

INSIDER

THE LATEST ON YOUR HEALTH AND WELLNESS



BEING HEALTHY IS A LIFESTYLE



VEMMA

Start off right with 2oz [Vemma](#) in the morning. Liquid, bioavailable essential nutrients go to work for you and do amazing things!



EAT SMART

All star veggies like broccoli, spinach and cucumbers are rich in fiber, essential vitamins and minerals. Check out your Smart Food Guide [here](#).



RELAXATION

Studies show stress is comparable to other risk factors such as poor diet or lack of exercise. So remember to relax for your heart's sake.

Source: <http://www.healthline.com/health/stress/effects-on-body>



EXERCISE

Strength training helps improve muscle strength and mass while keeping bones strong. Increased muscle help your body burn calories more efficiently.

Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

PROGRAMS



DOUBLE NEW CUSTOMER BONUS

Now earn double on every case to a new customer

VEMMA LOYALTY PROGRAM

Do you have free product coming? To check if you've got 6 consecutive orders, call 1-800-577-0777



FREE SHIPPING

We ♥ our customers. Refer one new customer and receive up to \$15 off Shipping. Please call customer service at 1-800-577-0777 to redeem shipping credit.

*Minimum 25 point order. No commission paid on the new customer order. Offer valid for Vemma Customers only. New Customer includes 6 months inactive.

UPDATES

VEMMA EUROPE IS BACK!

SEPTEMBER 1ST

We are excited to announce we will be open in Austria, Germany and Switzerland. We'll have Vemma, Verve and Bod•ē Burn available.

Thank you so much to our friends in Europe for your patience and support as we rebuild Vemma Europe. We will be taking orders from all former EU countries but customer care and translations will only be available in Austria, Germany and Switzerland.

HOME OFFICE MOVED

Vemma's new home is located at:
8132 N 87th Place
Scottsdale, AZ
85258

Vemma Store Hours

Monday - Friday
8:30am-5pm



LOOK WHAT PEOPLE ARE SAYING

- cajunqtie** I love my Vemma!!!!
- jasonhibdon** Burn is the best!
- chelleebabe** Very good saw a change in my body
- mojofisherl** need Vemma forever! Please don't let anything happen to it
- tzzztrip** The best been on it since 2007 wouldn't take anything else
- jamietjr** Every single day and our kids too
- miggimejia87** Everyday for the rest of my life and my family too
- carolla15s** My favorite! One everyday!
- betacfit** We love our vemma nutrition!

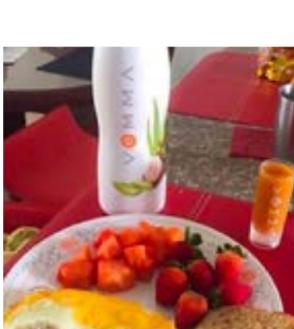
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NEED MORE NUTRITION?

Make sure your body gets the vital minerals it needs. Vemma contains 65 minerals 12 essential vitamins and super fruit mangosteen.



GET STARTED RIGHT

2 oz with a healthy breakfast is a perfect way to start your day. Your body will love you for it.



PUT YOUR BODY TO THE TEST

Liquid formula is more body ready than pills.

FACT:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor

CLINICAL STUDIES

AND THEY'RE OFF!

For people with instant gratification issues. Clinical studies show Vemma and Verve go to work within 1 hour. Check out clinical studies [here](#).



VEMMA RECIPES



STRAWBERRY CHOCOLATE SMOOTHIE (Serves 1)

- 1 cup frozen strawberries
- 1 cup lightly packed spinach
- 1/2 cup skim milk
- 1/2 cup plain low fat Greek-style yogurt
- 1 tbsp chia seeds
- 1 scoop **Bod•ē Chocolate Shake**
- 1/2 tsp vanilla extract
- Ice cubes (optional)