

Herbalife

INSPIRE

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Balancing work and play

You're trying your best to keep fit and healthy whilst working full-time and juggling family commitments, but it's tough. So what's the secret?

Find out how our world-beating athletes achieve their exceptional performances...



Enjoy more energy and less fatigue!

THERE ARE TWO KEYS TO SUCCESS WHERE YOUR HEALTH AND FITNESS ARE CONCERNED:

ENERGY & HYDRATION

But don't just take our word for it. World-class sports professionals know that when the balance is right, energy levels and performance can both improve, markedly...



Attila Vajda

The Hungarian flatwater canoeing athlete captured the gold in the men's 1000-meter canoe singles on 22 August 2008, winning Hungary's first gold medal of the games at Beijing. A user of Herbalife® products, Attila counts Liftoff® among his favorite products. He said, "When I am feeling tired and cannot concentrate, I take Liftoff®—even during training and competitions. I recommend it to everyone."*



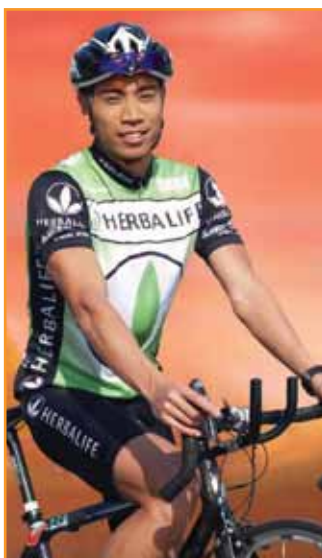
Deniz Dimaki

Is a national triathlete champion for Greece in 2002 during her first year of professional competition. Since then, she has worked her way up to 4th in the European rankings list and 69th position in the international worldwide rankings list. She says: "I'm having the best results in my sporting career now that I am using Herbalife® products." Deniz's favourite products are Formula 1 shakes, Personalised Protein Powder, protein bars and Liftoff®.



Triathlete Anaïs Verguet-Moniz

Is 19 years old, she became Junior World Champion in 2005, she says: "Herbalife® products help to support my balanced diet and address my body's specific nutritional requirements. To kick-off the day I usually have a Herbalife Formula 1 shake, Cappuccino is my favourite flavour. Around mid-morning and mid-afternoon - after my training sessions - I always have a citrus flavoured Protein Bar. I drink H³O Pro™ Isotonic Drink to help keep my energy levels up during all my training sessions."



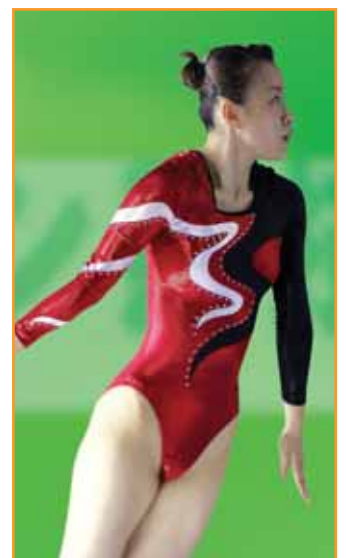
Triathlete Lee Chi Woo

Says: "While using Herbalife® products, I feel strong, fresh, healthier and more confident." Lee Chi Woo has been ranked #1 in Hong Kong for 7 years and represented his country in the Sydney Olympic Games. His favourite products are RoseOx®, Herbalifeline® and N-R-G

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

Haruka Hirota

The 24-year-old Haruka Hirota, from Osaka, Japan, says "Herbalife's Formula 1 shake helps me keep my best weight to fly high on the trampoline." Haruka, began her competitive trampoline career when she was 12. Only five years later, at age 17, she received her first gold medal at the All Japan Games. In 2004, Haruka represented her country at the Athens Olympics, finishing in 7th place. Haruka's favourite products are Formula 1 Vanilla shakes and Herbal Aloe Concentrate.



Our world-class products are making a difference to world-class sports professionals - now it's your turn:



Key 1: Energy Balance

Consider the Tour De France, where athletes may consume an average of 6500 kcal per day, whereas a gymnast consumes approximately 2000 kcal per day. The need to match your energy expenditure with energy consumption is essential - if the balance isn't right, you'll suffer fatigue and physical wear and tear.

A sedentary adult female/male will burn approximately 2000-2800 kcal per day.

When you participate in physical activity, your energy expenditure rises relative to the exercise duration/intensity, your level of fitness, and the type of sport involved. In order to meet these extra demands you need to raise your energy store and this may involve increasing food intake, fluids as well as appropriate supplements.

Professionals tip: Aim to consume 1-1.2 grams of carbohydrate for every kilo of body weight each hour for four hours after exercising, or until the next substantial meal. These carbohydrates can be simple sugars or complex carbohydrates like pasta and cereal.

Your body prefers to burn carbohydrate with fats as its main fuel source for physical activity.

However, carbohydrate stores are rather limited compared to the more abundant fat stores - your body can store between 380-600 grams of carbohydrate - 500grams provide approximately 2000kcal of energy. It is therefore necessary for highly energetic or sporting individuals to follow a high-carbohydrate diet to help improve endurance and performance. It is also common practice to top up levels of carbohydrate during exercise by consuming isotonic sports drinks, which also help to quickly replace depleted electrolytes and fluids.

Key 2: Hydration

Did you know that as little as 2% fluid loss during exercise can significantly harm your performance?

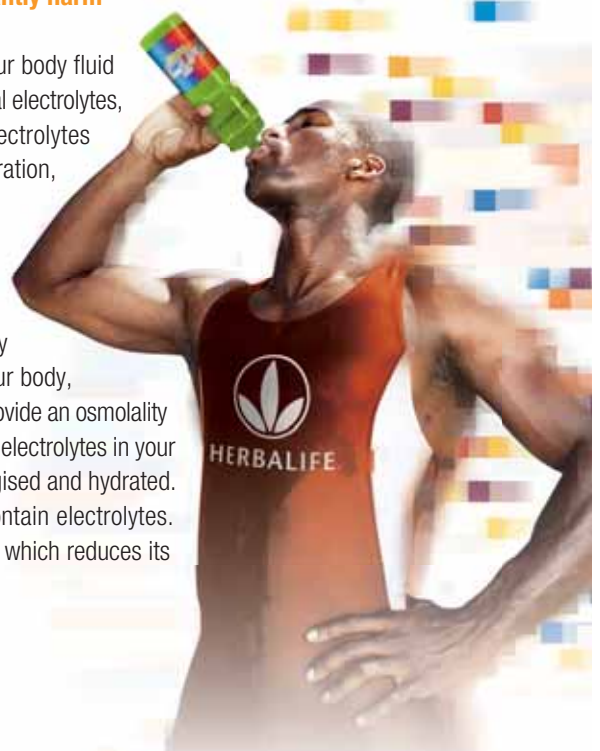
Your body is 60% water. If you want to enjoy more exercise and less fatigue, your body fluid must be kept at its optimum level. Sweating during exercise causes loss of essential electrolytes, including sodium, potassium, calcium, magnesium and chloride. Replacing electrolytes promotes rapid hydration and can help you avoid the negative effects of dehydration, such as muscle cramps, fatigue and headaches.

There is a simple solution...

Isotonic drinks have become the preferred choice for most fitness enthusiasts and athletes as they provide exceptional hydration and energy. They are specifically formulated to deliver a similar carbohydrate and electrolyte concentration to your body, meaning they are absorbed as fast, if not faster, than water. An isotonic drink will provide an osmolality level of 270-330 Mosm/kg, which helps to maintain the required concentration of electrolytes in your blood, resulting in rapid absorption of nutrients, so that you are very quickly energised and hydrated. In comparison, water has a very low osmolality level as it typically does not contain electrolytes. Although regarded as important for hydration, water does stimulate urine output, which reduces its effectiveness during physical activity.

... to optimise your physical performance and general health

follow the professionals



Take your fitness management to the next level...

Balancing work and play starts TODAY! Your Personal Herbalife Coach can provide continuous support and advice to help you achieve and maintain long-term health and fitness. As you've already seen, Herbalife's Core Nutrition and sports products provide exceptional support to the professionals – you can enjoy the same level of excellence:



Herbalife Formula 1

Meal Replacement Mix

Formulated by Herbalife's nutritional experts, a tasty Formula 1 shake is a nutritionally-balanced, versatile and simple to prepare healthy meal in a glass. Every serving is packed with vitamins and minerals, together with soy protein and carbohydrates, and less than 220 calories*. Soy protein can help you feel fuller for longer, sustain your energy levels, maintain healthy cholesterol levels and build lean muscle mass as part of a fitness programme. This is a world class product with over one million Formula 1 shakes consumed around the world every day!

Formula 1 is available in ultra-convenient single-serving sachets as well as 500 gram canisters.

Canisters - Vanilla #0141 Chocolate #0142 Strawberry #0143 Tropical Fruit #0144
Cappuccino #1171 Cookies and Cream #0146
Sachets - Vanilla #2653 Cookies & Cream #2657

* when taken with semi-skimmed milk



Herbalife Formula 2

Multivitamin Complex

provides key vitamins and minerals and a unique blend of herbs to complement your daily balanced diet helping you achieve 100% of your vitamin and mineral RDA when used with Herbalife Formula 1.



Personalised **Protein Powder** provides a blend of high quality whey and soy proteins allowing you to personalise your protein intake and help you build lean muscle mass when used as part of a fitness programme. Simply add to Formula 1 shakes or sprinkle on meals.

#0242

Protein Bars deliver a combination of protein and carbohydrates for sustained energy release, and B-vitamins to support energy metabolism. Available in three delicious flavours, each bar provides approximately 140 calories for healthy snacking on the go.

Vanilla Almond #0258 Chocolate Peanut #0259 Citrus Lemon #0260



H³O Pro™ Isotonic Drink



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

- **Hydration:** replaces essential electrolytes such as sodium as well as potassium, calcium, magnesium and chloride. This helps you to hydrate quickly and thus avoid the negative physical affects of dehydration, such as muscle cramps, fatigue and headaches.
- **Energy and Stamina:** energising carbohydrates provide your body with immediate and sustained energy to prevent unwanted performance dips - keeping you at the top of your game!
- **Absorption:** energy releasing B-vitamins help your body to absorb the nutrients in H³O Pro™ to power your performance.
- **Antioxidant Protection:** key antioxidants such as vitamins C and E help protect the body against the potentially damaging effects of free radicals induced during strenuous exercise or sports.

H³O Pro™ can help you stay hydrated and energised before and during your workouts; one serving (500ml) is recommended for every 60 minutes of strenuous exercise. It's quick and easy to use, simply pour the contents of one sachet into a water bottle and add 500ml of water

No artificial sweeteners, no artificial flavours, no preservatives – just a hint of tangy lemon - H³O Pro™ is guaranteed to keep you refreshed, hydrated and performing at your best whatever your sport.

Don't forget - keep your body hydrated with sufficient fluids – especially when exercising and aim for a balanced and varied diet with plenty of fresh colourful fruit and vegetables!

However demanding your lifestyle, by focusing on our two keys to success - energy balance and effective hydration - you can eliminate unnecessary fatigue and really enjoy your exercise.

...power your life with professional support

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:

