



AVINI *Advantage*[™]

MARCH 2026 EDITION



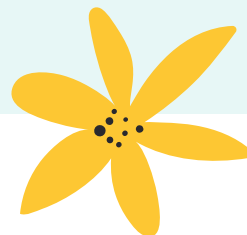
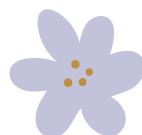
AVINI HEALTH[®]
ADVANCES IN NATURAL HEALING

Message from
Neil Roth, CEO



*"If we water, fertilize, and
feed nature, the buds grow
and expand."*

Spring is here!



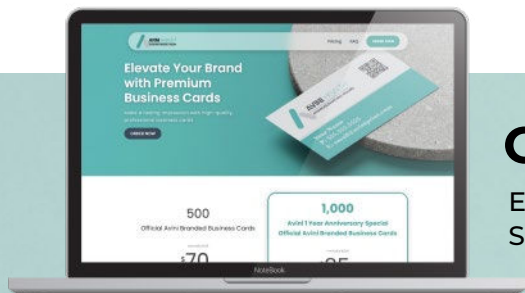
Finally, winter is just about over, and this month marks the beginning of spring! Spring signifies new growth and opportunities — from nature to business. Just like the new buds on trees and new sprouts in the garden, this has always been the best time of year for growing your business.

New Distributors are very much like new growth in nature. If we water, fertilize, and feed nature, the buds grow and expand. Just like giving your new Distributors training, time, and instruction will have them grow dramatically. Make sure we feed our Distributors with training and inspiration so they can put their best foot forward and grow exponentially.

Literally, the lifeblood of nature is water and nourishment. In our business, the lifeblood is new Distributors who have been welcomed into the fold and trained correctly. Don't let your new lifeblood become orphans — take the time to feed them.

Have a fantastic month!

Neil Roth



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Scan the QR code and visit us online to order yours!



\$70 for 500
Full color cards with
custom QR code
Includes FREE shipping

\$85 for 1,000
Full color cards with
custom QR code
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Avini's +Fiber +Probiotic Health & Balance through the Digestive Tract



Rik J. Deitsch, MS Biochemistry
Chief Science Officer, Avini Health



I've written about Avini's Plus Fiber before – a clinically proven supplement that promotes healthy digestive function as well as improved lipid levels and blood sugar stabilization. Avini Health has now improved this amazing formulation with the addition of probiotic bacteria – adding claims for better digestion, reduced bloating, and greatly improved gut health.

When most people think about fiber supplementation, they only think about digestive motility and going to the bathroom. This is a very

narrow understanding of what fiber is, where we get fiber in our diet, and the amazing benefits of a high fiber diet from multiple sources. Fiber encompasses an array of substances indigestible by the human intestine, whereas: proteins, fats, and carbohydrates are usually digested easily and almost entirely absorbed in the small intestine. Dietary fiber consists of 'insoluble' and 'soluble' components. It's important to note that, in this case, solubility denotes the fiber's ability to be soluble in acid – not water. This means that the fiber can be at least partially broken down in stomach acid. We get fiber from fruits,



vegetables, nuts, and beans (legumes), as well as from grains. Different fibers do different things and may aid the body in many different ways.

Insoluble fiber is found in fruits, vegetables, and some nuts and beans. It forms the tough, chewy texture of foods like wheat kernels, nuts, celery, and popcorn and is found mainly in the cell walls in the form of strands that give support to plant tissue. Insoluble fiber adds bulk to the stool and may aid in overall digestive health and digestive motility. Insoluble fiber can also act like a scrub brush, cleaning the intestinal tract as it moves along.

Soluble fibers are found in grains and legumes and give the mushy texture to certain cereals. Soluble fibers can draw water to themselves (hydrophilic). They can also form jellylike masses that act partially as solids. Soluble fibers help reduce bowel transit time and have a lubricating effect on the intestine. Additionally, soluble fibers may help reduce cholesterol levels. There is also evidence to suggest that soluble fibers may help slow the absorption of glucose in the gastrointestinal system, thus reducing risks of diabetes.



Avini's +Fiber +Probiotic is a special fiber complex of Fibersol (digestion-resistant maltodextrins), oat fiber, apple fiber, carrot fiber, Fructo-Oligosaccharide (Inulin from chicory), and guar gum. The product also contains sodium bicarbonate and **Detoxolite™** (micronized and activated zeolite), is naturally flavored with orange powder, and naturally sweetened with monkfruit. Lastly, Avini has added three strains of lactobacillus and two strains of bifidobacteria as healthy organisms to promote digestion and gut health.

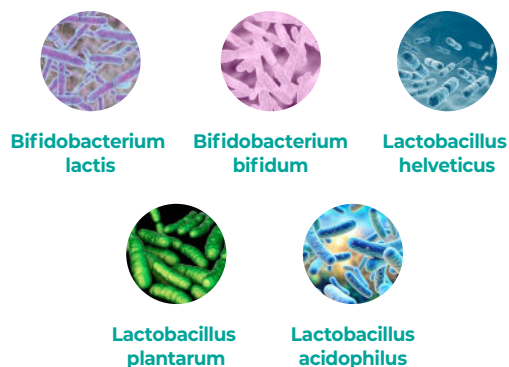


Taking **+Fiber +Probiotic** about 15 minutes before meals will yield the best benefits. The fiber will go into the stomach, where it forms a gel fiber matrix. This can help curb your appetite by giving you a pleasant, full feeling. Bile salts and bile acids are produced by the liver and help in the digestion of your food. Normally, those bile products are reabsorbed from the digestive tract, where they go into the liver and are used in the production of new cholesterol. When the gel fiber matrix is in your digestive tract, it can trap those bile products (bile acid sequestration). This prevents the reabsorption of the bile products and thereby prevents the creation of new cholesterol.

To replace the lost bile acids, cholesterol is drawn from the body, thereby reducing its cholesterol supply. In a further mechanism of cholesterol reduction, the fermentation process in the intestine produces short-chain fatty acids that can block the body's synthesis of cholesterol. Food will also move into and out of the gel fiber matrix but will not be trapped. This whole process delays the absorption of your food (delayed gastric emptying). This means that your food is absorbed slower over a longer period of time. This has the effect of providing higher nutrient value from your meal and prevents spikes in blood sugar levels. Over time, this will help stabilize blood sugar and has been shown clinically to reduce HbA1c, which is a measure of your average blood sugar levels over a three-month period. The inulin fiber in the product acts as a potent prebiotic. This feeds healthy microbes in the digestive tract to balance intestinal



flora. This greatly prevents any gas or bloating that many people experience when using fiber products. Adding sodium bicarbonate aids in making the gel fiber matrix larger, increasing its ability to trap bile products. This is also the ONLY fiber product in the world that contains our **Detoxolite™** micronized and activated zeolite. The **Detoxolite™** further aids in improving the health of the digestive tract by removing toxins and heavy metals. It also acts as a nutritional enabler by removing toxins that compete for absorption with healthy compounds and minerals.



The addition of Lactobacillus helveticus, Lactobacillus plantarum, Lactobacillus acidophilus, Bifidobacterium lactis, and Bifidobacterium bifidum helps improve digestive function and prevent dysbiosis. The Lactobacillus works primarily throughout the small intestine, where it helps

synthesize and utilize nutrients, boost immunity, and protect against toxins. The Bifidobacterium works primarily in the colon, where it helps regulate other microorganisms, produces vitamins, and aids in colon function; thus reduces risks of bloating, gassiness, and diarrhea. Each serving provides 10 billion colony forming units (CFU).

The **+Fiber +Probiotic** is also clinically proven to: reduce LDL cholesterol, raise HDL cholesterol, help balance blood sugar levels, reduce HbA1c, lower triglycerides, reduce apoB, and improve digestive motility. With the addition of five strains of healthy gut bacteria, the **+Fiber +Probiotic** will aid in better nutrient utilization, reduced bloating and gassiness, as well as improved digestive motility (better bathroom breaks).

Avini's +Fiber +Probiotic is, by far, the best fiber supplement on the market. Healthy digestive function, lower cholesterol, appetite control, stabilized blood sugar, improved balance of flora and fauna, removed toxins, and improved cardiovascular health, all in a delicious zero-calorie drink. ENJOY!



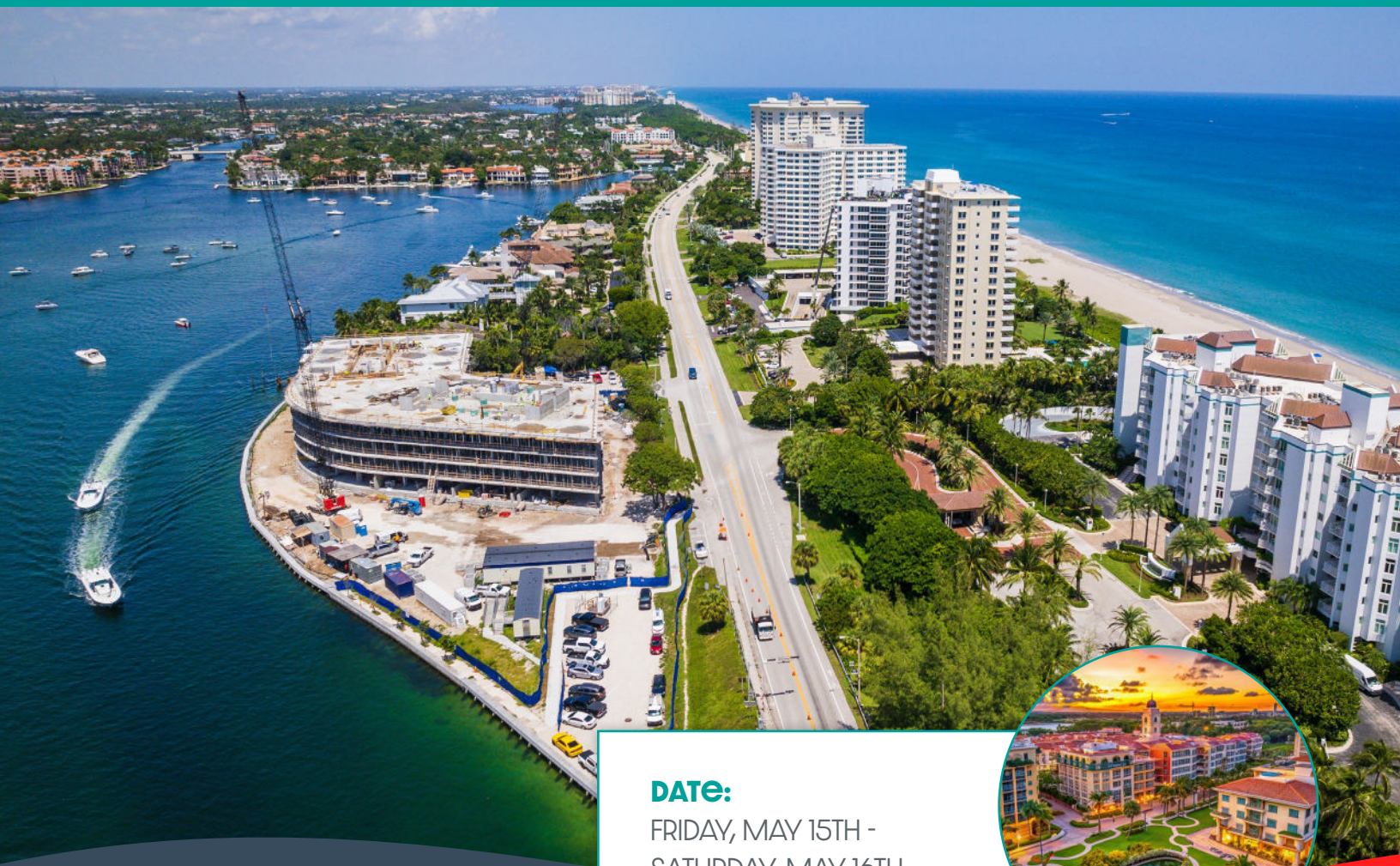
Rik J. Deitsch, MS Biochemistry

Rik Deitsch

Chief Science Officer



Remember to Register for the 2026 Boca Regional



DATE:

FRIDAY, MAY 15TH -
SATURDAY, MAY 16TH

PLACE:

EMBASSY SUITES BY HILTON



Join us

May 15th–May 16th for the 2026 Boca Regional,

a two-day Avini experience focused on education, connection, and business growth.

Get an exclusive behind-the-scenes look at our newly expanded facility and see firsthand how Avini continues to grow to support you and your business.

Kick off the weekend Friday, May 15th from 5:00 PM – 7:00 PM EST at our exclusive

Welcome Reception featuring appetizers and meaningful conversations with Avini's corporate staff and top leadership.

This is a great opportunity to connect, ask questions, and set the tone for an inspiring weekend ahead. Don't miss this chance to build relationships and enjoy a relaxed evening with the team before Saturday's main event.



[CLICK HERE](#)

to secure your spot today!



"The vision and hope
is different for each
Distributor, but it is
what drives each of us
to accomplish more."



Message from
Mickey Dillon, Sr. VP of Sales & Marketing

March is here, and daylight saving time has begun. That means that spring is just around the corner. Spring means new beginnings for so much around us, and it certainly includes Avini. Coming out of the Summit last month, there is a renewed commitment from each of you for your vision and hope for Avini. The vision and hope is different for each Distributor, but it is what drives each of us to accomplish more. One of the things I would urge each one of us to do is to focus on the details and keep it simple. If we can get really good at the basics and then master the details of the basics, we can become whatever we want in Avini. One example of the details is scheduling a follow-up time with the person you shared information with. If you set it for 3 p.m., and you call at 3:15 instead, that may not get the result you want. Also, if you

decide that your person doesn't need a 3-way call or that you can handle it all yourself, that may be ignoring the simple details of the 3-way call. These might seem small in the overall scheme of building your business, but long term, they will hinder you from reaching your vision and hope. Let's all decide what we want the next 3 months to look like and produce in Avini, and then do all we can to make that happen by focusing on the simple system and the details. I look forward to seeing everyone in Boca Raton May 15-16 for what will be an incredible event that you can't afford to miss. Being there is one of the details!!

Your Partner,

Mickey Dillon
Mickey Dillon



WEIGHT MANAGEMENT MADE SIMPLE!



At Avini Health®, the Avini Weight Management System was created to help people experience real, sustainable transformation. Success stories like this are not accidental — they are the result of structure, consistency, and products that truly work.

Recently, **Larry Pettruci** opened Chapter 64.

He is down 37 pounds.
He feels better than he has in more than 20 years.
He is rebuilding strength through weight training.
He is back to car racing.
He recently earned his fourth achievement award with a company that helped redirect the course of his health.

Three years ago, Larry made a decision — not to settle, not to slow down, but to intentionally change his future.

While watching his 3½-year-old grandson in his first school play, he experienced a powerful realization:

The horizon is not shrinking — it is widening.

At this stage of life, it is no longer about building a résumé. It is about impact. It is about showing up strong for family. It is about choosing growth instead of coasting.

Strength can grow with time.
Wisdom softens life's edges.
Focus sharpens what truly matters.



The best chapters are not always the early ones. Sometimes they are written when clarity and courage align.

As Larry says:

"Here's to the road ahead."

**WEIGHT MANAGEMENT
MADE SIMPLE!**

WEIGHT MANAGEMENT SUPPORT CALL

Continue Your Journey with Support

Inspired by Larry's story?

Transformation is possible with the right structure, consistency, and support — and you do not have to do it alone.

Join **Neil, Mickey, and MJ** for our **Weight Management Support Call** on **Tuesday, March 24, 2026 at 5:00 PM.**

This call is designed to provide guidance, encouragement, and practical support for your weight loss journey.

Whether you are just getting started or looking to stay consistent, this is your opportunity to ask questions, gain insight, and strengthen your commitment.

Mark your calendar and plan to tune in.

Your next chapter begins with a decision — and the right support behind it.

**WEIGHT MANAGEMENT
MADE SIMPLE!**



DISTRIBUTOR *Success*



ENROLLERS of March

1. Deborah Barton – Enrolled 6
2. Jody Shaw – Enrolled 5
3. Diane Doughty – Enrolled 5
4. Tamera Kleinpeter – Enrolled 5
5. Dorothy Holm – Enrolled 4
6. Lisa Turner – Enrolled 4
7. Lynnette Pritchett – Enrolled 4
8. Johnella May – Enrolled 4
9. Janice Barlow – Enrolled 4
10. Tanya Campbell – Enrolled 4



DISTRIBUTOR *Success*



This is where we get to brag about YOU! Distributors are what make Avini Health possible and we want to celebrate each and every success with everyone.



Joseph Gershaneck, CA
RUBY APPRENTICE





Distributors who were promoted in Sapphire

SAPPHIRE EXECUTIVE

Deborah Barton, CA
Diane Doughty, AZ

SAPPHIRE DIRECTOR

Tanya Campbell, LA
Loretta Jessop, UT
Rick Skagen, WY

SAPPHIRE APPRENTICE

Debra Schumann, UT
Deborah Russell-Swiridoff, GA
Josie Restuccia, CA



Distributors who were promoted in Gold

GOLD EXECUTIVE

Richard Beserra, CA

GOLD DIRECTOR

Blaine & Tamara Black, UT
Lorraine Clarke, ENG
Jenny Singhal, CA
Lowden Ashley, PE
Janice Barlow, UT
Lynnette Pritchett, VA
Lisa Turner, VA

GOLD APPRENTICE

Bryan Mackenzie, ESS
Theresa McCahey, MN
Jessica Bates, ID
Gilda Lochner, NV





Distributors who were promoted in Silver

Wayne Faw, OR – Silver Executive

Heather Sunderland, AZ – Silver Executive

Timothy Sommerlad, NY – Silver Executive

Michele Britton, CA – Silver Executive

Kristy Carlson, OK – Silver Executive

Crystal Mello, CA – Silver Executive

Karen See, AZ – Silver Director

Joni Watkins, GA – Silver Director

Abigail Barlow, UT – Silver Director

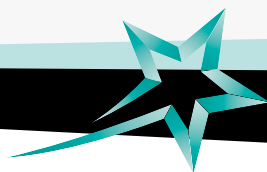
Kelly Samuels, CA – Silver Director

Tamera Kleinpeter, LA – Silver Director

Ruthie Loe, MN – Silver Director

Angela Flores, CA – Silver Apprentice

Renee Fleenor, CA – Silver Apprentice





thank you