

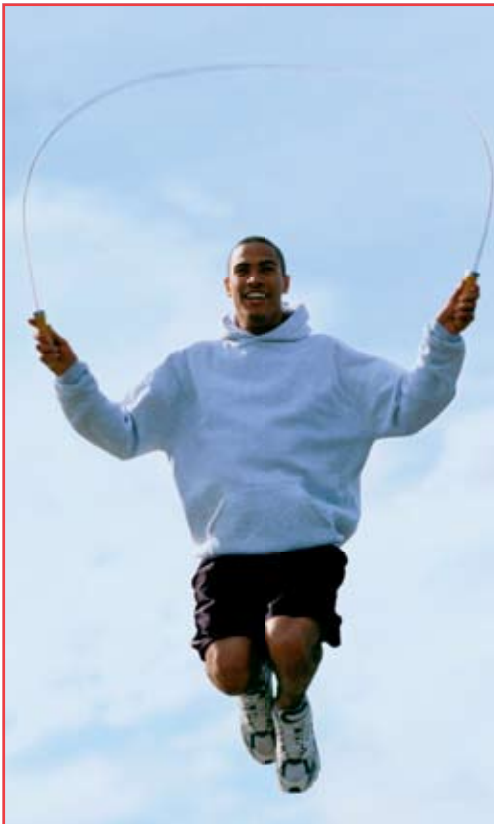
# Herbalife

GN ISSUE 155

Inspire

A **balanced nutrition** plan is essential for providing our bodies with the nutrients required to make them function properly. Unfortunately, today's busy modern lifestyles often mean that we may not always make healthy food choices and may miss out on important nutrients. When making a conscious effort to adopt healthy eating habits, the support of food supplements may help to maximise your health. Herbalife's wide range of **Targeted Nutrition** supplements includes products to support heart health, immune health, healthy ageing, digestive health, women's health and men's health. So whatever your specific wellness needs, Herbalife offers you plenty of choice!





## A healthy, active lifestyle starts with achieving balanced nutrition

Are you confident that you are providing your body with adequate nutrients each day? Many of us, even if we think we have a good diet, consume inadequate amounts of certain vitamins, minerals and other nutrients each day. With today's hectic lifestyles, we may not always be able to consume a healthy balanced diet as we often rely on processed foods which may be low in nutrients caused by factors such as storage or the use of pesticides.

For added nutritional support, you can add a multivitamin, or specific targeted supplements, to your diet. Supplements such as multivitamins are not a substitute for a healthy diet but may be used for extra support to help avoid the negative effects of a nutrient deficiency.

## Achieve healthy nutrition – with a little help from Herbalife

Do you find it challenging to eat healthily each day especially when you are on-the-go, short of time or travelling? Herbalife offers a range of Core Nutrition products which may help you achieve healthy nutrition – when used in conjunction with a healthy, balanced diet. Our quality product ranges aim to provide the elements every body needs daily to maintain optimum health.

It is recommended we all eat a range of foods from a variety of food groups to help ensure you provide your body with a range of different nutrients. Macronutrients are nutrients which the body needs in relatively large amounts. Macronutrients and their specific roles include:

- carbohydrates for energy,
- protein for muscle repair and recovery,
- and 'good' fats for healthy cells, skin and hair and organ insulation.

In addition to macronutrients, our bodies need micronutrients too. Most vitamins and minerals are classed as micronutrients. A diet rich in fruit and vegetables will help provide your body with a range of micronutrients.

To get an idea of how much of each micronutrient we need to consume each day, there is a guideline that outlines the 'recommended daily allowance' or RDA, which is the

daily dietary 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. Food manufacturers are required to show ingredients on product packaging and many food items show their nutritional content. Take the time to look at this label and see what your food contains.



# imagine

yourself at your  
absolute **best...**

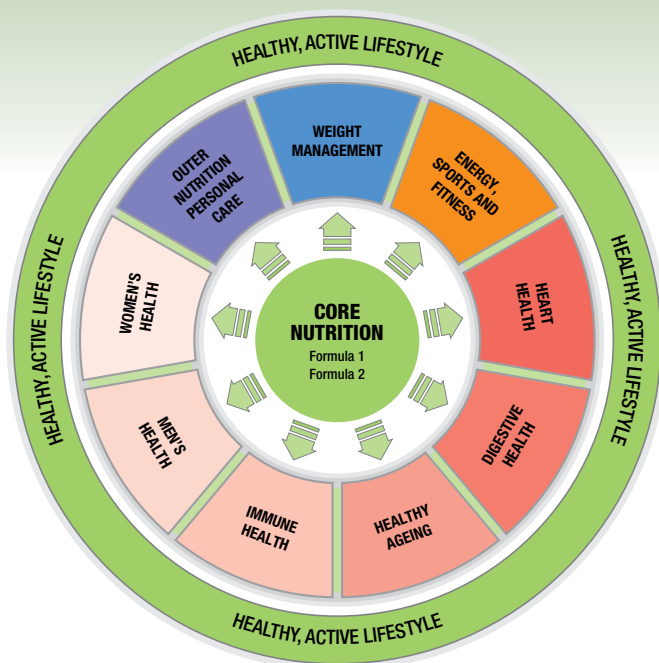
nourished, healthier, *raring to go*



You can help your body function at its best by providing it with healthy nutrition – a good supply of macronutrients and micronutrients, with extra support from nutritional supplements. Enquire about undergoing a Wellness

Evaluation with your local Independent Herbalife Distributor. A Wellness Evaluation can help you to identify your body's specific nutritional requirements and looks at which products can help fulfil these requirements.

The diagram below is the Herbalife Core Nutrition Wheel which shows you how the Herbalife® product ranges may fit within a healthy, active lifestyle.



At the core of the wheel, you can see our Core Nutrition range; these products are Herbalife Formula 1 and Herbalife Formula 2 Multivitamin Complex.

- Herbalife Formula 1 Healthy Meal Replacement Mix is a tasty meal replacement which helps ensure your body gets the nourishment it needs every day.
- Herbalife Formula 2 Multivitamin Complex provides key vitamins and minerals and a unique blend of herbs to support your daily diet helping you achieve 100% of your vitamin and mineral RDA when used with Herbalife Formula 1.

Just outside the core range of products, sit the Targeted Nutrition product ranges which build on the foundation of balanced nutrition. Personalise your programme by selecting a product range to suit your individual needs. . . .



# Support your healthy, active lifestyle with targeted supplements

Factors including your age, gender and lifestyle all have an effect on your body's nutritional requirements. For example, if you are very sporty and always make time for exercise then your body may benefit from extra antioxidant support to help protect your body's cells from the damage caused by free radicals which are produced when exercising. Targeting your

body's specific requirements can help you to nourish your body with exactly what it needs to function fully and effectively.

Herbalife's Targeted Nutrition products are based on a foundation of balanced nutrition and include a range of scientifically-studied nutrients that can help maintain good health.

## Immune Health

As well as consuming a diet rich in fruit and vegetables, taking a targeted antioxidant supplement can help keep your immune system effective in tackling the negative effects of free radicals. Free radicals attack the body's cells and are produced by factors including exercise, stress, and pollution. Antioxidants act as

a defence against the negative effects of free radicals. Consuming the right natural foods in antioxidants such as vitamins C, E, and beta-carotene may help you build a stronger immune system. Keep your body's defences strong all year long!



- **RoseOx\* #0139**
- **Schizandra Plus #0022**

\* The RoseOx name is the property of Zuellig Botanicals Inc.

## Digestive Health

Choosing high-fibre foods, such as wholegrains and cereals, brown rice or beans, can help your digestive system to function effectively. Research shows that 80% of people do not reach the recommended daily fibre intake of 24 grams. A fibre supplement can help aid

the digestion of food and assist the body in the elimination of waste.

- **Fibrebond #0112**
- **Florafibre #0023**
- **Herbal Aloe Concentrate #0025**



## Healthy Ageing

As you age, your body's nutritional requirements change. As well as aiming to eat plenty fruit and vegetables and getting enough fibre in your diet, aim to reduce the amounts of sugar, salt and saturated fat in your diet. As well as introducing Herbalife's Core Nutrition products into your day, supplement wherever necessary as an extra form of nutritional support.

**Herbal Aloe Concentrate** contains 40% aloe vera gel which supports digestive health and assists the body's self-cleansing action.  
#0025

**Herbalifeline® capsules** contain omega-3 fatty acids which are known to help you maintain a healthy heart.  
#0065

**Niteworks® powder** is high in L-Arginine which is known to promote good blood circulation.

#3150



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:

