



MEET PRYSM iO

You deserve to know—not just hope—if your nutritional wellness routine is really working. That means more than tracking general health trends; it means knowing if the antioxidants from your diet and supplements are actually being absorbed and available to deliver results you can count on. With Prysm iO, you get proof, not promises.

In just 15 seconds, Prysm iO measures key antioxidant levels in your skin—one trusted indicator correlated with healthy aging. Antioxidants help defend your body from oxidative stress and free radical damage, two of the biggest drivers of aging. By showing you your real-time antioxidant score, Prysm iO takes you from uncertainty to confidence, giving you simple, science-backed insights you can act on every day. Backed by 20+ years of antioxidant research, Prysm iO makes it easy to know your body is getting the antioxidant support it needs from your diet and nutritional supplements to look and feel its best.

WHY YOU'LL LOVE IT

- Track changes in your antioxidant levels over time and see how your score is impacted by your supplements and lifestyle choices.
- Prysm iO measures your skin antioxidant levels, which is one key indicator of healthy aging, lifestyle choices, and your body's natural ability to protect itself from oxidative stress and free radical damage.
- Scan anytime, anywhere, and get results in just seconds.
- Understand your antioxidant levels without blood tests or discomfort to help you make informed health choices.
- Measures light absorption in your skin and combines advanced AI with Nu Skin's expertise in antioxidant measurement technology to provide you with your Prysm Score.

WHAT POWERS IT

- Prysm iO uses **Spectral Rai Technology**, which consists of 700,000+ hyperspectral absorption measurements per scan to accurately assess light absorption in the skin. A predetermined algorithm driven by AI and referencing Raman technology converts these measurements into your Prysm Score.
 - Utilizes a series of **light emitting diodes (LEDs)** to measure antioxidant levels in the skin, as well as to factor out other elements that could interfere with your score.
 - Nu Skin's 20+ years of leadership in **antioxidant science and antioxidant measurement technology**.
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HOW TO USE IT

Step 1. Turn on the device by pressing the power button.

Step 2. Place the pad of your index finger over the lens and the scan will automatically begin. *Note: Be sure to not remove your finger from the lens during the scan.*

Step 3. The lights will circle for 15 seconds during the scan. When it's done, a single flashing light will show your Prysm Score colour zone.

Step 4. After 10 seconds the light indicators will turn off, and the device is ready to perform another scan. *Note: If a new scan is not initiated within 1 minute, the device will automatically turn off.*

For additional functions and insights download the Nu Skin Prysm iO app. It will guide you through a step-by-step setup and show you how to pair your device.

Best Practices for Accurate Scans

- Prysm iO should be on a flat, level surface when scanning.
- Make sure your finger is clean and dry before scanning.
- Make sure to clean the lens regularly with a soft cloth to remove oils and smudges.
- Position the centre of the pad of the finger as close to the centre of the scanning lens as possible.

- Lightly place your finger on the lens, applying gentle, even pressure.
 - Make sure your finger fully covers the lens to block any external light during the scan.
 - Avoid moving during the 15 second scan.
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TRY THESE WITH IT

The following supplements are Prysm approved and proven to help increase your skin antioxidant score:

- LifePak® Elements
 - TRMe™ Meal Balance
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RESULTS THAT PROVE IT

Nu Skin conducted an in-house, randomized, double-blind, placebo-controlled study to compare two non-invasive methods of detecting skin antioxidants with the Pharmanex S3 BioPhotonic Scanner and Prysm iO.

46 healthy adults ages 20–65 completed the study. Subjects were given either a supplement containing vitamins, minerals, antioxidants, and phytonutrients (n=29) or a placebo (n=17) with instructions to take the product 2x daily with meals for 12 weeks. Skin antioxidant scores from the BioPhotonic Scanner S3 (palm) were compared to those from a prototype Prysm iO device (fingertip) throughout the study.

Both the S3 and the Prysm prototype showed similar patterns in tracking changes in skin antioxidant levels over time: on average, individuals taking the supplement showed a 43% or 46% increase after 12 weeks of supplementation, respectively.

LEARN MORE ABOUT IT

What does Prysm iO measure?

With a quick, painless finger scan, Prysm iO measures antioxidant levels in your skin—an important indicator of your overall health. Antioxidants help protect your body by neutralizing harmful free radicals.

With each scan, you'll receive your Prysm Score, so you'll know if your wellness routine is having an impact. Regular assessments allow you to track changes over time as you adjust your diet, supplementation, and lifestyle.

How can Prysm iO help you?

Achieving better health isn't just about good intentions—it's about real progress. Prysm iO measures your antioxidant levels to help motivate you to make smarter wellness choices. Prysm iO is your trusted wellness partner, helping you understand your nutritional well-being with confidence.

How can I measure and improve my antioxidant levels?

You can measure your skin antioxidant levels via your Prysm Score. This score helps you understand how well your body is absorbing antioxidants from Prysm-approved products. To improve your score, focus on eating a variety of colourful, antioxidant-rich foods, taking high-quality Prysm-approved supplements like Pharmanex LifePak Elements and TRMe Meal Balance, and maintaining a healthy lifestyle with regular exercise, sleep, and stress management.

With continuous tracking and targeted insights, you can monitor your antioxidant health and learn how to better defend your body from oxidative stress.

Does it matter which finger I use to scan?

Scan variance can occur when scanning different fingers, placement isn't correct, pressing too firm or too light, or using a finger that hasn't been recently washed. For consistent tracking, it is best to scan using the same clean, dry finger and the same finger placement—we suggest using your index finger. You can anticipate scores with small variances (30–50 numeric points) between scans; this is statistically acceptable and considered within a tolerable range. Your score may fluctuate day-to-day.

If scanning children ages 3 to 7, we recommend scanning the thumb to ensure the entire lens of the device is covered (preventing light leak). Do not scan children under 3.

Are there other devices similar to Prysm iO?

Yes and no. While measuring antioxidants in the skin isn't a new concept, Prysm iO surpasses conventional technology and innovation. Backed by over 20 years of Raman-antioxidant research, our technology combines deep expertise with a proprietary process—leveraging cutting-edge AI and machine learning.

What is a Prysm-approved product?

If a product is Prysm approved, it means that our scientists are confident that it will raise your skin antioxidant levels (your Prysm Score) as measured by Prysm iO. Nu Skin India guarantees that after 90 days of consuming a Prysm-approved product at the recommended label amount, your Prysm Score will have increased. Please see [our Prysm-approved Guarantee](#) for full details.

Which supplements work best with Prysm iO?

Prysm iO pairs seamlessly with Pharmanex supplements to help optimize your health. Current products include:

- Pharmanex LifePak Elements—features essential vitamins, minerals, and phytonutrients.
- TRMe Meal Balance—enhances your diet with vegetarian protein and other nutrients.

Additional products are also in development to further enhance the benefits of Prysm iO's personalized wellness insights.

Prysm iO is not a medical device and should not be used as a substitute for professional medical guidance. It is not intended to diagnose, cure, mitigate, treat, or prevent any disease or medical condition, or to affect the structure and function of any part of the body. Always consult your healthcare provider before making decisions related to your health or wellness. Please see the Prysm iO manual for a full list of Safety Precautions.