT THE NEW **FEATURES IN THE GROW SUITE?**

During Launch 2025, we introduced five new Grow features that help Marketing Executives build their repeat income and develop personal leadership. In fact, when you're done here, flip over to page 30 to learn about one of the most powerful new features of the Grow Suite!

Finally, if you're one of the few who haven't downloaded the Grow app and subscribed to the Grow Suite, you're missing out. When you combine the Grow app with 90 days of consistent action, you won't believe the results in your business—and in your daily life.







Are you one of the millions of Americans struggling to make ends meet in 2025? Now more than ever, people are looking for ways to pay the mortgage and put food on the table while still having money left over for those little extras like travel, date nights, and family activities. A full-time job alone just doesn't seem to be enough anymore.

In 2024, economists reported that more than a third of US adults-including nearly half of millennials and Gen Z-now have a second stream of income, according to Bankrate, a financial services company. In contrast to decades past, this extra income is no longer just a safety net. Searching for an additional source of revenue has become a necessity for many as the cost of basics like housing, groceries, and gas have steadily risen.

Welcome to the golden age of the American side hustle, where men and women from all corners of the country and all walks of life are increasingly focused on finding extra money to supplement their lifestyles. Some need the extra money just to get by, with the average cost of living soaring to never-before-seen levels. Others need the income to continue taking vacations and making high-end purchases. Either way, most side gigs pay less than \$500 a month. Melaleuca provides a smarter, more enduring way to make a little extra money—and there's no income ceiling, so the sky really is the limit!

If you've been wondering if your friends and family members are searching for ways to bridge the income gap, chances are good that they are. They might even be desperate enough to consider an MLM; and given that industry's poor reputation, it's imperative that Melaleuca gets presented as an option for them.

The bottom line is this: There has never been a better time to introduce someone to Melaleuca.



But don't take our word for it! Throughout this story, you'll hear from Director 8 Donalda Hobbs, Director 3 Bhavani Polvino, Senior Director Serena Chow, and Director 3 Ashlen McGinnis. All four of these Marketing Executives have a deep understanding of how lifesaving a few extra hundred dollars a month can truly be.



FEATURE

DIRECTOR 8 DONALDA HOBBS

STRESS LESS ABOUT NECESSITIES

Donalda's Business-Building Philosophy: Don't underestimate the power of community at Melaleuca. You are never alone on this journey. There are people here that will support you every step of the way, and that makes all the difference—so lean on them and don't lose heart! After my divorce, I felt like I was never going to be good enough, never going to be pretty enough. But I surrounded myself with Melaleuca team members who inspired me, and as a result, I have overcome so many limiting beliefs. This business WILL change your life if you allow it to.

Donalda's journey with Melaleuca began out of necessity. The year was 2015, and she was going through a difficult divorce. At the same time, she needed to fix the roof on her Edmonton home.

"Literally, I needed to keep a roof over my and my three daughters' heads," she says. "The roof was going to cost \$8,000, and I simply had to generate extra income."

Enter Melaleuca. Her first substantial check felt like hitting the lottery. Within 90 days, Donalda had made just under \$5,000—life-changing money for a struggling single mom with some big expenses.

"Over the years, Melaleuca has helped me fix the roof, pay my mortgage, and buy my daughter her first car," she says. "I won't lie, it's been tough. But Melaleuca has been there through all the ups and downs. That little extra is so huge for so many of us."

Recently, Donalda heard from a friend who was overjoyed to receive a \$1,000 check from Melaleuca. This extra income will allow her to pay her mortgage for the month.

"It's getting really difficult for families," Donalda says. "Where can you go to make this kind of extra income? I get that people have a barrier up against talking to strangers or sharing with friends and family, but they really need us to share this with them!"

It's not always about making a \$10,000 or \$30,000 check—an extra \$500 can help pay the mortgage or buy groceries. Donalda also stresses the importance of sharing the business opportunity with older individuals who may not have sufficient retirement savings.

"For example, I don't have a pension," she says. "My husband was the one with the pension, and I stayed home with kids while he went off and pursued his career. When we divorced, I was left with nothing. That's another reason Melaleuca is there. Share, share, share!"

"Over the years, Melaleuca has helped me fix the roof, pay my mortgage, and buy my daughter her first car. I won't lie, it's been tough. But Melaleuca has been there through all the ups and downs. That little extra is so huge for so many of us."

DIRECTOR 3 BHAVANI POLVINO

MAKE TIME FOR WHAT MATTERS

Bhavani's Business-Building Philosophy: I grew up very sheltered, and I'm very shy. If you're telling yourself that you can't do this business because vou're introverted or because you don't know enough people or for whatever reason—STOP TELLING YOURSELF THAT LIE. If I can do this, anyone can do this. In my mind, if I don't share Melaleuca with someone, I am doing them a disservice. If you want to make a couple hundred dollars a month, it's so doable. Just take the leap of faith. You're worth it. Your family is worth it. I have been with Melaleuca since 2015, and I've built my business so slowly. Even though I get discouraged by my slowness sometimes, I have one thing to say: Don't ever give up.

When tragedy struck in 2021, Bhavani was grateful for her Melaleuca check. That modest amount of repeat income allowed Bhavani to travel from Arizona to Hawaii to be with her dad without worrying that she was losing billpaying funds while she was gone.

"My mom called and said that my dad wasn't doing well. At the time, we had very little income aside from my Melaleuca checks," she recalls,

her voice catching as she thinks about losing her dad. "Melaleuca made it possible for me to be with him for his last 11 days."

Bhavani and her husband are artisanal bootmakers, working from their home workshop in the cottage industry of Renaissance festival craftwork.

"We make custom shoes and boots for Renaissance festivals," she explains. "It's a hard way of life. There were times when all we had was rice and beans and other times when we could have steak. Knowing that I repeatedly have \$500 coming in every single month makes a world of difference."

Bhavani is currently struggling to find others to build a Melaleuca business with her, but she says she will never give up.

"Times are hard and more families than mine are struggling," she says. "The feeling I have when I introduce someone to Melaleuca so they can put extra groceries on the table or simply go out for a special dinner is just so rewarding. I love to help people, I really do."



"If you're telling yourself that you can't do this business because you're introverted or because you don't know enough people or for whatever reason-STOP TELLING YOURSELF THAT LIE. If I can do this, anyone can do this."



SENIOR DIRECTOR SERENA CHOW

YES, YOU CAN AFFORD THAT TRIP!

Serena's Business-Building Philosophy: My go-to is to get more involved in community service and events that expand my contact list naturally. Networking groups are great too—anything to establish relationships. And if you hit a flat spot, don't worry about it! I took a break when my father had open-heart surgery. It was so great to continue getting a monthly check. When you're ready to get back in the game, just keep enrolling customers and doing your Seven Critical Business-Building Activities. Earning Circle of Influence should be baseline for anyone who wants to build a consistent Melaleuca business. Another piece of advice is to maintain a positive mindset. No matter what, always believe in yourself!

Woo-hoo! Serena can afford to have fun again! "The income I earn from my Melaleuca business has allowed us to go on amazing trips," she says.

It's no secret that the cost of living in a coastal state like California, where Serena and her husband currently live, is extremely high. Affording groceries, gas, and housing is increasingly difficult—so having the disposable income to take a vacation is truly a luxury.

"People here are struggling just to stay afloat," she says. "When gas prices are \$3.50 a gallon in the Midwest, they're like \$5.50 here. Electric costs are horrible too, especially for those on a fixed income like the elderly. A little extra income goes a LONG way here."

Serena's husband is retiring in March. Their mutual goals are to maintain healthy lifestyles (including taking Melaleuca supplements daily), stay active, and travel more.

"We're on a limited income, but I don't have a ceiling here at Melaleuca, which is what I love," she says. "If you wake up one day and want to give yourself a \$10,000 raise at Melaleuca, you can do it. Yes, it's going to take a lot of work, but my point is that you have control over what you're worth."

Serena can't wait to help more everyday people—especially retirees—travel to their dream locations with Melaleuca.

"Getting older is often scary because of the cost," she says. "I want to show others that they can not only maintain their quality of life and have a nest egg for emergencies—they can also have the adventures of a lifetime by making a little extra money every month."

"If you wake up one day and want to give yourself a \$10,000 raise at Melaleuca, you can do it. Yes, it's going to take a lot of work, but my point is that you have control over what you're worth."

DIRECTOR 3 ASHLEN MCGINNIS

NO RISK, ALL REWARD

Ashlen's Business-Building Philosophy: The biggest thing I had to learn over the last year was that we are here to help others. I didn't fully grasp that concept in my first nine months with Melaleuca because I was so focused on making money for myself. But now I want to help others win, even if it's just by helping them earn an extra hundred bucks. You don't have to know a bunch of people or be extroverted to build a Melaleuca business, but you do have to be willing to become a better listener and lend someone a helping hand. Also, I find that I get the best results when I share the behind-the-scenes messes of my life. People connect to authenticity, so don't be afraid to share a bit of your struggles along with your successes.

The magic of Melaleuca is that new builders are never forced to take on inventory for resale, and the 100% Satisfaction Guarantee means that if someone tries the products and finds that they aren't for them, they can return them—no questions asked.

Ashlen and her husband both left the corporate world three and a half years ago to open their own businesses: Ashlen is doing exercise and nutrition coaching for women. Her husband is doing construction and handyman work. And in 2022, they opened an axethrowing business together.

"Entrepreneurship is so scary because you just don't know if you're going to make it," she says. "Even now, I let God take control of it and hope for the best."

Ashlen and her husband have relied on both their faith and practical safeguards as they've ventured into self-employment. The extra income from her Melaleuca business provides a crucial financial buffer.

"My check in December was \$800," she says. "I know that doesn't seem like a lot to some people, but during the Christmas season that alone helped pull us through and pay bills I honestly didn't think we were going to be able to pay."

For Ashlen, the beauty of Melaleuca is the safety net it provides by operating with integrity.

"I've read this from Executive and National Directors, so I'll share it now: Everybody can win at Melaleuca because we are not a multilevel marketing organization. No one is being held back here. Anyone can share this store and win."

Ashlen's last piece of advice is this: Even if you are broke, down and out, or scared, take the leap and start sharing Melaleuca. You miss 100% of the shots you don't take!

"Just keep taking consistent action in your Melaleuca business," she says. "All successful entrepreneurs have suffered setbacks. But the ones who succeed push through."



"My check in December was \$800. I know that doesn't seem like a lot to some people, but during the Christmas season that alone helped pull us through and pay bills that I honestly didn't think we were going to be able to pay."

Continued>>

The time to take charge of your financial future and help others take charge of theirs is now. Getting out of credit card debt, saving for a down payment on a home, or having fun money to spend going out to eat or traveling are huge motivating factors for Americans who see that the only way to achieve their income goals is through grit, determination, and maybe—if you share it with them—Melaleuca.





Build Your Contact List

2
Set Appointments

Share Melaleuca: An Overview

4
Hold Strategy Sessions

5 Celebrate Success

Always Be Involved with Fast Track

7 Lead by Example



Doug & Sabrina Ellis TEXAS

Finding Success Through Community and Joy



Sabrina enrolled as a happy Melaleuca customer in January of 2016 and had no intention of building a business. That changed five months later after her enroller, Executive Director 4 Sherry Bedinger, invited her to attend an in-home Melaleuca Overview. "She just wanted more people in the room," Sabrina explains. "So I went, not because I was interested in the business but because it was a chance to be around positive people."

Sabrina kept attending in-home presentations and realized that Melaleuca offered a lot more than just superior wellness products. "There wasn't a lot of joy in my life at the time," she says, "but those in-homes were truly enjoyable. The kindness and friendliness of Sherry and National Director 9 Suzy Maier drew me in, and I realized that they had something that I didn't have in my life at that moment. Yes, people struggle and need help financially, but they also need positive relationships. They need someone to speak belief and positivity and life into them, and too many times as adults, we just don't have that."

The honesty and sincerity of those gatherings encouraged Sabrina to start building a Melaleuca business, and the kindness and support she received from her enroller has been reflected in the way Sabrina builds her business to this day. "Teams have a personality just like people do," she says. "When you decide to build a Melaleuca business, you get to create the personality your team has. I was drawn to the warmth and friendliness I experienced, and that's exactly what I wanted for my team. We have really created a team that feels like family."

As with family, Sabrina believes that her team works best when they get to see and support each other in person as much as possible. She regularly holds team meetings and celebration dinners. Even members of her team who live in different states still gather on a regular basis. "Celebration is a Critical Business-Building Activity for a reason," Sabrina says. "When you are able to get people together and then, in front of their peers, congratulate them and speak about their commitment and consistency, that is huge! It keeps your team plugged in. If someone is struggling in their business and they come to a celebration dinner, that energy and positivity can be just what they need to recharge and get back on track."

The community of support and joy that Sabrina has helped build has had a direct impact on her success. "I am so grateful to my team," she says. "They mean the world to me, and they are working so hard. We have the opportunity to change lives in so many different ways with Melaleuca. When life gets hard, it's important to have people who show up and are there for you. Melaleuca has done that for my family on more than one occasion. And I want to help spread that to other people. I want to help as many people as I can find a community of support and reach their goals."

LAST ADVANCEMENT CHECK EARNINGS \$45,463 \$1.994.180 LIFETIME

NATIONAL DIRECTOR

2

Berta Alston

ALABAMA



"Each year at the Convention Awards Gala, it's mind-blowing to see how much the company has grown! There are so many people working so hard for us behind the scenes—and there's always something new going on at Melaleuca!"

Lifetime Earnings: \$2,779,607

Personal Enrollees' Earnings: \$3,122,564

The Freedom to Grow Her Legacy

One of the things that Berta Alston loves most about building a Melaleuca business is how it enabled her husband, Robert, to spend time pursuing a passion he'd put on hold for his entire career as a stockbroker. That passion? Making people laugh!

"Robert retired early from the brokerage where he worked," Berta says. "Thanks in part to our Melaleuca repeat income, he was able to take his comedy routine on the road. He visited 38 states and performed for a number of associations at banquets and conferences. It was a dream come true! We had so much fun at Melaleuca events as well, where Robert had so many opportunities to share his humor."

Berta cherishes those memories. Robert passed away more than 11 years ago, but Berta still sees and feels the effects of his enthusiasm for making lives better.

"The work we do changes a lot of lives," Berta says. "The new business builders in my organization are always so shocked when they begin receiving checks from Melaleuca just for sharing with others what the company they're shopping with has to offer. As the months go by, they begin to understand what this second stream of income can do for them. It's money that they can live on, store away, and do good things with. I am debt-free today thanks in part to Melaleuca, its wonderful wellness products, and its unmatched Compensation Plan."

Berta herself has used her Melaleuca repeat income to fund mission trips to serve others in need. She has team members who use their income to grow their own legacies of service.

But her most treasured legacies are much closer to home. Not only have Berta's

siblings built Melaleuca businesses, but her father was a Marketing Executive as well! "He was a surgeon," Berta says. "He was a little skeptical at first. But he enrolled and became very enthusiastic about Melaleuca's wellness products. He built a modest business, and when he passed, he left that business to me."

Thanks to their Melaleuca income, the Alstons had many opportunities to enjoy their best moments together as a family, even after their kids grew up. Their son, for example, played Minor League Baseball, and Berta and Robert were able to travel to many of his games. Those investments mean everything to Berta now, 34 years after she enrolled with Melaleuca. Her kids are now as old as she and Robert were when she first enrolled. She's excited for the legacies they're sure to grow.

NATIONAL DIRECTOR

Keely Trimble

NEBRASKA



"A no now doesn't mean no forever," Keely shares. "If you just keep talking to people and stay consistent, you're going to get a yes."

Lifetime Earnings: \$7,402,293

Personal Enrollees' Earnings: \$5,737,556

Monthly Repeat Income: \$27,208

Where We Are Is Where We're Meant to Be

Just months after becoming a mother, National Director Keely Trimble noticed that her now 25-year-old son was having respiratory issues. Keely sought out numerous solutions, but it wasn't until she found Melaleuca that she noticed a real change. "Being a new mom is scary," Keely says. "And when your baby has trouble breathing, just seeing any improvement in him means a lot! The effect of EcoSense® cleaners initially caught my attention, and they had a dramatic impact."

Not long after experiencing the benefits of the EcoSense line, Keely recognized the opportunity to create income by building a Melaleuca business. She started with a goal of earning \$1,500 a month, but upon reaching that goal, she realized that the potential was much greater. As she buckled down and put effort into her business, the blessings presented themselves. "I chose to be extremely

consistent, and I chose to build my business on purpose, and I'm so glad that I did," Keely recalls.

As a single, stay-at-home mom of two, Keely was thrilled when her Melaleuca business began producing benefits that meant everything to her. "My children have never seen a day care or an after-school program," Keely says. "I was able to do all the drop-offs, all the pickups—and I built my Melaleuca business with every spare moment I had around their schedules."

After more than two decades of developing her Melaleuca business, Keely still sets goals and makes plans to ensure she can reach them. While she is striving for her next advancement, she is also doing everything in her power to ensure that those on her team can end each day with experiences similar to her own. "I work with an amazing team of women, and my

goal is to help these women I bring into Melaleuca experience everything that I've had the opportunity to experience," Keely says. "My goal is always to help others. And I'm not done yet."

To help other Marketing Executives reach their goals, Keely invites them to look at where they are and what they're doing to get where they want to be. She encourages others to remain hopeful and motivated despite rejection. According to her, consistency is the driving factor of success. "My biggest words of encouragement are that a no now doesn't mean no forever," Keely shares. "If you just keep talking to people and stay consistent, you're going to get a yes. And if you can get one yes, you can get eight yeses. And if you can get eight yeses, you can help someone else duplicate that."

KEEPS YOU HYDRATED AND ON THE MOVE!

Sustain® Active Electrolyte Hydration is the only electrolyte drink that delivers a 4-in-1 electrolyte complex powered by Oligo®. This delicious drink helps you rehydrate your cells and maintain proper muscle function as you exercise—all with just a fraction of the carbohydrates and calories of Gatorade!*

COMPARE	GATORADE* CLASSIC THIRST QUENCHER†	SUSTAIN ACTIVE ELECTROLYTE HYDRATION SUSTAIN ACTIVE ELECTROLYTE HYDRATION ACTIVE ELECTROLYTE HYDRATION	
ELECTROLYTES	2	4	
CALORIES [‡]	112	25	
CARBOHYDRATES [‡]	29 g	6 g	
SUGAR [‡]	27 g	5 g	
OLIGO TECHNOLOGY	_		
NO WASTEFUL SINGLE-USE PLASTIC BOTTLES	_		



Business Approaches You Can Use Right Now

Making business-centered approaches is an important part of building a thriving Melaleuca business. While reaching out to acquaintances, associates, or even friends and family can feel somewhat uncomfortable, you don't need to be an expert or start from scratch. Here are six practical methods used by proven leaders that you can easily adapt and start using right away!

The Importance of Business Approaches

Every business approach is more than simply an invitation—it's a chance to build genuine connections that foster trust and loyalty. Whether you're a seasoned Marketing Executive or new to building your business, making consistent, meaningful approaches part of your routine can lead to strong, lasting customer relationships and real growth in your business.

CONTINUED ▶

1. Recognizing Financial Needs and Desires

Inspired by Executive Director 2 Nicole Remini-Wiskow

Script: "Hey [name], I heard you were thinking about getting a part-time job or exploring ways to bring in some extra income. What if I could show you a way to earn that extra income without having to leave home? It could give you the flexibility to stay with your kiddos while still earning that extra cash. No pressure at all, I just thought it might be something worth checking out. Let me know what you think-I'd love to chat more if you're interested!"

> For parents—especially moms—staying home with their kids while earning extra income is particularly appealing. If they're considering a part-time job or side gig to earn extra income, you can offer a solution that lets them do both from home. Melaleuca provides flexibility, allowing them to be with their family while still earning money, offering a real opportunity for financial growth.

2. Connecting to Shared Beliefs

Inspired by Senior Director 2 Justine Brooks

Script: "Hi [name], I know you love supporting companies with strong values. I've found a US-based manufacturer that does just that, and I think you'd be impressed! When's a good time to chat so I can share more?"

> Introducing Melaleuca as a values-driven business creates genuine interest in the business opportunity. By showing them that they can connect with like-minded people who support companies they believe in, you naturally open the door for them to explore Melaleuca's products and business potential.





3. Sharing Monthly Promotions

Inspired by Executive Director 3 Sarah Fisher

Script: "Hi [name], I wanted to reach out and share some exciting promotions you could earn by starting a Melaleuca business this month! For example, enrolling two, four, six, and eight new Members gets you [insert monthly promotion]. It's such a great opportunity to get started and see the benefits right away. Let me know if you'd like more details or if you have any questions—I'd be happy to chat!"

This approach lets you introduce the income-earning opportunity in an exciting, nonpushy way that sparks curiosity. By focusing on the monthly rewards that Melaleuca offers and framing them as a chance to explore, you create a friendly and approachable tone. Months with added incentives, like company-wide Fast Track, PartnerUp contests, or special monthly bonuses, are perfect opportunities to share with those motivated by financial rewards or seeking a low-risk start. Highlighting these benefits makes the business opportunity even more appealing.

4. Complimentary Networking

Inspired by Senior Director 9 Tracy Melchior

Script: "Hey [name]! I just saw that you [achievement]. That's amazing! I'm so impressed with your [relevant skill]. I'm forming a group of successful leaders I'd love to collaborate with and learn from, and I'd be thrilled to include you. Would you be interested in chatting?"

Begin with a compliment or positive observation to engage the person you're speaking with naturally. This approach eases the transition into conversations that foster genuine relationships. By acknowledging their accomplishments, you break the ice for meaningful dialogue about Melaleuca and how their skills could help them succeed here.

5. Educational Sessions

Inspired by Senior Director Natasha Rae

Script: "Hi [name], since you just received your first Melaleuca order, I'd love to show you how to use these new products. I think you're really going to like them, and I bet you're going to know someone who will like them too. Who can you think of that we could invite?"

> Some new Members may need to experience Melaleuca products firsthand before considering the business opportunity. By guiding them on product use and encouraging them to invite friends or family to join, you'll help build their confidence, spark interest among their connections, and create a foundation for them to start their Melaleuca business right away.

Making Approaches Natural

When the time is right, incorporating approaches like these with your contacts can significantly grow your business. Every approach should emphasize the basic sense of love and care you have for that individual. Approaches should always provide a unique solution for your contact. Their needs come first. Your role is to help others reach their goals.

While these examples are designed to get you started, the most effective approaches are those that feel authentic and true to your personal style. You can easily adapt these strategies for text messages or direct messages on social media. There's no need to learn new skills or navigate unfamiliar platforms simply use them where you already feel comfortable and confident.

For even more ideas, check out the Grow app. Remember, making sincere, business-centered approaches is the surest way to encourage lasting growth in your organization. By taking these small, intentional steps, you're not only expanding your reach but also setting the stage for long-term success. III

6. Borrow Basket

Inspired by Executive Director 6 Meghan Dirk

Script: "Hi [name], I recently discovered some amazing wellness products, and I'd love for you to try them out. I can share them with you for a couple of days so you can see how well they work in your own home. Let me know what you think!"

Letting potential customers borrow your favorite Melaleuca products offers them a no-pressure way to experience the products' value firsthand. This hands-on approach helps them see how the products can fit into their lives, making future conversations about building a referral business more natural.







DON'T BE AFRAID TO TALK **ABOUT MELALEUCA**

You don't have to be with Melaleuca for a certain length of time or advance to a certain status before you can tell others that you work for The Wellness Company. "Some Marketing Executives think that they don't have a story if they are not doing this full time," Executive Director 4 Katie Hill says. "That's just not true. I think some of the most powerful stories are from moms who are spending 15 minutes at a time squeezing Melaleuca into the pockets of their days. That proves that other people can do it too."

"So many Marketing Executives worry about saying the wrong thing," Executive Director 6 Susan Dampier adds. "But it's true that you can never say the wrong thing to the right person, and you can never say the right thing to the wrong person. You've got to start somewhere."

ANSWER AUTHENTICALLY

"You just need to be authentic and don't overthink it," Susan says. "Just think about what makes you excited enough about Melaleuca that you want to tell somebody about it. That's where you start. Share your excitement and your story."

> "Just think about what makes you excited enough about Melaleuca that you want to tell somebody about it. That's where you start."

> > SUSAN DAMPIER. **EXECUTIVE DIRECTOR 6**

Katie agrees. "Just be honest about what you do," she says. "What you want to figure out is how you can explain what you do in the easiest way possible so that the person you're talking to is going to understand. And it's going to roll off the tongue a lot easier when it's the truth."

"But don't expect it to be perfect at first," Executive Director 3 Brandi Whitmer adds. "The more you say it, the more natural it sounds—until it becomes part of who you are."

> "The more you say it. the more natural it sounds-until it becomes part of who you are."

BRANDI WHITMER, **EXECUTIVE DIRECTOR 3**



TAILOR IT TO YOUR AUDIENCE

Don't think that your answer needs to be the same every time. "Your answer can be different based on the person and the situation," Susan says. "I like to tailor my answer and the conversation around the specific individual I'm talking to. And that starts with being a good listener. That way I can provide them with a solution for the problem I know they have."

SAY IT WITH CONFIDENCE

How you say it can be as important as what you say. "Confidence is the most important thing," National Director 3 Chelsie Gilbert says. "When you're confident, and the person you're talking to can see that you love Melaleuca, they are more likely to give it a shot and love it too. And with Melaleuca, it's so easy to be confident because there's a 100% Satisfaction Guarantee! These are products that people need and are already purchasing. You're just going to show them a safer way that saves time and money. I'm so proud to be able to share this. There's no reason not to have confidence."

"When you're confident, and the person you're talking to can see that you love Melaleuca, they are more likely to give it a shot and love it too."



NATIONAL DIRECTOR 3

END IT WITH A QUESTION

"The biggest piece of advice I can give new Marketing Executives is to always answer with a question," Katie says. "If you don't ask a question, the conversation is over, especially online. If there's no question, it's a dead response and they have no reason to message back."

"Always answer with a question. If you don't ask a question, the conversation is over, especially online." KATIE HILL. **EXECUTIVE DIRECTOR 4**

Chelsie completely agrees. "If I don't ask a question at the end, they might think I don't want to tell them more than I already have," she says. "But when I end it with a question, that lets them know that I'm open and excited to share if they're interested."

HOW WILL YOU ANSWER?

Confidently answering the question about what you do can open new doors and fuel business growth. Your answer has the potential to strike up a conversation and even lead to a new enrollment, so take these leaders' advice and be ready the next time someone asks you, "So, what do you do for a living?"

Continued >

SAMPLE ? ANSWERS

There is no right way to answer the question, but our four leaders share a few of the answers they have used in their time with Melaleuca:

2



"I do marketing for an online shopping club called Melaleuca. Have you ever heard of it?"

- "I'm basically the marketing arm for this debt-free, USbased company, and we help families to shop smarter and more affordably."
- "I work for a manufacturing company based in Idaho that makes safer home products.
 I found out about them four years ago and I've been obsessed ever since!"

"I was a teacher for 10 years; now I work from home full time and market an amazing shopping club to families that helps them save money. Have you heard of Melaleuca?"

 "I share a safe place to shop for all your household needs that ships right to your front door. It's called The Wellness Company. Have you heard of it?" "I'm a Marketing Executive for North America's largest online shopping club. We really help families stretch their dollar in this tight economy, so it's been a lot of fun!"

"I'm a mom of three kids, and I work outside the home a few days a week. But in the small pockets of my day, I actually help families save money through an incredible shopping club. Have you ever heard of Melaleuca?"

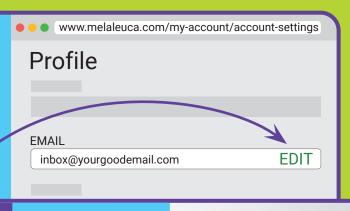
- "I help families in this tight economy get better quality products that they can trust and afford, so you can imagine that business is booming right now."
- "I work with an incredible online store that has helped our family save a lot of money over the last few years, and I've really developed a passion for helping others swap where they shop so they can save time and money too."
- "I'm a Marketing Executive with an incredible online store that does billions of dollars in revenue each year. And I'm passionate about mentoring others to help develop their leadership and create an income that can be life changing."

Stay Connected, Stay Ahead!

Keep your contact information up to date and never miss an important announcement.

From sales promotions to valuable coupons, Melaleuca sends out important information you don't want to miss.

Make sure we have your primary email.



Add us to your contact list.

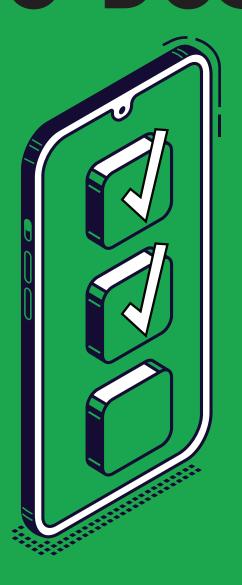


Frequently check the Grow app.





Making the Most of CUSTOM CREATED TO-DOS



Since its introduction at Convention
2024, the Grow app has quickly become
a valuable tool for Marketing Executives.
But its latest updates take it to the next
level with new Custom Created To-Dos.
These were designed to give you more
control, efficiency, and flexibility—helping
you seamlessly integrate businessbuilding activities into your schedule.
Whether you're new to the app or
becoming a seasoned user, these features
can amplify your efforts to grow. Here's
how to make the most of them.

For additional insights, see Grow Your Time as You Grow Your Business on page 9. With personalized To-Dos, you now can customize your tasks to suit your unique business needs. These enhancements are all about giving you more control and allowing you to prioritize what matters most.

CREATE CUSTOM TO-DOS

You can now set reminders for specific actions, ensuring nothing slips through the cracks. For example, you can create a To-Do like, "Follow up with Lisa on Friday at 5:00 p.m." Pair these tasks with the contacts you've uploaded to the app for a seamless and proactive approach, so you know who you're reaching out to, for what, and when.

SWIPE, SORT, AND MANAGE

Managing your To-Do list has never been easier. With a simple swipe, you can clear completed tasks faster or remove those tasks that no longer apply. You can also sort and filter your To-Dos to match your preferences, making it simple to find what you need when you need it.

SEE IN-DEPTH INFORMATION

Exclusive to Grow Recommended To-Dos is that they now include details about when they were received and when they're set to expire, giving you a clear timeline to act. For example, knowing a follow-up task expires in two days can help you prioritize it and ensure timely communication with potential customers or team members. This transparency helps you prioritize tasks and stay on top of deadlines.

SCHEDULING MADE SIMPLE

A standout feature of the updated To-Dos is the ability to set reminders. You can now schedule specific times for tasks, making it easier to adapt them to your routine. This added flexibility allows you to plan effectively, manage your time more efficiently, and maintain productivity without disrupting your day-to-day activities. Whether it's rescheduling a Strategy Session with a new business builder or setting a reminder to follow up with a potential customer, the app helps you stay organized and proactive.

TIPS FOR AMPLIFYING YOUR EFFORTS

To maximize the impact of these new features, consider the following tips:



Prioritize Tasks: Use the sorting and filtering options to focus on high-priority items first. This ensures you're always addressing the most critical actions for your business.

- **Set Realistic Reminders:** When scheduling reminders, choose times that align with your availability and the preferences of your contacts. For instance, if you know that a customer prefers to be contacted in the evenings, set your follow-up reminder accordingly.
- **Integrate with Your Team:** Encourage your team members to leverage these features. Share specific examples of how you're using custom To-Dos to stay productive and organized. For instance, mention how setting tailored reminders has helped you prioritize tasks or how the swipe and sort features have streamlined your daily workflow. Then invite them to do the same.
- **Review and Adjust Regularly:** Make it a habit to review your To-Do list regularly. Clear completed tasks, reschedule as needed, and update priorities to stay on track.

A SMARTER WAY TO BUILD YOUR BUSINESS

As Vice President of Global Marketing Executive Experience Julie Johnson shared at the January 2025 Launch presentation, these enhancements are all about helping you work smarter, not harder. By tailoring your To-Do list to your specific needs, you can enhance time management, improve productivity, and ensure that key tasks like follow-ups or customer celebrations are never overlooked, ultimately driving better business outcomes.

Julie also emphasized how these updates empower Marketing Executives to take full ownership of their schedules. The ability to adapt and personalize your tasks makes managing your business easier and helps you build stronger connections with your customers and team members.

START USING CUSTOM CREATED TO-DOS TODAY

The Grow app's Custom Created To-Do features are available now, and there's never been a better time to start using them. Dive into the app, explore the new options, and see how they can make your business-building activities more effective and enjoyable. Don't forget to share your experiences with your team and encourage them to do the same—together you can achieve incredible growth with this powerful tool.



How many times have you set a goal but never accomplished it? How many times has life interrupted important habits that were meant to help you move forward? Have you ever asked yourself why you just can't seem to keep your efforts consistent?

You're not alone! Taking consistent actions to work toward something worthwhile can be difficult. Research shows that nearly 50% of adults in the United States set New Year's resolutions—but fewer than 10% follow through for more than a few months. 1 If you're feeling like throwing in the towel on your goals, read on to learn practical tips for staying consistent no matter what life throws at you.

WHY IS CONSISTENCY **DIFFICULT?**

The first step to staying consistent is understanding why it's so hard in the first place. For most of us, it comes down to three things: difficulty breaking old habits, focusing too much on specific outcomes, and trying to tackle problems without a purpose.1

Consider your Melaleuca business. You may have to break an old habit of sleeping in each morning to get up earlier to work

subconscious, so it takes effort to identify and change them. But when we evaluate our actions, we can try to consciously emulate this same pattern to form new habits.

Think about the daily activity of building a Melaleuca business. What cue could vou use as a reminder to start one of the Seven Critical Business-Building Activities? Maybe all you need is a brightly colored note on your bathroom mirror as a reminder. Maybe it's setting an alarm to

When we evaluate our actions, we can try to consciously emulate this same pattern to form new habits.

your business. You may get a little too focused on reaching a particular status instead of focusing on helping others. And you might have to dig a little deeper to find the true reason why you want your business to grow!

BREAK OLD HABITS AND START NEW ONES WITH THE HABIT LOOP

Old habits can be so difficult to break! Why? Because of a powerful three-step psychological pattern called the habit loop.²

Step one: A cue or trigger tells your brain to go into automatic mode and let a behavior unfold.

Step two: The routine or behavior itself occurs.

Step three: Then there is the reward something your brain likes that helps it remember the habit loop in the future.

For so many of the things we do, this process happens automatically—like brushing your teeth, tying your shoes, or showering. Our habit loops are mostly

help you stop what you're doing and focus on your business. Perhaps it's making your morning cup of coffee before you work. There are many ways to set that cue for yourself—so do it!

Once you've found your reminder, your behavior should start to change. When you see that cue, you'll know it's time to pick up the phone, hop on a video call, or connect with others online. Make sure that whatever you choose to do, it's centered around the Seven Critical Business-Building Activities. Why? Because those are the time-tested activities that are proven to reward your business with the greatest amount of growth.

Here's the great part—you get to choose your own reward when you finish! Will that be watching 30 minutes of your favorite TV show? Or maybe letting yourself have a small treat or spending some time doing your favorite hobby will do the trick. No matter what you choose, keep in mind that rewards are more successful if they are simple, sustainable over time, and don't overtake the time you could spend being productive.



FOCUS ON THE RIGHT ACTIVITIES

Focusing too closely on only the end result can set you up for failure. Winners focus on the process, not the final result. For example, if you want to run a marathon, break your large goal down and commit to run every day. If your goal is to write a book, focus on writing for an hour each day. This way, you reorient your mentality to focus on the inputs you can control, and you are positioned to succeed. This process builds consistency and drives results over the long term. The marathon or the book become more possible once a baseline of consistency has been established.

It can be tough day in and day out to stay motivated for the long haul. But by making small, deliberate strides forward each day, you can consistently make progress—and make the journey far easier on yourself.

KNOW YOUR WHY

Successful Marketing Executives know that understanding your why for building a Melaleuca business is critical to helping you work consistently at your business. Often, a desire to build a certain level of supplemental income alone is not enough to keep you motivated—especially if progress is slower than you hope. Dig deep to find purpose to back your goals.

Why is supplemental income meaningful to you? What do you want to feel or your family to feel because of the additional income? What stress will it relieve? How might it affect you family's health? Try looking at how an additional stream of income will not only alleviate immediate stressors but also improve your family's happiness over the long term.

HOLD YOURSELF **ACCOUNTABLE**

Do you want to transform your effectiveness? Do you want to reach your goals and have more fun getting there? Then you need to find an accountability partner! This one practice can change everything for you.

It's much harder to let someone else down than it is to let ourselves down.

Melaleuca has so many ways to help you find an accountability partner—starting with your enroller and support team. These leaders are ready and willing to help you with any goal you set. You can also participate in Fast Track! By participating in Fast Track, you work with a small team to hold you accountable for daily activity. Melaleuca periodically holds companywide Fast Tracks, but we encourage you to continually run and participate in a Fast Track with your team.

IF YOU GET DISCOURAGED, REMEMBER THE COMPOUND EFFECT

Does it ever feel like your consistent habits aren't worth it? You're not alone! Most goals are accomplished by taking small, consistent steps that accumulate over time. Author Darren Hardy calls this the compound effect.3

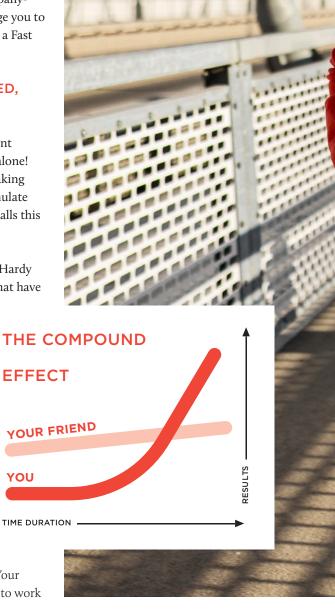
In his book *The Compound Effect*, Hardy explains how consistent actions that have

small but growing rewards over time are more powerful than the instant gratification of large rewards right away. Here's an example.

Suppose you and a friend are presented with two different opportunities to earn some extra money. You choose the first option: working for 30 minutes each morning to improve your skills and be paid \$10

a week, plus 10% weekly growth. Your friend chooses the second option: to work

YOU





an average of 30 minutes a day whenever they want, with their current skill set, for \$5,000 a month with no growth.

At first, your friend makes thousands more than you do. But by month 16, you surpass them—they have earned \$80,000, and you have earned \$86,762. By the end of your second year, your efforts really make a difference. You've earned \$2,219,271 compared to your friend's \$120,000!

Now, the amounts in the example above aren't reflective of your earning potential with Melaleuca. But the principle is the same—the consistent efforts you make to build your Melaleuca business can compound into meeting monumental goals. Each approach you make, each

perfect consistency leaves you feeling discouraged when you mess up, give yourself permission to hit the reset button and watch how you will continue to move forward toward your goals.

WHEN TO TURN **UP THE INTENSITY**

If you're concluding that consistency is better than intensity, you're mostly right. But to achieve your loftiest goals, there is a time and place for intensity. However, the sequence matters: Consistency must come first. Why? Because trying to sprint before you can walk leads to stumbling.

Once you've established your daily rhythm—making those consistent approaches, scheduling regular appointments, sharing Melaleuca:

...each customer you enroll, and each Strategy Session you hold on a consistent basis has the ability to compound into huge accomplishments.

Melaleuca Overview you present, each customer you enroll, and each Strategy Session you hold on a consistent basis has the ability to compound into huge accomplishments. It just takes the patience to push through until you can see the accumulation of your efforts.

GIVE YOURSELF PERMISSION TO HIT THE RESET BUTTON

If committing to consistency seems daunting, remember this: Each new day is a chance to hit the reset button. You may have days where life gets in the way of your Melaleuca business. That's okay. It happens. But that doesn't mean you give up! There's so much power in taking some time to reset.

You may have to reevaluate your goals and your daily actions. What's working? What isn't? How can you adjust your mindset to keep moving forward? If a desire for

An Overview, holding Strategy Sessions, and following up with new Members you're ready to amplify your efforts. But increasing intensity shouldn't result in exhaustion. Instead, look for strategic moments to push even harder on your proven habits. Remember: Intensity without consistency will always leave you short of your goals. When you maintain consistency and add intensity at the right time? That's when ordinary goals transform into extraordinary achievements.

ARE YOU READY TO COMMIT TO CONSISTENCY?

This week or this month, see how you can implement these ideas to help you stay consistent. We can't wait to see what you accomplish with a commitment to consistency!

^{1.} Charles Herrick, "Why We Make (and Break) New Year's Resolutions, and 4 Tips to Help You Achieve Your Goals," Newswise.com, January 16, 2020.

^{2. &}quot;Habits: How They Form and How to Break Them," NPR, March 5, 2012

^{3.} Darren Hardy, The Compound Effect: Multiplying Your Success, One Simple Step at a Time, 2013.



YUC

Your Produce Is Filthier Than You Think



While fruits and vegetables may play a huge role in helping us live a healthy life, it's no secret that eating unclean produce poses a safety risk. Experts estimate that around 75% of conventional fresh produce sold in the US contains detectable levels of pesticide residue. In fact, based on testing data from the Environmental Working Group, the Dirty Dozen™

list of fruits and vegetables (including strawberries, spinach, grapes, peaches, and apples) shows even higher rates—with pesticide residue detected on up to 95% of produce! This means that a significant amount of pesticide residue can be present on ready-to-eat fruits and vegetables, even after rinsing with water.

Properly washing your produce can significantly reduce the risk of foodborne illnesses. Wash fruits and vegetables from the grocery store, your home garden, and the farmer's market—yes, even when it's labeled "organic" and even if you don't plan on eating the skin. Here are a few handy tips to make sure your produce is as clean as possible:

- Soak produce in all-new Harvest Pure[™] Fruit and Vegetable Wash for 30 to 60 seconds before rinsing. If you don't have Harvest Pure available, hold produce under running water and gently rub with your hands for 10 to 20 seconds.
- Place fragile produce like berries in a colander, such as our limited-edition Produce Rinse & Strain bowl and turn it while gently spraying it with water.
- Discard the outer leaves of leafy produce like lettuce and cabbage.

DID YOU KNOW?

Fruits and vegetables have pores just like our skin does. And also like skin, these pores can trap dirt, bacteria, and other environmental debris.

WHY USE HARVEST PURE?

When used as directed, Harvest Pure Fruit and Vegetable Wash removes more than twice as much pesticide residue as rinsing with water alone.

While no pesticide removal process is perfect, using *Harvest* Pure Fruit and Vegetable Wash is the best way to ensure you're removing as much dirt and pesticide residue as possible without compromising food safety.

According to the Environmental Protection Agency, a pesticide is "any substance or mixture of substances intended for preventing, destroying, repelling, or mitigating any pest." Without the use of these chemicals, farmers' crops yield lower-quality produce—and far less of it. Pests like insects and worms would eat and destroy plants, ruining otherwise harvestable food. Noxious weeds would choke out crops, robbing them of necessary nutrients and precious water pulled from the soil. Fungal diseases, including diverse types of rusts, mildews, molds, and blights, would wipe out entire fields. Yes, pesticides are great for protecting crops but they aren't great at protecting our health!

PASS ON THE PESTICIDES

Because pesticides have dangerous health effects if ingested, the EPA has set limits in the US that dictate the amount of pesticides allowed on produce to be considered "safe for consumption." Pesticide residues can build up on the surfaces of fruits and vegetables if they are left over from the growing cycle or added to help protect produce from decay during shipping and storage.

Although the use of pesticides is necessary to ensure a consistent high yield of quality produce for consumers to purchase, it's still important to take steps to properly wash fruits and vegetables before they make it into our bodies!

Continued>>



CLEAN, FRESH, AND HARVEST PURE

Harvest Pure Fruit and Vegetable Wash makes it easy to properly cleanse your fresh produce. This hardworking formula safely rinses pesticide residue, dirt, wax, and other substances from your fruits and vegetables.

Harvest Pure is not only effective at cleansing away pesticides and debris but it's also extremely gentle, leaving the nutrient-dense peels of produce intact. Plus, it won't alter the taste of your favorite foods! During the development of *Harvest Pure*, we not only tested for pesticide residue on the produce but also tested for residue of the formula itself-and when used as directed, no residues from the ingredients in the formula were found.

To use it, simply add one capful of Harvest Pure and one quart of water to a bowl. Next, add your produce and allow to soak for 30 to 60 seconds. Strain and rinse thoroughly.

LIMITED-TIME HARVEST PURE BUNDLE!

While supplies last, purchase *Harvest Pure Fruit and* Vegetable Wash and you'll have the option to purchase the Produce Rinse & Strain bowl for a quick, easy, and convenient way to wash your produce! Shop for the bundle at Melaleuca.com using item #39116.





OUR PRODUCT PHILOSOPHY

INSPIRED BY NATURE. PROVEN BY SCIENCE.

When it comes to developing a new product, our starting point is always nature. We believe nature holds the answers and science unlocks its secrets. By turning to natural, safer, more effective ingredients, we've been able to develop hundreds of exclusive wellness products that fundamentally and demonstrably enhance lives.





Find other irresistible and easy recipes for every occasion in the R3 Cookbook!



Whether you need an idea for Valentine's Day, an anniversary, or another special event, you don't have to sacrifice your healthy eating habits to impress your date and eat well.

Try this recipe from the R3 cookbook for your next date night.

Filet Mignon with **Garlic Herb Butter**

Garlic Herb Butter

½ cup butter, softened 1 Tbsp. fresh thyme 2 tsp. fresh rosemary 2 garlic cloves, minced

1. In a small bowl, add butter, herbs, and garlic. Mix until well combined. Place mixed butter on a piece of plastic wrap. Roll plastic wrap around the butter, forming butter into a log shape, and twist the ends. Store in refrigerator until ready to use.

Steak

2-4 (8 oz.) Riverbend Ranch Black Label filet mignon steaks, about 1 ½ inches thick

2 tsp. kosher salt

Freshly ground pepper

2 Tbsp. olive oil

3 Tbsp. butter

Freshly chopped parsley

- 1. Remove steaks from the refrigerator and let them come to room temperature for about 30 minutes. Season both sides with salt and pepper.
- 2. Preheat the oven to 400°F.
- 3. Heat a cast-iron or oven-safe skillet on high heat. Add olive oil and butter. Once butter is melted and done foaming, place steaks in skillet. Cook for 2 minutes, then flip and cook another 2 minutes to get a nice sear. Place pan in the oven and cook for 7-8 minutes or until desired doneness.
- **4.** Remove the skillet from the oven. Top each steak with an equal amount of garlic herb butter. Let rest for 5 minutes. Garnish with fresh parsley and pan juices.

Let Us Introduce You to Your

DIGESTIVE SYSTEM

Your digestive tract, which would be about 30 feet long if measured from end to end, plays a role in just about every function of your body. Its functions are to get nutrients from food into your bloodstream and eliminate waste and toxins from your body. Keeping it in optimal shape is absolutely vital to your daily well-being.

Digestion is the complex process of turning the food you eat into nutrients, which the body uses for energy, growth, and the cell repair needed to survive. The process of digestion also plays a vital role in eliminating toxins.



Parts of the Digestive Tract

- 1 Mouth Digestion starts here—where your saliva, which contains digestive enzymes, starts to break down food into a form that your body can absorb.
- 2 Throat Carries the food you've swallowed to the stomach.
- **3** Stomach Mixes and grinds the food you've swallowed, secreting acid and powerful enzymes to break down the food into a liquid or paste.
- 4 Pancreas Produces digestive enzymes that further break down proteins, fats, and carbohydrates.
- 5 Liver Filters blood, breaks down toxins, and produces bile to digest fats and carry away waste.
- 6 Bile Produced by your liver and performs two main functions: 1) helps absorb fats and 2) carries waste from your liver to your intestines to be eliminated from your body in stool.

Your Microbiome Is Well Connected

A massive amount of your microbiome can be found in your gut, where trillions of bacteria live. This part of your microbiome influences all of you body's major systems, including your nervous, cardiovascular, immune, and digestive systems. In fact, what's going on in your gut has tremendous influence on your mood. Taking care of your gut is critical to the well-being of your entire body.





resides in your gut! Thanks to its close

Helps Regulate Your Immune System

Up to 70% of your immune system

An increasing amount of research shows how the gut microbiome directly affects the central nervousystem. Your gut has a direct connection with you brain, and it even operates its own nervous system that controls digestion. That's why your gut is often referred to as your second brain.

7 Small Intestine Almost 20 feet long and able to break down food using enzymes from the pancreas and bile from the liver. Nutrients are absorbed through the intestinal walls and into the bloodstream. Everything else passes into the large intestine.

8 Large Intestine A muscular tube, five to seven feet long, that connects the small intestine to the rectum. This highly specialized organ is responsible for processing waste and toxins in the form of stool. Stool passes along to the colon, where any remaining water is absorbed. It typically takes 36 hours for stool to move through the large intestine.

9 Rectum A flexible muscular chamber that temporarily stores stool and signals the brain when it's time for a bowel movement.



Helps Support Heart Health

New research links a healthy gut microbiome with factors that affect heart health, including lower cholesterol levels.

IDAHO ARMY NATIONAL GUARD

Frank VanderSloot as Honorary Commander

OF THE 148TH FIELD ARTILLERY REGIMENT



Frank VanderSloot and Major Blacker in front of an M3A2 Bradley Cavalry Fighting Vehicle.

When patriotism meets purpose, remarkable stories emerge. Such is the case with Melaleuca Executive Chairman Frank VanderSloot, who recently accepted an important role that goes far beyond the boardroom.

On a crisp November day at the Gowen Field military base in Boise, Idaho, Frank stood before an assembly of US military leaders before being inducted as honorary commander for the 1st Battalion of the 148th Field Artillery Regiment. Brigadier General Cole Packwood, commander of the Idaho Army National Guard, welcomed Frank into this position with a formal briefing.



Prior to boarding the UH-60 Black Hawk, Frank VanderSloot and Major Blacker pause for a photo.



Frank took this picture inside the UH-60 Black Hawk. Two helicopters flew the group of Idaho's honorary commanders.

Flight of the Black Hawk

After General Packwood's remarks, Frank was given an orientation of the Idaho Army National Guard's Orchard Combat Training Center. And after a quick flight ops training, Frank took flight aboard a UH-60 Black Hawk helicopter over Boise.

During the flight, Lieutenant Colonel Whitehead and Major Doyle provided a narrated tour, sharing details about the lives of citizensoldiers and the roles they play in our nation's defense and in responding to domestic and overseas emergencies.

"Since I've never had the privilege of wearing our nation's uniform, being selected as an honorary commander for the Idaho National Guard is deeply humbling, particularly given the caliber of those who serve our country in the military," Frank said. "I've frequently contemplated the selfless spirit and unwavering dedication of America's service members as well as the unseen sacrifices made by their families. I'm convinced the 148th Field Artillery Regiment represents the very best of America, and I'm committed to supporting these brave men and women!"

Working Together

The purpose of the Honorary Commander Unit Program is to educate key business and community leaders about the Idaho National Guard's mission, learn about their dual state and federal missions, and foster partnerships with the community. Frank will serve for 12 months in this position.

"Our Honorary Unit Commander Program is a vital bridge between our Guardsmen and the communities we proudly serve," said Brig. Gen. Cole Packwood, commander of the Idaho Army National Guard. "This program fosters a deeper understanding of our mission and provides an opportunity for community leaders to experience firsthand the dedication of our Soldiers." "The 1st Battalion of the 148th Field Artillery Regiment is honored to have Frank VanderSloot serve as our honorary commander this year," said Major Sean Blacker. "We look forward to his participation in our events, where he will experience firsthand the dedication and hard work of our Soldiers. Businesses like Melaleuca and community leaders like Frank play a key role in enhancing the success of our mission. We look forward to working alongside him in the year ahead, strengthening our partnership, and continuing to serve the communities of Eastern Idaho and the United States of America."

"When I saw our Idaho soldiers with Abrams tanks and Black Hawk helicopters," Frank said, "it really hit home just how much these folks put on the line for us. I may be called 'honorary commander,' but make no mistake, I'm the one who feels honored to serve them."

A Symbol of Sacrifice

The roots of this nomination trace back to the 31st Annual Melaleuca Freedom Celebration, when Frank's connection with the Idaho National Guard became personal. During the 2024 Independence Day fireworks display, Melaleuca paid special tribute to local soldiers and their families. In a moment of appreciation after the show, Command Sergeant Major Robert Earley and several local soldiers approached Frank to express their heartfelt gratitude that he had created this large-scale community event that carries a message of patriotism.

One soldier, moved by the moment, presented Frank with an Army patch that he had worn during his Middle East deployment—a tangible symbol of service. "That patch now sits on my desk," Frank reflects. "Every time I look at it, I am reminded of what real sacrifice looks like."



Frank stands next to an M1A2 Abrams main battle tank at Gowen Field.



Melaleuca: Supporting Our Troops

Frank has long been a supporter of the US military and its Service Members. He has received the Department of Defense's Patriot Award multiple times for the company's support of employees who have been called to active duty.

He also accepted the Department of Defense's Seven Seals Award on behalf of Melaleuca, which was recognized for its leadership in supporting the men and women serving in the National Guard and Reserve.

Recently, Frank orchestrated a special trip to Washington, DC, for several Idaho veterans, personally escorting them aboard the Melaleuca corporate jet and providing them a "journey of a lifetime." They toured sacred monuments commemorating soldiers in World War II, the Korean War, and the Vietnam War, and they returned home to a hero's welcome with a large brass band at the Melaleuca hangar.

Today, more than 3,000 soldiers and 1,300 airmen make up the Idaho National Guard, which includes the Idaho Army National Guard and the Idaho Air National Guard. The mission of the Idaho National Guard is to maintain combat readiness and domestic emergency response capability while building enduring partnerships throughout the state, the nation, and the world. \bullet

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You experience opposition constantly. It's guaranteed to show up soon after you begin working toward a big, life-changing goal. It may even show up when you're just trying to keep your head above the water. How you meet and deal with opposition defines your character, your personal growth, and the quality of your life. What enables you to persist through adversity and grow to reach your goals? The answer goes beyond forming and maintaining good habits. Change and growth occur only through building your willpower, tenacity, and resilience. Let's take a look at how to build and use these powers to reach your goals.

CONTINUED ▶

TO SUCCEED. YOU NEED ADVERSI'

This may sound a little counterintuitive at first. Adversity is precisely what you need if you want to change and improve yourself. Any great accomplishment you wish to achieve will be filled with adversity: both the setbacks you'll encounter while working toward each goal and the negative chatter that will try to keep you from taking each next step.

Just as a rocket needs power to exert the immense force it takes to overcome the earth's gravity, your willpower needs strength if you want to advance toward your goals. Your willpower is your ability to keep a tight grip on your own impulses anxiety, reluctance, lack of commitment, laziness, etc.—as you make your decisions. It strengthens as you defy adversity.

You need something else too: tenacity. That's your willingness to persist in defying the urge to return to your comfort zone. Add tenacity to willpower and you have a greater ability to make good decisions consistently while you strive toward your goals. You are better able to resist forming bad habits and addictions based on instant gratification. You can stay committed to the course you've chosen for your life without getting distracted and diverted onto lower-value side roads.

Adversity never goes away. Like gravity, it's a force that holds you down. But you need that adversity in order to grow and develop properly. Only by falling and getting back up can you grow. But what if the falls, or the setbacks, start feeling too frequent and troublesome? That's where another character trait—resilience comes in. Resilience is your ability to recover from difficult situations and adapt healthy coping mechanisms to face those challenges better next time.

There's only one way to build resilience: by jumping in and handling reallife problems instead of shying away from them.

David Goggins is a retired Navy SEAL, an ultramarathoner, and a well-known public speaker. He has pushed through countless obstacles in his life—mental, physical, and emotional. Through trial, he has found who he is and learned what he needs to get done. This has helped him gain incredible resilience.

"You develop a strong mind over years decades—of suffering and going back into the suffering," Goggins says. "When something sucks so bad in life, very few people want to go back. They're happy they graduated. I'm the same way. I don't want to go back. But I have to go back. That is exactly where all the knowledge of my life exists."

Goggins has developed the willpower to face down the impulse to just give up each time he fails. But it has been through failure—and then trying again, over and over—that he has framed his life and learned what he is made of.

YOUR BRAIN HAS AN APP FOR THAT

Remember what we said about gravity? You're built to handle gravity and even thrive in it. In fact, you'd become weak and sick without it! In the same way, you are built to do things you don't want to do—and as you persist against this opposition, you gain willpower and resilience. Did you know that your brain actually has a tool to help you strengthen those powers? It's a small region called the anterior mid-cingulate cortex, or aMCC. You might think of it as the CEO of your brain! The aMCC is primarily responsible

for cognitive control, decision-making, and managing conflicting impulses.

Acting as a central hub, the aMCC receives constant signals from regions all over your brain that are related to attention, motivation, and emotion regulation. The aMCC integrates these signals to determine the energy your brain and body will need for proper attention, response to outside input, physical movement, and more-all directed toward enabling you to stick to your task in the face of opposition and distraction.

Here are some of the important processes that the aMCC directs:

- Motivation and goal pursuit assessing the effort required for the task (and the potential rewards) to keep you motivated and committed to achieving your goal.
- Attention control—filtering out unneeded stimuli to help you stay focused.
- · Conflict monitoring—helping you evaluate the best option by weighing different factors.
- Error detection—identifying mistakes and enabling you to refine and improve your behavior for better results next time.
- A sense of empowerment—staving off feelings of powerlessness by reminding you that you have the will to rise to challenges and improve yourself.

But here's the most interesting part: It's not until you decide to do something you don't want to do that your aMCC begins to grow and give you even greater abilities to direct your life in the way you want to live it.

ONLY THE GOALS THAT REQUIRE GREATER

TENACITY & WILLPOWER

CAN CHANGE YOU. EVEN THE FIRST STEP TOWARD A GOAL HAS TO TAKE YOU OUT OF YOUR

OMFORT ZONE!



USE IT OR LOSE IT



Neuroscientists have known for a long time that the aMCC has enormous potential to help you build mental and emotional strength. But only recently has it become understood just how much the aMCC behaves like a muscle.

Say you're just coasting through life. Your aMCC stays small and underdeveloped. Now say you're focused on reaching a big goal and are pushing your boundaries and stretching your limits each day. That friction fuels your aMCC growth! In turn, you begin to gain mental and emotional strength that provides greater tenacity and willpower.

Andrew D. Huberman, PhD, is a neuroscientist and an expert in the area of building willpower, tenacity, and resilience. He has shed new light on research that shows how the aMCC grows through resistance. "Whenever people do anything that they don't want to do," Huberman observes, "the aMCC gets bigger. It's larger in people who have overcome some type of challenge."

The important thing to remember, as Huberman goes on to explain, is that only by doing things you don't want to do can you force your aMCC to grow and develop. And a more developed aMCC

will allow you to take on increasingly bigger and more complex challenges with confidence and capability. In other words, you become a master of the hard stuff. And your ability to do that will help separate you from the crowd—in whatever form of excellence you're attempting to achieve.

HARD WORK REALLY **DOES CHANGE YOU**



What does all this physiology mean for you and reaching your goals?

Only the goals that require greater tenacity and willpower can change you. Even the first step toward a goal has to take you out of your comfort zone! You know you're activating your aMCC when taking each step requires tenacity and willpower. Then, and only then, your brain is doing something extraordinary: It's putting you fully in control!

Don't be surprised when progress doesn't feel like progress. In fact, the work of stretching your limits may feel like a thankless task all the way through. That's fine. You can be confident that your aMCC is in charge when you accept that your success depends entirely on you deciding to move forward rather than

give up-and acknowledging that the work hasn't gotten easier and won't ever get easier. After all, who thinks they're making progress toward greater muscular strength when they're breezing through every exercise? Serious goal setters keep increasing the weight so that it's a struggle to get through the set, and the final rep may even end in failure.

But don't be surprised when you do recognize how much you've changed and how much zest for life you've retained. Your best life will always unfold when you are deciding the course you take and doing the things that you recognize as the most valuable.

"Scientists are beginning to think of the aMCC as not just one of the seats of willpower but as the seat of the will to live," Huberman says.

In other words, if you keep pushing your boundaries, looking for new environments, and exploring-and if you refuse to become complacent, sedentary, or apathetic-you are engaging your anterior mid-cingulate cortex and reinforcing the neural connections that strengthen your tenacity and willpower. You are giving yourself full control to live the life you deserve, filled with accomplishment, meaning, and satisfaction. In other words, a great life! ©



WELLNESS INSIDER



Boost your wellness IQ with eye-opening data and in-depth explanations. Learn practical strategies to enhance specific aspects of your wellness journey-and become a trusted guide for those you're helping along the way.

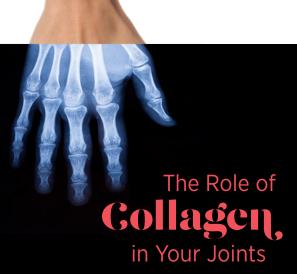
How Your Keep You on the Move

Your daily wellness hinges on the health of your joints! You use them constantly throughout each day—walking, running, bending, turning, holding, lifting, and so much more. Do you take your joints for granted? Millions of North Americans suffer from joint discomfort and loss of joint mobility due to injury, overexercise, and even regular everyday activity—all of which can contribute to worn cartilage and inadequate cushioning and lubrication. Why settle for slowing down? Make your joint health a top priority and keep moving toward the future of wellness you want!

> You have around 360 joints in your body. Some of these joints, including your fibrous and cartilaginous joints, are simply junctions between bone plates and move very little. We're going to focus on your synovial joints—specialized joints that allow the most movement and that you can control. Synovial joints are where two or more bones meet, with muscles attached to the bones to move them and hold them in place.



CONTINUED >



Collagen is the main component of the cartilage that cushions, strengthens, and reduces friction in your joints. In fact, collagen forms the structure of the cartilage and gives it its strength and resilience. Type II collagen, the most prevalent type of collagen in cartilage, forms a dense network of fibers that

are extensively cross-linked for maximum strength and resistance to degradation.

As you age, your chondrocyte cells produce less and less collagen to replenish the collagen matrix that keeps your joint cartilage in good shape. This decrease in collagen can gradually



In a **BALL-AND-SOCKET** joint, the rounded head of one bone fits into a cup-shaped depression on the other, allowing movement on multiple axes, including rotation. Your shoulder and hip joints are your only ball-and-socket joints.

In a **HINGE JOINT**, the concave end of one bone fits over the convex end of the other, allowing flexing and straightening on one axis. Your elbows and knees are examples of hinge joints.

In a **PIVOT JOINT**, one bone rotates in a ring formed by another bone, allowing movement on only one axis. The joint between your radius and ulna bones, next to the hinge joint of your elbow, is a pivot joint that allows you to rotate your forearm even as you flex and straighten your arm.

In a **SADDLE JOINT**, two bones join in overlapping U shapes, allowing movement back and forth and side to side, but not rotation. The joint at the base of your thumb is an example of a saddle joint.

In a **CONDYLOID JOINT**, the shallow depression at the end of one bone articulates with a rounded structure on an adjacent bone or bones, allowing movement on two axes, but not rotation.

Your knuckle joints are examples of condyloid joints, as they can bend your fingers open and closed as well as spreading them apart.

In a **GLIDING JOINT**, two smooth bone surfaces glide past one another with their movement constrained by ligaments. There are gliding joints in your wrists, fingers, and feet.



ARE YOUR JOINTS MADE OF? Your synovial joints consist of a number of important parts, each contributing to the joint's durability and ease of movement.

The **BONES** determine the shape and function of the joint. Most of your synovial joints consist of the ends of two separate bones interacting with each other.

LIGAMENTS connect bone to bone. In a joint, ligaments constrain a joint's movement to prevent overextension and damage as well as to keep the bones of the joint snugly together.

TENDONS connect bone to muscle and allow you voluntary control of your joints as you flex and extend your muscles.

lead to cartilage degradation, leading to joint discomfort and loss of mobility. However, a highquality collagen supplement can help you maintain joint comfort and mobility by supporting collagen-producing chondrocyte cells.*

> **CARTILAGE** is softer tissue that covers the bones within the joint, reducing friction and providing flexibility and shock absorption as you perform different activities.

BURSAE are sacs filled with fluid that help cushion the joint's bones, ligaments, and tendons.

A **SYNOVIAL MEMBRANE** is specialized tissue that surrounds the joint and secretes lubricating synovial fluid as the joint moves.

SYNOVIAL FLUID is a clear, viscous fluid that helps lubricate the joint for smooth, comfortable movement.

SHOULD YOU CARE

FOR YOUR

JOINTS?

Your joints naturally decline as you age, especially as your joint cartilage wears away from overuse. The best way to guard your joints against this decline is to keep your bones and muscles strong and stable through exercise, good nutrition, and injury prevention. Here are some tips for maintaining good joint health and preserving your mobility for a more active, more enjoyable life.

EAT WELL

Eat healthy foods and try to cut out foods that cause inflammation, like sugar, dairy, wheat, alcohol, and fried foods. Healthy fatty fish, like salmon, herring, tuna, and sardines, are good sources of nutrients that support joint health.

Foods that provide complete proteins help build and strengthen muscle. **MAINTAIN A HEALTHY WEIGHT** Being overweight can strain your joints, especially your knee, hip, and back joints. **DRINK PLENTY OF WATER** You need to stay hydrated to ensure that your body can replenish the synovial fluid in your joints for proper fluid cushioning! **STAY ACTIVE** Staying on the move can ease joint stiffness and relieve fatigue. Low-impact activities like walking, cycling, and swimming can help keep your joints flexible. Strength training to tone and build the muscles around your joints can help take the load off your joints. But don't overdo it! Too much strain or repetitive motion can cause injury and inflammation. □ PROTECT YOUR JOINTS Wear the right shoes and use appropriate protective equipment while exercising. Elbow, wrist, and knee braces can also help prevent overextension and injury. Consider using your larger, stronger joints to take the load off the smaller, more fragile ones. For example, carrying a shoulder bag will save your fingers from having to hold a clutch or handbag. **IMPROVE YOUR POSTURE** Good posture can prevent extra stress on your joints. GET ENOUGH VITAMIN D AND CALCIUM Vitamin D and calcium both help you maintain stronger, denser bones as you age. You can get vitamin D from sun exposure, diet, or supplements. SUPPLEMENT WITH COLLAGEN Collagen is a protein and the main structural component of cartilage. As you age, your collagen production slows. Getting supplemental collagen in the right form can help support your body's

collagen production.*

^{*} These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Supports immunity*



Promotes healthy weight loss*



Improves regularity*





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- Cranberry Granola

To learn more, visit Melaleuca.com/FiberWise





MELALEUCA 2023 ANNUAL INCOME STATISTICS

Our entire customer base of more than a million customers have all been referred by someone who loves our products.

Customers

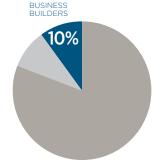
The majority (82%) of those who buy Melaleuca products each month are strictly customers. They are not interested in pursuing the Melaleuca financial opportunity. They do not receive compensation from the company. They purchase Melaleuca products simply because they want to be healthy and they believe that Melaleuca products will help them with that goal. Having customers who are loyal to our brand simply because they love our products provides the strongest foundation for our business opportunity.





8% of all Melaleuca customers have referred at least one customer but fewer than eight customers. As those customers purchase products directly from Melaleuca, those who referred them receive a small commission. These households are not necessarily interested in the financial opportunity. Their relationship with Melaleuca is based on their love of Melaleuca products. Their "status" is determined by how many customers they have referred. A Product Advocate has at least one customer. A Product Advocate 2 has referred at least two customers, and a Product Advocate 3 has referred at least four customers. While these individuals may not be considered serious business builders, their customers (like the vast majority of Melaleuca customers) come from word-of-mouth referrals. Therefore, the overall contribution of these individuals is significant.

	ANNUAL INCOME					ACTIVE OMERS	TIME TO ACHIEVE STATUS		
	HIGH	LOW	AVERAGE	MINIMUM	AVERAGE	MINIMUM	AVERAGE	SHORTEST	LONGEST
PRODUCT ADVOCATE	\$2,111	\$14	\$110	0	1	1	4	1 Mo.	387 Mo.
PRODUCT ADVOCATE 2	\$3,802	\$28	\$234	2	2	2	8	1 Mo.	414 Mo.
PRODUCT ADVOCATE 3	\$5,613	\$57	\$519	4	5	4	18	1 Mo.	372 Mo.



Beginning a Business

About one out of ten customers (10%) decide to start their own Melaleuca business and eventually achieve Director status, which is considered the first step to becoming a business builder. Directors have made a significant effort (probably spent 50 hours or more) in developing at least eight Melaleuca customers. Those estimated 50 hours could have been spent in a single week or could have been spent over several years. But at some point in their lives, Directors have invested enough time to develop (and maintain) at least eight Melaleuca customers.

	ANNUAL INCOME				SONAL TOTAL ACTIVE COMERS CUSTOMERS		TIME TO ACHIEVE STATUS		
	HIGH	LOW	AVERAGE	MINIMUM	AVERAGE	MINIMUM	AVERAGE	SHORTEST	LONGEST
DIRECTOR 1-2 (89.6%)	\$30,910	\$274	\$2,131	8	17	8	76	1 Mo.	373 Mo.





Initial Leadership Status

Leaders at these statuses have made a more serious effort to build a Melaleuca business. Those who have reached these leadership statuses have not only invested enough time to refer several customers but also helped some of those customers start a business and become Marketing Executives. Those Marketing Executives have, in turn, referred additional customers who purchase Melaleuca products each month. Commissions are paid based on the development of customers and the development of leaders who help others reach their goals.

DIRECTOR 3 (3.4%)

DIRECTOR 4-5 (1.9%)

DIRECTOR 6-7 (0.9%)

DIRECTOR 8-9 (0.6%)

ANNUAL INCOME		PERSONAL CUSTOMERS		TOTAL ACTIVE CUSTOMERS		TIME TO ACHIEVE STATUS		
HIGH	LOW	AVERAGE	MINIMUM	AVERAGE	MINIMUM	AVERAGE	SHORTEST	LONGEST
\$27,619	\$3,104	\$10,339	11	40	41	212	1 Mo.	352 Mo.
\$34,109	\$4,794	\$16,003	13	52	96	312	1 Mo.	339 Mo.
\$53,619	\$11,279	\$23,344	14	69	195	398	1 Mo.	362 Mo.
\$88,510	\$14,459	\$34,233	24	91	274	507	1 Mo.	354 Mo.

Advanced Leadership Status

Those Marketing Executives who reach Senior Director or above have shown substantial interest and dedication in building a Melaleuca business. While most do not work their businesses full time, it is essential that they invest some time each month nurturing, training, and helping those in their marketing organizations. Melaleuca advocates that Marketing Executives keep their full-time jobs and work their Melaleuca businesses in their spare time. However, some Executive Directors at the higher income statuses do work their businesses close to full time. Melaleuca strongly advocates that Marketing Executives do not quit their full-time jobs until their Melaleuca incomes far surpass the incomes they receive from their full-time employers. Rather, they should add their Melaleuca incomes to their regular incomes, thereby making a substantial difference in their family finances.

SENIOR DIRECTOR 1-9 (2.0%)

EXECUTIVE DIRECTOR 1-9 (1.3%)

NATIONAL DIRECTOR 1-9 (0.2%)

CORPORATE-PRESIDENTIAL DIRECTOR (0.1%)

ANNUAL INCOME		PERSONAL CUSTOMERS		TOTAL ACTIVE CUSTOMERS		TIME TO ACHIEVE STATUS		
HIGH	LOW	AVERAGE	MINIMUM	AVERAGE	MINIMUM	AVERAGE	SHORTEST	LONGEST
\$249,423	\$16,702	\$66,072	20	107	332	990	1 Mo.	365 Mo.
\$746,288	\$61,858	\$180,497	40	156	893	2,634	2 Mo.	353 Mo.
\$796,219	\$149,240	\$301,035	55	194	2,920	4,897	5 Mo.	277 Mo.
\$2,718,243	\$346,175	\$1,142,703	76	293	6,543	13,979	10 Mo.	251 Mo.

The above annual income statistics include all US and Canadian Melaleuca Marketing Executives who were active during all 12 months of the period ending December 2023 and performed the minimum activity required at each status. The incomes stated include all commissions, incentives, and bonuses earned during the period.

For the purpose of these statistics, a Marketing Executive's leadership or developmental status was calculated by taking the highest status achieved and maintained for at least seven consecutive months.

These numbers represent gross income, not net income. In other words, they do not include any business expenses. However, it should not be necessary to spend any significant amount to build a Melaleuca business. You will need access to a telephone and an email account, but you should not invest in purchasing leads, meeting rooms, or training materials. Nor should you invest in advertising, building a website, and so on.

Your biggest investment will be your time, not your pocketbook. Your business is best built from your own home without making any large financial investment. Such investments are neither necessary nor conducive to your success.

The information on this page is not necessarily representative of what any individual Marketing Executive will earn with this program. Any representation or guarantee of specific earnings would be misleading. Success with any business takes hard work, diligence, perseverance, and leadership. Success with Melaleuca will depend on how effectively a Marketing Executive exercises those qualities.



2025 CALENDAR OF **EVENTS**

Melaleuca events provide you with world-class coaching and practical advice you can use to enhance your business and your life.

February 5-8, 2025	Leadership Quest	Cancun, MX
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Earn your invitation to this exclusive leadership event with Melaleuca's most

dedicated and influential leaders.

March 8, 2025 ADVANCE* | Scottsdale, AZ

March 8, 2025 ADVANCE* | Philadelphia, PA

May 15-17, 2025 Convention 2025 | Salt Lake City, UT

Every Melaleuca Member is invited to participate in three days of celebration, networking with friends, new product announcements, and training you won't

find anywhere else.

June 7, 2025 ADVANCE* | Atlanta, GA

June 7, 2025 ADVANCE* | Edmonton, AB

July 1-5, 2025 Road to Executive Director | Idaho Falls, ID

Newly advanced Senior Directors are invited to Melaleuca Global Headquarters

for life-changing coaching and a closer look at Melaleuca operations.

July 4, 2025 Melaleuca Freedom Celebration | Idaho Falls, ID

Celebrate the independence of the United States with the largest fireworks

display west of the Mississippi.

August 9, 2025 ADVANCE* | Idaho Falls, ID

August 23, 2025 ADVANCE* | Minneapolis, MN

October 25, 2025 ADVANCE* | Dallas, TX

November 8, 2025 ADVANCE* | Orlando, FL

For the schedule of Executive Director Perspective events, see page 64.

CONNECT at Melaleuca **EVENTS**



*ADVANCE is a regional event that combines world-class training and celebration to help you build your business.



BAR BONUS

LET MELALEUCA PAY FOR YOUR CAR

FOR SENIOR, EXECUTIVE, NATIONAL, CORPORATE & PRESIDENTIAL DIRECTORS

Grow your business to Senior Director, then select your new vehicle and apply for Melaleuca's Car Bonus program! Active leaders receive the following monthly Car Bonus for qualifying vehicles at these statuses:



Director ^{\$}500

Executive Director ^{\$}1,000

National Director 1,200

Director ⁵1,500 **Presidential** Director ^{\$}1,500



Executive Directors 4 JeriLyn & Todd Hatch ID 2023 Jeep Grand Cherokee

For Executive Directors 4 Todd and JeriLyn Hatch, the Melaleuca Car Bonus has proven to be a critical accelerator for building their business and improving their lives. When they first enrolled with Melaleuca in 2009, their goal was simple: to replace their older, less reliable vehicles with something more dependable. The bonus first allowed them to purchase a reliable Chevrolet Avalanche, giving them the freedom to travel and grow their business more effectively, especially as they regularly drove long distances to meet with potential customers and business builders.

Beyond transportation, the Car Bonus has provided the Hatches with financial flexibility, allowing them to focus on expanding their team and achieving their goals. "It gave us the freedom to grow our business without the constant worry of car problems," JeriLyn says. Today, they are focused on helping others advance to Senior Director and earn the Car Bonus, just as they did, so those families can also experience the freedom and growth that comes with it.



Executive Directors 2 **Shay Vital & Justin Davis** AZ 2024 Tesla Model Y



Senior Director 7 **Amy Varley** TX 2025 Mercedes GLC 300



Senior Director 6 Megan Garland AB 2024 Dodge Durango



Senior Directors 4 Mandie & Craig Keller MI 2025 Hyundai Palisade



Senior Directors 2 Justine & Jeremy Brooks TN 2023 Kia Sorento



Senior Director **Natasha Rae** ON 2023 Toyota Sienna



COMING TO A CITY NEAR YOU! US, CANADA, AND MEXICO

FEBRUARY 2025 EVENTS

2/15 Honolulu, HI	2/20 Torreón, COA (Spanish)
2/18 Tupelo, MS	2/20 Puebla, PUE (Spanish)
2/18 Hillsboro, OR (Spanish)	2/20 Houston, TX
2/18 Laredo, TX (Spanish)	2/22 Nogales, SON (Spanish)
2/19 Jackson, MS	2/25 Vancouver, BC
2/19 Las Vegas, NV	2/26 Toronto, ON
2/20 Phoenix, AZ (Spanish)	

MARCH 2025 EVENTS

3/4 Houston, TX (Spanish)	3/20 Atlanta, GA
3/5 York, PA	3/22 West Covina, CA
3/8 La Salle, IL	3/22 Valdosta, GA
3/11 Blue Ash, OH	3/22 Coeur d'Alene, ID
3/13 Columbus, OH	3/29 Covington, LA
3/14 Louisville. KY	

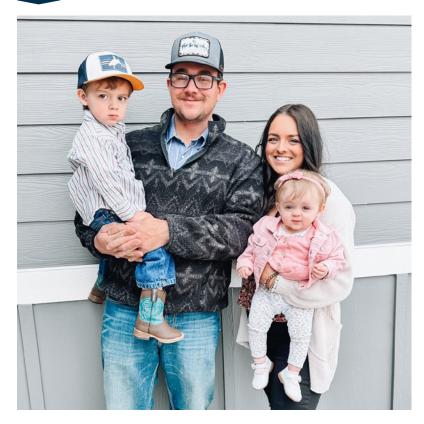
APRIL 2025 EVENTS

4/8 Grande Prair	ie, AB	4/12 Grand Rapids, MI
4/8 Medford, OR		4/12 Long Island, NY
4/9 Kelowna, BC		4/17 Nashville, TN
4/9 Minneapolis,	МІ	4/26 Honolulu, HI

The Melaleuca Overview begins at 7:00 PM (local time). Check the **Grow app** for the specific venue information and who will be presenting in your city.

Tyson & Josie Hinkle Montana

A New Baby Inspired Her Search for Safer Products



Josie was only a few weeks postpartum when she found Melaleuca. Giving birth to her daughter had inspired Josie to search for cleaner, safer products for her home. So when she learned about Melaleuca through a friend's social media post, it felt like the perfect fit. "I realized that I could access all the wellness products I wanted in one place," she says. "And best of all, they're delivered right to my door every month!"

Initially, Josie was only interested in the products, but once she was introduced to the business opportunity, she was all in. "These are everyday products that anybody can use," she says. "Melaleuca has an incredibly high retention rate—that's something unheard of in other referral-based companies and retailers!"

Josie's approach to business building is almost entirely product focused. "Try something from every aisle, find the products you really love, and talk about them," she says. "It really is that simple."

Two of her personal favorites include Good Zymes® Digestive Enzymes and FiberWise® Drink. Both help her feel less bloated and support normal inflammation levels in her body. "I've been on a journey to heal my gut and balance my hormones," she shares. "I also struggle to lose weight and keep it off due to an autoimmune issue. Thanks to Melaleuca products and the R3 Weight Loss Program, I've been able to shed 40 pounds!"*

If Josie has one piece of advice for new Melaleuca business builders, it's this: Go to Convention in May! "Personally, Convention was the catalyst for my business," she says. This time last year, Josie was a Director 4. In the months following the 2024 Convention, she has since advanced to Senior Director 5. "Meeting my team in person and hearing so many inspiring stories was incredible," she says. "It built my belief in this business and encouraged me to keep working toward my goals."

As much as Josie loves The Wellness Company's products and the fact that Melaleuca is helping her pay off the last of her credit card bills, there's something unquantifiable that she loves even more: the confidence her Melaleuca business has instilled in her.

"I've really been able to grow as a person through Melaleuca," she says. "In the past, I was never one to lead meetings or step out of my comfort zone, but this company has pushed me to become the most powerful version of myself."

Results will vary depending on a combination of the participant's healthy eating and exercise habits. On average, participants lose two pounds per week

TOP SENIOR DIRECTORS

Presenting the top eight Senior Director businesses with the highest contribution index and a Monthly Retention Index (MRI) of 50% or more! Reaching the Senior Director statuses at Melaleuca is a monumental achievement that signifies profound growth and a steadfast commitment to helping others. It opens the doors to greater bonuses and compensation, including the Melaleuca Car Bonus program.

By reaching this milestone, these Senior Directors have proven that they can lead by example, consistently sharing the value of Melaleuca's products and business model while providing ongoing mentorship and guidance to their teams.



Emily Raynes Senior Director 6, NC



Joshua & Natalie **Blanton** Senior Directors 6, SC



Stacy Garonzik Senior Director 2. PA



Brittney & Zach Zillig Senior Directors 6. OH



Trish & Brett Roloson Senior Directors 6, PE



Amy Varley Senior Director 7, TX



MaryAnn & Daniel Domka Senior Directors 9. OH



Lindsay & Nick Percuoco Senior Directors 9, MN

The contribution index is the product of the net increase in each Senior Director's organizational Members during the prior 60 days (roll-ups not included), multiplied by the number of each Senior Director's personally enrolled Directors, plus the number of their personally enrolled Members. Membership in this elite group is reviewed monthly. To be recognized as a member of this group, leaders must submit a picture at Melaleuca.com/MyAccount/PhotoUpload.

SENIOR DIRECTORS 6-SENIOR DIRECTORS



Emily Raynes* SOUTH CAROLINA Enrolled: 09/15/2023



Emily Raynes* SOUTH CAROLINA Enrolled: 09/15/2023



Megan & Jason Rogne IDAHO Enrolled: 04/01/2020



Josefina Corona* CALIFORNIA Enrolled: 02/03/2010



Shila Bishop ALBERTA Enrolled: 07/21/2019



Josefina Corona^a CALIFORNIA Enrolled: 02/03/2010



Stacy Garonzik' PENNSYLVANIA Enrolled: 07/09/2017



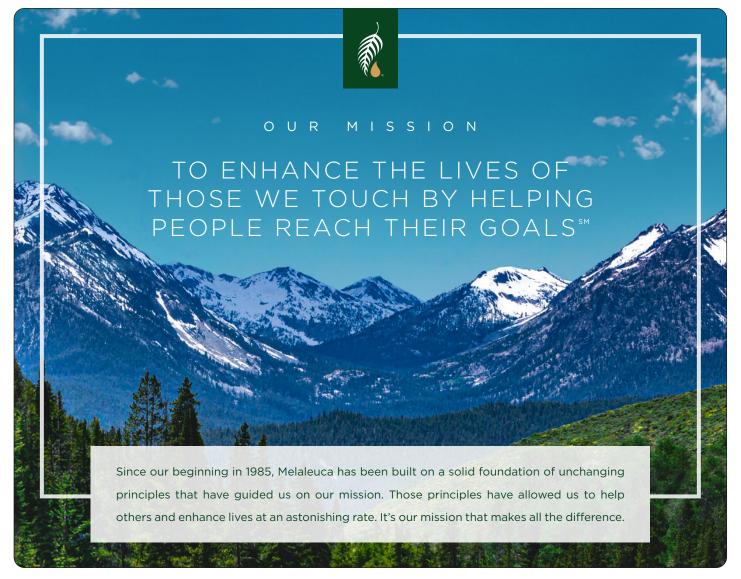
Monica & Jock Sutter SASKATCHEWAN Enrolled: 11/24/2023



Josefina Corona^{*} CALIFORNIA Enrolled: 02/03/2010



Stacy Garonzik PENNSYLVANIA Enrolled: 07/09/2017





JOIN US FOR AN UNFORGETTABLE GRECO-ROMAN CRUISE!

As a President's Club 2025 earner, you'll enjoy a once-in-a-lifetime excursion through the Mediterranean aboard a luxury cruise ship alongside fellow leaders and Melaleuca's Management Team.

You'll set sail on the Oceania *Vista*, the height of nautical perfection. Launched in 2023, it features a distinctive blend of grand spaces with a metropolitan flair, offering a variety of culinary delights and a luxurious sanctuary amid the seas.

Your travel begins in Athens with stops at some of the oldest and most historically rich sites in the world. You'll experience food, culture, and the breathtaking scenery of the Mediterranean landscape.

PRESIDENT'S CLUB IS MORE THAN TRAVELING TO AMAZING DESTINATIONS

The hard work and dedication required to become a member of President's Club aren't put in just for the sake of going on one-of-a-kind adventures. Achieving President's Club is about fully committing yourself to Melaleuca's mission of enhancing lives while you set the foundation to reach your loftiest goals. It's about building a business to last a lifetime.







Tour Melaleuca's Global Headquarters, state-of-the-art Distribution Facility, and flagship Product Store. See for yourself where Melaleuca develops, manufactures, packages, and ships its 400+ products, and get an inside look at Melaleuca's corporate operations. It's the perfect way to kick-start your Convention 2025 experience.

BUS TOURS from Convention. Buses depart from the South Foyer at the Salt Palace Convention Center (90 S. West Temple, Salt Lake City, Utah 84101). Drive time to Idaho Falls, Idaho, is approx 3.5 hours.

Date	Depart SLC	Tour Time
Wednesday, May 14	6:30 AM	10:00 AM
	7:30 AM	11:00 AM
	8:30 AM	12:00 PM
	9:30 AM	1:00 PM
	10:30 AM	2:00 PM

Space for tours is limited, so register now!

Vist Melaleuca.com/Convention and click on "Tour."

Rates include: Round-trip deluxe motor coach transportation and boxed lunch provided at Melaleuca's Global Headquarters.

Cost per seat: \$50.00*

Children under 2: Free as a lap child.

Traveling through Idaho Falls on your way to Convention? We'd love to have you stop in for a tour! For all independent travel, please register for your tour by calling 208-522-0870. Tour schedules are limited, so be sure to register in advance.

For any questions regarding your tour reservation, please call 208-522-0870.

* Cancellations accepted until April 24, 2025.

DON'T MISS THE POWER OF CONVENTION 2025!

NEW PRODUCT ANNOUNCEMENTS! **NEW** TOOLS TO BUILD A SOLID BUSINESS! **NEW** WAYS TO MAXIMIZE YOUR INCOME! CELEBRATE ACHIEVEMENTS!

Brooklyn Blair онго

Love the Products and Know Your Why



Before any of her children wake in the morning, you'll find Brooklyn Blair following up with her Melaleuca contacts. In the afternoon, after homeschooling the kids, she does a power hour while the baby is napping. And once everyone is down for the night, she's back on her phone scheduling Melaleuca Overviews. "I work Melaleuca in the cracks and crevices of my day," Brooklyn says. "I have a husband and four kids, and I travel 17 weeks a year with a singing group, so I understand the moms who feel like they cannot add one more iron to the fire. But this iron matters, and it works around my day."

Melaleuca matters to Brooklyn because she's seen the difference it has made in her family's life. "I've got to be honest—I was very skeptical at first," Brooklyn explains. "But Renew" and MelaPower" made such a difference on

my boys' skin that I fell in love with the products after just one week."

The products aren't the only way Melaleuca has enhanced her life. "My first check was \$46," she says. "That let me know that Melaleuca was legit. But my last check was over \$9,000, and that was a total game changer. It showed my husband that all the late-night video calls were worth it. And it's given us a sense of security. We're able to do things as a family—like go out to dinner—without having to worry about it breaking the budget. And I'm loving that."

For those just getting started with Melaleuca, she has some great advice. "Love the products and know your why," Brooklyn says. "You are just sharing something you love with people you love. It's that simple. And if you remember your why, you'll have the motivation to do it every day."

She also believes in working closely with your team. "You've got to stay plugged in to your community," Brooklyn says. "There are days when you get discouraged and caught up in the nitty-gritty of doing the same thing every day, but your team can give you a better perspective and show you just how much you've accomplished and what you've been able to create."

For Brooklyn, the most fulfilling part of building her Melaleuca business has been sharing it with others. "Being able to help someone pay the rent or provide Christmas for their family has been the most rewarding thing," she says. "Earning supplemental income for my family is great, because we need it. But helping somebody else do it—there's something about that that you just can't explain until you experience it. It's incredible!"

TOP **DIRECTORS**

Presenting the top eight Director businesses with the highest contribution index and a Monthly Retention Index (MRI) of 50% or more! The Director statuses at Melaleuca are the first significant milestones in the journey toward personal wellness and business growth.

These Directors have not only demonstrated their dedication to improving their own lives but also a commitment to helping others do the same. They have become true leaders within the Melaleuca community, inspiring and guiding others on their wellness journeys.



Brooklyn Blair Director 7, OH



Amy Trietsch Director 8, TX



Robin Cermak Director 9. FL



Adejoke Aminat Balogun Director 3. QC



Demarius Hardy Director 6, NC



Tedd & Staci Hansen Directors 8, TX



Karah & Ian Bosmeijer Directors 6. KS



Lauren & Max Nihart Directors 9. OH

The contribution index is the product of the net increase in each Director's organizational Members during the prior 60 days (roll-ups not included), multiplied by the number of each Director's personally enrolled Directors, plus the number of their personally enrolled Members. Membership in this elite group is reviewed monthly. To be recognized as a member of this group, leaders must submit a picture at Melaleuca.com/MyAccount/PhotoUpload.

DIRECTORS 9-DIRECTORS 4



Robin Cermak MARYLAND CEO



Josefina Corona* CALIFORNIA Marketing Executive



Stacy Garonzik* PENNSYLVANIA Marketing Executive



Josefina Corona* CALIFORNIA Marketing Executive



Tedd & Staci Hansen TEXAS Marketing Executives



Stacy Garonzik* PENNSYLVANIA Marketing Executive



Amy Trietsch* TEXAS Third-Grade Teacher



Brooklyn Blair* OHIO Musician



Josefina Corona* CALIFORNIA Marketing Executive



Ana Maria Padilla Moreno KENTUCKY Marketing Executive



Stacy Garonzik* PENNSYLVANIA Marketing Executive



Amy Trietsch* Third-Grade Teacher



Kari Wilmeth TEXAS Public Relations



Brooklyn Blair* OHIO Musician



Karah & Ian Bosmeijer KANSAS Marketing Executives



Josefina Corona* CALIFORNIA Marketing Executive



Alexis Demetroulakos NEW JERSEY Marketing Executive



Stephanie & Scott Patterson GEORGIA Marketing Executives



Stacy Garonzik* PENNSYLVANIA Marketing Executive



Brooklyn Blair* OHIO Musician



Kristin & Cory Burkeen Stay-at-Home Mom/Lineman



Braydi Hoppus * Stay-at-Home Mom



Stacy Garonzik* PENNSYLVANIA Marketing Executive



Olivia Aichholz* OHIO Concert Artist



Hazel & Charlie Duran Marketing Executives



Braydi Hoppus *
ALBERTA
Stay-at-Home Mom



Christina Keller ARIZONA Marketing & Events



Brianna & JJ Lundy* MISSISSIPPI Nurse Practitioner/Marketing Executive



Bethany Resco OKLAHOMA Stay-at-Home Mom



Stacy Garonzik*
PENNSYLVANIA
Marketing Executive



Kristy Sutton* FLORIDA Foster Florida & Registered



Allison Thomsen*
KANSAS
Cosmetologist



Olivia Aichholz*
OHIO
Concert Artist



Tiffany Armstrong ARKANSAS Marketing Executive



Zedar Aspiras CALIFORNIA Medical Unit Clerk



Adejoke Aminat Balogun* QUEBEC Marketing Executive



Sheyenne Brumbelow*
TEXAS
Marketing Executive



Sharlenae & Phillip Collingsworth* OHIO Content Creator/Musician



John Edwards SOUTH CAROLINA Marketing Executive



Jacqualine Edwards
TEXAS
Marketing Executive



Heidi Forsee FLORIDA Marketing Executive



Kimberly & Ervin Foster FLORIDA Entrepreneur/Certified Relationship Coach



Darlene Fox*
NOVA SCOTIA
Marketing Executive



Jon & Alexa Freeborn* SOUTH CAROLINA Marketing Executive/Stay-at-Home Mom



Vaughn & Kayla Hill ALABAMA Teacher/Nurse



Cheryl Knight KANSAS Dental Hygienist



Brianna & JJ Lundy* MISSISSIPPI Nurse Practitioner/Marketing Executive



Tyra Penny* SOUTH CAROLINA Marketing Executive



Kristy Sutton*
FLORIDA
Foster Florida & Registered
Nurse



Sherlyn Tabaco-Moniz HAWAII Marketing Executive

DIRECTORS 3-DIRECTORS 2



Allison Thomsen* KANSAS Cosmetologist



Nina Upchurch TENNESSEE Entrepreneur



Ashton Weems TEXAS Nutritionist & Wellness Coach



Wendy Young TEXAS Marketing Executive



Olivia Aichholz* OHIO Concert Artist



Dania Alen* FLORIDA Marketing Executive



Adejoke Aminat Balogun* QUEBEC Marketing Executive



Sheyenne Brumbelow* TEXAS Marketing Executive



Maria Glenda Castillo* ALBERTA Administrative Support



Sharlenae & Phillip Collingsworth* OHIO Content Creator/Musician



Kimberly Darpino* FLORIDA Marketing Executive



Elliott De Jesus Nieves* PUERTO RICO Musician



Richard Del Pilar* ALBERTA Health Care



Timothy & Dee Dixon* FLORIDA Pastors



Jamie Emery* **TENNESSEE** High School Theater Teacher



Darlene Fox* NOVA SCOTIA Marketing Executive



Diane Frederickson TEXAS Marketing Executive



Jon & Alexa Freeborn* SOUTH CAROLINA Marketing Executive/Stay-at-Home Mom



Jennefier Hudson* ARKANSAS Office Manager



Beverly Hutchings* TEXAS Marketing Executive



Shelby Joanette* SASKATCHEWAN Nurse



Jamie Kelley ALABAMA Implementation Coordinator



Rachel Kuhn* TENNESSEE Marketing Executive



Samantha Lee* MICHIGAN Marketing Executive



Sandra Lemire* QUEBEC Marketing Executive

DIRECTORS 2-DIRECTORS



Brianna & JJ Lundy* MISSISSIPPI Nurse Practitioner/Marketing Executive



Lorien Moyer* PENNSYLVANIA Educator



Monica Mtonga-Anderson* **NEW YORK** Marketing Executive



Laura Newell* VERMONT Marketing Executive



Olivia Newton* WISCONSIN Credit Officer



Tyra Penny* SOUTH CAROLINA Marketing Executive



Bhobbie Sanchez* CALIFORNIA Accounts Payable Specialist



Wally & Shannon Schneider MICHIGAN Marketing Executive/Third-Grade Teacher



Kaitlynn Smith* KANSAS Stay-at-Home Mom



Kristy Sutton* FLORIDA Foster Florida & Registered Nurse



Natashai Taylor* TEXAS Marketing Executive



Allison Thomsen* KANSAS Cosmetologist



Tracy Tidmore ARKANSAS Legal Assistant & Office Manager



Sharon Trangmar SOUTH CAROLINA Teacher



Elizabeth & James Valentine* ARIZONA Secretary/Technician



Francisco & Alma Villanueva* TEXAS Marketing Executives



Kylie Wallace* CONNECTICUT Marketing Executive



Kelsee Wilson* UTAH Entrepreneur



Suzanne Yokubonis* GEORGIA Marketing Executive



Olivia Aichholz* OHIO Concert Artist



Dania Alen* FLORIDA Marketing Executive



Adejoke Aminat Balogun* QUEBEC Marketing Executive



Kendra Bladt IOWA Marketing Executive



Manda Brown MARYLAND Middle School Dance Teacher



Sheyenne Brumbelow* Marketing Executive

DIRECTORS



Maria Glenda Castillo* ALBERTA Administrative Support



Sharlenae & Phillip Collingsworth* Content Creator/Musician



Kimberly Darpino* FLORIDA Marketing Executive



Elliott De Jesus Nieves* **PUERTO RICO** Musician



Richard Del Pilar* ALBERTA Health Care



Timothy & Dee Dixon* FLORIDA Pastors



Jamie Emery* TENNESSEE High School Theater Teacher



Laura Fitzgerald ARKANSAS Caregiver



Darlene Fox* NOVA SCOTIA Marketing Executive



Jon & Alexa Freeborn* SOUTH CAROLINA Marketing Executive/Stay-at-Home Mom



Gabriella Garcia INDIANA Physical Therapist Assistant



Brynne Hamlin KANSAS Marketing Executive



Michelle Harris NORTH CAROLINA Nanny & Childcare Professional



Anita Hauser MISSOURI Paraeducator



Jennefier Hudson* ARKANSAS Office Manager



Beverly Hutchings* Marketing Executive



Quortney Jernigan GEORGIA Homeschool Mom



Kristin Jiles ARKANSAS Marketing Executive



Shelby Joanette* SASKATCHEWAN Nurse



Rachael Knotts DELAWARE Higher Education



Rachel Kuhn* TENNESSEE Marketing Executive



Jocelyn Lao BRITISH COLUMBIA Bench Technician



Samantha Lee* MICHIGAN Marketing Executive



Sandra Lemire* QUEBEC Marketing Executive



Amanda Madsen SOUTH DAKOTA Scale Technician



Beverly Mangrum SOUTH CAROLINA Entrepreneur



Jacqualyn Manning PENNSYLVANIA Freelance Bookkeeper & Stayat-Home Mom



Nicole Marshall NORTH CAROLINA Marketing Executive



Michelle Meyer ALBERTA Educational Assistant



Lorien Moyer*
PENNSYLVANIA
Educator



Monica Mtonga-Anderson* NEW YORK Marketing Executive



Laura Newell* VERMONT Marketing Executive



Olivia Newton*
WISCONSIN
Credit Officer



Tyra Penny* SOUTH CAROLINA Marketing Executive



Jackie Propson WISCONSIN Marketing Executive



Tami Readling
NORTH CAROLINA
Director of Customer Success



Bhobbie Sanchez*
CALIFORNIA
Accounts Payable Specialist



Kaitlynn Smith* KANSAS Stay-at-Home Mom



Claire Stegeman MISSOURI Student



Kristy Sutton*
FLORIDA
Foster Florida & Registered
Nurse



Natashai Taylor* TEXAS Marketing Executive



Allison Thomsen* KANSAS Cosmetologist



Elizabeth & James Valentine* ARIZONA Secretary/Technician



Francisco & Alma Villanueva* TEXAS Marketing Executives



Kylie Wallace* CONNECTICUT Marketing Executive



Kelsee Wilson* UTAH Entrepreneur



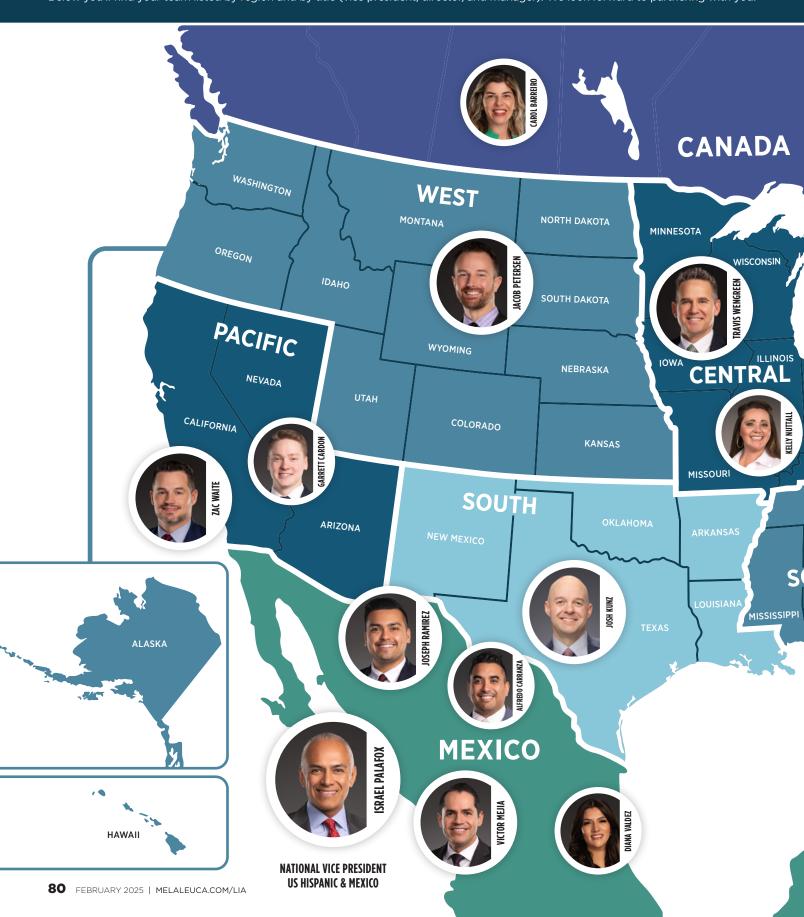
Chelsea Wolbers MICHIGAN Marketing Executive



Suzanne Yokubonis* GEORGIA Marketing Executive

Coaching & Leader Development Teams

Below you'll find your team listed by region and by title (vice president, director, and manager). We look forward to partnering with you!





COACHING & LEADER DEVELOPMENT MARK TOWNSEND 208-534-2052 SR. NATIONAL VICE PRESIDENT OF COACHING mtownsend@melaleuca.com & LEADER DEVELOPMENT **LEWIS RASMUSSEN** 208-534-2335 VICE PRESIDENT OF Irasmussen@melaleuca.com LEADERSHIP DEVELOPMENT **CANADA BRACKEN ABRAMS** 208-534-2710 NATIONAL VICE PRESIDENT OF CANADA brabrams@melaleuca.com **CAROL BARREIRO MANAGER** 208-534-2244 cbarreiro@melaleuca.com **PACIFIC** ZAC WAITE DIRECTOR 208-534-2619 zwaite@melaleuca.com **GARRETT CARDON MANAGER** 208-534-4456 AZ, CA, NV gcardon@melaleuca.com **WEST** JACOB PETERSEN DIRECTOR 208-534-2233 AK, CO, HI, ID, KS, MT, NE, ND, OR, SD, UT, WA, WY jpetersen@melaleuca.com **SOUTH** JOSH KUNZ DIRECTOR 208-534-2421 AR, LA, NM, OK, TX jkunz@melaleuca.com **CENTRAL** TRAVIS WENGREEN DIRECTOR 208-534-2213 twengreen@melaleuca.com **KELLY NUTTALL MANAGER** 208-534-2360 IA, IL, IN, KY, MI, MN, MO, WI knuttall@melaleuca.com **SOUTHEAST DOUG STEWART DIRECTOR** 208-534-2829 dstewart@melaleuca.com **AUSTIN ANDERSON MANAGER** 208-534-2219

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ALFREDO CARRANZA	208-534-2038	

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A HEARTFELT CHOICE





February is all about matters of the heart—from Valentine's Day to Heart Health Month

It's a time to focus on love, connection, and taking care of your overall health.

What you may not know is that

Riverbend Ranch Black Label Beef not only makes an ideal choice for a romantic meal but can also be an important food source for those looking to maintain their health.

Riverbend Ranch Black Label Beef is perfect for those seeking a diet rich in delicious protein. Beef contains all nine essential amino acids and is loaded with nutrients like iron, zinc, and vitamins B6 and B12. Research performed at Quebec's Laval University even shows that those who eat beef protein actually have lower levels of LDL cholesterol than those who don't consume beef. And Riverbend Ranch Black Label Beef is R3 Reset friendly!

You simply can't find beef like this in the grocery store! Our steaks are guaranteed to be USDA Prime or High Choice for the most marbling and unmatched flavor. Then they are aged to perfection for 21 days for melt-in-your-mouth tenderness. And all *Riverbend Ranch Black Label Beef* is raised without hormones or antibiotics—guaranteed!

Whether you're planning a romantic Valentine's Day dinner or simply focusing on better health, *Riverbend Ranch Black Label Beef* is a choice that shows care for yourself and the ones you love. And for a simple, elegant way to prepare *Riverbend Ranch Black Label* filet mignon, see page 40.



Discover all the benefits of Riverbend Ranch Black Label Beef! Melaleuca.com/RiverbendRanch

Expanded Circle of Influence

Congratulations to the qualifiers of the prestigious Expanded Circle of Influence Award. To qualify for this award, one must enroll eight quality Members during one calendar month. We are proud of these leaders' dedication and hard work, and wish them greater success as they continue to expand their circle of influence.



Sheyenne Brumbelow



Olivia Aichholz



Josefina Corona CALIFORNIA



Morgan & Derek Martin TENNESSEE



Allison Thomsen KANSAS



Natasha Rae ONTARIO



Braydi Hoppus ALBERTA



Tyra Penny SOUTH CAROLINA



Kevin & Angela Echols GEORGIA



Cameron & Briánna **Parker** KENTUCKY



Darlene Fox NOVA SCOTIA



Brooklyn Blair OHIO



Benjamin & Brittany Kovacs ОНЮ



Emily Raynes SOUTH CAROLINA



Sharlenae & Phillip Collingsworth OHIO



Carie & Allen Parkes



Megan Medlar



Amber & Jeffrey Blanch TEXAS



Dee & Justin Brooks SOUTH CAROLINA



Maria Glenda Castillo ALBERTA

Expanded Circle of Influence



Tracy & Robert Donald



David & Cheryl Felsenthal NEW JERSEY



Sadie & Brent Kolves FLORIDA



Leah & Sam Melquist WASHINGTON



Jen & John Sebbas MICHIGAN



Natashai Taylor TEXAS



Rachael & James Tocci VIRGINIA



Adejoke Aminat Balogun QUEBEC



Janice & Chris Burke **TEXAS**



Kylie Christianson NORTH DAKOTA



Kimberly Darpino FLORIDA



Alan & Kim Krey PENNSYLVANIA



Adriana Salamon NEW YORK



Brittney & Zach Zillig OHIO



Karley Brown ОНЮ



Christy & Mark Carr PENNSYLVANIA



Laura Fitzgerald ARKANSAS



Barb & Matt Houser ONTARIO



Beverly Hutchings TEXAS



Quortney Jernigan GEORGIA



James & Katey Kloepper ALBERTA



Maricel & Joseph Meade TEXAS



Allison & Nathan Neal TENNESSEE



Brandi & Clint Newman FLORIDA



Olivia Newton WISCONSIN



Russ & Ronni Paley NEW YORK



Susan Stauffer WISCONSIN



Elizabeth & James **Valentine** ARIZONA



Francisco & Alma Villanueva **TEXAS**



Dania Alen FLORIDA

Expanded Circle of Influence



Maddy & William Brett ОНЮ



Kristina & Christopher **Brown** TEXAS



Mercy Casili-Colunga TEXAS



Elliott De Jesus Nieves PUERTO RICO



Timothy & Dee Dixon FLORIDA



Jon & Alexa Freeborn SOUTH CAROLINA



Rebecca Garrett GEORGIA



Francisco & Rhina Guardado CALIFORNIA



Luis Martinez & Ana Lucia Chapa **TEXAS**



Jason & Keri Hayes ILLINOIS



Kaylin Hobbs & Shane Murphy MISSOURI



Jill & Phillip Ivey **TEXAS**



Shelby Joanette SASKATCHEWAN



Christy Kletz TENNESSEE



Lorien Moyer PENNSYLVANIA



Monica Mtonga-Anderson **NEW YORK**



Laura Newell VERMONT



Lindsay & Nick Percuoco MINNESOTA



Jackie Propson WISCONSIN



Tami Readling NORTH CAROLINA



Bhobbie Sanchez CALIFORNIA



Tyler & Laura Schmidt MINNESOTA



Kaitlynn Smith KANSAS



Amy Trietsch TEXAS



Alecia Wilson NORTH CAROLINA

Circle of Influence

Congratulations to these qualifiers of the distinguished Circle of Influence Award. To qualify for this award, you must enroll four quality Members during one calendar month. Achieving Circle of Influence has helped many Marketing Executives advance their businesses, grow their organizations and find new leadership for their teams. The effect of enrolling four customers each month can positively affect their businesses for years after. We are proud of these leaders' dedication and hard work.

ALBERTA Joanne Albia

Jen Bigney Kristin Boomer Janissa Cassells Shiela Fe Cuento Meghan Dirk Cheryl Evans Megan Garland Lisa Golden Kendra Gosselin Kaleigh Hutchison Shannon Kubin Erin Maconochie Kim Maloney Marcheryl & Edilberto Moscoso Ednalyn & John Nisco Quezon Pagaduan Alexei Riabov **Emily Slaton**

BRITISH COLUMBIA

Jenna & Nolan Trudeau

Guv & Revi Arad Hayley Barnes Stephanie Brandolini Alaina Carrington Mandy Chan Bry Vader Jenna Visosky

MANITOBA

Crystal Anderson & Brett McLaren Kim Dooley Taylor Drier-Merkley Mallory Fouillard Katie Gaiser Dianne Gray-Wysocki & Wayne Wysocki Virginia Mathison Katherine & Chad Moir Abosede Nnagbogu Brette & Brandon Olsen

Cynthia Taylor-Iwankow & Chris Iwankow Davna Webster Lisa Whyte

NEW BRUNSWICK

Danie & Todd Branch

NOVA SCOTIA

Margot Hayes

ONTARIO

Aliza Aamer Shabnam Aamer Adebo Christopher Adeove Oluwole Aiavi Bukola Babatunde Olanrewaju Bello Pauline & Derek Clarke Terry & Michael Commisso **Desmond Docil** Favour Ekpunobi Chinwe Ewurum Aury Garcia Dr. George & Elaine Grant Katelyn Jackson Rose Marie Lorenzo Donna MacDonald & Marc Verrette

Michelle Mcculligh

Princess Obukofe

Okorie

Evbu Oshotse

Biodun Peter

Kathrina Rivero

Szekeres

Liezel Tamdang

Paolo & Faye Torres

Ventskovska

Kristin & Christopher

Suze Post

Euginea Ugboaku Obinna

Adetoro Odejayi-Adewuyi

Olumuyiwa Onasanya

Christopher Sage & Vira

Cindy Ackley-Ginnetti &

Fred Ginnetti Sheila & Steven Backus Nicole Banks Tracy Beaudry & Chad Brockschmidt Mark & Dina Beck Devan Colbaugh Sheri Doberman Alexis Dupree Tonia Flanagan Adena Franklin Lisa Fuller Dianna & Greg Furstner Lindsey & Scott Graham Gina Jernukian Lee Keller Eloy Ortega-Soto & Silvia Perez

Joen Painter

Nicole Remini-Wiskow & Michael Wiskow Leslie Rice Lidia Rios Mandy Shafer-Wilson Trisha & Robert Verzera Maley & Shawn Walsh

ARKANSAS

PRINCE EDWARD ISLAND

Jowen Soguilon & Michelle

Shella Carpio & Engelbert

Rhonda MacArthur

QUEREC

Allana

Boceta

Émilie Gohier

Paige Grenier

Silvy Lemay

Edinx Pierre

Patricia Roy

Rose Marie Pierre

SASKATCHEWAN

Alma Daquiuag

Alvssa Hanson

Sarah Natske

Holly Odland

ALABAMA

Cassie Galloway

Jennifer & Aaron

Hendricks

Vaughn & Kayla Hill

Ruth & Calvin Rutz

Charmaine Ward

ARIZONA

Tanis & Geoff Leo

Amanda Marchtaler

Kelley Christopherson

Audrey Bouthillier

Carline Desroches

Jean Brunel Fortune

Karen & Joe Hetzel

Beaudevert Joseph

Guirlouse Clomène Joseph

Trish & Brett Roloson

Kristin liles Jasmine Woodards

ARMED FORCES

Cory & Eliza Buckman

Rossy Barajas & Rodrigo

Breana & Christopher

CALIFORNIA

Huete

Svlvia Beltran

Rorchers

Elisa & David Campos Antonia & Guillermo Carranza Maria Channell Tenake Coard **Bobbie Elliott** Joelynn Flores Eva Gaeta Trisha Ghergo Shelley Golder Carlito Guinto Obdon & Elsa Hernandez Allan Hoashoo Robert & Tessa Jacques Dana Johnson Geraldine Jones Kerri Kerr Soon Kim Sun Kim Cecilia Lopez & William Coreas-Garcia Lisa Lopez Modesta & Norberto Lopez Brittney & Kellen McLaughlin Michelle McLaughlin Alexandria Mercado Jennifer & Steve Morgan Luis & Eleonor Navarro Lorna Niemeth Alison Olson Shannon & Frank Rich Marcial Rosales Rosales Jacque Simmons Laura Solano Karen & Eric Sonne Amber Syvertson

Mirna Vasquez

COLORADO

Neil & Sherronna Bishop Cortney & David Copley Michelle Elizer Tanya Harrop Amy Kester Kristen Unroe

CONNECTICUT

Rena Litwin Bryan & Maria Pereira Jesse Valentin

DELAWARE

Patrice & Larry Buller Katie Flanagan Rachael Knotts Roy & Kathy Podorson

FLORIDA

Anita Barnes Kenton Bibbs Tyisha Bueno Karen Caprino Taylor Chester Susan & Sean Dampier Shana & Scott Falany Jenn Fellure Heidi Forsee Susan Garcia Britney Gillis Joan & Philip Giocondi Neisy Gonzalez Jessica Hart Billy Hilger Charles Jablonski Maguy Jeune Joseph and Wilminx Joseph Ashley Kaufman Cliff Moitt & Kellie Kuecha Robert & Dawn Lemus Andrea Livingston Earlinda Manchego Adrienne & Martin McDowell Louis Miller Lisa Mistretta Liz Morgan Maria & Frank Mosca Sherry & Russ Peck Melissa & Doug Prater Yeison Ramirez Ashley & Jeremiah Ranow Suzanne & Justin Stadler Lisa Swanson Sean & Geneveve Sykes

Jessie & Andrew Trudeau

Robin Waugh-Castle &

George Castle

Tony & Sarah Zanoni

Mandi & Jared Varnum

GEORGIA Morgan Banks

Chris & Terri Cote

Helen & Durward Dilag Lindsey Echols Kai Fluitt Steve Gonzales Kelly Guthery Rebekah & David Harrell Madison Kirby Katie Looney Jeanie Paige McWhorter Wyvetta Meadows Jackie Miller Jonathan & Kimberly Montgomery Stephanie & Scott Patterson Sara Robidart Norie Rogers Ernest & Sherita Ross Pamela & David Simmons Olivia Steward Jonathan Twine Tony & Shari Twine Maria Vidal Brandi & Jeremiah Whitmer

HAWAII

Charmaine Rose Dela Cruz Hazel & Charlie Duran Sherlyn Tabaco-Moniz

IDAHO

Heidi Bartolotta Shannon Ethington Justin & Karli Hudgens Laura Kauffmann Andralea Kieswether Art & Kimberly McCauley Diana Nielsen Jason & Brooke Paulin Angie Porter Megan & Jason Rogne

II I INOIS

Shawnee Boerckel Tammy & Erik Burgwald Linda & Nolan Cook Connie Daugherty Annette Davis Valeri Galloway Ryan Hughes Theresa Hughes Raquel & Dennis Jacinto Patricia Jos Amy Kellum Caitlin Kohl Stacey Ledbetter Jackie Robin

Circle of Influence

Tiffany Schubert Esther Smith Becca Vortman

INDIANA

Alissa & Jason Alsup Tracey & Jeremy Ebert Luzviminda Nonesa Sarah & Eddie Placencia Lindsey & Jason Short Rebekah Welbaum

IOWA

Dani Bucknell Jacqueline Callahan Carey Groll Lori Nordstrom Snyder Kaylie Vajgrt Renee Williams

KANSAS

Marisela Aragonez Kali Bloedorn Karah Bosmeijer Lucas & Chantel Brooks Alicia Cabamungan Evangeline & John Coffelt Laurie Davis Brynne Hamlin Brittney Johnson Pilar Romero Devan & Adam Rothers Angela Stallings Allison Thomsen Abby & Dustin Tormondson Katherine Umbarger Amanda Uphaus

KENTUCKY

Stephanie Bormann Cindy & Chris Brown Jessica Christiansen Kelly Hayes Krissy Meadows John & Cathy Miller Christy Owens Kelli & Robert Peterson

LOUISIANA

Aliscia Cranford Corey & Ross Keller Kayla LaBorde Courtney & Graham Martin

MARYLAND

Winifred Ridley Josue Sanchez

MASSACHUSETTS

Paulette & William Cheverie

MICHIGAN Katie Bowen

Stenhanie Burke Carrie Cercone Jackie DeWaal Lauri Gerrin Danielle Johnson Mandie & Craig Keller Emmy Lou Killinger Jim & Aileen Kushon Samantha Lee Jaimelvnn Lewis Molly & Jeff Pretzlaff **Buddy Rivera** Kristin Roberts Ashley Schwartz Emily & David VanDeraa Lauren Weaver Deana Wiegand

MINNESOTA

Eric & Sidney Adelman Katie & Ryan Anderson Melissae Bletsian Linda Dalum Kimberly & Patrick **Emerson** Ashlee & Claudy Francois Tasha Johnson Mary Lieser Molly & Grant Lindberg Amy & Casey Poepping Marcia Reiter Martin Ruof Yvette & Paul Zona

MISSISSIPPI Chasity Gullett Lori Corbin

Bo & Chelsie Gilbert Mandy Gomillion Katlin Henderson Jeremy Holley Rebecca Hughes Shea Mills Lindsey & Patrick Patterson Rachell Pierce Brandy Sharp Susan & Dennis Smith Linda Tammen

MISSOURI

Carey Thomas

Ashley Axtetter Morgan Bennett Ally Brown

Carey & Robert Byrd Laura Cross Shyra Davis Anita Hauser Jackie Heredia Michelle Holman Lauren Judd Lindsey Long Nickie Phillips Kimberly Schellert Cassie Stephans Chelsi Wooton John Zarbock

MONTANA

Josie & Tyson Hinkle Laura & Daniel Larson Rebecca & Jesse Moore Tori Ulutoa

NEBRASKA

Chantelle Demoster Liz Kinser Katie Krause Kelly Krohn Brenda Mueller Amanda Rausch

NEVADA

Larry Baity & Terri Haddad-Baity Elvira Sanchez Yelitza & Tony Vergel

NEW JERSEY

Meron Abraha Valerie & Robert Baylor Nicole Cook Alexis Demetroulakos Annie Eriksen Timi Iwediebo Christina Jill Leidymar Perez Salcedo Kristie Reinhard

NEW MEXICO

Gen & Charles Chamblee Susan Haglund Amie Jo & Jeff Powers

NEW YORK

Georgina Acosta Betina Alcenat Lvnn Amell Rachelle Cesar Tammy Clark Yesenia Cruz Jamie Dattilo Dr Thomas Davies Lisa Drach Maria Lvnn Kvrkostas

Katherine Leo Marti Mills David Sarnowski Hannah & Adam Snyder Danny Tore

NORTH CAROLINA

Jene Banks Pepe Essarv Ali & Brandon Farabee Diane Ferrara Demarius Hardy Nikki Huffman Brittany & Benjamin Hyder Heather Kinsey Jenne & Jay Matthews Jennifer & Charles Moretz Leonila & Jason Renfrow Greta Ross Amanda & Matthew Wilcox

NORTH DAKOTA

John & Jennifer Dufner

OHIO

MaryAnn & Daniel Domka Joy & Shane Farley Dr. Shelley Hamler Ananias Hershberger Nadia Jaime Jessy McCarty Jodi Newell Jenna Reed Lisa Rusk Chelsea Sanborn

OKLAHOMA

Abby Akerman Marv Hill Enrique Navarro Edie Tolar Nicole Williams

OREGON

Cassidy & Michael Burns Shanna Kelty Shelby Shely Megan & Ben Terk Tiffany Vangelo

PENNSYLVANIA

Kate Acquaviva Stayci Avery Angela & Ryan Cibulka Tracy Deetz Kate & Steven Doverspike Ben Eshenbaugh Roxanne Fryer Madi Greenaway Steve & Monica Guzman

Jessica Hatheway Jessica Hodle Amy & Ben Hunt Ming Hunt Kelly Lee Beth Lehr Kayla Mayes Linda & Paul McKinley Brett & Jackie Morrow Sarah Pfleiger Kelly Porada Jessica & Brooks Queitzsch Peggy & Greg Rettger Amber Stief

PUERTO RICO

Marianela Guerrero Rosa Maldonado Alice Navedo

RHODE ISLAND

Nancy & Jack Mellor

SOUTH CAROLINA

Joshua & Natalie Blanton Danielle Deperi John Edwards Amy & Mark Fincannon Lindsay Fournier Lauren & Thomas Gaede Megan Gainey Jason & Katie Hill Julie House Vera Kostenko Kristin McClure Gina Mcl ean Tyra Penny

SOUTH DAKOTA

Cassie Moore Megan Tornow

TENNESSEE

Justine & Jeremy Brooks Mandi Burchell Darlene & Randy Chapman Kimberly Ellsworth Jamie Emery Danae Greenwood Angie Johnson Rachel Kuhn Amy Ledbetter Bailey McCalvin Tori Miller Arielle Roberson Tiffany Rowe Madraye & Tyler Stanley

TEXAS

Vanessa Arizpe

Britney Atkerson

Elizabeth Atteberry Maria Ayala Arin Blackwell Jami Bostic Allie Boyd Jennifer Brady Summer Cacciagioni Alison & Matthew Callaway Judee & Bernard Capucao Rosa Castillo Arianna Coca Jose & Yuki Coca Bill Cole Dr. Joselito Coquilla Ismael Cruz & Olga Garza Hannah Davis Sabrina & Doug Ellis Robin Fonseca Allison Flower Dianna Maria Guadalupe Garcia Laura Garza & Jorge Perez Gina & Kreg Gillispie Desiree Gonzales Jesus Rafael Gonzalez Rebeca Gracia Carol Guidry Anella Hall Jordan Hamilton Kristin & Kristian Hoenicke Elin Holland Tommy Lambright Steve & Suzy Maier Kara Marrs Scott McKay Alicia & William Mitchell Gabrielle Neill Gabriela Ocegueda Urrutia Ashley & Brandon Olive Alan & Sondra Pariser Sondra & Alan Pariser Joylyn Peralta **Amber Phipps** Chuck Raines Raylynn & Patrick Ramirez Reyna Ramirez Marla & Daryl Rechenthin Christi Reid Suzanne & Larry Rogers Rafael & Monica Rojas Kimberly & Mike Sewell Sandie & Lyle Siemens Randy & Rosalie Spear Blanca Tinajero

Andy and Jobina Turner

Tonatiuh Aguayo & Maria

Teresa Vazquez

Circle of Influence-Pacesetter

Francisco & Alma Villanueva Gaby & Lance Walerczyk Lucy Walters Candi Warren

UTAH

Lisa & Erick Biehl Tosha Gonzales Leah & David Green Rebekah & Grant Pumphrey Jeffrey & Lisa Stutz

VIRGINIA

Emily Adami Sylvia Cunningham Julie Danko

VERMONT

Monica Newell

WASHINGTON

Lynn & Tom Delancey Marian Leone-Lambert

WISCONSIN

Morgan Baumann Mary Anne & Raymond Carlson Dylan Johnson

Danielle Kawlewski

Dante Kilgore Glenda Loomis Dawn Menard Rachel Neuman

Jessica Smith JoAnn Winski

Dalton Zehm

WEST VIRGINIA

Katrina Bolton Michelle VanDevander

WYOMING

Jacqueline Hayman Breanne & Michael Sufrin

Pacesetter

These businesses have taken advantage of the tremendous potential of the Pacesetter program. Each has watched the Foundations video, enrolled eight (8) or more Members and advanced to a new high status of Director or above.

ALBERTA

Kristin Boomer Shiela Fe Cuento Greia Estibal Susan Lacia Quezon Pagaduan Josephine Pisan

BRITISH COLUMBIA

Stephanie Brandolini Mandy Chan Jose & Maridel De Guzman Elenita Inguillo **Brett Reynolds**

ONTARIO

Daniel Adeniyi Segun Afolayan Alice Agbaw Morufat Aiavi Oluwole Ajayi Gbenga Bamidele Gift Benatarigha Olusina Bolarinwa Irene Chukwuma Nicole Clarke Lyttle Desmond Docil Chinonye Edwin -Chukwuiama Eloho Ekinodo Emmanuel Ekpunobi Ngozi Ezzeh Aury Garcia Mercy Henshaw Felicia Ihejiagwa Jane Kareem Richard Kareem Allan & Denise Leben Foluso Mosaku

Branham Nyame

Euginea Ugboaku Obinna Okorie Princess Obukofe Bola Ogundipe Emmanuel Oladimeji Olamide Oladimeji Florence Omeregie Olugbemiga Omoboyo Edith Onvia Adomi Doris Osuiwu Oluwasunmibola Oye Adetunji & Deborah Oyewo Katie Scott

PRINCE EDWARD ISLAND

Rhonda MacArthur

Liezel Tamdang

QUEBEC

Abdul Hameed Balogun Adejoke Aminat Balogun Audrey Bouthillier Lionel Fontaine Jean Brunel Fortune Rose sterline Georges Astrid Ilunga Muadi Armide Jean Louis Estherline Joseph Vital Beaudevert Joseph Guirlouse Clomène Joseph Magalie Joseph Grace Karim Jennifer Aisosa Omoruyi Johnson Rose Marie Pierre Marie-Soleil Pilotte Patricia Roy

Berlande Thermitus

Jean Baptiste Volcy

SASKATCHEWAN

Chelsey & Dustin Billay Alma Daquiuag Ashlee Fecho Shalayne Kinvig Olajide Olaseni

ALABAMA

Cassie Galloway Vaughn & Kayla Hill Jamie Kelley Chris Tombrello

ARIZONA

Rosaura Camacho Kate Hughes Gina Jernukian Kyle Melchior Maria Nunez Elianny Parra Lena Pugh Lidia Rios

ARKANSAS

Janet Butterton Danette Steele

CALIFORNIA

Brandon Ambriz Rebecca Bocage Jaime Lynne Chapman Sun Chu Joelynn Flores Sophia Jae Kim Modesta & Norberto Lopez Daniel Min Dena & Jonathan Moore Sean Tillery

COLORADO

Alexis Johnson Alvssa Rushton

CONNECTICUT

Darcy O'Shea

DELAWARE

Rachael Knotts Tim McCormick Chrissy Moran

FLORIDA

Catherine Antiskay Rebekah Burnett Cesar Cendana Christopher Combie Timothy & Dee Dixon Anna Fellure Tiffany Fick Heidi Forsee Susan Garcia Billy Hilger Robin Kerr Lisa Swanson Ofelia Vithoulkas Dianna Wickline

GEORGIA

Alexis Chislock Steve Gonzales Preslee Gooch Sandy Habersham Quortney Jernigan Stacy Joye Norie Rogers Maria Vidal

HAWAII

Sherlyn Tabaco-Moniz

IDAHO

Brooke Elder Shannon Ethington Heather Humphrey Andralea Kieswether Megan & Jason Rogne

ILLINOIS

Connie Daugherty Jennifer Farr Allison Frizzell Jamie Price Sheree Wright

INDIANA

Rebekah Welbaum

IOWA

Lynnea Andersen Dani Bucknell Jacqueline Callahan Malissa Cowan

Carey Groll Tina Hockmuth - Pezzetti Kaylee Meyer

KANSAS

Lindy Strohman

Karah Bosmeijer Cheryl Knight Allison Thomsen

LOUISIANA

Mallory Foti

MAINE

Barbara Packard Jason Raschack

MARYLAND

Stephan Atkins Jr. Robin Cermak Evida Montes Winifred Ridley Josue Sanchez

MICHIGAN

Lynette Graham Lisa Herrington Jaimelynn Lewis Wally & Shannon Schneider Emily & David VanDeraa

MINNESOTA

Linda Dalum Tasha Johnson Molly & Grant Lindberg

MISSISSIPPI

Bobby Harris Rebecca Hughes

MISSOURI

Shyra Davis Anita Hauser John Zarbock

MONTANA

Anna Kelly

NFRRASKA

Vanessa & Bart Loving

NEVADA

Gonzalo Duarte Jailen Hawkins **Hector Matos** Rene Medina Quintero Yunior Navar Elvira Sanchez Miguel Alfredo Sandoval Yelitza & Tony Vergel

NEW JERSEY

Alexis Demetroulakos

NEW YORK

Betina Alcenat Belinda Alvarado Lynn Amell Victoria Brunetti Jamie Dattilo Ricardo Honore Katherine Leo Jean Iguenson Pélicier

NORTH CAROLINA

Valencia Andrews Jene Banks Clarence & Rachel Harvin Greta Ross Jessica Wells

OHIO

Olivia Aichholz Brooklyn Blair Sharlenae & Phillip Collingsworth Nia Evans Nadia Jaime Haley Kaniewski Jodi Newell Chelsea Sanborn

OKLAHOMA

Nicole Williams

PENNSYLVANIA

Chloe Acquaviva Kate Acquaviva Ben Eshenbaugh Madi Greenaway Jessica Hodle Stacy Garonzik

Pacesetter-20/20 Club

PUERTO RICO

Elliott De Jesus Nieves

SOUTH CAROLINA

Jon & Alexa Freeborn Tina Jones **Emily Raynes**

SOUTH DAKOTA

Kelli Brinka Holly Dobesh Micki LaDage

TENNESSEE

Jose Aguillon Yessenia Aguillon Jamie Emery Grace Hackett Autumn Isbell Amber Kaye Cora Rusk Megan Smith

TEXAS

Giscela & Lorenzo Benitez

Jerrad Coy Diamond Daisy

Hannah Davis Jacqualine Edwards Quenton Farr Nelson Fernandez

Diane Frederickson Jesus Rafael Gonzalez Rebeca Gracia Kristen Hackman

Jordan Hamilton Tommy Lambright

Tami Littlejohn Kara Marrs

Ellis Mayberry Maria Luisa Nunez Gabriela Ocegueda Urrutia

Katie Oder Alicia Pareja Amber Phipps Reyna Ramirez

Quiana Rhone Tiffany Robinson Fatima Salgado

Blanca Tinajero Robert Toney Amy Trietsch

Andy & Jobina Turner

Dana Vick Kelsey Wages Lucy Walters Ashton Weems

UTAH

Ana Gonzales

VIRGINIA

Lakeisha McKnight

WASHINGTON

Sara Meza

WISCONSIN

Glenda Loomis Olivia Newton

WEST VIRGINIA

Katrina Bolton

20/20 Club

Upon enrolling your 20th Member, you qualify for the 20/20 Club. This designation recognizes those who enjoy 20 percent commissions on the monthly purchases of their personal enrollees and have distinguished themselves by having . Those businesses receive a handsome pin and recognition in the digital Leadership in Action. Congratulations to this distinguished group!

ALBERTA

Cheryl Evans

ONTARIO

Shabnam Aamer Emmanuel Ekpunobi Oluwasunmibola Oye

QUEBEC

Adejoke Aminat Balogun

ALABAMA

Lauren Brennan

CALIFORNIA

Maria Channell Shelbie Molnar Sean Tillery

FLORIDA

Taylor Chester Jenn Fellure Macee Trudeau

ILLINOIS

Becca Vortman

IOWA

Tina Hockmuth-Pezzetti

LOUISIANA

Aliscia Cranford

MISSISSIPPI

Chasity Gullett Katlin Henderson Brianna & JJ Lundy

MISSOURI

Shyra Davis

NEW JERSEY

Kristie Reinhard

NORTH CAROLINA

Diane Ferrara

ОНЮ

Sharlenae & Phillip Collingsworth Courtney Metz

PENNSYLVANIA

Tiffanie & Pat Falkenstein Sara Incandela Kathy & Charles Mirabella Anna & Reuben Peachey

SOUTH CAROLINA

Julie House Sharon Trangmar

TENNESSEE

Cora Rusk

TEXAS

Jennifer Brady Sheyenne Brumbelow Melissa Gellos Raylynn & Patrick Ramirez Natashai Taylor Candi Warren

WASHINGTON

Sara Hardy



Your Heart

DESERVES ALL THE





February is Heart Health Month, so why not show your heart some love? After all, it's the engine that keeps your body running. When your heart is healthy, your whole body—from bones to skin, immune system to digestive system, cognition to energy—reaps the benefits!

The Peak Performance Heart Health Pack, with its nine lifechanging daily supplements, has been proven through a 12-month clinical research study to support healthy cholesterol levels, reduce activity-induced inflammation and free radicals, provide energy and fuel for the heart, and support healthy heart function!* And the benefits don't stop there.

This month, start a healthy habit that can change your life! Take the *Peak Performance Heart Health Pack* every day, twice a day. Your heart deserves it!

* These statements have not been evaluated by the Food and Drug Administration.

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



