

# Herbalife

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Inspire

## Your wellness resolutions start NOW!

The holiday season often means being surrounded by tempting foods and drinks which you would normally avoid such as sweets, chocolate, cakes and alcoholic drinks. Do you think of this as a time to let loose and forget about healthy eating? If you do, you may soon notice a drop in energy levels and some extra weight to carry around as a result! This is not good news for your health.

Enjoy the party season but enjoy good health too!

Read on to see how a healthy, varied diet – supported by Herbalife® products – will see you through the holiday season and help keep you feeling fabulous!



# A helping hand from Herbalife

A healthy diet, supplemented where necessary, will provide you with a solid foundation and the essential nutrients your body needs each day. A treat now and again won't ruin this healthy foundation you've built, but go over the top and your body will tell you about it! Too much salt, saturated fat, sugar and artificial preservatives can mean disaster for your body and can make you feel sluggish with longer term negative

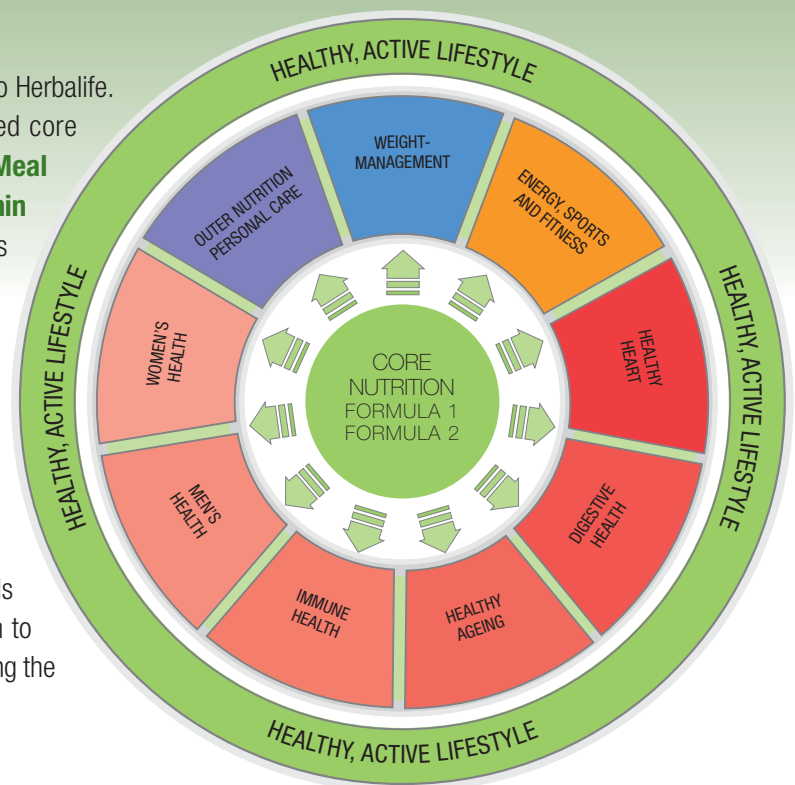
effects. It's also not great news for your weight! Carrying excess weight will slow you down and put stress on your body.

Aim to manage your weight by consuming a balanced and varied diet which does not contain too much salt, sugar or saturated fat. You can support your balanced diet with Herbalife® products to help provide your body with the nutrients it requires each day to function effectively.

## Core Nutrition

The Core Nutrition concept is a unique programme to Herbalife. The Core Nutrition wheel shows our science-based core products at the foundation: **Herbalife Formula 1 Meal Replacement and Herbalife Formula 2 Multivitamin Complex**. These products support optimum wellness when used in conjunction with a balanced, healthy and varied diet and an active lifestyle.

Combine Herbalife Formula 1 with Herbalife Formula 2 Multivitamin Complex to achieve 100% of your key vitamin and mineral RDAs (Recommended Dietary Allowance). RDA is a guideline to the daily intake level of a nutrient considered sufficient to meet the requirements of nearly all (97-98%) healthy individuals in each life-stage and gender group. We should aim to achieve the RDA of nutrients each day to avoid suffering the negative effects of a deficiency.



## Soy protein

Soy protein is known for its health benefits. It can help you feel fuller for longer, can help you build lean muscle mass when used alongside a fitness regime, and can help maintain healthy cholesterol levels when used alongside a diet low in saturated fat.

## Weight-management

Already carrying excess weight which you can't seem to control? Herbalife offers an effective weight-management programme. Don't wait until the New Year to resolve to change – Herbalife can help you to make a positive change now! Simply replace two meals a day with delicious Herbalife Formula 1 shakes and enjoy one healthy, balanced meal a day to feel the difference! Prepare for the party season by controlling your weight.

Stay active with long walks, swimming, gardening or dancing at parties – exercise plays an important role in a healthy, active

lifestyle and can help you control your weight; it should be a part of your life in the long-term. Plus, exercise makes you feel alive and energetic!

Once your body is back to a healthy weight, treat yourself to some new clothes or allow yourself some party foods as a reward – but see this as a treat, and watch your portion size!

## Healthy nutrition

Once you have reached a healthy weight, you need to maintain it with healthy nutrition – supported with supplements where necessary – and an active lifestyle. Try replacing one meal a day with a Herbalife Formula 1 shake, with two healthy balanced meals – teamed with physical activity and nutritional supplements where necessary. A Herbalife Formula 1 shake is a healthy meal in a glass – a quick and easy meal that you know is going to be good for your body!

Throughout the party season, start the day with a Formula 1 shake to help kick-start your good intentions for the day! Our shakes make a great breakfast, providing your body with key vitamins and minerals, soy protein - all for less than 220 calories

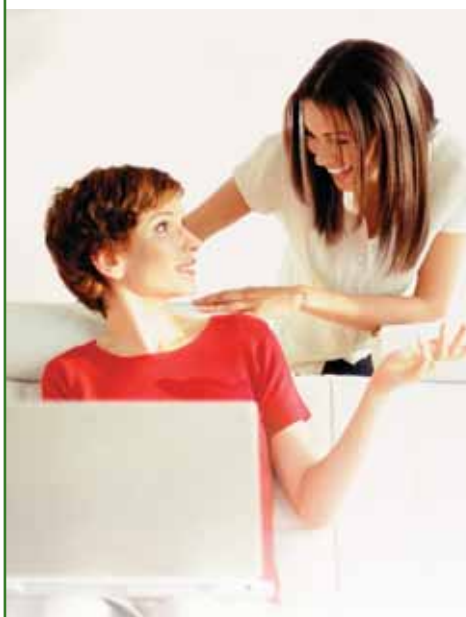


## Personalise your programme

Outside of the Core Nutrition Wheel's core are our **Targeted Nutrition** product ranges. These ranges have been designed to zoom in on specific needs. Ask your Herbalife Independent Distributor – who acts as your **Personal Herbalife Coach** – to conduct a **Wellness Evaluation** with you. This will help you to identify your individual wellness needs and select products to target them. Simply refer to the different coloured sections of the wheel to see which product ranges we offer and then personalise your programme!



## Support – whenever you need it!



Herbalife's personal approach to wellness means that your Personal Herbalife Coach (your Herbalife Distributor) is always at hand to provide you with support or guidance whenever you need it. Whatever your wellness goals, your Herbalife Distributor will be there to:

- Help you to set realistic and achievable wellness goals
- Maximise the effectiveness of Herbalife® products
- Provide methods of tracking your progress
- Offer tips and insights which may help you achieve your goals
- Inspire and motivate you to reach your personal best

### Enjoy the party season; enjoy good health!

Start your new year's resolutions now and you won't need to worry about your health over the holiday season. Resolve to commit to good health and let Herbalife help you along the way!

# Herbalife® Core Nutrition products

The Herbalife® Core Nutrition products support optimum wellness when used in conjunction with a balanced, healthy and varied diet and an active lifestyle.



## Herbalife Formula 1

Meal Replacement Mix

Every single day over one million Herbalife Formula 1 shakes are consumed around the world.

A tasty Herbalife Formula 1 shake is a nutritionally-balanced, versatile and easy to prepare healthy meal in a glass!

Formulated by Herbalife's nutritional experts, Formula 1 is packed with vitamins and minerals, together with soy protein, carbohydrates and healthy fibre, and has less than 220 calories per serving!

Replacing one or two meals each day with a Herbalife Formula 1 shake allows you to control your caloric intake whilst the protein can help keep you feeling full for longer which may help you snack less.



## Herbalife Formula 2

Multivitamin Complex

Herbalife Formula 2 Multivitamin Complex is a nutritional supplement containing key vitamins and minerals and a unique blend of herbs to complement your daily diet. It is optimally used in conjunction with Herbalife Formula 1 as part of your weight-management or healthy nutrition programme.

## Herbalife® Targeted Nutrition products



Build on the core foundation and personalise your programme with products from our Targeted Nutrition ranges:

**Healthy Heart, Immune Health, Healthy Men, Healthy Women, Digestive Health, Healthy Ageing**

Speak to your local Herbalife Independent Distributor for more information about any of our products or product ranges.

**Enhance your lifestyle with Herbalife!**

Your lifelong wellness plan starts **Today**

Herbalife's superb range of scientifically advanced nutrition, weight-management and personal care products is backed by a personal, friendly service and a 30-day money back guarantee. Please ask for a Product Brochure.



Your Herbalife Independent Distributor is:

