



# NUTRITION & PRODUCTS MADE SIMPLE



# YOUR GUIDE TO HEALTHY NUTRITION



Most of us aspire to have a healthy, active life. The truth is that it is within our reach if we commit to some gradual, long-term lifestyle changes.

For over 30 years, Herbalife products have supported millions of people around the world in their quest for better nutrition as part of a healthy, active life. Our aim is to provide the gold standard in nutrition with products of the highest quality and containing the best ingredients.

This easy-to-use guide is packed with useful information about nutrition. It is designed to help you better understand our products and the benefits they provide and how people can use them to help achieve their wellness goals.

So, first of all, become a product of the product. Remember the phrase, “one picture is worth a thousand words?” Your energy, vitality and healthy appearance will say more than words ever can about the benefits of our products. Next, always remember that our products are intended to support a healthy, active life, not to diagnose, treat, cure or prevent any disease.

The information in this guide can help you discuss our products knowledgeably and responsibly. So use this guide with confidence; we’ve placed all the key facts at your fingertips so you can pass them to your customers whilst continuing to be a responsible ambassador of the Herbalife brand.

Great products. Greater knowledge. Better nutrition. It all adds up to one thing – the greatest chance to change lives around the world.

The best of health to you,

A handwritten signature in black ink, appearing to read 'MJ', with a long horizontal flourish extending to the right.

**Michael O. Johnson,**  
Chairman and Chief Executive Officer



# SCIENCE BEHIND HERBALIFE PRODUCTS

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Discover the Herbalife commitment to quality,  
innovation and pushing scientific boundaries

# SCIENCE BEHIND PRODUCTS

## *The Herbalife commitment to science and nutrition*

For around 30 years, our aim has been to change people's lives by providing the best nutrition and weight-management products globally. That's why we work with award-winning scientists and leading experts in the field of nutrition to bring high quality products to our independent Distributors and customers. We also actively maintain product compliance with EU & local regulatory codes and licensing requirements.

### Advancing the field of nutritional science



**Steve Henig, Ph.D.,**  
Chief Scientific Officer



**Luigi Gratton, M.P.H.**  
Vice President - Nutrition  
Education, Herbalife



**Prof. David Heber, Ph.D.,**  
Chairman - Herbalife Scientific  
and Nutrition Advisory Boards  
and Director, Centre for Human  
Nutrition, UCLA\*



**Louis Ignarro Ph.D.,**  
Nobel† Laureate in Medicine.  
Member of Herbalife Scientific  
and Nutrition Advisory Boards

As part of our commitment to quality and scientific integrity, we have established a Nutrition Advisory Board (NAB), consisting of leading health and nutrition experts from around the world, who help educate and train our independent Distributors on the principles of nutrition, physical activity and a healthy lifestyle.

Additionally, our Scientific Advisory Board (SAB) is made up of world-renowned scientists whose work

further the field of nutritional science. Professor David Heber serves as chairman of the Herbalife Nutrition Advisory Board and its Scientific Advisory Board, which includes award-winning scientist Louis Ignarro Ph.D. Together, the boards support the company's internal product development team by providing expertise on human nutrition.

### *Bringing great products to life*

The Herbalife Product and Science Centre in Los Angeles, USA, under the leadership of Chief Scientific Officer Steve Henig, is just one of the facilities where advanced technology is used to continually improve our existing product portfolio and develop new and innovative products.

In 2003, Herbalife helped establish the *Mark Hughes Cellular and Molecular Nutrition Laboratory* at the *Centre for Human Nutrition* at UCLA\* as part of its mission to advance nutritional science using the most progressive research and development technologies available.

\*Titles are for identification purposes only. The University of California, Los Angeles, as a matter of policy does not endorse specific products or services.

† The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.



**The Herbalife Product and Science Centre  
in Los Angeles, USA**

# SCIENCE BEHIND PRODUCTS

## *Clinical trials demonstrate the science behind the products*



*Clinical trial results are supported by science and are conducted in non-affiliated research facilities. This demonstrates our commitment to provide evidence to support the use and efficacy of our products, when used as recommended.*

One example is a clinical trial recently completed by a scientific team at the University of Ulm, Germany. The main objective was to use Formula 1 Meal Replacement shakes and Formula 3 Personalised Protein Power, to track the effect of different levels of protein on weight management.

The researchers wanted to determine if the people taking in more protein would lose more weight than people taking in a standard amount of protein similar to that of a normal diet. The study reported that people consuming more protein lost more body fat, than people consuming standard amounts of protein. They also found that weight loss associated with higher protein intake led to an improvement of certain health factors that are associated with being overweight. Additionally, the study showed that meal replacement shakes, such as Formula 1, are an effective way to control weight when combined with a healthy active lifestyle.



## **Quality at every stage**

The quality controls behind Herbalife products are always in place, from sourcing raw materials to delivering the finished product. We ensure that our raw materials are sourced from leading suppliers around the world and the manufacturing process is conducted in accordance with established quality standards.

Regular audits and inspections are carried out with Herbalife suppliers and manufacturers to ensure they follow our procedures and continue to maintain a high standard of production.

For more information about Herbalife and our products, please contact your local Herbalife Independent Distributor

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# NUTRITION MADE EASY

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Learn the basics of good nutrition and how easy it is to fit into your life; from protein and carbohydrates, to antioxidants, exercise and your BMI

# NUTRITION MADE EASY



## What is good nutrition?

Our everyday eating habits and lifestyle choices influence our health, energy levels and wellbeing. That's why at Herbalife, we're focussed on making positive changes toward better nutrition through a healthy and active lifestyle. So, it's a good idea to understand the basics of nutrition and then put it to practice **every day**.

Once you have a foundation of what the key nutrients are, it becomes easier to apply better nutrition to your life; adapting to your different lifestyle needs and weight management goals.

It's also important to adjust your eating patterns to your age - a man in his 20s has very different nutritional needs to a woman in her 50s. But remember, if you have a medical condition, it's important to discuss any major changes in your diet with your healthcare professional.

In the next section, you'll discover how these elements form the principles of the Herbalife Healthy Active Lifestyle Programme – a programme designed to help you get the most out of your health and your life.

In this section you'll find nutrition basics explained in an easy to understand way to help get you started

- ✓ Learn why including protein at every meal is an important part of a healthy lifestyle and key to managing your weight
- ✓ Learn how much fat is too much
- ✓ Learn how to determine your BMI – a useful indicator of healthy body weight, and how this relates to what you should be eating
- ✓ Plus much more!

## Energy and Metabolism

Energy is necessary for life. It's not only needed to run a mile, it is responsible for everything we do. We receive energy from the foods we eat, measured in calories or kilojoules. It's only macronutrients (plus alcohols) that provide our bodies with energy (see contribution values below).

Metabolism is the physical and chemical processes that create and use energy in the body. The break down of the food we eat and its transformation to energy is a function of metabolism. Approximately 70% of the calories we burn each day are used just to keep our organs working properly. Our metabolic rate is a measure of how fast these physical and chemical processes occur, and this is affected by both genetic and lifestyle factors.

Genetically, your natural body type plays a key role. If you are tall and slender, you are likely to naturally have a faster metabolism than someone who is shorter and larger. Body composition also affects your metabolic rate – specifically the fat to muscle ratio. The more muscle you have, the more calories are used to maintain that muscle. So, those with more muscle mass generally have a faster metabolic rate.



## Macronutrients



Macronutrients provide the energy needed for growth, metabolism, and other essential body functions. "Macro" means large, so macronutrients are nutrients needed in large amounts. There are three macronutrients:

- Carbohydrate (including fibre)
- Protein
- Fat

Each group of macronutrients contributes energy in different ways and different amounts. The energy contributions, based on the pure nutrient source are:

<b>Carbohydrates</b>	4 calories (17 kJoules) per gram
<b>Fibre</b>	2 calories (8 kJoules) per gram
<b>Protein</b>	4 calories (17 kJoules) per gram
<b>Fat (Lipids)</b>	9 calories (37 kJoules) per gram

So, 1g of pure fat provides 2¼ times the energy of 1g of carbohydrate.

## Carbohydrates

Carbohydrate is the general term for the group of nutrients which include sugars, starches and dietary fibre. Sugars and starches can be digested but fibre is indigestible and forms what is known as 'roughage'.

Carbohydrates:

- Are the macronutrient that we need in the largest volume
- Provide the body's main source of energy
- Are needed for proper functioning of the central nervous system, the kidneys and the brain by supplying glucose
- Help our muscle structure - including our heart - to function properly

There are two types of carbohydrates: simple & complex.

### Simple carbohydrates

Also known as simple sugars, tend to be refined and generally contain fewer essential vitamins and minerals. They are digested quickly and provide the body with instant energy because they contain refined sugars and are rapidly absorbed into the bloodstream. This can cause a spike and a slump in blood sugar resulting in fluctuations of energy and cause hunger pangs.

*Food sources of simple carbohydrates: some fruits and vegetables, fruit juice, yoghurt, honey, muffins and cakes.*



# NUTRITION MADE EASY

## Complex carbohydrates

Complex carbohydrates, like starches, are digested more slowly as they are packed with more complex sugars. Complex carbohydrates are made up of a number of different simple carbohydrate units bound together. They are broken down during the digestion process to simple sugars. The time taken to break them down means they are digested and absorbed into the body more slowly which results in a sustained energy release.

*Food sources of complex carbohydrates: vegetables, wholegrain breads, cereals, legumes and pasta.*

*Good carbohydrates – fruits and vegetables, whole grains, brown rice and whole grain pasta*

*Try to avoid or limit - Sweets and foods with a high refined sugar content - in other words simple carbohydrates – ready-made baked products, and fried foods which can be energy (calorie) rich due to their high fat content*



## Fibre

Fibre is a form of complex carbohydrate which cannot be digested and absorbed by the body. Fibre passes through the intestinal tract to help your digestive system process food and aid nutrient absorption. Fibre is beneficial for friendly bacteria (probiotic bacteria) that reside in the bowels.

There are two types of fibre: soluble and insoluble. Each has slightly different properties; soluble fibre absorbs water, swelling in the stomach. It benefits blood sugar regulation and helps to manage cholesterol levels. Insoluble fibre passes through the digestive system relatively intact and aids bowel movement excretion of wastes and toxins from the body. Both insoluble and soluble fibre is essential in the diet.

*Food sources of fibre: fruits and vegetables (with skin/peel on), wholegrain foods, nuts, seeds and pulses.*

## Proteins



Protein intake is particularly important for physically active people for its role in muscle repair and for those on a weight management programme as it helps you feel fuller for longer and can help build and maintain lean muscle mass.

Proteins are made up of amino acids. There are many functions of proteins:

- Creates and maintain lean muscle mass
- Plays an important role in tissue repair
- Helps the immune system function properly
- Provides a source of energy when carbohydrates and fats are not available
- Helps you feel fuller for longer as the body takes longer to digest them

Animal protein tends to be higher in fat than vegetable protein. If consuming animal protein, ensure you choose low fat options or lean cuts of meat.

*Good proteins – fish, eggs, milk (skimmed), soya, poultry, low fat dairy products, lean cuts of red meat*

*Try to avoid or limit – cuts of meat with high saturated fat content, high fat dairy products and processed meats that have hidden fat content*

## Fats

Fats are formed of fatty acids. Some fatty acids have essential health benefits such as omega-3 (e.g. fish oils) and omega-6 (e.g. vegetable oils), others less so.

### Fats:

- Help to absorb certain vitamins such as the fat soluble vitamins A, D, E and K
- Help in maintaining cell membranes
- Protect our organs from damage
- The body stores fat to provide energy when carbohydrate sources are used up, however, too much stored fat has negative health consequences

### There are three main types of fat:

**Saturated fats** are hard fats found mainly in animal products such as red meat, butter and full-fat cheeses. A high saturated fat intake is a key contributor to heart problems.

**Unsaturated fats**, also known as 'good fats' are found in foods such as olive and colza oils, avocado, oily fish, nuts and seeds.

Omega-3 and omega-6 are two unsaturated fats which are essential for health and must be obtained through the diet as the body is unable to produce them. They form part of the structure of every cell in our bodies. We need them to achieve and maintain a healthy heart, brain and healthy function of eyes, skin, joints, hair and immune system.

It's important to maintain a balance of omega-3 and omega-6 fatty acids. They work together to allow the body to function properly - particularly for the balance of inflammation. However, as omega-6 is more plentiful in the diet (found in vegetables), compared to omega-3 which is generally only found in oily fish; studies show many Western diets are low in omega-3, which creates an imbalance.

Although it's healthier to consume more unsaturated fat than saturated fat, it's important to remember that unsaturated fats still contribute to calorie intake. Calories from fat should make up 20-35% of daily total calorie intake, and saturated fats should be kept below 10% of total calorie intake.



**Trans fats** are chemically altered vegetable oils. They are made artificially during a process called hydrogenation where liquid oil is turned into solid fat. Trans fats have no nutritional value and are found in small amounts in many sweets, biscuits, ready-made baked products and fried foods.

Replacing saturated and trans fats in your diet with unsaturated fats have been shown to decrease the risk of developing heart disease.

*Good fats – Unsaturated fats - most vegetable oils including olive oil, nuts and seeds, avocado, oily fish such as salmon or mackerel which contain omega 3 fatty acids, sunflower, rapeseed and olive oil spreads*

*Try to avoid or limit – saturated fat and trans fats found in ready-made baked products, fried foods, chocolate confectionary and whole milk dairy products*

# NUTRITION MADE EASY

## Guideline Daily Amounts (GDA)



Guideline Daily Amounts (GDAs) are a European guideline for how much energy and key nutrients are needed for a balanced diet. Developed by industry bodies, they are recommendations for an average adult of healthy weight with an average level of exercise.

You can find GDAs on the packaging of most big food brands and they act to easily identify the nutritional value of the product. Remember, whether you're trying to lose weight, gain weight or maintain a healthy weight, every meal needs to be balanced to contain the right nutrients.

<b>GUIDELINE DAILY AMOUNT (GDA)</b>			
	<b>WOMEN</b>	<b>MEN</b>	<b>TYPICAL KCAL% OF DIET INTAKE</b>
<b>Energy kcal</b>	2000kcal	2500kcal	-
<b>Carbohydrate</b>	230g	300g	45-65%
<b>Fibre</b>	24g	24g	-
<b>Protein</b>	45g	55g	10-15%
<b>Fat</b>	70g	95g	20-35%

## Antioxidants



Our cells are constantly being challenged from the environment and inside the body by harmful molecules known as 'free radicals'. This is a natural process of oxidation, and the body helps to protect itself with substances called 'antioxidants' which neutralise these free radicals.

Fruits and vegetables are an excellent source of antioxidants that our body and skin need, as well as providing other essential vitamins and minerals.

Powerful antioxidants found in fruits and vegetables include vitamin A, C and E and nuts and fish are a good source of the antioxidant selenium.

Plant based antioxidants, called phytonutrients, give fruits and vegetables their variety of colours. For example, orange-coloured carrots and pumpkin are high in vitamin A (beta-carotene). It's important to eat as many different colours of fruits and vegetables each day to benefit from their antioxidant properties.

Orange-yellow	Oranges, tangerines, peaches, papayas, nectarines
Orange	Carrots, mangos, apricots, pumpkin, sweet potatoes
Red-purple	Red grapes, fresh or dried plums, cranberries, raspberries, blackberries, blueberries, strawberries
Red	Tomatoes and tomato products, pink grapefruit, watermelon
Yellow-green	Spinach, avocado, honeydew melon, yellow corn, green peas
Green	Broccoli, brussels sprouts, cabbage, Chinese cabbage, bok choy
White-green	Garlic, chives, onions, celery, leeks, asparagus

# NUTRITION MADE EASY

## Micronutrients



**Micronutrients** are required in very small quantities and help to use and conserve the energy from macronutrients. They also play a vital role in cell function and are essential for growth, development and the health of your skin.

Micronutrients include:

- Vitamins
- Minerals
- Trace elements

**Vitamins** are nutrients which are required in very small amounts but are essential to life. Vitamins cannot be made by the body in sufficient amounts so must be obtained from a varied diet.

There are 13 vitamins we must obtain from food to assist the growth and repair of skin, bone, muscle and many other body processes.

Vitamins are either fat soluble or water soluble:

- Fat soluble vitamins: A, D, E and K can be stored in our organs such as the liver for when we need them
- Water soluble vitamins: such as the B vitamins and vitamin C cannot be stored in the body, so regular consumption of foods containing these vitamins is essential

**Minerals and trace elements** are essential for the maintenance and control of many body functions, including the production of enzymes and hormones. There are 16 minerals and trace elements that we need in order to keep us healthy. Some, such as calcium, magnesium and phosphorus, are needed in large quantities for the growth and repair of bones and teeth. Others are needed in trace (small) amounts.

Vitamin/ Mineral	Major Function	Food Sources
<b>Vitamin A/ Beta-carotene</b>	Vision, growth, healthy skin, immune function	Spinach, leafy green vegetables, carrots, broccoli, apricots, milk and breakfast cereals
<b>Vitamin D</b>	Bone health	Milk and breakfast cereals, salmon, sardines
<b>Vitamin E</b>	Healthy cell membranes; antioxidant	Vegetable oils, nuts, seeds, cereals
<b>Vitamin K</b>	Blood clotting	Green vegetables, milk
<b>Vitamin B-1 (Thiamin)</b>	Helps obtain energy from foods; healthy nervous system	Whole and enriched grain products, dried beans, meats
<b>Vitamin B-2 (Riboflavin)</b>	Helps obtain energy from foods	Milk, mushrooms, spinach, whole grains
<b>Vitamin B-3 (Niacin)</b>	Helps obtain energy from foods	Mushrooms, bran, fish, chicken, beef, peanuts, enriched grains
<b>Vitamin B-6</b>	Helps body to process proteins; healthy nervous system	Meats, fish, poultry, spinach, broccoli, bananas, sunflower seeds
<b>Folic Acid</b>	Protects genetic material and helps reduce the risk of neural tube defects	Green leafy vegetables, orange juice
<b>Vitamin B-12</b>	Healthy nervous system	Animal foods (not naturally in plants), cereals and other fortified foods
<b>Vitamin C</b>	Healthy connective tissue; antioxidant	Citrus fruits, strawberries, green leafy vegetables, peppers, tomatoes, kiwi fruit
<b>Potassium</b>	Healthy nervous system	Spinach, squash, bananas, oranges, tomatoes, melons, dried beans, milk, whole grains
<b>Calcium</b>	Healthy nervous system; healthy bones and teeth	Milk, yogurt, cottage cheese, tofu, leafy vegetables and some fortified foods (such as orange juice)
<b>Copper</b>	Growth, helps maintain healthy levels of red blood cells	Beans, nuts, whole grains
<b>Iron</b>	Helps maintain healthy levels of red blood cells; healthy immune system	Meats, seafood, whole grains, broccoli, peas, bran
<b>Magnesium</b>	Bone strength, nerve and heart function	Wheat bran, green vegetables, nuts, chocolate, beans
<b>Selenium</b>	Antioxidant	Meats, eggs, fish, whole grains
<b>Zinc</b>	Growth, immunity, development	Seafood, meats, greens, whole grains

## Herbs and Botanicals



Many herbs and botanicals are found to have a beneficial effect on health, when combined with a balanced and varied diet. Here are a few examples:

Drinking tea dates back to as early as 551-479 BC and its well known refreshing and invigorating qualities have made it one of the world's most popular drinks. **Green and Black Tea** are a source of polyphenol and flavonoid antioxidants which can also help protect the body against the effects of free radicals.

**Rosemary** is a culinary herb containing more than a dozen antioxidants as well as vital micronutrients including iron, magnesium, phosphorus, potassium, sodium and zinc.

**Schizandara Berry** has a history of use helping the body adapt to stressful situations, contains antioxidant properties and may support the body's immune system.

The fruits of the **Guarana** shrub are a natural source of caffeine and were used for centuries by Amazon Indians to boost energy and alertness.

As one of the most versatile and beneficial plants, **Aloe Vera** has been used for centuries for its soothing health benefits. When added to water Aloe Vera can make a healthy refreshing drink to help you achieve adequate fluid intake each day.



## Water

Drinking plenty of water is vital for proper cell function; our bodies are made up of 60-70% water. Water helps to process nutrients, maintain circulation, body temperature and the right fluid balance. As a general guideline, try to drink 2 litres of water a day and if you are exercising, you'll need to drink more to replace water lost through sweat.

## *A Balanced and Varied Diet*

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Our body needs a varied and balanced diet to get the essential nutrients it needs. Guidelines for a healthy diet include:

- The right amount of macronutrients - energy giving carbohydrates, high fibre, low fat protein and unsaturated fats
- A balanced supply of micronutrients – vitamins, minerals and trace elements
- A diet low in sugar
- Limited sodium intake
- Plenty of colourful fresh fruit and vegetables to deliver important nutrients – at least five servings a day is a good start, but aim for seven servings
- Adequate hydration - at least 2 litres of water a day to ensure our bodies do not become dehydrated

Other healthy lifestyle habits:

- Reduce alcohol consumption
- Reduce salt consumption
- Avoid smoking

### **Balance throughout the day**

**What** you chose to eat is important, but **when** you eat it is critical to keep a healthy body.

- Starting the day with a healthy nutritious breakfast and a good fluid intake to replenish the essential nutrients and water that have been depleted during the night. A good breakfast sets you up with energy for the day and kick starts your metabolism
- Reasonable sized meals and healthy snacks throughout the day can help to regulate energy levels and may avoid energy peaks and troughs which can sometimes lead to unhealthy diet choices and poor nutrition. A good way to manage your energy and food intake is to eat five smaller meals a day, rather than three larger meals.
- Eating a light and balanced early evening meal, including plenty of fresh fruit and vegetables, can mean food is more easily digested compared to a heavy dinner eaten just before bed.

## Regular Exercise, Rest and Relaxation

Good nutrition is not the only necessity for good health and wellbeing. Regular exercise is vital for its many health benefits.

### Strong Bones and Muscles

Regular weight-bearing and aerobic activities help to sustain bone health and to build and maintain strong muscles.

Activities include:

- Walking
- Jogging
- Resistance weights

The greater your muscle mass, the easier it is to maintain a healthy weight. That's because when you have more muscle mass, you're able to burn more calories when you exercise.

### Stress Reduction

One of the best benefits of exercise is its ability to reduce stress. Exercise produces endorphins which are feelings of relaxation and wellbeing. A brisk walk or quick workout can be just what you need to help relax after a stressful day.



Incorporate 30 minutes of moderate to intense exercise into your day, 5 days a week



Common Chores	Sporting Activities
Washing and waxing a car for 45-60 minutes	Playing volleyball for 45-60 minutes
Washing windows or floors for 45-60 minutes	Playing football for 45 minutes
Gardening for 30-45 minutes	Walking 1.75 miles in 35 minutes
Raking leaves for 30 minutes	Bicycling 5 miles in 30 minutes
Walking 2 miles in 30 minutes	Dancing fast for 30 minutes
Shovelling snow for 15 minutes	Swimming laps for 20 minutes
Stair walking for 15 minutes	Running 1.5 miles in 15 minutes

Less Vigorous  
More Time

More Vigorous  
Less Time

### Get enough sleep

Ensure you get enough rest and relaxation to allow your body to recover from the day and prepare itself for another day ahead. Try to get at least 7 hours of quality sleep a night.



# NUTRITION MADE EASY

## Personalising Nutritional Intake

Now we've established the basics of a balanced diet, the importance of healthy exercise habits and drinking plenty of water, let's take a more detailed look at individualising a nutritional programme for you or your customer's needs.

Guideline Daily Amounts are general guidelines for the amount of macronutrients we should consume each day. But it's important to incorporate factors such as:

- Lifestyle e.g. a highly active sportsman will need more than the GDA for men of 2500 kcal.
- Age, gender or lifestage
- Actual body weight
- Body composition
- Activity levels
- Personal goals

Remember: your body's metabolic rate (the speed at which we burn calories) is affected by all of these factors.

### Different lifestyles = different nutritional needs

For **weight control** we may require nutrition that:

- Is calorie controlled, providing a balance of nutrients without excess calories
- Has good levels of protein and fibre to help us feel fuller for longer
- Helps to regulate energy levels to avoid the energy peaks and troughs that can lead to unhealthy diet choices and poor nutrition. Start each day with a healthy breakfast and try to eat five smaller meals a day

For a **busy active lifestyle** we may require a nutritional plan that:

- Helps maintain energy through the day with the right amount of energy sustaining carbohydrates
- Provides a complete but simple meal solution to avoid missing key nutrients or reaching for less healthy options
- Starts the day with breakfast to provide energy until lunch and avoid unhealthy snacking



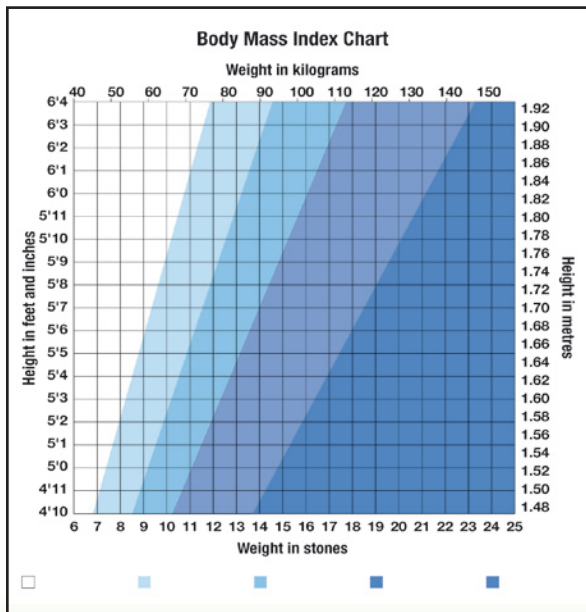
For **healthy ageing or other life stages** we may require nutrition that:

- Supports your gender specific or targeted needs
- Has the right level of nutrients for a naturally decreasing appetite and exercise levels which are associated with older age
- Provides specific nutrients to support the changing needs of your body. For example, a diet high in antioxidants, high fibre diet for digestion and extra calcium for bone strength

A **physically active lifestyle or professional sports person** may require a nutritional plan that:

- Provides additional good quality calories and nutrients to replace those used or depleted in exercise
- Offers sustained energy and effective hydration to fuel performance
- Provides good quality protein to build and repair muscle and aid recovery
- Provides complex carbohydrates for slow and quick energy release

# NUTRITION MADE EASY



## Body Mass Index

The Body Mass Index (BMI) is a broad way to determine whether your weight falls in a healthy range. It is considered a more useful measurement than weight alone, as it is based on both weight and height.

The BMI chart is a useful tool to use with your customers. If their BMI falls outside the healthy weight range (BMI above 25), a weight control or weight management programme using Herbalife Formula 1 and other weight management products may be beneficial.

## HOW TO CALCULATE YOUR BODY MASS INDEX

$$\text{Height in metres} \times \text{height in metres} = (A)$$

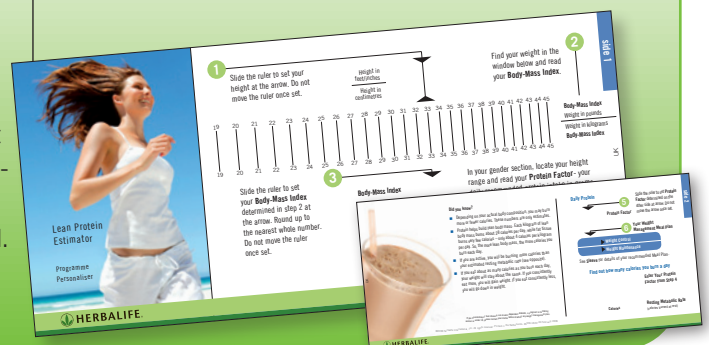
$$\text{Weight (kg)} / (A) = \text{Your BMI}$$

### A BMI:

- Less than 20 – Underweight
- 21 to 25 – Healthy weight range
- Over 25 – Overweight
- Over 30 – Obese

*Note: This index is a guideline only. It may not be appropriate for athletes or people who workout a lot as BMI does not take into consideration the fat to muscle ratio and this ratio affects BMI status.*

**Herbalife Lean Protein Estimator:** a handy and easy-to-use tool to determine your BMI, personal daily protein intake, resting metabolic rate and how these values can be used for a healthy meal plan with Herbalife Formula 1 shakes.



# NUTRITION MADE EASY

## Summary



Whether this information is completely new to you or it's just a refresher, keep this guide handy so you can refer back to it regularly. Although there are many things to consider when achieving a healthy active lifestyle, you'll be surprised how quickly you will build your knowledge.

Once you have developed a regular routine of eating well, drinking plenty of water, doing regular exercise and getting adequate rest, you'll find yourself with more energy for the day plus the added benefit of looking and feeling healthier!

As a Distributor, you can help your customers develop their own healthy active lifestyle programme by combining this basic nutrition and lifestyle information

with their individual factors such as their gender, life stage, body composition, activity levels and lifestyle. In this guide, you'll find information and product fact-sheets on Herbalife's key product categories. The five categories: 'Core Nutrition', 'Weight Management', 'Energy Sport & Fitness', 'Targeted Nutrition' and 'Outer Nutrition' are designed to complement a balanced and varied diet to help you achieve a healthy, active lifestyle and your individual weight management goals.

Don't understand a specific nutritional or food-related term? You'll find the glossary at the end of the guide.





# HEALTHY ACTIVE LIFE

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Start with the right foundation – the  
Herbalife Healthy Active Life

# HEALTHY ACTIVE LIFE

## *Herbalife Healthy Active Life Programme*



Living a healthy life is not only beneficial for your health and wellness – it gives you that extra energy boost.

Herbalife promotes and supports a healthy active life and believes that the foundation for this is good nutrition together with regular exercise, rest and relaxation.



### The principles of Herbalife's Healthy Active Life Programme:

- Good nutrition gained from a varied and balanced diet which includes the right balance of macro and micronutrients to suit an individual's needs and lifestyle (age, gender, life stage, weight, body composition, activity levels and metabolic rate)
- Reasonably balanced and nutritious meals and snacks throughout the day to help regulate energy levels and replenish depleted nutrients
- At least five, preferably seven, portions of colourful fresh fruit and vegetables per day for nutritional and antioxidant benefit
- Adequate hydration - at least 2 litres of water a day
- Regular exercise, rest and relaxation including 30 minutes of moderate to intense exercise a day (5 days a week) and at least 7 hours of quality sleep a night

If this looks like a big change to your diet or life, start by slowly introducing each step and you will soon be on your way to reaching your goals with a healthy and active lifestyle.

# CORE NUTRITION

For over 30 years, thousands of people around the world have achieved success with Herbalife Core Nutrition products. Use the core products as the basis for your programme



# CORE NUTRITION

## *The Foundation of a Healthy Active Life*

Herbalife believes that everyone can benefit from a healthy active life, which includes a balanced and varied diet with fresh fruit and vegetables, adequate water intake and regular exercise.

**Herbalife's three core nutrition products can help form a solid foundation for a balanced diet from which to build upon.**

- **Herbalife Formula 1 shakes** and bars are balanced meals that provide healthy soy protein, carbohydrates, and over 22 key vitamins and minerals.
- **Herbalife Formula 2 Multivitamin Complex** is a nutritional supplement that contains over 20 vitamins and minerals to contribute to good nutrition and overall health. It helps you achieve 100% of your recommended daily allowance of vitamins and minerals, when used in conjunction with Formula 1 shake.
- **Herbalife Fibre and Herb tablets** are a rich source of soluble fibre which helps optimise your digestive health and support the body's natural elimination of waste and toxins.

The Herbalife nutrition wheel below shows how the core nutrition products can help people achieve your personal nutrition goals. Start with the products at the centre of the wheel and then select the programme that best suits your needs.



### **So whether you're keen to:**

- Control your weight
- Need to fuel a busy active lifestyle
- Maximise energy in your senior years
- Or perform at your best in regular sports and exercise

Herbalife nutritional products can help build a plan that helps you achieve a healthy active life.



# HEALTHY MEAL



EXCLUSIVELY AVAILABLE THROUGH YOUR HERBALIFE INDEPENDENT DISTRIBUTOR

*feel the difference!*

#### Ingredients:

Soy protein isolate, fructose, soy lecithin, thickeners (cellulose powder, guar gum powder, carrageenan, xanthan gum), soy oil, flavours, oat fibre, corn bran, calcium citrate, fructooligosaccharides, anti-caking agent (silicon dioxide), milk protein, dextrose, potassium phosphate, magnesium oxide, rapeseed oil, L-ascorbic acid, ferrous fumarate, citrus pectin, honey powder, DL-alpha tocopheryl acetate, nicotinamide, parsley powder, papaya powder, zinc oxide, cupric gluconate, retinyl palmitate, D-calcium pantothenate, cholecalciferol, antioxidants (DL-alpha-tocopherol, L-ascorbyl 6-palmitate), pyridoxine hydrochloride, cyanocobalamin, manganese carbonate, riboflavin, thiamin hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin. Contains gluten.

For up to date ingredient & nutritional values please refer to the label on the product.

#### Nutritional information: Serving Size: 26 g, Servings per Container: 21

	per 100 g	per 26 g portion with 250 ml semi-skimmed milk	% EU RDA*
Energy	356 kcal (1502 kJ)	217 kcal (914 kJ)	-
Protein	34,6 g	17,5 g	-
Carbohydrates	34,6 g	22 g	-
of which: Sugar	32,7 g	21,5 g	-
Fat	8,8 g	6,5 g	-
of which:			
saturated fatty acids	1,9 g	3,1 g	-
mono-unsaturated fatty acids	1,2 g	1,6 g	-
poly-unsaturated fatty acids	5,8 g	1,5 g	-
Cholesterol	0,2 mg	18,2 mg	-
Dietary Fibre	9,6 g	2,5 g	-
Sodium	0,52 g	0,28 g	-
<b>VITAMINS</b>			
Vitamin A	1212 µg	370 µg	46 %
Vitamin D	9,6 µg	2,5 µg	50 %
Vitamin E	19,2 mg	5,0 mg	50 %
Vitamin C	57,7 mg	15,0 mg	25 %
Thiamin	1,08 mg	0,38 mg	27 %
Riboflavin	1,62 mg	0,88 mg	55 %
Niacin	20,8 mg	5,6 mg	31 %
Vitamin B6	1,92 mg	0,5 mg	25 %
Folic Acid	231 µg	60 µg	30 %
Vitamin B12	1,92 µg	1,5 µg	150 %
Biotin	96 µg	25 µg	17 %
Pantothenic Acid	6,5 mg	2,5 mg	42 %
<b>MINERALS</b>			
Calcium	385,0 mg	412 mg	52 %
Phosphorus	658 mg	416 mg	52 %
Iron	20,0 mg	5,2 mg	37 %
Magnesium	92,3 mg	53 mg	18 %
Zinc	14,2 mg	4,7 mg	31 %
Iodine	154 µg	40 µg	27 %
Potassium	500 mg	520 mg	-
Copper	1,92 mg	0,5 mg	-
Selenium	76,9 µg	20,0 µg	-
Manganese	1,15 mg	0,30 mg	-

RDA = Recommended Daily Allowance

## Core Nutrition

Formula 1 is a nutritionally balanced delicious Healthy Meal in a glass. Formulated with an excellent balance of macro and micro nutrients, Formula 1 has been scientifically proven to be an effective way to control and manage weight when combined with a healthy active lifestyle.

#### KEY BENEFITS

- **Calorie restricted:** contains less than 220 calories per shake to make it easy to manage daily calorie intake.
- Contains a balanced combination of soy protein and plant based carbohydrates that can help you feel fuller for longer and sustain your energy levels as part of a weight management or healthy nutrition programme.
- Contains soy: the inclusion of at least 25 grams of soy protein a day as part of a diet low in saturated fat can help you maintain healthy blood cholesterol levels.
- Contains soy protein which can help build and maintain lean muscle mass as part of a fitness programme.
- Contains high levels of essential vitamins and minerals to help you reach your Recommended Daily Allowance.
- Available in 6 flavours: smooth fruity options, plain vanilla, sweet chocolate or crunchy cookies & cream. The choice is yours!
- Optimise the taste by adding in your favourite fruits

#### WHY DO YOU NEED IT?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet. A healthy meal like Herbalife Formula 1 keeps your caloric intake down to avoid putting on extra weight, while also providing essential vitamins and minerals, long lasting carbohydrate and protein for sustained energy and satiety.

#### USAGE

Enjoy Formula 1 shake every day as a healthy meal option.

Mix two tablespoons of powder (26 grams) with 250ml of semi-skimmed milk (low fat).

- **When used for weight control: replace two meals per day with this delicious shake and eat one nutritionally balanced meal.**
- **For healthy nutrition: Replace one meal per day with Formula 1 shake and eat two nutritionally balanced meals.**

This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity.

Your Herbalife Independent Distributor is:



# FORMULA 1 EXPRESS BAR

## Nutritional information: 1 portion = 1 bar (56g)

	per 100 g	per bar (56g)	% EU RDA*
Energy	370 kcal (1550 kJ)	207 kcal (868 kJ)	-
Protein	23,9 g	13,4 g	-
Carbohydrates	37,5 g	21,0 g	-
of which: Sugar	25,4 g	14,2 g	-
Fat	10,6 g	5,9 g	-
of which:			
saturated fatty acids	3,5 g	1,9 g	-
mono-unsaturated fatty acids	3,2 g	1,8 g	-
poly-unsaturated fatty acids	3,8 g	2,1 g	-
Linoleic acid	2,7 g	1,5 g	-
Dietary Fibre	14,5 g	8,1 g	-
Sodium	0,39 g	0,22 g	-
<b>VITAMINS</b>			
Vitamin A	433 µg	242 µg	30%
Vitamin D	2,8 µg	1,5 µg	30%
Vitamin E	6,6 mg	3,7 mg	31%
Vitamin C	43,4 mg	24,3 mg	30%
Thiamin	0,61 mg	0,34 mg	31%
Riboflavin	0,9 mg	0,5 mg	36%
Niacin	10,2 mg	5,7 mg	36%
Vitamin B6	0,82 mg	0,46 mg	33%
Folic Acid	108,4 µg	60,7 µg	30%
Vitamin B12	1,35 µg	0,75 µg	30%
Biotin	27,1 µg	15,2 µg	30%
Pantothenic Acid	3,25 mg	1,8 mg	30%
<b>MINERALS</b>			
Calcium	428 mg	239 mg	30%
Phosphorous	604 mg	338 mg	48%
Iron	11,1 mg	6,2 mg	44%
Magnesium	98,0 mg	54,9 mg	15%
Zinc	6,21 mg	3,48 mg	35%
Iodine	82,5 µg	46,2 µg	31%
Potassium	928 mg	519 mg	26%
Copper	0,83 mg	0,46 mg	46%
Selenium	29,9 µg	16,7 µg	30%
Manganese	1,08 mg	0,61 mg	30%



### Ingredients:

Soy granules, fructose-glucose syrup, soy crisps (soy protein, tapioca starch, salt), milk chocolate 8,9% (sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier: soy lecithin; flavours), glukose syrup, polydextrose, soy protein, oligofructose, choco extruded cornflakes (corn flour, wheat flour, low fat cocoa, sugar, wheat malt, salt, flavours), fructose, minerals (dipotassium phosphate, tricalcium phosphate, magnesium oxide, ferric(III)diphosphate, zinc oxide, manganese sulphate, copper sulphate, potassium iodide, sodium selenite), chocolate drops 1,8% (sugar, cocoa mass, cocoa butter, emulsifier: soy lecithin; vanilla), vegetable fibres: acacia gum; sunflower oil, flavours, salt, acidulant: citric acid; emulsifier (soy lecithin), vitamins [vitamin C (ascorbic acid), nicotinamide, vitamin E (tocopheryl acetate), calcium pantothenate, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamine hydrochloride), vitamin A (retinyl acetate), folic acid, biotin, vitamin D (cholecalciferol), vitamin B12 (cyanocobalamin)]. Contains milk, soya and gluten. May contain traces of carrot, nuts, peanuts and sesame seeds.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

\* RDA = Recommended Daily Allowance per Bar

## Core Nutrition

When you're out and about, you'll never have to worry about missing a healthy and tasty meal. The convenient and portable Formula 1 Healthy Meal Bar is nutritionally balanced and tasty. The Formula 1 Healthy Meal Bar provides you with the essential nutrients needed for a healthy meal\* on the go.

### KEY BENEFITS

- **Calorie controlled with only 207 calories per bar**
- **High in fibre and soy protein for sustained energy levels and to help keep you feeling fuller for longer**
- **Low glycaemic index (GI)**
- **Contains soy: the inclusion of at least 25g of soy protein a day, as part of a diet low in saturated fat can help you maintain healthy cholesterol levels**
- **Contains essential vitamins and minerals to help you reach your Recommended Daily Allowance (RDA)**
- **Suitable for vegetarians**
- **Available in chocolate and red fruits & yoghurt flavour**
- **Nutritionally balanced and tasty meal in a convenient and portable bar**

### WHY DO YOU NEED IT?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet which can be difficult if convenient and tasty solutions are out of reach. A healthy meal like Herbalife Formula 1 Shake or Formula 1 Healthy Meal Bar keep your caloric intake down to avoid putting on extra weight, while also providing you essential vitamins and minerals, long lasting carbohydrate and protein for energy to help feel fuller for longer.

### USAGE

Enjoy Formula 1 Shake or Healthy Meal Bar everyday as a healthy meal option.

### Want a personalised weight management programme?

Formula 1 Shakes is already the preferred healthy meal solution for millions of people everyday helping them achieve weight management results they feel proud of. Make it a tasty meal everyday by adding your favourite fruits to personalise the flavour even more. Your Formula 1 comes in a cannister or single serving sachets.

### Need a convenient healthy meal when on the go?

**NEW** - Formula 1 Healthy Meal Bar is handy to keep with you when you are on the go, and when consumed with a generous drink of water, you never have to miss out on a nutritious meal. Available in a delicious chocolate and crunchy flavour, it is the tempting meal replacement to avoid excess-calorie options when on the go.

*\*This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity.*

# ESSENTIAL MICRONUTRIENTS

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*feel the difference!*

#### Ingredients:

Calcium Carbonate, Potassium Gluconate, Magnesium Oxide, L-Ascorbic Acid, Stearic Acid, Zinc Gluconate Granular, Nicotinamide, Filling Agents: Sodium Croscarmellose, Microcrystalline Cellulose; Anti-caking Agents: Silicon Dioxide, Magnesium Stearate; DL - alphaTocopheryl Acetate, Potassium Glycero-phosphate, Manganese Gluconate, D-Biotin, Pyridoxine Hydrochloride, Riboflavin, BetaineHydrochloride, D - Calcium Pantothenate, Para Amino Benzoic Acid, Thiamin Hydrochloride, Ferrous Fumarate, Beta Carotene, Coating: Sodium Carboxymethylcellulose, Glycerine; Copper Gluconate, Selenomethionine, Pyridoxal 5 Phosphate, Chromium Nicotinate, Retinyl Acetate, Choline Bitartrate, Inositol, Vanadium Amino Acid Chelate, Cholecalciferol, Pteroylmonoglutamic Acid, Potassium Iodide, Broccoli, Carrot, Cauliflower, CitrusBioflavonoids, Cabbage, Licorice Root, Limonene: blend of citrus fruits, Garlic, Polyoids\*\* (from freeze dried fruits), Spinach, Bee Pollen, Cyanocobalamin, Chromium Polynicotinate. Herbs: Bee Pollen, Broccoli, Carrot, Cauliflower, Citrus Bioflavonoids, Cabbage, Garlic, Licorice (root), Limonene, Polyoids\*\*, Spinach.

Herbs: Bee Pollen, Broccoli, Carrot, Cauliflower, Citrus Bioflavonoids, Cabbage, Garlic, Licorice (root), Limonene, Polyoids\*\*, Spinach.

\*\*Polyoids is a trademark of Triarco Industries, Inc.

For up to date ingredient & nutritional values please refer to the label on the product.

#### Nutritional information, average serving:

	THREE TABLETS PROVIDE:	% EU RDA*
<b>VITAMINS:</b>		
Vitamin A	1000,0 µg	125 %
Vitamin B1	20,0 mg	1429 %
Vitamin B2	25,0 mg	1563 %
Vitamin B6	30,0 mg	1500 %
Vitamin B12	6 µg	600 %
Folic Acid	400 µg	200 %
Niacin	100 mg	556 %
Pantothenic acid	20,0 mg	333 %
Biotin	0,30 mg	200 %
Vitamin C	150 mg	250 %
Vitamin D	10 µg	200 %
Vitamin E	30,0 mg	300 %
<b>MINERALS:</b>		
Calcium	500 mg	63 %
Magnesium	200 mg	67 %
Iron	6,0 mg	43 %
Zinc	15,0 mg	100 %
Iodine	150 µg	100 %
Copper	1500 µg	-
Manganese	5,0 mg	-
Chromium	99 µg	-
Selenium	51 µg	-
Vanadium	6 µg	-
<b>WITH:</b>		
Para Amino	-	-
Benzoic Acid	24,0 mg	-
Betaine HCl	30,0 mg	-
Herbs	36,0 mg	-
Choline Bitartrate	6,0 mg	-
Inositol	6,0 mg	-

\*RDA = Recommended Daily Allowance

## Core Nutrition

**Formula 2 Multivitamin provides over 20 vitamins and minerals to contribute to good nutrition and overall health.**

#### KEY BENEFITS

Helps you achieve 100% of your daily vitamin and mineral requirement when used in conjunction with Formula 1.

Formula 2 is high in:

- **Calcium and vitamin D for normal bone structure**
- **Zinc to support a healthy immune system**
- **B vitamins to support energy metabolism**
- **Antioxidant vitamins C and E for protection of cells against free radical damage.**



#### ALSO TRY

For the optimum healthy active lifestyle programme, try using Formula 2 Multivitamin Complex in conjunction with Formula 1, which is a nutritionally balanced delicious healthy meal in a glass; scientifically proven as an effective way to control weight when combined with a healthy active lifestyle.

#### WHY DO YOU NEED IT?

Your body needs the right balance of vitamins and minerals to function properly. Research suggests the best way to ensure that we achieve this, is to eat a balanced and varied diet including at least 5 portions of fruit and vegetables every day. For those who might not be achieving optimum nutrition, a multivitamin supplement can help.

#### USAGE

One tablet three times daily with meals. This product can be used in conjunction with Herbalife Formula 1 Nutritional Shake Mix.

Your Herbalife Independent Distributor is:

Information on this factsheet refers to product sold in xxxx.

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# FIBRE SUPPLEMENT

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## Nutritional information, average serving:

	pro 100 g	Per 6 tablets
Energy	330 kcal 1381 kJ	19,9 kcal 83,3 kJ
Protein	2,9 g	0,17 g
Carbohydrates	70,7 g	4,27 g
Fats	3,5 g	0,21 g
Dietary Fibre	54,5 g	3,29 g

### Ingredients:

Oat fibre (38%), bulking agents (calcium carbonate, dicalcium phosphate), starch, anticaking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids), thickener (acacia gum), peppermint powder (2%), parsley herb powder (2%), orange blossom powder (2%), hibiscus flower powder (2%), fennel seed powder (2%), eucalyptus powder (2%), chamomile flower powder (2%), maltodextrin, stabilizers (hydroxypropyl methyl cellulose, hydroxypropyl cellulose), apple cider vinegar (1%), glazing agents (sodium carboxy methyl cellulose, lecithin from soy), papaya fruit powder (0.5%), dextrin, dextrose.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Core Nutrition

Fibre & Herb is high in soluble fibre which helps to optimise your digestive health by supporting the body's natural elimination of waste and toxins.

### KEY BENEFITS

- A nutritional supplement to help you increase your daily fibre intake to support digestive health
- High in soluble fibre to help the body with the natural elimination of waste and toxins
- Ideal to use in conjunction with Herbalife Formula 1 shakes and Formula 2 Multivitamin Complex as part of your weight management programme and to support overall healthy nutrition

### WHY DO YOU NEED IT?

Getting enough fibre in the diet is essential for healthy digestive function. One of the many well known benefits of adequate fibre intake is its role to speed up the passage of food and to help eliminate toxins from the body. Studies suggest that Western diets are low in fibre; the average adult consumption of fibre is typically around 17g per day in Europe. Yet it is recommended your body needs 24 to 30g of fibre to optimise your digestive system.

### USAGE

Take two tablets with each meal, three times per day.

This product may be used in conjunction with Herbalife Formula 1 Nutritional Shake Mix and Herbalife Formula 2 Multivitamin Complex.



### ALSO TRY

Use Formula 2 Multivitamin Complex in conjunction with Formula 1 shakes as part of your weight-management programme or to support overall healthy nutrition.

Your Herbalife Independent Distributor is:

# WEIGHT MANAGEMENT

Whatever your goal, find out how  
Herbalife can support and enhance  
your weight management results



# WEIGHT MANAGEMENT

Managing your weight can be a daily struggle for many people. The media, advertisements and our own hunger pangs can be a challenge. But successful and lasting weight management can be achieved when you lead a healthy and active lifestyle, and have the determination!

Herbalife's Healthy Active Life Programme is centred on eating a balanced and varied diet and getting regular exercise. Once this foundation is in place, Herbalife weight management products have been specifically designed to complement and enhance this programme to help you achieve results.

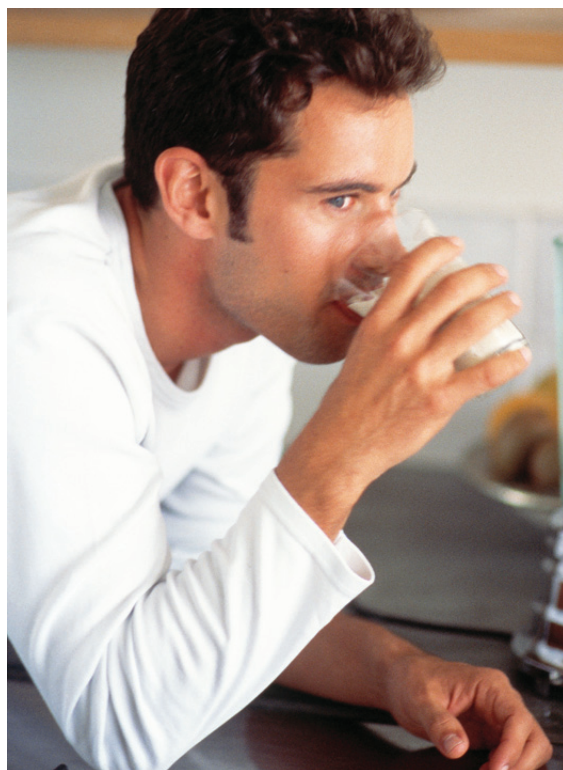
Everyone has a different need when it comes to weight management; whether it's weight loss, weight gain, or maintaining your current weight. In this section, you'll discover how including Herbalife products, into your programme, can help keep you on the right track to reach your goals.

## Herbalife's Weight Management programme is based around key products:

- **Formula 1 Shakes and Bars** – Nutritionally balanced meal replacements with a careful balance of soy protein, carbohydrates and essential nutrients. Taking in conjunction with **Formula 2 Multivitamin Complex** helps you achieve 100% of your 'daily' vitamin and mineral requirements (RDA)
- **Fibre and Herb** - high in soluble fibre to help provide the body's natural elimination of wastes and toxins
- **Formula 3 Personalised Protein Powder** – can be added to a Formula 1 shake, or to food such as soups and sauces to personalise your protein intake
- **Protein Bars** – healthy, tasty snacks for inbetween meals
- **A range of drinks and food supplements** to enhance your daily diet which are targeted to specific nutritional or weight management challenges

## The benefits of Weight Management with Herbalife

There are always challenges associated with weight loss. Two common challenges are adapting the weight management programme to your individual needs, and incorporating it into your life. Herbalife's tailored approach helps to minimise these issues so you can concentrate on reaching your goals:



**Flexibility** – Herbalife weight management products allow you to personalise your programme according to your specific needs:

- Increase your protein intake to help you feel fuller for longer. Add Formula 3 Personalised Protein Powder to your shake or sprinkle it on food
- You can change the number of shakes you have each day depending on whether you want to maintain, lose or gain weight

**Versatile** – Lack of time, convenience and desires for sweet foods are just some of the common issues we face each day.

Herbalife weight management products are easy to use and have been designed with your different lifestyles in mind.

- Formula 1 is available in a canister – ideal for home or work, or as bars for when you're on the move
- Protein Bars are another convenient way to stay healthy while snacking on the go.

# WEIGHT MANAGEMENT

***“My diet lacks variation. I miss having a mix of good tasty food.”***



*The boredom of having a restrictive diet with limited taste, texture or variety every day can often result in people opting out of their weight management programme. Herbalife products offer plenty of variety for your daily routine – a vital ingredient for long term success.*

**Formula 1 shakes are available in six delicious flavours and by adding different fruits or trying one of our exciting recipes, you can explore new flavour combinations every day of the week. There are also a variety of delicious sweet healthy snacks for in-between meals.**

**As part of a weight management programme you should also eat one or two nutritious meals in combination with Formula 1 shakes (depending on what programme you are following). So you can still be creative with a variety of lean protein, plenty of colourful vegetables and small amounts of good fats.**

***“I often lack energy and feel sluggish when I’m on a diet and frequently feel hungry!”***

*To lose weight you need to consume fewer calories than you expend. However, if you don’t maintain good levels of macro and micro nutrients, you may find you are never satisfied after eating, or still lack energy, making you reach for products such as sugary drinks, biscuits or other unhealthy snacks. These foods can cause an energy spike (rise in blood sugar) followed by an energy crash (fall in blood sugar), which leads to further fatigue and hunger.*

*Skipping meals, especially breakfast may seem like a good way to cut calories, but it can leave you feeling tired and hungry long before your next meal.*

**Herbalife Formula 1 shakes and Express bar are scientifically formulated to provide a calorie controlled healthy meal with essential macro and micro nutrients. Formula 1 shakes are high in complex carbohydrates and healthy soy protein to help sustain energy levels and keep you feeling fuller for longer.**

**Herbalife has a variety of other products to keep your energy levels topped up. Products such as caffeinated beverages help to counteract**



**any energy dip during the day, and a range of targeted nutrition products to support a healthy diet and address energy issues such as ‘sluggishness’.**

## “How can I maintain a healthy diet when I’m constantly on the go?”

The key to achieving and maintaining a healthy weight lies in the ability to adapt a diet to fit your individual nutritional needs and lifestyle.

**Herbalife believes in everybody having their own personal nutrition plan – no one diet is suitable for everyone. That’s why we’ve designed products that**

- a) Allow a personalised balance of nutrients
- b) Are easy to take at home, at work or on the go

**Accessibility is often an area where people’s diets fail.** If you get hungry and you don’t have a healthy meal close to hand, it’s easy to go for something unhealthy which is often high in calories.

**Herbalife has taken the hard work out of preparing good nutrition by doing the calorie counting and measuring for you:**

- Quick and easy Formula 1 shakes make a great start to the day
- Keep the Formula 1 Express bar in your bag, so you’re never without a tasty and healthy meal on the go.
- For healthy snacking, protein bars are convenient and taste great, leaving you to get on with your busy day

**Talk to your personal Herbalife coach and together create your personal nutrition programme, plus they’re there to offer you support and advice along the way.**



### ‘Clinical Trials to demonstrate the science behind Formula 1’

A clinical trial recently conducted at the University of Ulm in Germany tracked the effect of different levels of protein on weight management using Herbalife Formula 1 Meal Replacement Shakes and Formula 3 Personalised Protein Powder. The researchers wanted to determine if taking more protein would result in losing more weight than a standard intake of protein – similar to that of a normal diet.

Results showed that those who consumed more protein lost 72% more weight, than those who consumed standard amounts of protein. They also found that weight loss associated with a higher protein intake led to an improvement of certain health factors associated with being overweight.

The study concluded that taking meal replacement shakes, such as Herbalife Formula 1 with added protein (Formula 3 PPP), is an effective way to control weight when combined with a healthy active life.

# HIGH PROTEIN SUPPLEMENT



## Nutritional information, average serving:

	Per 100 g	Per 1 T (6 g)
Energy	383,3 kcal 1604 kJ	23 kcal 96,2 kJ
Protein	83 g	4,99 g
Carbohydrates	3,67 g	0,22 g
Fats	4,3 g	0,26 g

### Ingredients:

Soy protein isolate (75%), milk whey protein concentrate (24,5%), vanilla flavour, anti-caking agent (silicon dioxide).

For up to date ingredient & nutritional values please refer to the label on the product.

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## Weight Management

Formula 3 Personalised Protein Powder is a rich source of soy and whey protein, which can help you feel fuller for longer and can help build muscle mass as part of a fitness programme.

### KEY BENEFITS

Formula 3 is an easy way to personalise your protein intake to suit your weight management or fitness needs.

Formula 3 is a rich source of soy and whey protein which:

- Provides energy
- Keeps you feeling fuller for longer to help you reach your weight management goals
- Helps to build lean muscle mass when used as part of a fitness programme
- Aids muscle recovery after exercise
- Contributes to better bone health.



### ALSO TRY

Why not combine Formula 3 Personalised Protein Powder with your favourite flavour of Formula 1 shake to help keep you fuller for longer and allowing you to personalise your protein intake.

### WHY DO YOU NEED IT?

Unhealthy snacking in-between meals is often what ruins weight management programmes. Foods rich in protein can help reduce this temptation because protein promotes a feeling of fullness. Diets high in protein are also essential for those active in sport and fitness as protein builds lean muscle mass and aids muscle recovery, minimising post-exercise muscle fatigue.

### USAGE

One level teaspoon of powder (6g) supplies 5g of protein. Take one to four servings daily.

Formula 3 can be added to your Herbalife Formula 1 shake or stirred into other foods such as sauces, soups and gravies.

Your Herbalife Independent Distributor is:



# CHOCOLATE PEANUT PROTEIN BAR

## Nutritional information:

Serving Size: 1 Bar (35 g), Servings Per Carton: 14

	per 35 g (1 bar)	% RDA*	per 100 g	% RDA*
Energy	139 kcal 586 kJ	-	397 kcal 1673 kJ	-
Protein	9,9 g	-	28,0 g	-
Carbohydrates	15,0 g	-	44,0 g	-
of which sugar	10 g	-	28,6 g	-
Fats	4,0 g	-	12,0 g	-
saturated fatty acids	1,6 g	-	4,6 g	-
Fibre	0,4 g	-	1,14 g	-
Sodium	0,018 g	-	0,051 g	-
Vitamin E	5,0 mg	50	14,2 mg	142
Vitamin B1	0,7 mg	50	2,0 mg	143
Vitamin B2	0,8 mg	50	2,3 mg	144
Niacin	4,5 mg	25	12,9 mg	72
Vitamin B6	1,0 mg	50	2,9 mg	145
Vitamin B12	0,5 µg	50	1,43 µg	143
Pantothenic Acid	3,0 mg	50	8,5 mg	142

\* Recommended Daily Allowance (RDA)

### Ingredients:

Milk protein, fructose syrup, glucose syrup, milk chocolate coating (sugar, cocoa butter, milk powder, chocolate liquor, emulsifier: soy lecithin; flavouring), almond paste (6,6%), hydrolysate from collagen protein, crisped rice, flavours, DL-alpha-tocopherol, niacinamide, D-calcium pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cyanocobalamin.

May contain traces of peanuts, other nuts, gluten and egg. For up to date ingredient & nutritional values please refer to the label on the product.

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## Weight Management

Herbalife Protein Bars are a delicious healthy snack. With approximately 140 calories and individually wrapped to maintain freshness, they are great for looking after your waistline while keeping your energy levels sustained.

### KEY BENEFITS

- The combination of 10g of protein and 16g carbohydrate for sustained energy release
- High in protein to keep you feeling fuller for longer to help you avoid unnecessary snacking in between meals
- Provides carbohydrates which can help prepare the body for exercise and high protein which can aid muscle recovery after exercise
- High in B vitamins to help release energy from fats and carbohydrates
- Approximately 140 calories – fewer calories than most typical chocolate bars
- Each bar is individually wrapped so you can enjoy this healthy snack on the go
- Available in three delicious flavours chocolate peanut, vanilla almond and citrus lemon
- Coated in chocolate for your sweet tooth.

### WHY DO YOU NEED IT?

You don't have to feel guilty when snacking. Healthy snacks should have limited calories and should provide you with a feeling of fullness to get you going till the next meal. Eating healthy snacks, such as Herbalife Protein Bars, provide a good level of protein and carbohydrates with fewer calories, but still tasting delicious.

### USAGE

One or two bars per day as a healthy snack.

Your Herbalife Independent Distributor is:

# ALOE DRINK



#### Ingredients:

Aloe vera concentrate (40%), sucrose, water, acidity regulator: citric acid; flavouring: natural lemon; alfalfa extract, chamomile extract, preservatives: potassium sorbate, sodium benzoate; antioxidant: ascorbic acid.

For up to date ingredient & nutritional values please refer to the label on the product.

## Weight Management

Made from the Aloe leaf, Herbal Aloe Concentrate is a refreshing drink which contains Aloe Vera gel to give water a refreshing citrus twist.

#### KEY BENEFITS

- Contains 40% Aloe Vera gel derived from the Aloe Vera leaf
- Added to water, Herbal Aloe Concentrate provides a refreshing taste which may stimulate you to drink more water thus helping you to achieve the required fluid intake of 2 litres per day.
- Contains citrus to provide a refreshing flavour

#### WHY DO YOU NEED IT?

Whether trying to control your weight or leading a busy and active lifestyle, it can be hard to ensure you give your body the required daily fluid intake of 2 litres each day. Using Herbal Aloe Concentrate provides an ideal way to enjoy a healthy, refreshing and great tasting drink helping you to increase your fluid intake.

#### USAGE

Mix 3-4 capfuls (15-20 ml) with 125ml of water.



#### ALSO TRY

Why not complement this refreshing beverage with Herbal Complex tablets containing potassium which contributes to water and electrolyte balance.

Your Herbalife Independent Distributor is:

# ENERGY RELEASE



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Nutritional information, average serving:

	Per 100 g	per 3 capsules	%EU RDA*
Energy	303 kcal 1270 kJ	4,9 kcal 20,4 kJ	-
Protein	24,30 g	0,39 g	-
Carbohydrate	11,2 g	0,18 g	-
Fats	3,7 g	0,06 g	-
Vitamin B1	87,9 mg	1,40 mg	100%
Vitamin B2	99,1 mg	1,60 mg	100%
Vitamin B6	125,3 mg	2,00 mg	100%
Zinc	323,5 mg	5,19 mg	35%
Manganese	61,70 mg	0,99 mg	-
Copper	22,40 mg	0,36 mg	-

\* Recommended Daily Allowance (RDA) per 3 capsules

### Ingredients:

Calcium citrate (37,4%), gelatin, dextrose, thickener: microcrystalline cellulose; clorella algae powder (7,5%) (Chlorella vulgaris), malic acid (6,1%), shiitake mushroom (5,6%), anti-caking agents: magnesium stearate, silicon dioxide; zinc citrate, cayenne powder (0,9%), milk lactoferrin (0,9%), manganese carbonate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, copper citrate.

For up to date ingredient & nutritional values please refer to the label on the product.

## Weight Management

Cell Activator capsules are a source of key B vitamins that can help to convert food to energy. Cell Activator also helps support energy metabolism and production; this is essential whether on a weight management programme or as part of a busy, active or sporty lifestyle.

### KEY BENEFITS

- Source of key B vitamins to help convert food to fuel and support energy metabolism
- Contains the essential trace mineral copper to support energy production.

### WHY DO YOU NEED IT?

B vitamins are essential for energy metabolism and production by helping to release energy from the foods we consume. Because B vitamins are water soluble, they are not stored by the body, so it is important to ensure your body receives the daily required intake either through increased consumption of vitamin B rich foods, or supplementation. This is particularly important if you are on a weight management programme or lead an active or sporty lifestyle.

### USAGE

Take one capsule three times per day. By taking Cell Activator tablets throughout the day you can help your body release energy from foods, so you get the most nutritional benefit out of your food.

### ALSO TRY



A low calorie caffeinated effervescent energy drink, with added vitamins B and C, Liftoff can help you stay alert and focused.

Your Herbalife Independent Distributor is:

# WATER BALANCE

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



## Nutritional information, average serving:

	per 3 tablets	% EU RDA*
Energy	5,4 kcal (22,5 kJ)	-
Protein	0,03 g	-
Carbohydrate	0,87 g	-
Fats	0,20 g	-
Vitamin C	249 mg	415 %
Calcium	264 mg	33 %
Iron	3 mg	21 %
Lecithin	50 mg	-
Kelp powder	100 mg	-
Cider Vinegar powder	100 mg	-

\* Recommended Daily Allowance (RDA)

### Active Ingredients:

Couch grass powder, uva ursi extract and buchu leaf extract.

### Ingredients:

Calcium carbonate, potassium chloride, L-ascorbic acid, anticaking agents: stearic acid, silicon dioxide; kelp powder, apple cider vinegar powder, emulsifier: soy lecithin; thickener: acacia; maltodextrin, bulking agents: dicalcium phosphate, tricalcium phosphate; glazing agents: sodium carboxymethylcellulose, soy lecithin; milk lactose, starch, ferrous fumarate, dextrin, dextrose.

For up to date ingredient & nutritional values please refer to the label on the product.

## Weight Management

Herbal Complex Tablets with Vitamin C and Iron contains essential electrolytes designed to help regain the body's natural water balance, to help reduce fatty tissue build-up, when used together with a balanced and varied diet, adequate water intake and regular physical activity.

### KEY BENEFITS

- Contains potassium which contributes to the body's water and electrolyte balance
- Designed to help regain the body's natural water balance when taken with a generous water intake of at least 1.5 litres a day OR two litres a day



### ALSO TRY

Why not try Herbal Aloe Concentrate, which contains Aloe Vera gel to give your water a nice citrus refreshing twist.

### WHY DO YOU NEED IT?

Poor hydration can be caused by an unbalanced electrolyte intake. Poor hydration may in turn, trigger the body's defence mechanism to begin storing water in fatty tissues. These tissues become plumped up with accumulated fluids and wastes.

Good electrolyte intake and adequate water consumption can help maintain water balance in the body, while a balanced and varied diet and regular exercise may help to eliminate fluids and wastes faster.

### USAGE

Take one tablet three times per day with meals.

Your Herbalife Independent Distributor is:

# CAFFEINATED 'PICK ME UP'

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE**  
INDEPENDENT  
DISTRIBUTOR



## Nutritional information, average serving:

	per 100 g	per 4 tablets
Energy value	296,46 kcal	10,4 kcal
Equal to	1240,59 kJ	43,52 kJ
Protein	5,7 g	0,2 g
Carbohydrate	41,0 g	1,44 g
Fat	4,6 g	0,16 g
Vitamin C	2280,5 mg	80,0 mg*

\* 133% Recommended Daily Allowance (RDA)

### Ingredients:

Green Tea Extract (17%), Bulking Agent: Calcium Carbonate; Corn Starch, Cocoa Extract (9%), Yerba Maté Extract (9%), Caffeine (8%), Cinnamon Bark, Thickeners: Cellulose, Sodium Carboxymethylcellulose; Anticaking Agents: Silicon Dioxide, Stearic Acid, Vegetable Magnesium Stearate; Celery Seed, Parsley Leaf, L-Ascorbic Acid, Alfalfa Leaf, Fennel Seed, Licorice Root, Coating Agents: Sodium Carboxymethylcellulose, Soy Lecithin; Maltodextrin, Dextrin, Dextrose.

For up to date ingredient & nutritional values please refer to the label on the product.

## Weight Management

Help feel more alert and energised with Herbalife Thermo Complete, providing caffeine for when you need that extra 'pick-me-up'.

### KEY BENEFITS

- Provides a blend of caffeine from green tea, caffeine powder, yerba mate and cocoa powder
- Provides caffeine to help you feel more energetic
- Helps improve concentration and alertness

### WHY DO YOU NEED IT?

Often feel like you need extra energy or need to improve your concentration and alertness? Coffee or tea is the preferred option for many... But when there is no time for a coffee break, Thermo Complete tablets are a convenient 'pick-me-up'.

### USAGE

Take one to two tablets twice daily, mid-morning and mid-afternoon.



### ALSO TRY

Why not try Herbal Aloe Concentrate, which contains Aloe Vera gel to give your water a nice citrus refreshing twist.

Your Herbalife Independent Distributor is:

# HERBAL BEVERAGE



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Ingredients Original:

Maltodextrin, Camellia sinensis (Orange pekoe and Green tea extract), Fructose, Lemon peel extract, Natural caffeine powder from tea leaves, Cardamom seed extract, Malva sylvestris extract, Hibiscus flower powder.

For up to date ingredient & nutritional values please refer to the label on the product.

## Ingredients Lemon:

Maltodextrin, Camellia sinensis (orange pekoe and green tea extracts), fructose, natural lemon flavour, natural caffeine powder from tea leaves, sweetener: acesulfame K, citric acid, cardamom seed extract, hibiscus flower powder, Malva sylvestris extract.

For up to date ingredient & nutritional values please refer to the label on the product.

## Ingredients Raspberry:

Maltodextrin, Camellia sinensis (orange pekoe and green tea extracts), natural raspberry flavour, fructose, natural caffeine powder from tea leaves, sweetener: acesulfame K; citric acid, cardamom seed extract, hibiscus flower powder, Malva sylvestris leaf extract.

For up to date ingredient & nutritional values please refer to the label on the product.

## Ingredients Peach:

Maltodextrin, Camellia sinensis (orange pekoe and green tea extracts), fructose, natural peach flavour, natural caffeine powder from tea leaves, sweetener: acesulfame K, citric acid, cardamom seed extract, hibiscus flower powder, Malva sylvestris extract.

For up to date ingredient & nutritional values please refer to the label on the product.

## Weight Management

Lacking in energy? Need to feel revived? Instant Herbal Beverage can help you feel more energised and may help to maintain and improve alertness – helps contribute to your mental performance. This great tasting drink only contains around 6 calories per serving.

### KEY BENEFITS

- The caffeine in Instant Herbal Beverages can help contribute to your mental performance
- Helps maintain and improve alertness
- Contains around 6 calories per serving
- Available in four great tasting and refreshing flavours to suit your taste
- Can be enjoyed hot or cold to suit your mood

### WHY DO YOU NEED IT?

Leading busy, fast paced lifestyles can be mentally draining and often means we constantly fight tiredness. Aid mental performance by having a refreshing drink such as Instant Herbal Beverage to help combat the vicious cycle of tiredness and leave you feeling more energised.

### USAGE

Mix ½ teaspoon (approx 1.7g) with 250ml of hot or cold water. Instant Herbal Beverage is a refreshing drink enjoyed alone or with meals and contains only 6.2 calories per serving.

### ALSO TRY

Why not try our Protein Bars, a delicious healthy snack to help you feel fuller for longer when 'on the go'.



Your Herbalife Independent Distributor is:

# DIGESTIVE SUPPORT



## FIBREBOND TABLETS CONTAIN:

Natural fibre (from apple, grain, citrus and cellulose powders) and sodium choleate, carboxymethylcellulose, soy lecithin; dextrin, dextrose.

## Notice:

If you are pregnant, have a serious gastrointestinal condition, especially ulcerative colitis or Crohn's disease, it is advisable to consult a physician prior to use of any fibre product.

## Ingredients:

Cellulose fibre, sodium choleate, apple fibre, thickeners: acacia powder, sodium croscarmellose; anticaking agents: stearic acid, silicon dioxide, magnesium stearate; citrus fibre, oat fibre, glazing agents: sodium carboxymethylcellulose, soy lecithin; dextrin, dextrose.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Weight Management

FibreBond is a fibre supplement containing soluble and insoluble fibre, which can help your digestive system process food more efficiently.

### KEY BENEFITS

- **FibreBond contains soluble and insoluble fibre which can help your body get the fibre it needs, when added to dietary fibre intake from other sources**
- **Assists your digestion by helping the body process food and absorb nutrients**



### ALSO TRY

Why not try Fibre & Herb, high in soluble fibre, which helps to optimise your digestive health by supporting the body's natural elimination of waste and toxins.

### WHY DO YOU NEED IT?

Fibre is well known for its beneficial effect on the digestive system, as it speeds up the passage of food and helps the body eliminate toxins.

There are two types of fibre, soluble and insoluble, which pass through the body undigested. Soluble fibre helps to maintain healthy cholesterol levels and has a role binding fat and regulating blood sugars. While insoluble fibre promotes bowel movement and helps to move toxin waste through the colon.

Studies show that Western diets are often low in fibre, with the average adult consumption typically bordering 17g per day. Governments recommend fibre consumption as high as 30g per day to optimise digestive health. Increasing your consumption of fruits and vegetables, whole grains foods and brown rice will also help you increase your fibre intake.

### USAGE

One to two tablets taken 3 times a day with plenty of water will provide you with 2.37g of fibre per day.

Your Herbalife Independent Distributor is:

# ENERGY, SPORTS & FITNESS

Revitalise the body and the mind to  
help you perform at your peak





# ENERGY, SPORTS & FITNESS

Energy is vital for the body to survive each day and it gives our body the power to function. There are two key types of energy the human body needs:

- **Energy for the mind**
- **Energy for the body**

It's no surprise that the right diet and exercise play a crucial role in maintaining energy levels. If your lifestyle doesn't involve a balanced, varied diet and regular exercise, energy levels can 'spike' throughout the day, which may lead to periods of lapsed mental concentration.

Follow the principles of the Herbalife Healthy Active Life Programme, which aims to minimise these fluctuations and give you sustained energy throughout the day.

At Herbalife we understand that each customer's energy requirements are different; whether it's to help improve mental fatigue to get you through the day, or an added energy boost for sports or exercise. In this section, you'll find products that are easy to combine with your daily routine to help keep you feeling refreshed and energised.



## Products to revitalise the body

**H<sup>3</sup>O Pro™ Isotonic drink** – A scientifically-formulated isotonic drink for optimal hydration with carbohydrates for immediate and sustained energy so you get the most out of your performance. Suitable for intense exercise and the serious athlete

## Products to revitalise the mind

**Liftoff® Energy drink** – Energises and helps alleviate the feeling of tiredness with vitamins B and C plus added caffeine and taurine.

**N.R.G Nature's Raw Guarana** – To help you stay alert and focused to combat the feeling of mental fatigue

# ENERGY, SPORTS & FITNESS

## *The benefits of Energy, Sports and Fitness with Herbalife*

At Herbalife, we're passionate about fuelling our bodies with the right types of food and energy to get the best out of it. Whether you're just starting an exercise programme, or you're a fitness fanatic, the Herbalife range can be adapted to suit your energy needs, is convenient for when you're on the move, and tastes great!



### **Convenient when you're on the move**

H<sup>3</sup>O Pro™ isotonic drink and Liftoff® energy drink come in convenient sachets so you can take them with you wherever you go; the gym, at work or away from home. N.R.G Nature's Raw Guarana tablets are easy to take and great to keep in your bag or at work and home, so you're never without a burst of energy – often needed mid-afternoon!

### **Tastes great**

When you're pushing yourself to the limit, the last thing you want is a drink that tastes terrible and distracts you from your training or event. With many products on the market with an unpleasant taste, it's refreshing to find Herbalife products such as Lift Off® and H<sup>3</sup>O Pro™ isotonic drink which not only tastes great, but is scientifically formulated to lift your energy levels and help you perform to your best.

## *"I am only just starting out with sports and fitness – what are the basics?"*



Nutritional requirements for sport and exercise vary according to personal goals and levels of physical activity; from beginners through to the serious athlete.

If you are just starting out with light exercise and looking to lose weight, you do not necessarily need sports products like isotonic drinks as your physical exertion may not require it and it could just be adding extra calories.

Focus more on ensuring you get enough protein in your diet, eat wholegrain complex carbohydrates for sustained energy. Stay hydrated by replacing the water you lose through sweat. Be careful of eating sugary carbohydrates or foods high in fat, as although they will give you an instant energy boost, a drop in energy will follow. Plus they are high in calories!

Also make sure your exercise programme is right for you and your goals. Getting your nutrition right for the exercise you do will help you get results.

***“I normally exercise a few times a week, but have just decided to enter my first event. What changes do I need to make to my diet?”***

Congratulations on making this first step toward the challenge and satisfaction that comes with completing your first event. Increasing your activity level also means increasing your calorie intake, but make sure the extra calories come from the right foods. The diet for athletes in training needs to focus on complex carbohydrates, good quality protein, fruits, vegetables and a low-to-moderate fat intake.



Here is a basic guideline:

### **Before Exercise:**

#### **Hydrate & Build Energy**

- Hydrate using water or an isotonic drink
- Consume carbohydrate foods to build your energy stores

### **During Exercise:**

#### **Maintain Hydration & Energy levels**

- Help maintain hydration and avoid dehydration by drinking water and an isotonic drink to replace fluid and electrolytes lost through sweat

### **After Exercise:**

#### **Re-hydrate & Recover**

- Re-hydrate by drinking water or an isotonic drink
- Consume a protein-rich snack to aid muscle recovery. It may also be beneficial to eat a snack containing carbohydrate to quickly replace energy stores

### **Other factors to consider:**

1. Ensure you eat a good breakfast. This kick-starts your metabolism and will give you energy for the day. This is particularly important if you have exercised the night before. Your body will have been resting and recovering overnight, so give it some fuel in the morning for the day ahead
2. Eat five small meals a day. This is a good way to manage your energy levels and may help avoid the energy lows that sometimes occur between meals

**Remember: When the event is over, you take time off from training or just stop exercising for some reason, make sure you change your diet and consume less calories, carbohydrates, protein and fat.**

*“What can I use to help my muscles after exercise or sport?”*



The demands of exercise and sport affect our muscles and joints depending on exercise intensity and personal fitness level. The harder the workout, the more strain on our bodies, and usually the more we feel it!

Protein is an important nutrient which plays a key role in exercise. It not only helps to build and develop muscle mass, but is also essential to help muscles repair and recover after exercise. The combination of quality protein sources such as soy and whey protein can assist muscle recovery.

# CLEAN TASTING ISOTONIC DRINK



## Nutritional information:

Per portion: 1 sachet (37 g)

	100 g	37g (1 sachet)	%RDA*
Energy	371 kcal (1578 kJ)	137 kcal (584 kJ)	-
Protein	0,1 g	0,037 g	-
Total Carbohydrates	86 g	32 g	-
of which Sugar	85 g	31,5 g	-
Fat	0,1 g	0,037 g	-
of which Saturated Fat	0,1 g	0,037 g	-
Fibre	0,1 g	0,037 g	-
Sodium	0,622 g	0,230 g	-
Vitamin E	6,8 mg	2,5 mg	25
Vitamin C	41 mg	15 mg	25
Thiamin (Vitamin B1)	0,57 mg	0,21 mg	15
Riboflavin (Vitamin B2)	0,65 mg	0,24 mg	15
Niacin	7,3 mg	2,7 mg	15
Vitamin B6	0,81 mg	0,3 mg	15
Vitamin B12	0,41 mcg	0,15 mcg	15
Calcium	324 mg	120 mg	15
Magnesium	135 mg	50 mg	17
Potassium	378 mg	140 mg	-
Chloride	670 mg	248 mg	-

\* Recommended Daily Allowance (RDA)

### Ingredients:

Sugar, isomaltulose\*\*, acidifier: citric acid; sodium citrate, flavours, calcium lactate, potassium chloride, calcium carbonate, magnesium carbonate, sodium chloride, antioxidant: tocopherol rich extract; L-ascorbic acid, DL-alpha tocopheryl acetate, colourant: betacarotene; nicotinamide, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, cyanocobalamin. Contains soy and gluten.  
\*\* Isomaltulose is a source of glucose and fructose.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Energy, Sports & Fitness

A premium isotonic drink, H<sup>3</sup>O Pro™ has been specially designed to meet the hydration and energy demands of the body. Clean and great tasting, H<sup>3</sup>O Pro™ is for the fitness-minded person or serious athlete who wants exceptional performance.

### KEY BENEFITS

Developed by experts in sports nutrition, H3O Pro™ is an innovative isotonic drink which helps to power exceptional performances by providing:

- **Rapid hydration** – replaces essential electrolytes such as sodium and magnesium to help you avoid the negative physical affects of dehydration
- **Immediate & sustained energy** – carbohydrates such as isomaltulose release consistent energy to prevent quick 'spikes and crashes' in energy levels
- **Absorption** – 5 energy-releasing B vitamins help your body to absorb the nutrients in H3O Pro™ to power your performance further
- **Antioxidant protection** – vitamins C and E help protect the body from free radicals induced during intense exercise or sports
- **Refreshing, subtle & clean taste** – pleasant tasting with no artificial sweeteners, flavours or preservatives to make H3O Pro™ a healthier alternative to consume during exercise and sports

### WHY DO YOU NEED IT?

Did you know that as little as 2% fluid loss during exercise or sports can significantly harm your performance? Your body loses fluid and key electrolyte salts such as sodium and potassium which can lead to dehydration with negative effects like fatigue, headaches or muscle cramps.

Maintaining hydration and energy levels during sports or exercise are vital. Drinking water alone is not enough as it does not typically contain electrolytes or carbohydrates. To boost your performance, many people choose an isotonic sports drink. H3O Pro™ is a clean sports drink with no artificial sweeteners, flavours or preservatives and has a great subtle taste.

### USAGE

One serving (1 sachet) is recommended for every 60 minutes of intense exercise where you sweat heavily. For average, serious and pro athletes: take one serving before and/or during training to keep you fully hydrated and energised.

Your Herbalife Independent Distributor is:

# ENERGY. ANYTIME. ANYWHERE.



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Nutritional information, average serving:

	Per 100 g	Per Tablet
Energy	206,1 kcal 890,5 kJ	9,3 kcal 40,1 kJ
Protein	0 g	0 g
Carbohydrate	8,2 g	0,37 g
Fat	0 g	0 g
Vitamin C	1333 mg	60 mg*
Vitamin B1	31,1 mg	1,4 mg*
Vitamin B2	35,6 mg	1,6 mg*
Niacin	400 mg	18 mg*
Vitamin B6	44,4 mg	2,0 mg*
Vitamin B12	22,2 µg	1,0 µg*
Biotin	3,33 mg	0,15 mg*
Pantothenic Acid	133 mg	6,0 mg*

\* 100% Recommended daily allowance

### Ingredients:

Acidifier (E330), Acidity Regulator (E500ii), Maltodextrin, Flavours, L-Taurine, Caffeine, L-Ascorbic Acid, Sweeteners (E950, E955), Guarana Extract, Inositol, Nicotinamide, Sorbitol, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin 5'-Sodium Phosphate, Thiamin Mononitrate, D-Biotin, Cyanocobalamin.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Energy, Sports & Fitness

A low calorie, effervescent energy drink, Liftoff® provides B and C vitamins plus added caffeine to help alleviate tiredness, so you can stay alert and focussed for improved concentration.

### KEY BENEFITS

- Low calorie effervescent energy drink – only 9 calories per serve
- Contains caffeine from guarana and caffeine powder to help you stay alert and focused
- 100% of your B vitamins RDA in just one serve, to help your body release energy from foods

- 100% of your vitamin C RDA in one serve for its antioxidants properties
- Energy 'on the go' in single serve tablets
- Two refreshing flavours – Orange or Lemon-Lime

### WHY DO YOU NEED IT?

For those times of the day when your energy levels dip and you need a boost, or to improve your concentration, Liftoff® is a great tasting and easy to use solution. Delivered as a low calorie drink in convenient tablet form, Liftoff® gives that extra energy lift anytime, anywhere.

### USAGE

Take one to two tablets each day by dissolving them with water.

### ALSO TRY:

Skin Activator (TM), a gentle time- delaying skincare range with glucosamine complex to target those specific skin areas prone to ageing.



Your Herbalife Independent Distributor is:

# GUARANA FOOD SUPPLEMENT

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



#### Ingredients:

Guarana seed powder (78,4%), bulking agent: calcium carbonate; anticaking agents: stearic acid, silicon dioxide, magnesium stearate; thickening agents: arabic gum, carboxymethyl cellulose, guar gum; glazing agents: hydroxypropyl methylcellulose, shellac, microcrystalline cellulose, stearic acid.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Energy, Sports & Fitness

NRG tablets contain caffeine from guarana to help support alertness and helps reduce the feeling of mental fatigue.

#### KEY BENEFITS

- Guarana, a native South American shrub, has been used for centuries by the Amazon Indians for its caffeine content which supports alertness and helps reduce mental fatigue
- Guarana helps the body to maintain normal invigoration and concentration

#### WHY DO YOU NEED IT?

Throughout the day, there may be times when you feel like you just can't concentrate anymore. When mental fatigue sets in, it can be challenging to stay alert and focussed. Supplementing with guarana may be a good option to help keep you focussed and energised.

#### USAGE

Take two to four tablets each day.



#### ALSO TRY:

H3O Pro, a great tasting, clean premium isotonic drink for sports & exercise.

Your Herbalife Independent Distributor is:

# TARGETED NUTRITION

Each of our body systems needs  
a different nutritional focus.  
Target the specifics with Herbalife  
targeted nutrition





## TARGETED NUTRITION



It's important to get the right balance of essential nutrients each day and as individuals, our bodies all vary with specific health and nutritional requirements. Not only are men and women's nutritional needs different, but our needs also change as we age.

Herbalife Targeted Nutrition products are designed to supplement a balanced and varied diet and exercise programme (the principles of the Herbalife Healthy Active Life Programme).

In this section, you'll find products that can help to meet specific requirements – whether it's to support digestion, enhance immune health, heart health or general nutritional support.

### Targeted Nutrition products provide essential nutrients to contribute to overall health & vitality

#### Healthy Digestion:

- **Florafibre tablets** – A source of dietary fibre to support digestive function and intestinal health

#### Immune Health and Strong Bones:

- **RoseOx tablets** – Provides the antioxidant herb Rosemary to help protect the cells against free radical damage
- **Xtra-Cal® tablets** – For strong and healthy bones and teeth, Xtra-Cal® provides calcium, as well as supporting nutrients vitamin D3 and magnesium to assist calcium absorption and utilisation

#### Healthy Heart and Circulation:

- **Herbalifeline® capsules** – Can help promote heart health by providing the widely researched essential fatty acids (Omega 3) EPA and DHA
- **Niteworks® powder** – Contains L-Arginine, an essential amino acid known to promote blood circulation. When taken as part of a balanced and varied diet, it may assist Nitric Oxide production

# TARGETED NUTRITION

## The benefits of Targeted Nutrition with Herbalife

The high quality products Herbalife offer supplement a variety of nutritional needs in combination with a balanced and varied diet, and a healthy active lifestyle.

**Range variety** – Whether you want to add an extra boost of energy to your day, or need extra nutrients due to dietary or life choices, the Herbalife targeted nutrition range does exactly that – tar-

gets specific nutritional needs for the body to stay healthy and vitalised.

**Scientifically formulated products** – Developed and formulated with world renowned scientists and nutritionists from the Scientific Advisory Board (SAB) and Nutrition Advisory Board (NAB), you can trust the formulation and the quality of Herbalife products.

***“I know the benefits of eating fresh oily fish, but I find it hard to eat at least twice a week!”***

*Studies show that many Western diets are low in Essential Fatty Acids (EFAs) such as omega-3s. Omega-3 fatty acids are called ‘essential’ because the human body cannot produce them – they must come from dietary sources such as oily fish, flax seeds, fruits or vegetables.*

**Omega-3 fatty acids have a large number of health benefits. They are well known to help promote heart health, when combined with:**

- A balanced and varied diet
- Good exercise and hydration
- Low intake of salt and saturated fatty foods
- Not smoking

When it's not convenient to eat oily fish two to three times a week, or it doesn't suit your taste, supplementing your diet with an omega-3 food supplement may be a good solution.



***“How should I change my diet as I age?”***

As we age and our bodies change, so do our nutritional requirements. Eating foods rich in fibre, healthy fats and calcium for women are particularly important.

- Fibre becomes even more important as we get older as it helps to maintain bowel regularity and intestinal health
- Maintain good blood circulation and heart health by eating foods rich in omega-3 fatty acids and the amino acid L-Arginine which can help to promote a healthy heart and circulation
- Bone density decreases, particularly in women, as we age.



A daily intake of around 800mg of calcium is recommended to help keep bones strong and healthy

## TARGETED NUTRITION

*“I struggle to achieve good nutrition everyday.  
Can Herbalife help?”*



*Most people know the importance of eating enough fruits and vegetables each day to help fight free radicals and keep the body's immune defences strong. A daily balanced and varied diet should contain enough vitamins and antioxidants to help fight the build-up of free radicals. However, certain lifestyle factors, emotional stress, pollution, smoking, the quality of foods consumed can all increase the production of free radicals which then depletes the levels of antioxidants or vitamins the body receives.*

**At Herbalife we have developed a range of targeted products with key ingredients such as vitamins A, C and E, plus betacarotene, selenium and rosemary which all help support the body's immune system by helping to fight free radicals. Remember, supplements support not replace, a balance and varied diet, and it's important to exercise regularly and maintain a good intake of water.**

# OMEGA 3 SUPPLEMENT



#### Recommended Use:

One to three capsules, three times a day preferably with meals, as a nutritional supplement.

#### Each capsule contains:

500 mg Marine Liquid Complex (fish oil): providing 114 mg EPA (eicosapentaenoic acid) and 75 mg DHA (docosahexaenoic acid).

#### Ingredients:

Marine Liquid Complex (Fish Oil Source), Capsule Shell (Gelatin, Glycerin, Vanilla Flavour), Antioxidant (Mixed Tocopherol), Thyme Oil, Clove Oil, Peppermint Oil.

Individuals taking prescription anticoagulants should consult with their physician prior to using this product.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

Herbalifeline® is a marine lipid complex containing the Omega 3 fatty acids DHA and EPA. DHA and EPA are widely known to promote a healthy heart and must be obtained through the diet. Herbalifeline® provides these two essential Omega 3s in easy to swallow capsules without a fishy aftertaste – a good option for those who consume less oily fish than the recommended intake of two times per week.

#### KEY BENEFITS

- Herbalifeline® contains both DHA and EPA Omega 3 fatty acids to help support a healthy heart, as part of a balanced and varied diet



#### ALSO TRY

Why not try Niteworks®, which contains L-Arginine helping to promote good blood circulation as part of a healthy diet.

- Omega 3 fatty acids are not produced by the body, so must be obtained by the diet or through a supplement such as Herbalifeline®
- Herbalifeline® includes the essential oils thyme, peppermint and clove to minimise the taste and smell of fish for those who are adverse to it

#### WHY DO YOU NEED IT?

To maintain a healthy heart, Governments recommend eating fish twice a week in order to get an adequate intake of essential Omega 3 fatty acids. Studies have shown most Western diets lack Omega 3s – often due to people not liking the taste or smell of fish. This is when Omega 3 supplementation is an ideal way to get an adequate intake of Omega 3s without the fishy taste.

#### USAGE

Take 1-3 capsules three times a day preferably with meals.

Your Herbalife Independent Distributor is:

# CALCIUM SUPPLEMENT

## Nutritional information, average serving:

Three tablets provide::		%RDA*
Calcium	1000.00 mg	125%
Vitamin D	2.25 µg	45%
Magnesium	120.00 mg	32%
Manganese	1.00 mg	50%
Zinc	7.50 mg	75%
Copper	1.00 mg	100%

In a base of Kelp, Spirulina, Licorice Root and Sarsaparilla.

\* RDA = Recommended Daily Allowance (E.U. RDA)

Energy, protein, carbohydrate and fat are negligible.

### Ingredients:

Calcium carbonate, bulking agents (microcrystalline cellulose, croscarmellose sodium), calcium citrate, magnesium oxide, anti-caking agents (fatty acids, silicon dioxide, calcium salts of fatty acids), maltodextrin, corn starch, coating (hydroxypropyl methylcellulose, glycerol), colouring (titanium dioxide), zinc sulphate, copper gluconate, manganese sulphate, cholecalciferol. May contain soy.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



## Targeted Nutrition

Xtra-Cal is a calcium supplement with added vitamin D3 and magnesium to support strong bones and teeth.

### KEY BENEFITS

- A calcium supplement to help maintain healthy bones and teeth
- Xtra-Cal includes vitamin D3 and the mineral magnesium to assist calcium absorption and utilisation

### WHY DO YOU NEED IT?

Calcium is an essential mineral to help build strong bones and teeth. Governments recommend a daily intake of at least 800mg and when calcium is not obtained from other dietary sources, a supplement may be ideal.

Supplementation is particularly useful for those who avoid dairy products, such as vegans or those with lactose intolerance. As you age, you continue to need calcium for strong bones. A formula including vitamin D helps to regulate your levels of calcium especially as your rate of absorption will change with time.

### USAGE

Take one tablet three times daily, preferably with meals.



### ALSO TRY

Herbalifeline®, which contains both sources of Omega-3 fatty acids (EPA and DHA) to help support a healthy heart.

Your Herbalife Independent Distributor is:

# NIGHT-TIME HEART NUTRITION

EXCLUSIVELY AVAILABLE  
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INDEPENDENT  
DISTRIBUTOR**



## Nutritional information, average serving:

	Per 100 g	Per Daily Serving	%RDA
Energy	378 kcal 1578 kJ	34 kcal 142 kJ	
Protein	0 g	0 g	
Carbohydrates	33,3 g	3,0 g	
Fats	1,67 g	0,15 g	
Vitamin C	1111 mg	100 mg	167%
Vitamin E	222 mg	20 mg	200%
Folic Acid	2222 µg	200 µg	100%

\* RDA = Recommended Daily Allowance

### Ingredients:

L-Arginine, flavour enhancer (citric acid), natural lemon flavour, L-Taurine, L-Citrulline, L-ascorbic acid, D-alpha-tocopherol, sweetener (sucralose), lemon balm extract, pteroylmonoglutamic acid, anti-caking agent (silicon dioxide).

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

Niteworks® contains L-Arginine, which is an essential amino acid known to promote blood circulation. When taken as part of a balanced and varied diet, it may help to increase Nitric Oxide production.

### KEY BENEFITS

- Contains L-Arginine which works together with the body to increase nitric oxide production, to help support normal blood circulation
- Niteworks® is high in vitamin C and E which are beneficial antioxidants known to help protect the cells against free radicals.



### ALSO TRY

Herbalifeline®, which contains both sources of Omega-3 fatty acids (EPA and DHA) to help support a healthy heart.

- Recommended for use before you go to bed for night-time heart nutrition
- Niteworks® powder is a key product in the Herbalife Healthy Heart Programme

### WHY DO YOU NEED IT?

Research suggests that the naturally occurring gas, nitric oxide, promotes good vascular circulation and normal blood circulation, when combined with a balanced and varied diet, and exercise. Starting in your early 30's, nitric oxide levels in the body begin to decline, so it is important to increase your nitric oxide intake by eating enough fruits and vegetables and getting adequate exercise each day.

### USAGE

Mix two scoops (9 g) of Niteworks® powder with 250ml of water or juice. Drink at night before bedtime. Niteworks® is night-time heart nutrition particularly designed for anyone but especially for those above the age of 30.

Your Herbalife Independent Distributor is:

# ROSEMARY BASED SUPPLEMENT

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



#### Each tablet provides:

620 mg of an exclusive blend of Rosemary Extract - RoseOx.

#### Ingredients:

Rosemary Extract, Bulking Agent: Calcium Carbonate; Thickeners: Microcrystalline Cellulose, Sodium Carboxymethylcellulose, Acacia; Anti-caking Agents: Stearic Acid, Silicon Dioxide, Magnesium Stearate; Cruciferex Vegetable Concentrate, Curcuminoids, Maltodextrin, Tomato Extract, Coating: Sodium Carboxymethylcellulose, Glycerine; Sage Leaf\*, Cloves\*.

\*Herbs dried and powdered.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

RoseOx contains the herb Rosemary, well known for its antioxidant properties, which can help protect against the effects of free radicals.

#### KEY BENEFITS

- Contains Rosemary, a long-used herb with antioxidant properties, which can help to protect your cells and tissues from free radicals
- One tablet daily can provide you with antioxidant benefits from the rosemary herb

#### WHY DO YOU NEED IT?

The body requires essential vitamins and minerals to function properly. Even lacking just one vitamin or mineral could result in deficiency. The best way to ensure a good intake of vitamins and minerals is to eat 5 to 7 servings of fruits and vegetables each day as they are rich in antioxidants, which play an important role in helping to build a healthy immune system.

#### USAGE

Take one tablet a day, preferably with meals.

#### ALSO TRY



Formula 2 Multivitamin provides over 20 vitamins and minerals to contribute to good nutrition and overall health.

Your Herbalife Independent Distributor is:

# INTESTINAL & DIGESTIVE SUPPORT



## Each tablet provides:

Lactobacillus acidophilus cells (6 mg), with 845 mg of special dietary fibre from Xylocellulose (Cellulose Powder).

## Nutritional information:

	Per 100 g	per 6 Tablets
Energy	375,2 kcal 1570,0 kJ	25,8 kcal 108,0 kJ
Protein	0,175 g	0,012 g
Carbohydrates	82,9g	5,7 g
Fat	5,0 g	0,342 g
Calcium	2068,1 mg	142,2 mg*

\* 17.8% Recommended Daily Allowance (RDA)

## Ingredients:

Cellulose Powder, Dicalcium Phosphate; Thickener: Microcrystalline Cellulose, Sodium Carboxymethylcellulose; Anti-caking Agents: Stearic Acid, Silicon Dioxide, Calcium Silicate, Magnesium Stearate; Psyllium Seed Husks, Apple Pectin, Coating: Sodium Carboxymethylcellulose, Soy Lecithin; Lactobacillus acidophilus Powder, Dextrin, Dextrose.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

FloraFibre provides a good source of dietary fibre to help support intestinal and digestive health.

### KEY BENEFITS

- FloraFibre as a source of dietary fibre help maintain intestinal health and a healthy digestive system
- Dietary fibre promotes bowel regularity and normal colonic function
- Dietary fibre can assist the removal of wastes from the body

### WHY DO YOU NEED IT?

Fibre is well known to have a beneficial effect on intestinal and digestive health, maintaining bowel regularity and normal colonic function. Another benefit of fibre is its role to speed up the passage of food and help to eliminate toxins from the body. Studies suggest that Western diets are low in fibre, with the average adult intake typically bordering 17g per day. Governments recommend consumption as high as 30g per day to optimise your digestive system.

### USAGE

Take one to three tablets, three times per day.



### ALSO TRY

Why not try FibreBond, a fibre supplement containing soluble and insoluble fibre which can help your digestive system process food faster.

Your Herbalife Independent Distributor is:





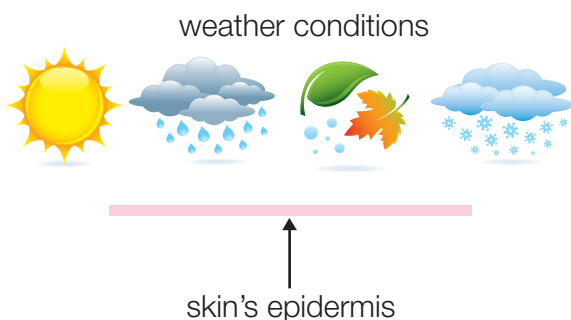
## OUTER NUTRITION

Enjoying a healthy active life doesn't just affect how well we are on the inside; it also makes a difference to how we look on the outside. The look, feel and tone of your skin says a lot about you; your health, age and even your lifestyle, so it's important to maintain healthy skin and a healthy appearance.

Giving your skin vital nutrients, adequate hydration, rest and relaxation are all essential factors for healthy skin. Personalising your skincare routine helps your skin look its best, because often if your skin looks good, you feel good!

### The important role of skin

The skin is the largest organ of our body and it's made up of two main layers; the epidermis and the dermis. The epidermis is the outer layer of the skin and it's tough, waterproof and protective. The dermis, or inner layer, is thicker than the epidermis and gives the skin strength and elasticity.



One of the most important roles of the skin is as a protective barrier against exposure to the elements and environmental pollutants. It's important that we nourish and support our skin in this protective role, whether you're male or female.

### Hair and Protein

Just as nutrients are important for healthy skin, the right nutrition is also essential for healthy, shiny hair. One of the major components of hair is protein (keratin) so it should come as no surprise that to keep your hair in good condition, you need to eat adequate protein.



## Something to suit everyone with Herbalife

- **NouriFusion®** A multivitamin skincare range providing vitamins A, C and E for antioxidant protection. Available in Normal-to-Dry and Normal-to-Oily to suit your individual skin type.
- **Skin Activator™** technology combines the collagen-building nutrient glucosamine complex, to help rejuvenate the skin by assisting collagen production. A range of products to help you look and feel younger.
- **Radiant C®** A refreshing skin and body care range infused with vitamin C to help you feel revitalised for a radiant complexion.
- **Body Buffing Scrub and Body Contouring Creme body care** A two step programme to improve the texture and appearance of your skin.
- **Herbal Aloe** An everyday hair and body range for the whole family. Provides the soothing benefits of natural Aloe.
- **Fragrances** A range of beautiful, sensuous and timeless fragrances for him and her.

# OUTER NUTRITION

## The benefits of Outer Nutrition with Herbalife

Because we're all unique, we need an outer nutrition range that is targeted for our individual skin, body and hair care needs. That's why Herbalife has developed a range of products to suit everyone, utilising their expertise in the field of nutrition to help improve the health of your skin.

- **Targeted solutions for everyone at every age** – Woman or man, 18 or 60 years old, we all need to adapt our skin care routine for our individual needs and different stages of life. Herbalife outer nutrition ranges mean you can choose the best products to suit you and your skin, every day.
- **Herbalife nutrition expertise, adapted for outer nutrition** – As a leader in the field of nutrition, Herbalife expertise is applied to products for the skin, body and hair. Quality products based on science, infused with key skin nutrients such as vitamin A, C, E, glucosamine complex and Aloe Vera so your skin is soothed and smoothed to give your appearance the best results.

***“How do I know what my skin type is?  
I think it's normal, but I'm also sensitive to  
some products. What should I use?”***

*You can identify your skin type by looking at the tone and texture of your skin around the eye area, cheeks and T-zone.*

### **Normal Skin**

Feels smooth, textured and evenly toned all over. It has a balanced oil and water content.

### **Normal to Dry Skin**

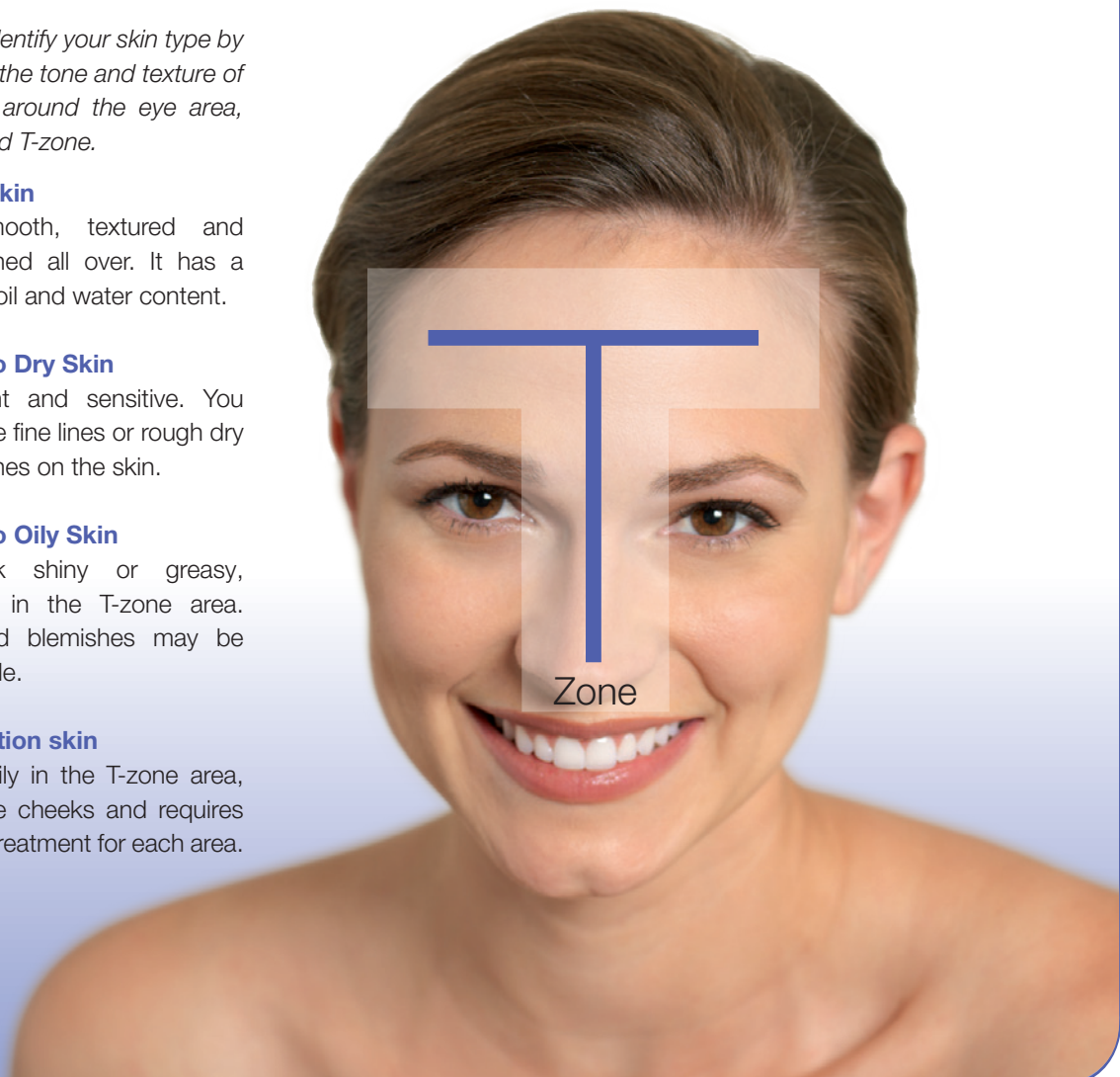
Feels tight and sensitive. You may notice fine lines or rough dry flaky patches on the skin.

