



30-DAY CHALLENGE

30 Days to Change Your Life

A PROGRAM FOR EVERY ONE!

Weight Loss	Healthy Aging	Optimal Wellness	Muscle & Strength	Energy Support
REGULARLY \$224.80	REGULARLY \$255.80	REGULARLY \$197.80	REGULARLY \$237.80	REGULARLY \$233.80
SPECIAL CHALLENGE PRICE	SPECIAL CHALLENGE PRICE	SPECIAL CHALLENGE PRICE	SPECIAL CHALLENGE PRICE	SPECIAL CHALLENGE PRICE
\$174.00 (with Autoship)	\$197.00 (with Autoship)	\$149.00 (with Autoship)	\$189.00 (with Autoship)	\$179.00 (with Autoship)
\$183.16 (without Autoship)	\$207.37 (without Autoship)	\$156.84 (without Autoship)	\$198.95 (without Autoship)	\$188.42 (without Autoship)

Sign in to www.truestar.com and make use of the World's Leading Health and Wellness Software, with diet and exercise programs to support your goals!

COMPLETING THE CHALLENGE

- Register for the 30-Day Challenge.
- Choose your category and the corresponding Supplement Program.*
- Follow the corresponding Truestar Nutrition and Exercise Programs along with Attitude and Sleep Routines.
- Once the 30 days are up you post your before and after pictures on your dashboard and send this to us along with a YouTube video or one-page letter describing your experiences.
- This video or letter will show and discuss physical changes along with emotional and mental changes and any other personal experiences that occurred in relation to your 30-Day Challenge. Disease treatment or prevention claims will result in disqualification. See Contest Rules for details.
- Once the 30-Day Challenge is over, you can extend your challenge for another 60 days in our 90-Day Challenge and qualify to win our Grand Prize of \$50,000.

Good Luck!

*Supplement Program recommended, but not required to complete the 30-Day Challenge.

PRIZES

30-Day Challenge

Top 100 receive 1-year supply of Truestar Vitamins.

Top 5 receive an all expenses paid trip to Bahamas for one week for our Truestar Convention.

90-Day Challenge

Top 5 receive \$5,000.

Grand Prize winner receives \$50,000.

Weight Loss

\$174.00 (with Autoship)
\$183.16 (without Autoship)

30-Day Supply

Naturally exceed and maintain your weight loss goals!

- TrueDetox
Detoxification + Improve Liver and Digestive Function + Increase Metabolism + Weight Management
- TrueLean Extreme
Multivitamin & Multimineral Supplementation + Weight Management
- TrueCarb Blocker
Reduce Absorption of Starch & Fat + Blood Sugar Balance
- TrueThermo
Increased Metabolism + Enhanced Exercise Performance & Energy + Fat Loss

Healthy Aging

\$197.00 (with Autoship)
\$207.37 (without Autoship)

30-Day Supply

Beat the signs of aging and age well!

- TrueBASICS A/O
Comprehensive Multivitamin & Multimineral Supplement + Bone Support + Omega-3
- Supplementation + Additional Antioxidant Protection
- TrueJOINT Support
Joint Support + Wound Healing + Inflammation Modulation
- TrueStress Support
Normal Mental & Physical Functioning during Stress and Anxiety
- TrueIQ
Increase Brain Energy & Support Neurological Function

Optimal Wellness

\$149.00 (with Autoship)
\$156.84 (without Autoship)

30-Day Supply

Working from the inside out to improve your natural health!

- TrueBASICS A/O
Comprehensive Multivitamin & Multimineral Supplement + Bone Support + Omega-3
- Supplementation + Antioxidant Protection + Heart Health Support
- TrueCoQ Plus
Heart Health & Complete Antioxidant Defense
- TrueOmega
Omega-3 Supplementation + Brain Function & Cardiovascular Support
- TrueD
Overall Health and Longevity + Bone and Immune Health

Muscle & Strength

\$189.00 (with Autoship)
\$198.95 (without Autoship)

30-Day Supply

Improve athletic performance or enhance muscle mass!

- TrueBASICS A/O
Comprehensive Multivitamin & Multimineral Supplement + Bone Support + Omega-3
- Supplementation + Additional Antioxidant Protection
- TrueStrength
General Health + Increase Protein Intake + Improve Body Composition
- TruePOWER
General Health + Increase Protein Intake + Improve Body Composition
- TrueThermo
Increased Metabolism + Enhanced Exercise Performance & Energy + Fat Loss

Energy Support

\$179.00 (with Autoship)
\$188.42 (without Autoship)

30-Day Supply

For those needing a daily boost!

- TrueBASICS A/O
Comprehensive Multivitamin & Multimineral Supplement + Bone Support + Omega-3
- Supplementation + Antioxidant Protection + Heart Health Support
- TrueEnergy
Energy Support + Pre-Workout + Fat Burning & Metabolism Support
- TrueCoQ Plus
Heart Health & Complete Antioxidant Defense
- TrueThermo
Increased Metabolism + Enhanced Exercise Performance & Energy + Fat Loss