

# Herbalife Nutrition

Nutrition is the number one reason why we're over weight or not. Normally, we're over weight because of a lack of nutrition and at our perfect weight because we're getting enough nutrition.

Fast foods are excessively high in calories and deficient in the nutrients your body needs. High calorie intake and low physical activity creates calorie imbalance, making you gain weight.

## Hamburger, fries and soda (21 fl. oz.)<sup>1</sup>

- 1,130 calories
- 48 g of fat
- 30 g of protein
- 75 mg of cholesterol

## Two deluxe tacos<sup>2</sup>

- 460 calories
- 22 g of fat
- 20 g of protein
- 70 mg of cholesterol



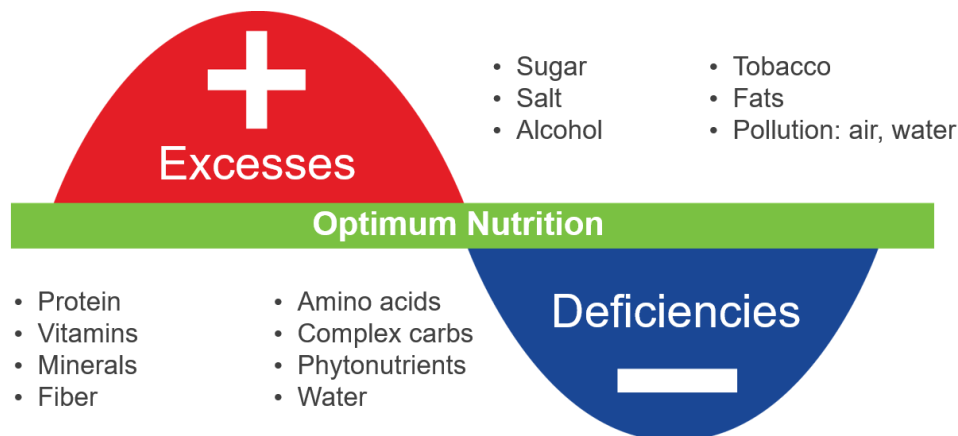
EXCESS FAT, SUGAR, WHITE FLOUR,  
SALT, PRESERVATIVES

The Body's daily needs according to the American Medical Association.

Protein, Carbohydrates, Vitamins, Minerals, Herbs, Fats and oils.

## The Reality of Our Daily Diet

A balanced diet is essential for providing our bodies with the nutrients required to function properly. Unfortunately, most Americans find making healthy choices a challenge.



## Herbalife offers nutrition for a HEALTHY life!

Well-balanced, healthy meals provide a variety of essential nutrients. Good nutrition and regular exercise helps you maintain a healthy weight and overall wellness.

### Formula 1 Healthy Meal

#### Nutritional Shake Mix\*

(1 serving of Formula 1, 8 oz. of nonfat milk and 1 oz. of strawberries)

- 228 calories
- 1 g of fat
- 18 g of protein
- 6 mg of cholesterol



VITAMINS, MINERALS, FIBER, PROTEIN,  
AMINO ACIDS, PHYTONUTRIENTS, ANTIOXIDANTS

## Start Your Day Right

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and other important nutrients to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, fiber, and is an excellent source of antioxidants.<sup>†</sup> Clinical studies have shown that daily usage of meal replacement shakes is effective for managing weight, along with moderate exercise.

### Weight-Loss from Herbalife Members

An extensive questionnaire generated responses from more than 200 U.S. Herbalife Independent Members about their weight-loss programs and results. They reported weight loss ranging from 4 pounds to 167 pounds and a reduced body mass index (BMI) of 1.5 points to 24.1 points, suggesting that consumption of Herbalife® products is associated with weight loss and improvement in BMI in those ranges.

\*Weight loss comes from good nutrition. Herbalife products are the good nutrition needed for weight loss.\*

## HERBALIFE NUTRITION

Nut r ieNt -packed.  
Healt Hy. Bal aNced.



**pr Ot eiN**  
As much protein as  
3 large eggs

**Vit aMiN c**  
As much Vitamin C  
as 2 small peaches

**Vit aMiN e**  
As much Vitamin E  
as 25 pieces of  
whole almonds

**FiBer**  
As much fiber as  
1 small apple

**cal ciuM**  
As much calcium as  
1.5 cups of cottage  
cheese

**Vit aMiN a**  
As much Vitamin A  
as ½ cup of cooked  
broccoli

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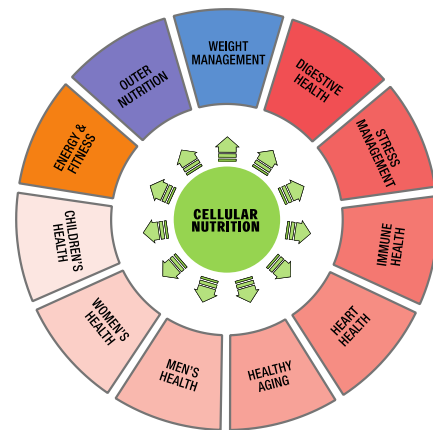
## Herbalife Nutrition Daily

Herbalife has a daily nutrition schedule that is easy to follow and up to you to set up.

The equation on a daily basis is having 2 Herbalife shakes to replace two of your 3 meals.

It's up to you which meals you wish to replace. It is strongly recommended, for people of skip breakfast, to a shake as the first meal of the day.

## Cellular Nutrition



- Nourishes your cells with the best nutrients available.\*
- Supports your immune system.\*
- Maximizes energy production for increased vitality and optimal health.\*



### Formula 1: The Shake

*Healthy Breakfast / Meal in a Glass*

9 g of heart-healthy soy protein. A healthy meal with nutrients, including protein, fiber, and up to 21 vitamins and minerals. Excellent source of antioxidant Vitamins A (beta-carotene), C and E. Available in a variety of delicious options.



### Formula 2 Multivitamin Complex



A daily vitamin-mineral combination with 21 essential micronutrients. Promotes healthy hair, skin, and bones.\* Provides antioxidant Vitamins A (beta-carotene), C and E to support the immune system.\*

### Formula 3 Cell Activator®



Supports the absorption of micronutrients. Promotes cellular energy production. Includes ingredients with antioxidant activity to support healthy aging.\*

### Herbal Tea Concentrate



Boosts the feeling of energy. Blend of black, orange pekoe and green teas provides antioxidant support. Low in calories. Available in a variety of delicious flavors. Delicious hot or cold.

### Cell-U-Loss®



Supports your body's natural detoxification through the kidneys, and healthy activity of the urinary tract, and healthy elimination of water.

### Total Control®



A proprietary blend of tea extracts and caffeine boosts metabolism. Provides a feeling of energy and alertness.\*

### Snack Defense®



Powerful herbal blend that helps support blood sugar levels already within normal range. Excellent source of chromium.

### Aminogen®+



Enzyme that helps break down proteins into amino acids which are smaller molecules that the body can absorb.

### Thermo-Bond®



Has fiber which is known to contribute to feeling fuller. Supports a healthy digestive tract.\*

### Prolessa® Duo



Control your hunger and reduce your body fat with this dual-action weight-management solution that helps you eat less and optimize your weight-loss program, which should include modest calorie intake and regular physical exercise.\*

A unique formula that assists to significantly reduce caloric intake. Helps promote fat loss. Creates a feeling of fullness. Stimulant-free.



## Additional Protein Sources

Protein Drink Mix (PDM) Personalized Protein Powder Protein Bars Beverage Mix Soup Mix



## Weight Management On The Go

Formula 1 Instant Healthy Meal  
- Chocolate and Vanilla

Formula 1 Express Meal Bar  
- Cookies 'n Cream

Formula 1 + PDM On The Go  
Packets  
- Cookies 'n Cream + Vanilla



## Garden 7®



Contains powerful antioxidants Vitamins A (beta-carotene) and C. Delivers 7+ phytonutrients like those found in fruits and vegetables. Helps nourish cells and organs so they function properly.\*

### Schizandra Plus



Supports your body's natural defense against oxidative stress. Supports immunity and cellular health. Provides general antioxidant support against free radicals.\*

### RoseGuard®



Contains astragalus, which supports your body's natural defense and a healthy liver. Provides antioxidant support throughout the day. Helps recycle the antioxidant activity of Vitamin E.\*

### Best Defense®



Formulated with echinacea and 1,000 mg of Vitamin C. Formulated with zinc sulfate to support the body's immune health. Convenient, portable, effervescent dietary supplement. Available in Orange Boost and Citrus Mint flavors.

### Hand Sanitizer\*



Alcohol- and triclosan-free spray. Kills 99.99% of most common germs. Botanical blend provides skin-enhancing benefits. Fresh mango scent.

### Herbal Aloe

*Ready to Drink, Concentrate & Powder*

Soothes the stomach. Relieves occasional indigestion. Supports nutrient absorption



## Florafiber



Helps support digestive health with fiber.

## Active Fiber Complex



Promotes regularity & healthy bowel movement. Supports growth of friendly intestinal bacteria. Balanced soluble and insoluble fiber. Available in Unflavored and Apple

## 21-Day Herbal Cleansing Program



**AM – Contains milk thistle traditionally used for liver support which helps promote the body's natural elimination.**

**PM – Contains dandelion traditionally used to support healthy elimination.**

## Herbalifeline



Includes omega-3 fatty acids. Helps maintain cholesterol and triglyceride levels already in the normal range

## Niteworks



Supports Nitric Oxide production for energy, vascular and circulatory health. Helps keep blood vessels toned and flexible for healthy vascular function. Supports blood flow to support the function of the heart, brain and other organs.



### Mega Garlic Plus



Supports healthy circulation and heart health. Each tablet supplies the benefits of one whole clove of garlic.

### Tri-Shield



Supports cardiovascular health with three heart-healthy compounds.

### Core Complex



Maintains healthy cholesterol and triglyceride levels already within a normal range. Provides energy to heart cells. Supports healthy heart and blood vessel function.

### CoQ10 Plus



Helps support heart health by providing energy to heart cells. Non-fish essential fatty acid DHA from algae.

### Sleep Now



Supports sleep so you can rest easy. Helps regulate sleep-wake cycle. Formulated with passionflower, hops, melatonin, valerian and lavender.

### Relax Now



Jujube seed helps maintain calmness. Formulated with jujube and passionflower, which help you cope with occasional stress and maintain a healthy mood.

### Ocular Defense Formula



Lutein supports eye health during aging and helps support a healthy vision.\*

### Joint Support Advanced



Contains glucosamine to support healthy joint function and comfort. Contains the herb scutellaria for antioxidant and healthy aging benefits. Excellent source of manganese, selenium and a good source of copper.

### Xtra-Cal® Advanced



Helps build strong bones and maintain bone density and healthy teeth. Provides 100%DV of Vitamin D for improved calcium absorption.

### Woman's Choice



Helps support comfort and well-being for women during monthly hormonal fluctuations and menopause.

### Tang Kuei Plus



Helps ease PMS discomfort. Helps relax smooth muscle. Supports the female reproductive system.\*

### Triple Berry Complex



Antioxidant formula with concentrated cranberries, blueberries and bilberries. Provides dietary support for urinary tract health.

### Male Factor 1000



Proprietary blend of nettle, ginseng, calcium and Vitamin C.

### Ultimate Prostate Formula



Formulated with saw palmetto that promotes healthy prostate and urinary function. Excellent source of antioxidant Vitamin E.

### Prelox<sup>®</sup> Blue



Protects blood vessel and circulatory health. Helps promote sexual intimacy and pleasure. Nutritional support for male sexual health.

### N-R-G Nature's Raw Guarana tea mix



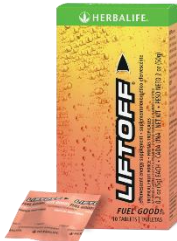
Hot or cold, this zesty yet gentle tea is a natural pick-me-up. No added caffeine.

### N-R-G Nature's Raw Guarana tablets



Infused with guarana, which contains caffeine that can increase mental alertness and help boost feeling of energy.

### Liftoff



Caffeine increases feeling of energy and improves mental clarity for better performance throughout the day. Contains an exclusive blend of taurine, guarana, caffeine, panax ginseng and Vitamins C, B6 and B12. Individually packaged for on-the-go use and sampling. Available in a variety of delicious flavors.

### H<sup>3</sup>O® Fitness Drink



Essential electrolytes support cellular rehydration. Energizing carbs for immediate and sustained energy. Powerful antioxidant Vitamins C and E to neutralize free radicals. Available in Orangeade and Lemonade

### Kids Shakes



Great tasting shakes with 17 essential vitamins and minerals plus protein and fiber. Excellent source of calcium, B-complex vitamins and antioxidant Vitamins A (as beta-carotene), C and E. 15 g of protein, when made per direction on the label (6 from powder + 9 from milk).

## Multivites



Provides 100% of essential vitamins children 4+ need daily. Excellent source of B-complex vitamins, iron, zinc and antioxidant Vitamins C and E. Fruit flavored, fun sports shapes

## Kindermins



11 essential vitamins infants and toddlers need every day

## Disclaimer

\*All product descriptions presented by the owners of the website or ebooks are for entertainment purposes only. No Herbalife products will treat a disease, ailment or any medical condition. Please seek the help of a medical professional if you feel these products will help with your particular situation. Please, don't self-diagnose and/or treat with Herbalife products. Your health is most important. Any claims to weight loss on the websites, ebooks or emails are those of options and are in no way a guarantee or promise of weight loss. Herbalife products are not weight loss products.

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