### **Normal to Oily Skin**

Can look shiny or greasy, especially in the T-zone area. Pores and blemishes may be more visible.

### **Combination skin**

Can be oily in the T-zone area, dry on the cheeks and requires separate treatment for each area.



# OUTER NUTRITION

## *Your personal skin care routine*

The three step process of cleansing, toning and moisturising is at the heart of good skin care. This twice-daily routine only takes a few minutes and will not only keep the epidermis clean, healthy and glowing, but also helps keep the deeper dermis tissue and muscles toned and healthy. Once you're in the routine of cleansing, toning and moisturising morning and night, slowly add extra products to your routine such as a clarifying mask to suit your skin type and age, a rejuvenating night cream and facial scrub.

## *Body Care*

Keep your skin smooth, supple and hydrated by adding some body care essentials into your daily skin care routine. Your body benefits from daily moisturising – especially after a bath or shower. A body moisturiser that also offers the benefit of a Sun Protection Factor (SPF) can be helpful in keeping your skin hydrated and protected particularly the areas that can be exposed to the sun. Using a body buffing scrub once or twice a week will help accelerate the skin's natural process of exfoliation and keeps the skin smooth and soft.



## *Skincare for men*

It is important men look after their skin too. Because they generally have oilier skin and larger pores than women, cleansing and moisturising should be part of their daily routine. Plus with regular shaving – important oils are removed from the skin. Moisturising helps ensure balance is restored and reduces the possible irritation and rough skin sometimes associated with shaving.

Moisturising is also beneficial, especially when using aftershaves as they normally contain alcohol which has a drying effect on skin. Facial scrubs can be useful as they help counteract the effects of shaving by removing dry and dead skin and alleviating ingrown hairs.

So regardless of skin type, cleansing and moisturising every day will help keep pores clear and the skin healthy and looking good.



**Remember:** When making changes to your skincare routine, gradually introduce one product at a time. Like any new routine, this gives your skin a chance to adjust to the concentration of nutrients it's receiving - a little like when we change our diets.

## OUTER NUTRITION

*“My skin seems to get really affected by the environment, changes in seasons etc. Is there a way to minimise these environmental effects?”*



Environmental effects such as sun exposure, wind, air-conditioning and pollution can all affect the appearance of the skin, but it's almost impossible to avoid these situations. So it's important to try and protect the skin and minimise exposure where you can.

**Sunlight** - is both good and bad for the skin. Sunlight plays an essential role in stimulating the body to produce vitamin D. However, it is also important to protect your skin from over exposure to UVA and UVB rays. UV rays can result in wrinkles, premature aging and sunburn.

Because the effects of the sun on the skin are not visible, experts recommend using a product containing protection against both UVA and UVB rays by using a SPF of at least 15 throughout the year – not just on sunny days.



**Diet & Lifestyle** - what we eat affects our skin. A diet rich in vital nutrients from a variety of foods is important to help fight the effects of free radicals which lead to damage and ageing of the skin.

Lifestyle factors such as excess alcohol intake and smoking impact negatively on the skin. Excess alcohol can reduce moisture levels in the skin and exposure to cigarette smoke can deprive it of oxygen, resulting in a dull complexion and increased fine lines. It is important to keep the skin supple and hydrated by drinking plenty of fluids. And as the skin cells rejuvenate at night, achieving good quality sleep plays an essential role in keeping skin in top condition; when we are tired, the skin looks tired too.

**Ageing** - as we age, collagen levels naturally decrease, resulting in a loss of tightness which gives that youthful appearance. The skin may also become dryer as the oil-producing (sebaceous) glands become less active.

Help guard against environmental effects and the natural ageing processes by adopting a good skincare routine which can help improve your skin's texture, tone and appearance.

## OUTER NUTRITION

***“My hair always seems to be dry and brittle. I’ve tried different products but can never get it in good condition. Help!”***



Some of the most common hair complaints are for dry, damaged and brittle hair.

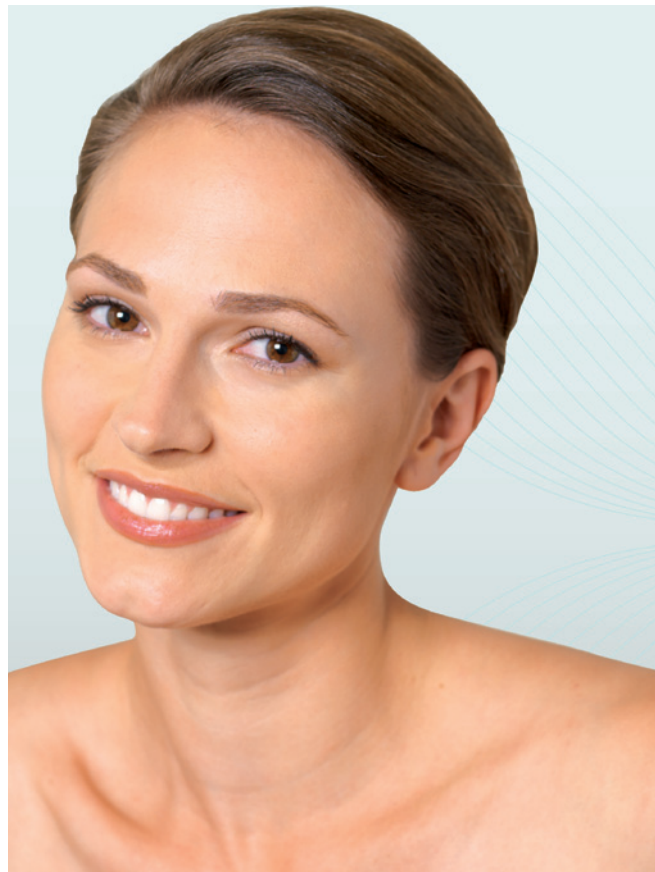
To get your hair back to a healthy condition, one of the most important things to get right is your diet. Eat a balanced and varied diet including lean protein each day. Protein plays a significant role in the growth and health of hair. Ensuring you consume the essential vitamins and minerals including the trace element zinc is also a key part of hair health.

You may find that hair dryness is due to the hair follicles not producing enough oil. Ensure you consume enough essential fatty acids in your diet to boost oil production to the scalp. Foods such as salmon, olives, walnuts and flaxseeds are rich sources of essential fatty acids.

Damaged hair is brittle and breaks easily. Getting your diet right will help strengthen new hair growth but, in the mean time try deep conditioning treatments or a hair mask once a week. Also use a moisturising shampoo and conditioner such as Herbal Aloe Moisturising Shampoo and Conditioner. Remember to use only a small amount of shampoo and shampoo less often. Also try to keep blow-drying and hair colouring to a minimum.

Your hair, like the skin, naturally goes through cycles of dryness, particularly with the change of seasons when weather and humidity are a factor. Sticking to a good nutrition plan will reap rewards and along with caring for your hair, you should see good results within a few months.

# TIME DELAYING



## Outer Nutrition

Skin Activator® is an ingenious targeted time-delaying skin care range formulated with the advanced glucosamine complex. This intelligent complex encourages skin to rejuvenate by helping increase the skin's natural collagen production. The Skin Activator® range has 5 products to help you target those age prone areas.

### KEY BENEFITS

- Skin Activator skin care range helps:
  - Reduce the appearance of fine lines and wrinkles
  - Nourish the skin to help it appear smoother, toned and firm
  - Improves the clarity and luminosity of your skin
  - Enhance skin moisture content and support skin's natural structure and balance
- Some products contain SPF15 and protect against harmful UVA and UVB rays
- Glucosamine is a natural skin hydrator and exfoliator, compatible with all skin types
- The glucosamine in Skin Activator is derived from seaweed and not from shellfish, which many people have an allergy to.

### WHY DO YOU NEED IT?

As we age, natural cellular activity slows down causing fine lines and wrinkles to appear. Accumulated sun damage, pollution and our lifestyle dramatically increases these undesirable effects. From as early as the age of 25 years, the production of collagen, the skin's natural protein, decreases and skin gradually loses moisture and protein resulting in the loss of tautness and tone.

The eyes, mouth, face, neck, cleavage and chest are much more vulnerable to skin ageing than any other part of the body as they are exposed to sun rays,

pollution and lifestyle on a daily basis. Using products that are specially formulated for these areas may help to enhance the moisture content and support the natural structure and balance of the skin.

### USAGE

Skin Activator® is suitable for most skin types and can be used by women and men. Refer to each product for usage instructions.

### TRIED AND TESTED RESULTS

Results of testing performed on glucosamine complex show up to:

- 57% improvement in the appearance of fine lines and wrinkles\*
- 55% reduction in wrinkle depths\*
- 51% improvement in skin moisture content\*
- 45% increase in skin luminosity and clarity\*
- 40% increase in skin smoothness\*\*
- 23% increase in skin firmness\*\*

Results of testing performed on active glucosamine complex.

\* After just 3 months of regular usage

\*\* After just 4 weeks of regular usage

Your Herbalife Independent Distributor is:

## SKIN ACTIVATOR DAY LOTION SPF15



*Skin Activator™ Day Lotion is a light, quickly absorbed moisturising lotion formulated with the essential time-delaying Glucosamine complex. This formula enriched with SPF 15 helps protect against the signs of premature skin ageing.*

### KEY BENEFITS

- Light, quickly absorbed moisturising lotion
- Skin feels instantly hydrated
- Helps protect against the harmful effects of UVA & UVB

### USAGE

Use every morning after cleansing and toning, gently massage the lotion on to your skin.

## SKIN ACTIVATOR DECOLLETAGE CREAM



*This luxurious and hydrating cream is formulated with the essential time-delaying Glucosamine complex.*

### KEY BENEFITS

- Non-greasy hydrating & revitalising cream
- Helps minimise the appearance of fine lines and wrinkles on this delicate skin area which becomes thinner as we age

### USAGE

Use every morning and evening, after cleansing and toning, gently smooth the cream over the skin from the cleavage/chest to the neck.

## SKIN ACTIVATOR NIGHT TIME REPLENISHING CREAM



*This luxurious, ultra-rich Night Cream is formulated with the essential time-delaying Glucosamine complex*

### KEY BENEFITS

- Helps rejuvenate the skin while you sleep – a time when skin renewal is at it's most active
- Supports collagen production and hydrates and nourishes the skin

### USAGE

Use every evening after cleansing and toning, then gently massage the cream on to skin.

## SKIN ACTIVATOR EYE CREAM



*A lightweight cream with the essential time-delaying Glucosamine complex, specially formulated for the delicate eye area.*

### KEY BENEFITS

- Hydrates and nourishes the skin under the eye creating a youthful looking "lift"
- Soothes the delicate skin under eye

### USAGE

Use in the morning and evenings after cleansing and toning. Use the ring finger to gently pat the eye cream under and around the eyes.

## SKIN ACTIVATOR LIP REFINER SPF15



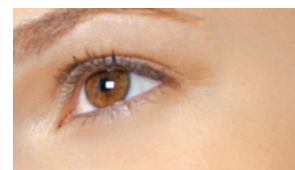
*A super softening lip cream formulated with the essential time delaying Glucosamine complex and SPF15 to protect and care for your skin, for every day use.*

### KEY BENEFITS

- Keep lips soft, moisturised and protected
- Lips feel smoother and look fuller
- Provides SPF 15 to help protect against the signs of premature skin ageing

### USAGE

Use as needed by gently patting it on to your lips.



Disclaimer: Any claims stated herein do not guarantee actual individual results. The potential results stated are based solely upon a detailed study and analysis of the active raw ingredient contained in Skin Activator™ products, and not upon the actual use of the Skin Activator products. Skin Activator™ products contain an amount of active raw ingredient comparable to that tested in the study, which, combined with other ingredients contained in Skin Activator™ products, provides the basis for the potential results. Results may vary based upon individual use and circumstances.

Information on this factsheet refers to product sold in UK/EI.  
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For more information about Herbalife and our products, please contact your local Herbalife Independent Distributor



# ESSENTIAL DAILY SKIN CARE

WITH MULTIVITAMINS

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



## Outer Nutrition

NouriFusion® is a range of multivitamin facial skin care products containing vitamins A, C and E to help nourish your skin and leave you with a healthy glow. With 12 products for your daily skin care routine, NouriFusion® has been specially formulated for two types of skin: normal-to-dry or normal-to-oily.

### KEY BENEFITS

- Essential multivitamin skin care that delivers basic nutrition to your skin
- Contains essential multivitamins, A, C and E to give your skin optimised nutrition
- Multivitamin moisturiser provides SPF 15 to protect against harmful UVA and UVB rays

### WHY DO YOU NEED IT?

The skin is the body's largest organ and the first thing that people notice. It's important to keep the skin nourished and clean to protect and repair against environmental factors such as sun exposure, pollution and stress. Using a daily skin care regime will help ensure that the skin is kept clean with a healthy glow.

### USAGE

NouriFusion® has specific formulas for normal-to-dry or normal-to-oily skin, so you nourish your skin as you cleanse, tone and moisturise each day. Suitable for women and men.

Your Herbalife Independent Distributor is:

## MULTIVITAMIN CLEANSER

**NORMAL-TO-DRY SKIN**



Rich, cleansing lotion with vitamins A, C and E, to remove dirt, oil, make-up and other impurities, while providing moisture to the areas that need it.

**KEY BENEFITS**

- Replenishes the skin with vitamins, nutrients and herbs
- Removes make-up and excess oils
- Dissolves dirt and impurities

**USAGE**

Use everyday, morning and evening. Follow with Nourifusion® toner for normal-to-dry skin.

**NORMAL-TO-OILY SKIN**



Light weight foaming gel cleanser which removes excess dirt, oil, make-up and other impurities.

**KEY BENEFITS**

- Replenish skin with vitamins, nutrients and herbs
- Removes make-up and excess oils
- Dissolves dirt and impurities

**USAGE**

Use everyday, morning and evening. Follow with Nourifusion® toner for normal-to-oily skin.

## MULTIVITAMIN TONER

**NORMAL-TO-DRY SKIN**



This multivitamin toner removes excess residue and any last traces of dirt without drying out the skin. Toner helps improve the skin's texture and firmness, leaving your skin feeling refreshed.

**KEY BENEFITS**

- Helps improve skin tone
- Tones the skin without drying
- Removes the last traces of dirt
- Helps to refresh and cleanse the skin

**USAGE**

After cleansing the face and neck, apply toner using a cotton pad. Avoid the eye area.

**NORMAL-TO-OILY SKIN**



A light and refreshing multivitamin toner that helps improve the texture and firmness of the skin. This non-greasy formula also helps to control shine and reduce the appearance of pores, leaving the skin feeling clean and revitalised, in preparation for moisturising.

**KEY BENEFITS**

- Helps improve skin tone
- Controls shine and the appearance of pores
- Removes the last traces of dirt
- Helps to refresh and cleanse the skin

**USAGE**

After cleansing the face and neck, apply toner using a cotton pad. Avoid the eye area.

## MULTIVITAMIN MOISTURISER SPF 15

**NORMAL-TO-DRY SKIN**



A creamy, rich day-time moisturiser which hydrates and protects the skin without feeling greasy. Includes SPF 15 to protect against the harmful UVA and UVB rays which damage and age the skin.

**KEY BENEFITS**

- Moisturises and hydrates without feeling greasy
- Includes SPF 15 for year-round protection

**USAGE**

Gently massage the lotion on to your skin each morning after cleansing and toning.

**NORMAL-TO-OILY SKIN**



This vitamin-infused nourishing day-time moisturiser with SPF 15 is designed to bring out soft, clean and renewed skin without the shine.

**KEY BENEFITS**

- Moisturises and hydrates without feeling greasy
- Includes SPF 15 for year-round protection

**USAGE**

Gently massage the lotion on to your skin each morning after cleansing and toning.

### MULTIVITAMIN MOISTURE MASK

**NORMAL-TO-DRY SKIN**



Specially formulated for normal-to-dry skin, this deeply hydrating mask is designed for parched, moisture-starved skin. This mask helps to improve complexion and texture, while deeply cleansing the skin of impurities.

**KEY BENEFITS**

- Moisturises the skin, leaving it smooth and silky
- Reduces the appearance of dry skin

**USAGE**

Apply liberally to clean, dry skin. Leave on for 10-20 minutes. Rinse thoroughly with warm water. Follow with Nourifusion® normal-to-dry toner. Use 1-3 times a week.

### MULTIVITAMIN CLARIFYING MASK

**NORMAL-TO-OILY SKIN**



This light-weight clay mask deeply cleanses pores to absorb impurities and excess oils, leaving the skin clean, clear and glowing.

**KEY BENEFITS**

- Remove excess oil
- Improve skin texture, tone and firmness

**USAGE**

Apply liberally to clean, dry skin. Leave on for 10-20 minutes. Rinse thoroughly with warm water. Follow with Nourifusion® normal-to-oily toner. Use 1-3 times a week.

### MULTIVITAMIN EYE CREAM



An emollient-rich, non-greasy formula with vitamins and moisturisers that's ideal for daily use. This eye cream is specially formulated to help tighten and firm the delicate skin surrounding the eyes.

**KEY BENEFITS**

Multivitamin eye cream is a non-greasy formula which can help:

- Improve skin firmness around the eye
- Reduce the appearance of fine lines
- Moisturise and nourish the under-eye area
- Perfect under make-up during the day, or for use at night
- Suitable for all skin types

**USAGE**

Use once or twice a day in the morning and/or evening. Using your ring finger, gently pat a small amount of eye cream under and around the eye socket – following the bone.

### MULTIVITAMIN EYE GEL



Tighten and smooth the delicate skin under your eyes with this light-weight, vitamin-enriched moisturising gel. Nourifusion® Eye Gel refreshes and revives tired eyes so you can instantly see and feel the difference.

**KEY BENEFITS**

- Helps reduce puffiness under the eyes
- Revives and refreshes the appearance of tired eyes
- May help reduce the appearance of fine lines and wrinkles
- Suitable for all skin types

**USAGE**

Use daily as needed. Using your ring finger, gently pat a small amount of eye cream under and around the eye socket – following the bone. Can be used under or over make-up.

### MULTIVITAMIN EXFOLIATING SCRUB



This gentle formula is suitable for all skin types and exfoliates to reveal smooth, vibrant and renewed skin after every use.

**KEY BENEFITS**

- Gently scrubs away dead skin cells
- Makes the skin feel clean, soft and smooth
- Leaves a clearer looking complexion

**USAGE**

Use 1-3 times a week or as needed. Use on alternate days to using the Nourifusion® Multivitamin Moisture Mask.

### MULTIVITAMIN NIGHT CREAM



Multivitamin, moisturising night cream specially formulated to keep the skin hydrated during the night when the skin regenerates and renews.

**KEY BENEFITS**

- Supports healthy skin renewal
- Doesn't leave the skin feeling greasy
- Deeply hydrates the skin throughout the night

**USAGE**

Apply to face and neck every night after cleansing and toning.

# VITAMIN C FOR RADIANT SKIN

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



## Outer Nutrition

Refresh and revitalise with vitamin C for radiant skin. A refreshing skin and body care range, Radiant C<sup>®</sup> is formulated for women and men to help you achieve a healthy, radiant complexion.

### KEY BENEFITS

- Radiant C<sup>®</sup> energises a dull and tired complexion by maximising the skin's radiance and minimising the effects of stress on the skin.
- Vitamin C based skincare that delivers antioxidant protection directly to the skin
- Refreshing skincare products infused with vitamins and SPF 15 for everyday use (like Radiant C Hand and Body Lotion)
- Also includes vitamin E to help protect the skin's moisture barrier and leave you with smoother skin

### WHY DO YOU NEED IT?

Every day we're exposed to stress, fatigue, sun and pollution which take a toll on the skin, leaving it dull and lifeless. Vitamin C is an antioxidant known to help fight free radicals and can help to promote healthier, more radiant looking skin.

### USAGE

Radiant C<sup>®</sup> is suitable for men and women of most skin types and all ages.

Your Herbalife Independent Distributor is:

### RADIANT C<sup>®</sup> FACE QUENCHER



Instantly cools and refreshes skin. Radiant C<sup>®</sup> is a refreshing and fragrant burst of moisture that acts like the skin's air conditioner. This water-based formula helps make-up stay fresher looking, and it won't harm your clothing or hairstyle.

#### KEY BENEFITS

- Instant hydration and moisture to refresh tired looking skin
- Rejuvenating spray with antioxidant protection
- Handy travel size – perfect for the handbag to easily refresh the skin throughout the day

#### USAGE

Use throughout the day as needed. Can be used over make-up and moisturiser.

### RADIANT C<sup>®</sup> HAND AND BODY LOTION SPF 15



A non-greasy daily body lotion infused with natural antioxidants and SPF 15, which helps protect against the signs of premature ageing. This hydrating body lotion is infused with the best known antioxidants, vitamin C and E.

#### KEY BENEFITS

- Moisturises skin leaving it feeling softer, smoother and more hydrated
- With SPF 15 to protect and care for your skin everyday
- Contains antioxidant vitamins C and E
- Easily absorbed lotion for everyday use

#### USAGE

Use throughout the day as needed.

### RADIANT C<sup>®</sup> FACIAL SCRUB



This gentle facial exfoliator with vitamin C is soft enough to use everyday on most skin types, while the citrus scented gel cleanser provides thorough cleansing. Helps you achieve beautiful, healthy-looking skin.

#### KEY BENEFITS

- Cleanses, softens and smoothes dull, tired-looking skin
- Contains vitamin C to fight free radicals and help give you a more radiant complexion
- Helps skin tone to appear brighter and more revitalised
- Suitable for all skin types and great for shaving

#### USAGE

Use 1-3 times a week or as need to reveal a brighter more radiant looking skin.

### RADIANT C<sup>®</sup> DAILY SKIN BOOSTER



A gel-cream formula that helps improve skin texture and may brighten the appearance of dull, tired looking skin. Daily Skin Booster delivers the antioxidant power of vitamin C directly to the skin to give a healthier, more radiant complexion.

#### KEY BENEFITS

- Enhances texture and skin tone
- Powerful antioxidant protection
- A great nourishing base under a SPF moisturiser or night cream

#### USAGE

Use daily under your moisturiser or night cream. Also use under make-up to help minimise the potential effects of external influences.

# FIRMER APPEARANCE

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INDEPENDENT  
DISTRIBUTOR**



## Outer Nutrition

Everyone wishes for firmer skin – and help is here. Body Line is a Bodycare programme to improve the texture, tone and appearance of the skin.

### KEY BENEFITS

- Silky, soft and supple skin.
- Body treatments to make your skin glow

### WHY DO YOU NEED IT?

As people age or lose weight, the texture and tone of the skin in certain areas can decline. Exfoliating and smoothing these areas may help to preserve and restore the texture and tone of the skin.

### USAGE

Use the Body Buffing Scrub to exfoliate and smooth, followed by the Body Contouring Creme to firm, tone and tighten the skin.

## BODY CONTOURING CREME



With multi-acids from fruits and plants together with other specially combined ingredients, this cream helps improve the texture and tone of your skin. Designed to complement the Body Buffing Scrub as part of the Bodycare programme.

### KEY BENEFITS

- Firms, tones and tightens the skin

### USAGE

For best results, use the Body Contouring Creme after exfoliating the skin with the Body Buffing Scrub.

## BODY BUFFING SCRUB



Designed specifically to soften and smooth the skin, this scrub helps to accelerate the skin's natural process of exfoliation. Designed to complement the Body Contouring Creme as part of the Bodycare programme.

### KEY BENEFITS

- Exfoliates the skin while softening and smoothing

### USAGE

To achieve best results use the Body Buffing Scrub and follow up with the Contouring Creme.

Your Herbalife Independent Distributor is:

# EVERYDAY LOVE



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THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Outer Nutrition

Everyday body and hair care range based on the soothing benefits of aloe vera and suitable for the whole family.

### KEY BENEFITS

- Aloe vera is naturally rich in vitamins, minerals, amino acids and enzymes
- Aloe vera nourishes and soothes the body and hair

### WHY DO YOU NEED IT?

We need to remember to take care of our body and hair, just like we do for our face. The body is impacted by environmental factors and the stresses of everyday living so it's important the skin is kept cleansed and moisturised every day. When looking for products to suit the family, use a range that contains natural ingredients that soften and moisturise the skin.

### USAGE

Suitable for everyday use. Refer to each product for specific usage instructions.

Your Herbalife Independent Distributor is:

## MOISTURISING SHAMPOO & CONDITIONER



Specially formulated for dry, damaged and colour treated hair. The Moisturising Shampoo gently cleanses the hair while infusing it with moisture. The Moisturising Conditioner adds extra moisture, plus helps to seal moisture into the hair follicle. Use together to add shine and vitality to your hair.

### KEY BENEFITS

- Nourishes and protects your hair
- Gentle enough to use everyday
- Seals in moisture, rehydrating the hair
- Specially formulated for colour treated and damaged hair

### WHY YOU NEED IT?

Hair that has been chemically treated or has the tendency to be dry needs extra gentle cleansing. Use a specially formulated shampoo and conditioner to help cleanse the hair from oil and dirt. Using a conditioner can help to leave the hair hydrated with a healthy shine.

### USAGE - SHAMPOO

Gentle enough to use daily. Massage a small amount into wet hair and scalp and work into a rich lather. Rinse thoroughly and repeat if necessary. Follow with Herbal Aloe Moisturising Conditioner.

### USAGE - CONDITIONER

Gentle enough to use daily. After shampooing, massage conditioner into hair. Leave on for 1-2 minutes and rinse thoroughly.

## EVERYDAY SHAMPOO & CONDITIONER



With a refreshing herbal scent, Everyday Shampoo helps counter the stresses your hair is exposed to each day. Everyday Conditioner seals in moisture without weighing your hair down

### KEY BENEFITS

- Seals in moisture for manageable hair
- Nourishes and protects your hair
- Gentle enough for everyday use

### WHY YOU NEED IT?

Washing the hair on a daily basis can sometimes strip the hair of its natural oil & moisture. Opt for a gentle shampoo that is suitable for the family, for daily use. Use a conditioner specially formulated for everyday use to help keep the hair hydrated and in good condition.

### USAGE - SHAMPOO

Gentle enough to use daily. Massage a small amount into wet hair and scalp and work into a rich lather. Rinse thoroughly and repeat if necessary. Follow with Herbal Aloe Everyday Conditioner.

### USAGE - CONDITIONER

Gentle enough to use daily. After shampooing, massage conditioner into hair. Leave on for 1-2 minutes and rinse thoroughly.

## SOFT HOLD HAIRSPRAY



Perfect for giving your hair a soft, touchable hold that lasts all day.

### KEY BENEFITS

- Provides a long lasting hold
- Leaves hair feeling soft
- Renews hair with shine and radiance

### USAGE

Use on dry hair when required. Style hair and spray from a distance of about 20 cm.

## EVERYDAY ALOE GEL



This soothing and moisturising gel helps to nourish and comfort the skin. It absorbs quickly and is non-greasy, leaving a cooling sensation on the skin.

### KEY BENEFITS

- Moisturising gel which is quickly absorbed
- Ideal after shaving
- Nourishes and hydrates

### USAGE

Apply generously to the skin wherever needed.

## EVERYDAY ALOE SPRAY



Made from whole leaf aloe, this soothing spray nourishes and comforts the skin.

### KEY BENEFITS

- Moisturising aloe mist
- Soothes dry and irritated skin
- Refreshing herbal scent

### USAGE

Spray liberally as needed.

## HAND CREAM



A rich Hand Cream formulated especially for dry hands. Contains the highest level and purity of aloe and comes in a handy size.

### KEY BENEFITS

- Softens and smoothes the hands and cuticles

### USAGE

Smooth a small amount of cream onto freshly washed hands. Use after each hand wash.

## EVERYDAY BODY WASH



Hydrates and cleanses the skin from head to toe in a rich foam lather formulated from whole aloe leaf.

### KEY BENEFITS

- Cleanses and hydrates your skin
- Creates a rich foam lather

### USAGE

Massage directly onto wet skin or apply using a wash cloth. Rinse thoroughly.

## EVERYDAY BATH AND BODY BAR



Everyday soap bar for gentle and effective cleansing with a mild aloe scent.

### KEY BENEFITS

- Cleanses gently and effectively

## HAND AND BODY LOTION



Light and non-greasy, this soothing Hand and Body Lotion has a mild and fresh scent, which is ideal for everyday use.

### KEY BENEFITS

- Light and non-greasy lotion
- Leaves the entire body feeling silky and soft

### USAGE

Apply generously to the skin wherever needed.



# FRAGRANCES FOR HIM AND HER



EXCLUSIVELY AVAILABLE  
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INDEPENDENT  
DISTRIBUTOR**

## Outer Nutrition

To evoke your senses, Herbalife have a beautiful range of elegant and timeless fragrances for men and women.

### HEART



Unlock the magic of botanicals. Inspired by nature, Heart is a herbal-based fragrance for the modern woman and truly redefines 'natural'.

#### KEY BENEFITS

- Gentle scent with pure sensual botanicals
- Contains water-lily, green ivy tea leaves and gardenia
- Inspired by nature

#### USAGE

Apply to your pulse-points on your wrists and sides of your neck. Use as needed.

### SOUL



Soul takes natural to the next level with a light and contemporary men's fragrance through a unique herbal twist. An unmistakably masculine fragrance.

#### KEY BENEFITS

- Contemporary blend of yuzu citrus, lavender and cedar wood

#### USAGE

Apply to your pulse-points on your wrists and sides of your neck. Use as needed.

### WOMAN



Keeping it simple, Woman is a citrus based scent with a floral tone.

#### KEY BENEFITS

- Jasmine, water lily and peony floral scents

#### USAGE

Apply to your pulse-points on your wrists and sides of your neck. Use as needed.

### MAN



Keeping it fresh, Man is a citrus based scent with a refreshing twist.

#### KEY BENEFITS

- Cool invigorating scent with water mint

#### USAGE

Apply to your pulse-points on your wrists and sides of your neck. Use as needed.

Your Herbalife Independent Distributor is:



# GLOSSARY

**ALOE VERA:**

A plant that has been used for centuries and has positive effects on the body, both internally and externally.

**AMINO ACID:**

An essential building block of proteins.

**ANTIOXIDANT:**

A substance that helps create a barrier from free radical damage. Vitamin A, C, E and selenium are good antioxidants.

**ASCORBIC ACID (VITAMIN C):**

An antioxidant needed for the growth and health of tissues in all parts of the body. Found in many foods.

**BODY MASS INDEX (BMI):**

A broad measure used to determine a person's healthy weight range based on both their weight and height.

**CAFFEINE:**

Found in many plants; known to help keep you alert and focussed.

**CALCIUM:**

An essential mineral that helps maintain healthy bones and teeth and plays a key role in muscle function.

**CALORIE:**

A unit of measurement for the amount of energy in food.

**CARBOHYDRATE:**

A macronutrient that includes sugars, starches and fibres and is the body's main source of energy. Carbohydrates are classed as simple or complex.

**ENERGY (FOOD ENERGY):**

Food energy comes from the foods we eat, with each macronutrient (plus alcohol) contributing a different amount of energy per gram of nutrient. Food energy is measured in calories or kilojoules.

**ENZYME:**

A protein in the body that speeds up biological processes.

**FAT:**

An energy-dense macronutrient that is essential to health. Fats can be saturated (sometimes known as bad fats) or unsaturated (sometimes known as good fats).

**FIBRE:**

Found in whole fruits, vegetables, beans and grains like oats and brown rice. It contains many vitamins and minerals, helps you feel full and keeps you regular. Fibres are either soluble (absorbs more readily into the body preventing food from progressing too quickly) or insoluble (will not dissolve in liquid so helps to keep the digestive tract free from blockages).

**FREE RADICAL:**

A highly reactive and unstable molecule which damages cells. Pollution, smoking, certain foods and normal metabolism create free radicals. Antioxidants can help reduce free radical damage.

**FRUCTOSE:**

A natural sugar found in most fruits and some vegetables.

**GLUCOSAMINE:**

A natural compound found in healthy cartilage.

**GREEN TEA:**

An antioxidant rich tea with a long history of use throughout the world.

**GUARANA:**

A native South African shrub which is a natural source of caffeine.

# GLOSSARY

**GUIDELINE DAILY AMOUNT (GDA):**

General guidelines used to determine how much energy and key nutrients are needed for a balanced diet for an average adult of healthy weight with an average level of exercise.

**ISOTONIC:**

Having the same concentration of solutes inside and outside the cell. Commonly used to describe blood cells, and also applicable to e.g. isotonic sports drinks; where a balance of salts and electrolytes aid rehydration during or after exercise.

**L-ARGININE:**

An amino acid that works together with the body to increase nitric oxide production and support normal blood circulation.

**METABOLISM:**

The physical and chemical processes in the body that use and create energy.

**OMEGA-3 FATTY ACIDS:**

Essential nutrients that help support a healthy heart as part of a balanced and varied diet.

**OXIDATION:**

Occurs when life essential oxygen combusts within the human body and produces by-products called free radicals.

**PHYTONUTRIENTS:**

Plant-derived nutrients with many health benefits and antioxidant properties.

**POTASSIUM:**

Potassium is an essential mineral and micronutrient in human nutrition, found inside cells. It's an important mineral for maintaining fluid and electrolyte balance in the body.

**PROTEIN:**

Our bodies require different types of proteins for different functions such as movement (muscles), growth (hormones), digestion (enzymes) and sight. Proteins are made up of molecules called amino acids.

**ROSEMARY EXTRACT:**

Produced from rosemary leaves and rich in antioxidant properties. Studies show rosemary may protect against free radical damage both internally and externally.

**SCHIZANDARA BERRY:**

A natural herb with antioxidant properties and is thought to support the body's immune system.

**SODIUM:**

An essential mineral which plays a vital role for many functions in the body; water balance, blood volume and muscle function. Often found in large quantities in the diet, particularly in processed foods.

**SOY PROTEIN:**

A protein derived from soybeans and the only vegetarian source of complete protein. Equal to animal sources of protein such as meat, eggs and milk.

**WHEY PROTEIN:**

A protein isolated from whey, a by-product of milk. It is commonly used by bodybuilders and other athletes to accelerate muscle development and aid recovery.

