



# HERBALIFE NUTRITION

DELICIOUS PRODUCTS TO SUPPORT  
YOUR HEALTHY, ACTIVE LIFESTYLE.

# WHAT'S INSIDE:

## NEW IN THIS ISSUE:

- Tips for an ideal breakfast straight from our experts in nutrition.



## WHAT'S INSIDE:

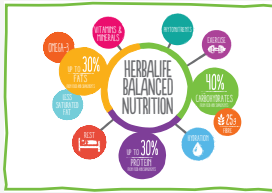
### PAGE 8-9

HOW HEALTHY DO YOU WANT TO BE?  
FIND OUT THE RESULTS OF OUR SURVEY, PLUS HOW TO MAKE YOUR GOALS A REALITY.



### PAGE 10-11

HERBALIFE NUTRITION PHILOSOPHY  
THE EXPERTS REVEAL YOUR DAILY FOOD AND EXERCISE RECOMMENDATIONS.



### PAGE 16-19

FORMULA 1 SHAKES  
WITH MULTIPLE FLAVOURS TO DELIGHT YOUR TASTE BUDS, FIND OUT HOW FORMULA 1 SHAKES CAN HELP YOU ACHIEVE YOUR GOALS.



### 24-28 PROTEIN

The protein power players revealed.

### 42-43 HYDRATION

Boost your fluid intake in two tasty steps.

### 48-49 VITAMINS AND MINERALS

For the optimum in wellbeing and performance.

### 52-57 HERBALIFE SKIN

Clinically-tested for radiant, younger-looking skin.

### 58-59 BODY & HAIR CARE

Hydrating & nourishing with soothing aloe vera.



## FLIP OVER TO THE SPORTS SECTION

Always consume Herbalife® products within a balanced and varied diet in line with a healthy lifestyle. For further product information visit [Herbalife.co.za](http://Herbalife.co.za) or speak to your Independent Herbalife Member.



SUPPORT NETWORK

# NUTRITION & SUPPORT

BECOME THE  
BEST  
VERSION  
OF YOU.





What would it mean to become the 'best version of yourself'? A boost of confidence? Feeling healthier? Improved sports performance? Whatever it is for you, we want to help you get there. That's why Herbalife creates top-quality products backed by science; to deliver the nutrients your body needs on your journey towards great results. We're about promoting balanced nutrition and a healthy, active lifestyle that you can maintain.

And that's not all. We've seen firsthand how the Herbalife support network can help people to improve their well-being and fitness levels, and your Personal Coach (Herbalife Member) is the driving force behind it. They have been where you are and it's their job to provide one-on-one support, advice, motivation and connect you with like-minded people. A global community of millions have already changed their lives for the better - now it's your turn...



# CAN YOU REALLY CHANGE YOUR LIFESTYLE?

☺☺ FEEL CONFIDENT  
AND WAKE UP  
EVERY MORNING  
FEELING ENERGISED ☺☺



## HERE'S HOW I ACHIEVED MY SUCCESS:

- As a military physical trainer, I thought I was in the best shape of my life. I used to work out all the time but could never reach my personal Level 10 goal.
- With the support of my sponsor, I started by using the Herbalife Nutrition products which include Formula 1 Shake Mix, Herbal Aloe Concentrate Drink and Instant Herbal Beverage (tea) and the H24 products.
- Started cycling and running.

## BRIGETTE DIKOBÉ, SOUTH AFRICA NOW I...

- Use all the Herbalife Nutrition products, my favourite being the Herbal Aloe Concentrate Drink, Formula 1 Shake Mix and Instant Herbal Beverage (tea) and the Herbalife SKIN range.
- Use CR7 Drive during my work outs and Rebuild Strength after my training sessions.
- Eat balanced and nutritious meals and lead a Healthy Active Lifestyle.

Now that you've read that change IS possible, and that you'll have your Personal Coach (Herbalife Member) for support along the way, the question you may be asking is: will it really work for me? For these two people, and millions of others around the globe, the answer is a resounding 'yes!' Read on to discover how Herbalife helped make their goals a reality...

“ I'M IN THE BEST  
SHAPE OF MY LIFE.  
I FEEL AND LOOK  
BETTER THAN EVER ”



## HERE'S HOW I ACHIEVED MY SUCCESS:

- As a personal trainer, I was looking for nutritional products to help me and my customers reach their ultimate body transformation goals.
- My journey began with the Herbalife Breakfast which included Formula 1 Shake Mix, Herbal Aloe Concentrate Drink and Instant Herbal Beverage (tea).
- Started eating healthy balanced meals for lunch and for dinner.
- I increased my protein intake using Protein Drink Mix and Personalised Protein Powder and workout every day.

## SIKANDAR KHAN, SOUTH AFRICA

NOW I...

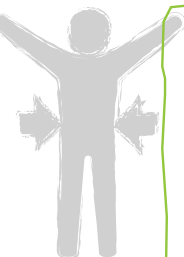
- Use Formula 1 Sport, Protein Drink Mix, Personalised Protein Powder and Rebuild Strength as my breakfast shake, along with Herbal Aloe Concentrate Drink and Instant Herbal Beverage (tea).
- Use LIFTOFF and CR7 Drive during my work outs.
- Use Rebuild Strength, Protein Drink Mix and Personalised Protein Powder after my workout.
- I have never felt and looked better.



# ASK YOURSELF

## HOW HEALTHY DO YOU WANT TO BE?

Becoming the best version of you is more than just a number on the scales. It's different for everyone. Be it your health, happiness, confidence or fitness level; it starts with setting your goals.



### DO YOU WANT TO MANAGE YOUR WEIGHT?

Reaching a healthy weight can completely change your life, and while it does require a little willpower, you can still enjoy the flavours you love.

Formula 1 Shake (pg. 16) is delicious and is your first step towards your weight loss goals. Your Personal Coach (Herbalife Member) will help you to combine balanced nutrition with regular exercise, and provide valuable tips and support along the way.





## COULD YOU BENEFIT FROM A HEALTHIER LIFESTYLE?

Your weight may be stable, but what you're eating and how active you are can have a big impact on your health and wellbeing; and may affect your digestion, mood, complexion, sleep and more.

With the help of your Personal Coach (Herbalife Member), you'll find the right products to enjoy as part of a balanced nutrition and fitness plan that suits you.



of Europeans say they would like to live a healthier lifestyle<sup>1</sup>.



## WOULD YOU LIKE A LEANER, MORE TONED PHYSIQUE?

Top athletes and teams around the globe use Herbalife nutrition to help them perform at their best – and it's available for you too. If you've set your sights on a lean and toned physique, focus on reducing your body fat percentage, building muscle and ensuring your body is properly fuelled before, during and after exercise.

At Herbalife, we believe in 80% nutrition and 20% exercise as a healthy way to reach your goals and get the most from your workout.



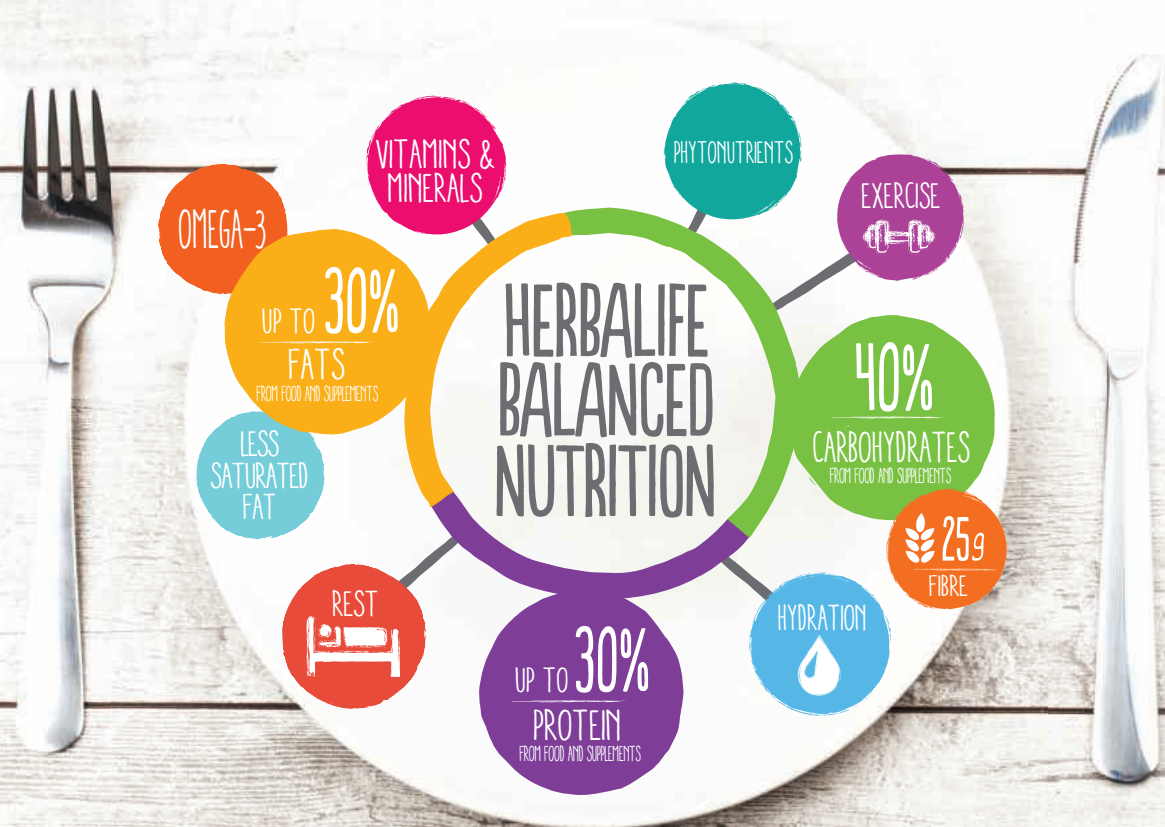
**72%** of European adults admit they do not eat their **'5 a day'** of fruits and vegetables<sup>1</sup>.

# BALANCED NUTRITION

## THE HERBALIFE WAY

Balanced nutrition is not about counting kilojoules or eliminating food groups such as zero-carb diets. Whatever your goals, we want to help you become healthier and happier, and stay there; looking and feeling as good as you deserve. How? With good nutrition, regular activity and support from your Coach.

Getting the nutrients you need from food and science-backed products is key to fuelling your body right. It may even have more positive benefits than you think; including healthy body weight, healthy skin, normal digestion, and good joint and brain health.





## PROTEIN

Want to know more about protein? Turn to **page 24**.

## CARBOHYDRATES

More information on carbohydrates is on **page 29**.

## FIBRE

Learn more about fibre on **page 30**.

## HYDRATION

Stay hydrated by drinking the recommended amount of fluids per day, as part of a balanced diet. Find out more on **page 42**.

## EXERCISE

Put down that remote! Try to do at least **30 minutes** of moderate exercise per day.

## FATS

Turn to **page 32** to find out more on healthy fats.

## REST

**Getting enough sleep** shouldn't be a luxury – it's a critical piece of the puzzle.

## PHYTONUTRIENTS

Plant-based foods including colourful fruits and vegetables that provide many health benefits when eaten as part of a balanced diet.

## VITAMINS & MINERALS

Vitamins and minerals are vital for many functions your body performs. Find out on **page 44**, if you're getting the nutrients you need.

### DAVID HEBER

Ph.D., F.A.C.P., F.A.S.N.  
Chairman, Herbalife  
Nutrition Institute and  
Nutrition Advisory Board



At Herbalife, we believe that balanced and personalised nutrition supports a healthy, active lifestyle. Eating the right foods combined with scientifically-proven supplements and exercising regularly are key.



## DID YOU KNOW?

The Herbalife Nutrition Advisory Board is made up of 25 global experts and Ph.D.'s in the fields of nutrition, science and health. Their expertise is integral to ensuring that Herbalife products are high in quality and supported by science. They also lead product and nutrition training for Members worldwide on everything they need to know.

FIND OUT MORE ABOUT BALANCED NUTRITION, CHECK OUT NEW  
HERBALIFE NUTRITION SERIES AT [HEALTHYLIVING.HERBALIFE.CO.ZA](http://HEALTHYLIVING.HERBALIFE.CO.ZA).

# QUALITY PRODUCTS CRAFTED FOR YOU

We identify the needs of our customers and combine these findings with the latest advancements in science. Our doctors, scientists and nutritionists then work with world-class partners to bring better nutrition to customers. Herbalife has made a significant investment in new laboratories, testing equipment, facilities, ingredients and scientific talent to meet the rigorous standards set by the International Organization for Standardization (ISO) and NSF International.

Our aim is to make balanced nutrition straightforward. To do this, we choose to invest in science. Our Scientific Leadership (which includes David Heber, Ph.D., Chairman of the Herbalife Nutrition Advisory Board) have spent the last three decades creating high-quality, calorie-controlled products to make your new healthy eating plan that bit easier.

From a Nobel\* Laureate in medicine to the former director of the FDA\*\*, each member of the Nutrition Advisory Board is at the top of their field. By combining their expertise, they work to give you confidence in our products, and ensure the science behind them is substantiated by scientific literature and clinical trials.

## DID YOU KNOW ?

The Herbalife Innovation & Manufacturing facility in Winston-Salem, North Carolina spans an incredible 800,000 sq. ft. and has a 3-mile circumference; making it the largest Herbalife facility to date. Opened in 2014, it enhances our ability to deliver top nutrition products to people around the globe.



We're building a global manufacturing network. Our investments in facilities, technology and resources, combined with our commitment to making more products in-house, strengthen our industry-leading quality and operational capabilities.



**DAVID PEZZULLO**

Herbalife Executive  
Vice President,  
Worldwide Operations



## INGREDIENTS WITH PURPOSE

We are invested in responsible farming and advanced production methods to craft the best products possible. We have a team of scientists and manufacturers from around the world dedicated to identifying only the best sources of ingredients.



## MADE WITH CARE

We go to great lengths to ensure Herbalife® products meet or exceed a variety of industry standards in quality. You can be confident in the purity and value of our individual ingredients, as well as the integrity of our processes.



## NUTRITION DELIVERED TO YOU

Using advanced technology, we carefully monitor the environment where our products are stored – ensuring they are just as beneficial and powerful when you receive them as when they were first developed.



# HERBALIFE BREAKFAST

How often do you skip breakfast or grab a coffee and pastry on-the-go to stop the hunger pangs mid-morning? Once a week? Twice? Everyday?

'Breakfast' literally means to 'break the fast' that occurs overnight. After approximately 12 hours without fuel, it's easy to see why it's called the most important meal of the day – providing the energy your body needs to get you going in the morning.

## 7 REASONS to start your day with a nutritious breakfast

### #1 FUEL YOUR BODY WITH ESSENTIAL NUTRIENTS

Kick-start your day with much-needed nutrients! As well as providing energy (calories), a healthy breakfast can give you the nutritional boost your body needs, including fibre, vitamins and minerals.

### #2 TAKE CONTROL OF YOUR WEIGHT

Skipping or eating a breakfast that lacks essential nutrients can make you more likely to reach for unhealthy, high-calorie foods later on.\* In fact, research shows that individuals who consume a good quality breakfast tend to have a healthier daily food pattern than those who don't.†

### #3 BUILD AND MAINTAIN MUSCLE

Protein contributes to the maintenance and growth in muscle mass, and our body relies on the protein in our diet to help us do this.

### #4 HEALTHY SKIN

Beautiful skin starts with nourishment from within. Drinking water and enjoying a healthy breakfast will feed your skin with essential nutrients.

### #5 BOOST YOUR METABOLISM

Eating a healthy morning meal and smaller portions more often throughout the day will help to balance your energy and enable your body to perform at its best.

### #6 POWER YOUR BRAIN

Improved mental performance, concentration and mood – three more reasons to enjoy a morning meal! Without breakfast, you may struggle to focus and are more likely to be irritable and tired.‡

### #7 ENERGY LIFT

Breakfast literally means to 'break the fast' and helps to top up the energy stores that your body has used overnight to repair and renew. Vitamins and minerals also contribute to the reduction of fatigue.



GOOD MORNINGS START HERE

## WHAT ACTUALLY IS A HEALTHY AND BALANCED BREAKFAST?

A healthy breakfast helps you to reach the recommended daily kilojoule intake made up of:



The Herbalife Breakfast is great-tasting, full of nutrients and requires little to no preparation. Even better? It can be tailored to suit you!

### 1 NOURISH

Enjoy the creamy and delicious **Formula 1 shake** - **all the taste**, whilst still **controlling the kilojoules**.



### 2 HYDRATE

Get creative and infuse your Herbal Aloe Drink with fresh fruits, vegetables and herbs. Start your day with a unique personalised taste.



### 3 REFRESH

Wake up to a refreshing Instant Herbal Beverage with Tea Extracts. Low in kilojoules and infused with green and black tea, it can be enjoyed hot or cold.



ASK YOUR HERBALIFE MEMBER FOR THE HERBALIFE BREAKFAST THAT BEST WORKS FOR YOU. THE TRIAL PACK IS A GREAT WAY TO GIVE THE PRODUCTS A GO AND FEEL THE DIFFERENCE FOR YOURSELF!

\*Leidy et al. (2013). American Journal of Clinical Nutrition; 97(4):677-88.

†Matthys, C. et al. (2007). Public Health Nutrition, 10(4), 413.

‡Cooper, S. B., S. Neveill, ME. (2011). Physiology & Behavior, 103, 431.

# THE TASTE, THE NUTRITION, THE RESULTS.

Want a shake that is delicious and quick to prepare? Meet Formula 1; the pioneering Herbalife product. It's backed by science with protein and is a source of your daily essential Vitamins and minerals. People across the globe have Formula 1 Shake to thank for helping them make their goals a reality. And you could be next!

## DELIGHT YOUR TASTE BUDS DAY AFTER DAY...

Formula 1 Shake is available in 9 delicious flavours. Enjoy them alone or get creative and blend with fruits, vegetables, herbs and spices. Need inspiration? Turn to page 20!



Herbalife Nutrition programs and products for weight management utilize protein-enriched meal replacements, healthy active lifestyle, and a personalized approach that maximizes your chance of success.



**DAVID HEBER,**  
Ph.D., F.A.C.P., F.A.S.N.

**CHAIRMAN**  
Herbalife Nutrition Institute and  
Nutrition Advisory Board



*Serving suggestion*





# A DELICIOUS, HERBALIFE SHAKE

Formula 1 is a delicious shake mix that provides protein and key nutrients.

A convenient choice for breakfast, lunch or dinner.

- Great-tasting and kilojoule-controlled with on average 924 kilojoules per serving plus fibre, vitamins and minerals.
- High in protein from soy and dairy, around 18 g of protein when prepared with semi-skimmed milk
- Underpinned by science and developed by experts in nutrition.
- Formula 1 Raspberry & Blueberry is suitable for vegetarians, artificial sweetener and colourant free, and contains 23 essential vitamins and minerals.
- Formula 1 Free From is free from lactose, soy and gluten when made according to directions.



*Serving suggestion*



901  
KILOJOULES

18 g  
PROTEIN

3 g  
FIBRE

## WHICH FLAVOUR WILL YOU CHOOSE?

### OUR FLAVOURS:

Vanilla 550 g	#0141
Chocolate 550 g	#0142
Strawberry 550 g	#0143
Tropical 550 g	#0144
Cookies & Cream 550 g	#0146
Cappuccino 550 g	#1171
Raspberry & Blueberry 550 g	#2100
Toffee Apple & Cinnamon 550 g	#2790
Mint Chocolate Crunch 550g	#2789
Formula 1 Free From Vanilla 550 g	#3118
Vanilla 780 g	#1922

FORMULA 1  
VANILLA  
780 g



**30**  
SERVINGS  
CANISTER



**1 MONTH  
SUPPLY\***

**NOW  
WITH  
SCOOP INCLUDED**

**↑ OVER 40%  
BIGGER**

\*Providing 30 servings. One month supply dependent on consuming one shake per day.



# Share a Shake



The saying goes that 'variety is the spice of life', and at Herbalife, we couldn't agree more. Keep motivation high and get creative with your shakes; adding fruits and vegetables to your favourite flavour of Formula 1 Shake. The options are endless!

STEP 1: CHOOSE YOUR FORMULA 1 SHAKE FLAVOUR

STEP 2: ADD YOUR CHOICE OF LIQUID

STEP 3: BOOSTERS E.G. PERSONALISED PROTEIN POWDER (OPTIONAL)

STEP 4: FRUITS & VEGETABLES (OPTIONAL)

STEP 5: NUTS, SEEDS, DRY FRUITS (OPTIONAL)

STEP 6: EXTRA FLAVOUR E.G. CINNAMON (OPTIONAL)

WANT MORE RECIPES? VISIT THE  
HERBALIFE YOUTUBE CHANNEL.



\* When using Formula 1 Shakes, please carefully check the instructions on the product label. Only when prepared as instructed on the product label, does our product deliver the full nutrition benefits described on the label. Always remember when creating new recipes to ensure that the cumulative intake of nutrients is not excessive.

\*\* Also, please remember if the product is used in a heated recipe, some vitamin levels in the label may decline.



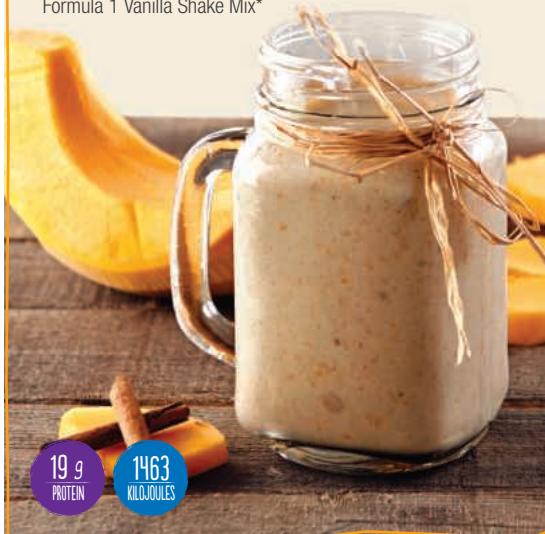
## CHERRY RICOTTA

- 250 ml Semi-Skimmed Milk
- 1/2 Cup (75 g) Frozen Cherries
- 1/3 Cup (80 g) Non-Fat Ricotta Cheese
- 2 Scoops (26 g) Herbalife Formula 1 Vanilla Shake Mix\*



## BANANA PUMPKIN

- 250 ml Semi-Skimmed Milk
- 100 g Pumpkin (boiled)
- 1 Small Banana
- 1 Teaspoon of Cinnamon
- 2 Scoops (26 g) Herbalife Formula 1 Vanilla Shake Mix\*



## APPLE LEMON GINGER

- 250 ml Semi-Skimmed Milk
- 1/2 Apple
- 4 Tablespoons Lemon Juice
- 1 Tablespoon Grated Ginger
- 2 Scoops (26 g) Herbalife Formula 1 Vanilla Shake Mix\*



## GREEN DELIGHT

- 250 ml Semi-Skimmed Milk
- 1 Medium Kiwi (peeled)
- 2 Slices of Pineapple
- 4 Spinach Leaves
- 2 Scoops (26 g) Herbalife Formula 1 Vanilla Shake Mix\*

WANT MORE RECIPES?  
VISIT THE HERBALIFE  
YOUTUBE CHANNEL.



# NOTES:

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# DON'T COMPROMISE ON GOOD NUTRITION!

Herbalife products take the effort out of healthy eating. Why is this important? Because we know that no matter how good your intentions, there are times when we all make unhealthy food choices, with excuses to match.

Requiring little to no preparation and convenient on the go, our delicious products are ideal for busy lifestyles, and the perfect way to banish those excuses.







## FORMULA 1 EXPRESS BAR

Tasty and convenient, with all the nutritional goodness of a Formula 1 Shake. Ideal for busy lifestyles and when you need a snack on the go.

- Formulated with key nutrients that are high in protein, high in fibre, and a source of linoleic acid added vitamins and minerals
- Underpinned by science: studies show that daily use of meal replacement bars as part of a kilojoule restricted diet is proven effective for managing weight, along with moderate exercise
- 13 g protein in every bar
- 8 g of fibre per bar, to help towards your daily fibre intake
- Provides vitamins and minerals including vitamin C, vitamins B (B1, B12), calcium, iron and essential nutrients when you're on the go

Chocolate  
Red Fruits and Yoghurt

#2669  
#2670

# PROTEIN

## WHAT IS PROTEIN?

An **essential component of every cell in the body**, protein is a macronutrient made of 22 'building blocks' called amino acids. Proteins have different functions in the body including contributing to **growth in muscle mass** and the maintenance of muscle and normal bones.

Without enough protein, it can be difficult to sustain a balanced diet and reach your goals.

## AM I GETTING ENOUGH?

Aim to consume up to **30% of your daily kilojoules from protein**. During exercise, your body requires more protein to build/maintain muscle and promote recovery, so keep in mind that protein needs may differ.

An active male who consumes up to 8360 kilojoules per day and wants to build muscle should aim for up to 150 g protein in his daily diet. For a woman who consumes up to 5852 kilojoules per day and wants to control her weight, the recommendation would be between 52-105 g protein.

## SO WHAT SHOULD I EAT?

A combination of **vegetable and animal protein sources** each day. **Soy** is one of the best vegetable sources as it is a 'complete' protein that provides all the essential amino acids. As other vegetable protein sources like **nuts, seeds and lentils** are not 'complete proteins', try to combine them to provide a better proportion of amino acids. For animal protein, high quality sources include **fish, poultry, eggs and low-fat dairy products**, which provide the additional benefits of iron, zinc and B vitamins.

WE'VE EXPLAINED HOW MUCH PROTEIN YOU NEED, BUT DO YOU KNOW HOW MUCH PROTEIN IS IN THE FOODS YOU MAY ALREADY BE CONSUMING?



1 CHICKEN BREAST

35 g  
Protein



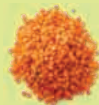
2 MEDIUM EGGS

13 g  
Protein



1 HANDFUL ALMONDS

5.3 g  
Protein



1 CUP RED LENTILS (BOILED)

7.6 g  
Protein



100 G PLAIN LOW-FAT YOGHURT

5 g  
Protein



467  
KILOJOULES

15 g  
PROTEIN

20  
VITAMINS &  
MINERALS

WE TAKE CARE TO ENSURE ALL  
INGREDIENTS USED IN HERBALIFE  
PRODUCTS ARE NON-GMO.



97  
KILOJOULES

5 g  
PROTEIN

## PROTEIN DRINK MIX

Mix with water to create a tasty kilojoule controlled, high protein snack or add to your favourite Formula 1 Shake for an indulgent, creamy drink. When enjoyed as a snack, Protein Drink Mix delivers the following nutritional benefits:

- 15 g high quality protein
- 7 g of carbohydrates
- 20 vitamins and minerals

588 g canister: Vanilla

#2600

## FORMULA 3 PERSONALISED PROTEIN POWDER

An easy way to boost your protein intake.

- High in soy and whey protein
- 5 g protein per serving
- Simply add to your favourite Formula 1 Shake to personalise your protein intake

240 g canister

#0242

# SMART PROTEIN SNACKS

Stop unhealthy temptation in its tracks! Keep convenient, snacks on hand to help keep hunger at bay between meals and your motivation high.

Contrary to popular belief, snacking can be helpful for those trying to manage their weight. Plus, they are another chance to fuel your body with nutrients! A clinical study even found that healthy, kilojoule-controlled snacks in portion-controlled packs help people to eat less throughout the day<sup>1</sup>.

## DID YOU KNOW?

High-protein snacks are a good choice to help you refuel after exercise and for those looking to tone up their physique, as protein contributes to the growth and maintenance of muscle.

### PROTEIN BARS

Got a sweet tooth? Curb the chocolate cravings with a delicious high-protein snack, or enjoy this treat pre or post-exercise.

- 586 kilojoules<sup>2</sup> per bar
- High in protein (10 g per serving)
- 15 g carbohydrates per serving
- Source of vitamins B1, B2 and B6

#### EACH BOX CONTAINS 14 BARS

Chocolate Peanut	#3972
Vanilla Almond	#3968
Citrus Lemon	#3976

### GOURMET TOMATO SOUP

Ready in seconds, this warming snack provides 8 times the protein of regular tomato soup<sup>3</sup>.

- Source of protein (7 g per serving)
- Source of fibre (4 g per serving)
- Simply mix with hot water, according to directions on the label
- Deliciously flavoured with Mediterranean herbs

672 g box, 21 servings

#0155

### ROASTED SOY BEANS

A savoury snack at home or on-the-go; kilojoule-controlled for your convenience.

- High in protein (9 g per serving)
- 458 kJ to help manage your kilojoule intake
- Convenient individual sachets, ideal for when you're on the move
- Delicious and lightly salted

672 g box, 12 servings

#3143

<sup>1</sup> Nijke et al (2016). Snack food, satiety, and weight. Adv. in Nutrition, 7(5).

<sup>2</sup> 586 kilojoules for Chocolate Peanut Protein Bar.

<sup>3</sup> The composition of Foods; Food Standards Agency and The Institute of Food Research in the UK, 2006.



UP TO 30%  
PROTEIN  
FROM FOOD AND SUPPLEMENTS



# WHICH TYPE OF PROTEIN IS BEST?

With so many different types of protein available from different sources, it can be difficult to know which is best. The chart below is a useful guide to the quality of each type of protein.

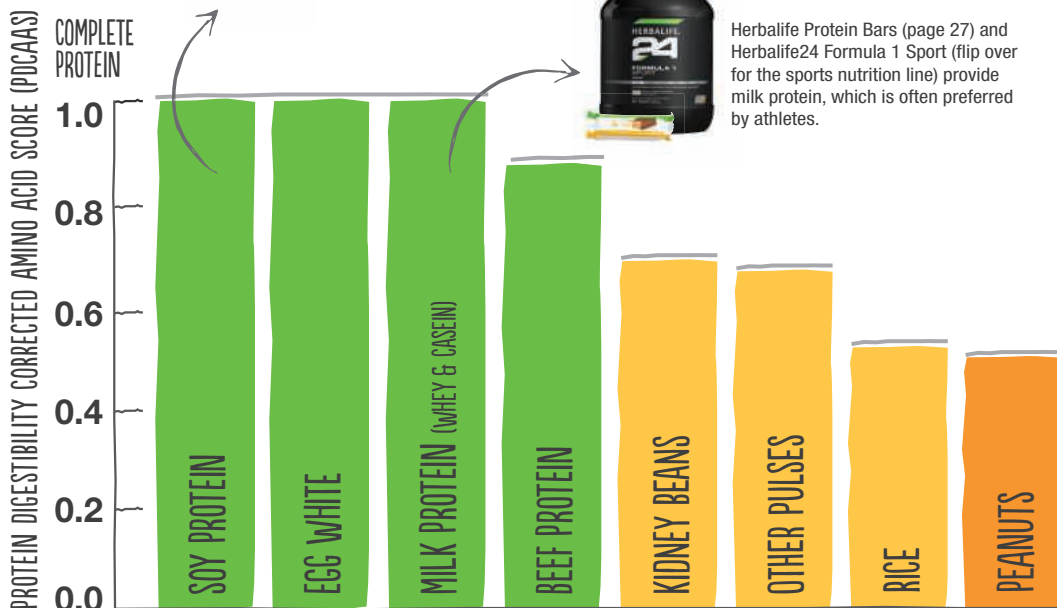
Herbalife uses the highest quality protein in all our products to help you reach the recommended intake; getting up to 30% of your daily kilojoules from protein.



Formula 1 shakes, Protein Drink Mix and Formula 3 Personalised Protein Powder (page 25) all provide soy protein – a great source of vegetable-based protein for everyday nutrition.



Herbalife Protein Bars (page 27) and Herbalife24 Formula 1 Sport (flip over for the sports nutrition line) provide milk protein, which is often preferred by athletes.



PDCAAS COMPARISON BETWEEN PROTEIN SOURCES - EXAMPLES OF PROTEIN SOURCES - EXAMPLES OF PROTEIN QUALITY



# GOOD CARBOHYDRATES

## WHAT ARE CARBOHYDRATES?

As the body's **preferred source of fuel**, carbohydrates are an essential part of your daily diet. It all comes down to **which type you consume**.

There are two types of carbs: complex carbs like starch and simple carbs such as sugar. Healthy carbs can be found in unprocessed foods such as fruits, vegetables and wholegrain produce.

## AM I EATING THE RIGHT AMOUNT?

Herbalife recommends getting **40% of your daily kilojoules** from healthy carbohydrates, although this may vary depending on your level of activity.

Remember to **replenish your body's fuel stores** after exercising with carbohydrates and protein.

## SO WHAT SHOULD I EAT?

Just like a car, your body needs high quality fuel to function at its best.

Try to eat carbohydrates in their most natural state. Swap processed 'white' carbs (such as cakes and pastries) that are often high in sugar and calories yet low in other nutrients, in favour of less processed carbohydrates like wholegrains and vegetables.

## DID YOU KNOW ?

A European survey found that most people highlight a lack of time or a dislike for the taste of healthy foods as their main reasons for an unhealthy diet. \*For others, it is simply lack of knowledge. Do your foods provide all the nutrients your body needs?

## WHY NOT TRY...

Swapping processed, starchy carbohydrates such as white rice or regular pasta for brown rice or wholegrain noodles? You'll get more vitamins, minerals and fibre. Even better? Try a side of beans for extra iron and protein too!



# FIBRE

## WHAT IS FIBRE?

Fibre is a type of (non-digestible) carbohydrate that plays a **key role in normal digestion**<sup>1</sup>. There are 2 types: soluble and insoluble.

Unlike other complex carbs, fibre **cannot be broken down** by the human digestive system, so most of it passes undigested through the small intestine; providing bulk.

## AM I GETTING ENOUGH?

As the most important dietary factor for helping to maintain **normal gastrointestinal function**<sup>1</sup>, adults should aim to consume **25 g fibre per day**<sup>2</sup>.

Yet research shows **72% men and 87% women do not reach this daily recommendation**<sup>3</sup>. If your current fibre intake is low, increase fibre consumption gradually and drink plenty of water.

## SO WHAT SHOULD I EAT?

A combination of **soluble and insoluble fibre** everyday. Soluble fibre can be found in **broccoli, carrots, apples and oats**. Insoluble fibre is broken down to a lesser extent than soluble and generally passes through the intestinal tract without being modified. Good sources include **nuts, beans, leafy vegetables and whole grains**.

NOW THAT YOU KNOW YOU NEED 25 G FIBRE PER DAY<sup>2</sup>, HERE ARE SOME COMMONLY CONSUMED FOODS AND THE FIBRE THEY PROVIDE, TO HELP YOU MANAGE YOUR DAILY FIBRE INTAKE.



2 SLICES WHOLEWHEAT BREAD

4 g  
Fibre



1 MEDIUM APPLE

4 g  
Fibre



1 MEDIUM BANANA

3 g  
Fibre



SMALL SKIN-ON BAKED POTATO

3 g  
Fibre



30 G HIGH-FIBRE CEREAL

4 g  
Fibre

**NO ADDED  
SUGAR<sup>1</sup>**



**75  
KILOJOULES**

**5 g  
FIBRE**



**3 g  
FIBRE**

## MULTIFIBRE

**A delicious way to increase your daily fibre intake.<sup>1</sup>  
No Added Sugar!<sup>4</sup>**

- 5 g of fibre per serving
- Low kilojoule - 75 kJ per serving
- Fibre is an essential part of a healthy diet and plays a key role in your digestive system<sup>1</sup>
- 6 fibre sources from apple, oat, maize, citrus, chicory and soya
- Contains both soluble and insoluble fibre
- Enjoy with water or mixed with your favourite Formula 1 Shake
- Delicate apple flavoured
- Artificial sweetener free

204 g, 30 servings

#2554

## FIBRE AND HERB

**Fibre supplement to help you reach the recommended daily fibre intake of 25 g per day<sup>2</sup>**

- Contains oat fibre together with parsley
- Provides 3 g fibre per daily recommended serving

180 tablets

#3114

<sup>1</sup> Oat grain fibre contributes to an increase in faecal bulk.

<sup>2</sup> EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). EFSA Journal 2010; 8(3):1462.

<sup>3</sup> UK National Diet and Nutrition Survey (NDNS)

<sup>4</sup> Contains 0.1 g of naturally occurring sugar.





# HEALTHY FATS

## WHAT ARE FATS?

Your body requires small amounts of fat in order to function properly, but there's a difference between those that are good for you and those that are not. Unsaturated fats (e.g. polyunsaturated, such as Omega-3s) are considered better for you, since these fats can help to keep blood cholesterol within a normal range. A diet high in saturated fat (from processed snacks and animal foods such as butter) can contribute to a rise in blood cholesterol levels and the associated health problems.

## AM I EATING THE RIGHT AMOUNT?

As fats are a very concentrated source of kilojoules, the Herbalife Nutrition Philosophy recommends getting about **30% of your daily kilojoules from fat**, with special emphasis on optimising your intake of the healthy types of dietary fat. The typical Western diet supplies far more total fat and saturated fat than we need, which can lead to weight gain and other health problems.

## SO WHAT SHOULD I EAT?

Healthy fats include those found in fish, nuts, olive oil and avocados. To ensure you're getting those good-for-you Omega-3s, aim to consume fish at least twice a week, including one portion of oily fish such as salmon or mackerel, as part of a healthy balanced meal. A dietary supplement can also be useful in helping you gain the benefits of EPA and DHA (Omega-3 fatty acids): to keep your heart healthy and maintain normal brain function and vision, as well as the maintenance of normal blood pressure and normal blood triglyceride levels.

# 10

The percentage of your daily kilojoules that you're recommended to consume from saturated fat. In the EU, adults' intake of saturated fat often exceeds these recommendations, with average intakes ranging from 9-26% of their daily kilojoules.\*

# WELLNESS EVALUATION

In order to make positive changes towards getting a varied and balanced diet you need to have a basic understanding of the principles of nutrition, identify your areas of concern and adapt this knowledge, along with appropriate changes, to your daily routine. Your Herbalife Independent Member can guide you through this.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Female ☐ Male ☐ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ kg Height: \_\_\_\_\_ metres Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Phone: \_\_\_\_\_

## 1. QUESTIONNAIRE

1. Do you eat more meals with poultry, lean meat, fish and plant proteins (beans and pulses including soy) rather than steaks, roasts and other red meats? .....Yes ☐ No ☐
2. Do you eat a variety of colourful fruits and vegetables and do you eat at least 5 servings a day of these? .....Yes ☐ No ☐
3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread? .....Yes ☐ No ☐
4. Do you eat oily fish (such as salmon, mackerel, sardines, trout) at least 3 times a week? .....Yes ☐ No ☐
5. Is your digestive system free of indigestion or irregularity? .....Yes ☐ No ☐
6. Do you maintain a stable and appropriate weight? .....Yes ☐ No ☐
7. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run? .....Yes ☐ No ☐
8. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner? .....Yes ☐ No ☐
9. Are you free of water retention and bloating? .....Yes ☐ No ☐
10. Do you drink at least eight glasses of water a day? .....Yes ☐ No ☐
11. Is your body free from aching and tired muscles and joints? .....Yes ☐ No ☐

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**HERBALIFE**  
**NUTRITION**

## 2. BODY MASS INDEX

BMI is a broad guide to determine whether your weight falls into a healthy range. It is considered a more useful measurement than weight alone, as it considers both weight and height.

Use your measurements to determine your BMI.

$$\frac{\text{Height (m)} \times \text{Height (m)}}{\text{Weight (kg)}} = \text{Your BMI}$$

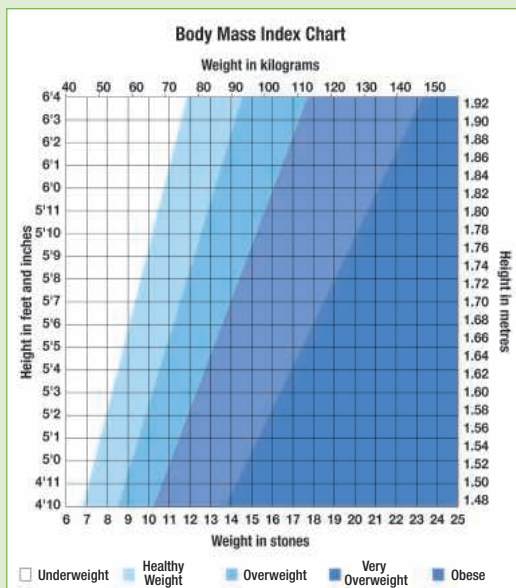
Note: This calculation is a guideline only as it does not take into consideration fat to muscle ratio, which affects the interpretation of BMI results. Therefore, it may not be appropriate for athletes or those of muscular build.

## 3. DAILY PROTEIN

Protein is essential in the diet and contributes to the growth and maintenance of muscle mass and to the maintenance of normal bones. When protein is increased in the diet, along with an increase in exercise, your metabolic rate increases which has a positive effect on weight control.

Use the table below to determine your Protein Factor – your daily recommended protein intake in grams.

		BMI													
		19	20	21	22	23	24	25	26	27	28	29	30		
Your Height women	4'10" to 5'0"	54	56	56	59	61	61	62	63	66	66	67	69	147 to 153	Your Height (cm) women
	5'1" to 5'4"	66	70	72	73	74	76	77	78	81	82	84	84	154 to 163	
	5'5" to 5'8"	80	82	85	85	88	89	92	94	97	97	98	102	164 to 173	
	5'9" to 6'0"	93	95	97	100	102	104	106	108	110	113	115	117	174 to 183	
Your Height men	5'1" to 5'4"	82	84	86	87	89	92	92	93	95	97	98	99	154 to 163	Your Height (cm) men
	5'5" to 5'8"	97	98	99	102	104	106	107	110	110	114	115	118	164 to 173	
	5'9" to 6'0"	107	113	115	118	119	122	125	127	129	131	132	135	174 to 183	
	6'1" to 6'4"	126	130	132	133	137	140	141	143	147	149	151	154	184 to 193	
Your Protein Factor															



## YOUR RESULTS

Congratulations! By calculating your personal nutrition indicators and writing down your current measurements, you've taken the first step towards achieving success. Now, work with your Herbalife Independent Member to help you reach your goals.

BMI

Protein Factor (g)

Kilojoule intake for weight management

Body Fat (%)

Body Water (%)

Basal  
Metabolic  
Rate

Metabolic Age

Visceral Fat

Muscle Mass

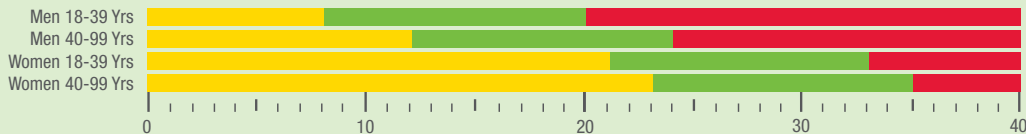
To find out more, contact me today:

# MY PROFILE

See where your current measurements fall on the charts below. If your readings fall outside of the healthy range, your Herbalife Member can help you create a personalised plan to reach the healthy range and stay there!

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Weight: \_\_\_\_\_ Target Weight: \_\_\_\_\_

## Body Fat (%) - Body fat percentage is the amount of body fat as a proportion of your body weight.\*



## Body Water (%) - This is amount of fluid in a person's body expressed as a percentage of their total weight.



Note that athletes may have slightly higher body water percentage levels.

## Visceral Fat - Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the abdominal area.



## Basal Metabolic Rate

The minimum level of energy or kilojoules your body needs when at rest to support breathing, circulation and organ function. Increasing exercise can help increase BMR and help burn more kilojoules.

Current BMR:

BMR after 12 weeks:

## Metabolic Age

If your Metabolic Age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

Actual Age:

Metabolic Age:

## Muscle Mass

Indicates the weight of muscle in your body. Track your progress and the effect of your exercise and diet on your muscle mass reading.

Current muscle mass:

Muscle mass after 12 weeks:

## Healthy Range Indicator

Under



Healthy Range



Over



## What's your goal?

### CONTROL WEIGHT

Replace two meals per day with a delicious Formula 1 shake and eat one nutritious meal.

### WEIGHT MANAGEMENT

Replace one meal per day with a delicious Formula 1 shake and eat two nutritious meals.

### GAIN MUSCLE

If your BMI is already in the normal range, turn to the next page for a meal plan to help you gain lean muscle and lose body fat.

Measurement ranges relate to Tanita Body Composition Analysers - if you are using a different analyser ensure you check their scale.

\*Athletes may have lower percentage body fat than in the normal range.



# WEEKLY PROGRESS TRACKER

Tracking your progress each week is a great way to keep you focussed on what you are working towards. It's also a useful tool to reflect on the things you've achieved and think about how you can make the next week even better!

## MY MEASUREMENTS THIS WEEK:

Weight

Body fat %

Visceral fat

Body water %

Muscle Mass

Metabolic Age  
(once a month)

My goals:

Goals for this week:

## How I felt this week

☐☐☐☐

## Weekly good habits

*Example: Snacked on healthy foods and drank 2 litres of water each day.*

Workout:

Nutrition:

Wellbeing:

## Set-backs this week

*Example: Felt too tired on Wednesday to get up for morning yoga.*

Workout:

Nutrition:

Wellbeing:

## Improvements for next week

*Example: I will fit in an extra 30 min workout.*

Workout:

Nutrition:

Wellbeing:

## WELLNESS EVALUATION QUESTIONS & ANSWERS

**1. Do you eat more meals with poultry, lean meat, fish and plant proteins (beans and pulses including soy) rather than steaks, roasts and other red meats?**

White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these "better-for-you" meats rather than high-fat meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day.

**2. Do you eat a variety of colourful fruits and vegetables and do you eat at least 5 servings a day of these?**

It is important to eat at least five servings per day of fruits and vegetables to get the fibre, vitamins and minerals these foods contain. Eat a wide range of different coloured fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy.

**3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?**

Processed and refined grains provide mainly starch as empty kilojoules. It is important to get whole grain baked goods so that you get all the goodness from whole grains including the vitamins, fibre, and protein found in these important foods.

**4. Do you eat oily fish (such as salmon, mackerel, sardines, trout) at least 3 times a week?**

Oily fish provide the healthy 'good oils' that may help to maintain a healthy heart when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.

**5. Is your digestive system free of indigestion or irregularity?**

Indigestion or irregularity can be reduced by eating 25 grams of fibre per day from fruits, vegetables and whole grains, drinking 6 to 8 glasses of water per day and reducing stress through exercise or meditation.

**6. Do you maintain a stable and appropriate weight?**

Maintaining a healthy and appropriate weight can be achieved with regular exercise and following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate.

**7. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?**

With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. There are many convenience items, such as prewashed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry portions that make healthy meals quick to put together.

**8. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?**

Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relieve stress.

**9. Are you free of water retention and bloating?**

Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance.




































**10. Do you drink at least eight glasses of water a day?**

If you wait until you are thirsty before you drink water, you may already be dehydrated. Your body requires water for many functions, and being well hydrated helps keep your skin and other tissues healthy.

**11. Is your body free from aching and tired muscles and joints?**

Fluctuations in our body's natural physical cycles and strenuous physical exercise can lead to times when the body's more prone to cramps, aches and tension. Certain nutrients can help restore the body's natural balance, when included on a regular basis.

# ACHIEVE YOUR GOAL

CONTROL WEIGHT**	WOMEN	Healthy Breakfast  + 	Healthy Snack  OR 	Healthy Lunch  OR 
	MEN	Healthy Breakfast  + 	Healthy Snack  + 	Healthy Lunch  OR 
WEIGHT MANAGEMENT***	WOMEN	Healthy Breakfast  + 	Healthy Snack  OR 	Healthy Lunch 
	MEN	Healthy Breakfast  + 	Healthy Snack  + 	Healthy Lunch 
GAIN MUSCLE	WOMEN	Healthy Breakfast  +  + 	Healthy Snack  + 	Healthy Lunch 
	MEN	Healthy Breakfast  +  + 	Healthy Snack  +  + 	Healthy Lunch 

Our nutritionist has put together some suggested meal plans to help get you started.

These meal plans are suggestions only based on average values and are not designed for people under 18 years old, breast feeding or pregnant women. Before beginning any weight management programme, it is advisable to consult a physician. A healthy weight management programme should include moderate kilojoule intake, balanced diet and regular physical activity.

\* If you are new to exercise start slowly and build up gradually. Consult a qualified strength trainer for a muscle gain programme.

<b>Healthy Snack</b>  <b>OR</b> 	<b>Healthy Dinner</b>  <b>APPROX 600 KCAL</b>
<b>Healthy Snack</b>  <b>+</b> 	<b>Healthy Dinner</b>  <b>APPROX 800 KCAL</b>
<b>Healthy Snack</b>  <b>OR</b> 	<b>Healthy Dinner</b> 
<b>Healthy Snack</b>  <b>+</b> 	<b>Healthy Dinner</b> 
<b>Healthy Snack</b> 	<b>Healthy Dinner</b> 
<b>Healthy Snack</b>  <b>+</b>  <b>+</b> 	<b>Healthy Dinner</b> 

## AT LEAST:




**AEROBIC**  
**30 MINUTES**  
**5 DAYS A WEEK**

**+**




**STRENGTH**  
**2 DAYS A WEEK**



**AEROBIC**  
**30 MINUTES**  
**5 DAYS A WEEK**

**+**



**STRENGTH**  
**2 DAYS A WEEK**

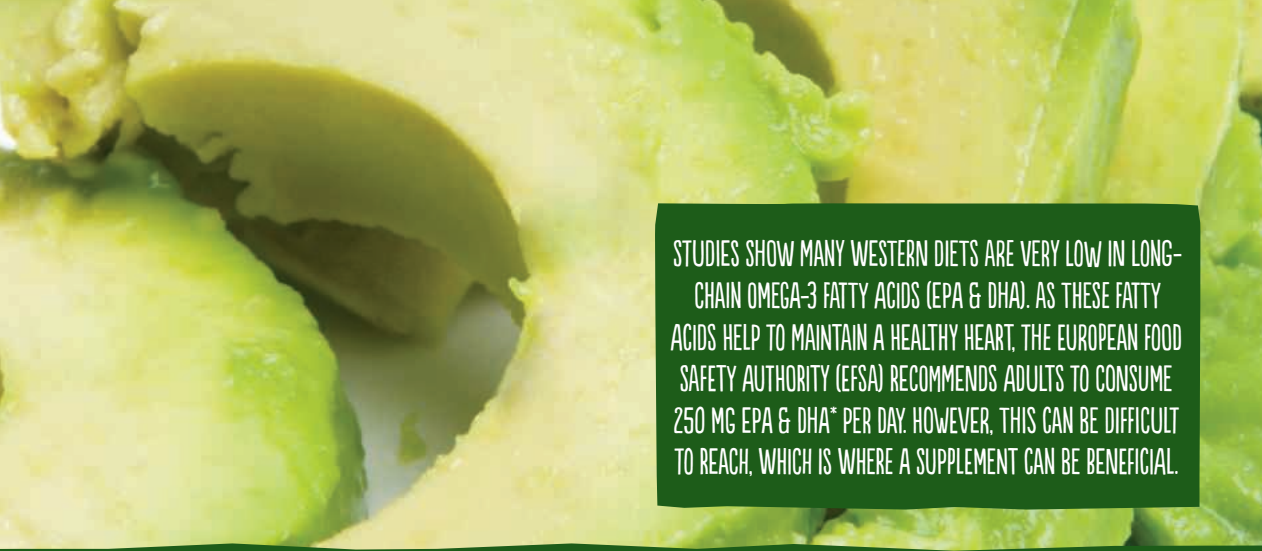
+ check out Samantha Clayton's tips on muscle building.

\*\* For weight control: Substituting two meals with meal replacements as part of an energy restricted diet, contributes to weight loss. Replace two meals per day with a delicious F1 shake and eat one nutritious meal.

\*\*\* For healthy nutrition and weight maintenance: Substituting one daily meal with a meal replacement as part of an energy restricted diet, contributes to the maintenance of weight, after weight loss. Replace one meal per day with delicious F1 shake and eat two nutritious meals.



## This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



STUDIES SHOW MANY WESTERN DIETS ARE VERY LOW IN LONG-CHAIN OMEGA-3 FATTY ACIDS (EPA & DHA). AS THESE FATTY ACIDS HELP TO MAINTAIN A HEALTHY HEART, THE EUROPEAN FOOD SAFETY AUTHORITY (EFSA) RECOMMENDS ADULTS TO CONSUME 250 MG EPA & DHA\* PER DAY. HOWEVER, THIS CAN BE DIFFICULT TO REACH, WHICH IS WHERE A SUPPLEMENT CAN BE BENEFICIAL.

UP TO 30%  
FATS  
FROM FOOD AND SUPPLEMENTS

250 MG  
EPA & DHA



HERBALIFELINE®

### Omega-3 supplement.

- Provides Omega-3 fatty acids EPA & DHA
- Contains essential oils to enhance and freshen the taste

90 tablets

#0065

# HYDRATION

## WHY DO I NEED TO STAY HYDRATED?

The human body is 60% water, and most of the chemical reactions in the body need water in order to be conducted. As well as using water to transport nutrients to cells and to get rid of waste products, the body also needs water to control body temperature and provide lubrication to joints, organs and tissues. Most of the chemical reactions in the body take place in water too.\*

## AM I DRINKING ENOUGH?

Not drinking enough fluids can lead to negative effects such as fatigue, dry skin, muscle cramps and constipation, so try to consume the recommended intake of approximately **2 litres of fluids per day**. Ideally this would come from water, but drinks such as fruit juice and herbal tea also count towards your daily fluid intake. It's good to note that foods with a high water content also help to keep you hydrated. Ensure you increase your fluid intake during exercise or hot weather, to replace what you lose through sweat.\*

TO HELP YOU STAY HYDRATED, IT'S USEFUL TO KNOW WHICH FOODS CONTAIN A HIGH WATER CONTENT, TO COMBINE WITH YOUR NORMAL DAILY FLUID INTAKE.



CUCUMBER

96%  
Water



CELERY

95%  
Water



WATERMELON

92%  
Water



GREEN CABBAGE

92%  
Water



PINEAPPLE

87%  
Water



9  
KILOJOULES

## HERBAL ALOE CONCENTRATE DRINK

A tasty and kilojoule controlled drink, to help you stay hydrated. Simply add it to water for a healthier alternative to high-kilojoule, sugary soft drinks.

- Contains 40% Aloe Vera juice which is derived from the whole Aloe vera leaf
- The Aloe vera leaf is carefully picked and hand filleted to ensure the highest level of purity
- The Aloe gel is extracted using cold processing which is the best way to achieve the highest quality of gel
- Live up your water with a refreshing taste to help you to achieve adequate fluid intake of 2-2.5 litres per day
- Mango flavoured: artificial flavouring and colorant free
- Original flavoured: contains citrus to give your water a refreshing flavour twist

Herbal Aloe Concentrate Drink, Mango 473 ml	#1065
Herbal Aloe Concentrate Drink, Original 473 ml	#0006



26  
KILOJOULES

## INSTANT HERBAL BEVERAGE

Wake up to a refreshing herbal drink, containing 85mg caffeine to help increase concentration whenever you need it. Low in calories and infused with green and black tea, it is delicious enjoyed hot or cold.

- Low kilojoule with approx 26 kJ per serving
- A unique blend of orange pekoe - a traditional black tea, and green tea with extracts of malva flower, hibiscus flower and cardamom seed
- Our green tea is water extracted to give you the full spectrum of compounds found in green tea

Original 100 g	#0106
Original 50 g	#0105
Lemon 50 g	#0255
Raspberry 50 g	#0256
Peach 50 g	#0257



# VITAMINS AND MINERALS

## WHAT ARE VITAMINS & MINERALS?

Vitamins and minerals are key micronutrients that are required for many of the chemical reactions your body performs every day. Many minerals – like calcium and magnesium – have structural roles in the body too. However, the body can't manufacture all the vitamins and minerals it needs to function at its best, which is why a healthy diet is so important.

## AM I GETTING ENOUGH?

A balanced diet helps to supply the essential vitamins and minerals, but it can be difficult to consume all the necessary nutrients simply through food. Daily vitamin and mineral supplements can help to ensure you reach the recommended daily amount of each, everyday.

## SO WHAT SHOULD I EAT?

Most of the foods you consume will provide some essential vitamins and minerals. Some particularly nutrient-dense foods include fruits, vegetables and grains. Each nutrient has a different use in the body, so different people may benefit from increasing their intake of different vitamins or minerals. Spinach is rich in vitamins C and E, which help to protect cells from oxidative stress, while phosphorus and calcium found in milk, yoghurt and seeds help to support healthy bones. Your B vitamins help the body convert food into fuel\*, and vitamin K supports bone health and is needed to help normal blood clotting.

WE'VE EXPLAINED HOW IMPORTANT VITAMINS AND MINERALS ARE IN YOUR DIET AND THE ROLE THEY PLAY IN THE BODY, BUT DO YOU KNOW WHICH ONES ARE PROVIDED BY DIFFERENT FOODS?



CHEESE

**Vitamins:**  
A, B2, B5, D  
**Minerals:**  
calcium, iodine



EGGS

**Vitamins:**  
A, biotin  
**Minerals:**  
iron, selenium, iodine



SALMON

**Vitamins:**  
B1, B5, B6, B12,  
D, biotin  
**Minerals:**  
calcium, iodine,  
selenium



BROCCOLI

**Vitamins:**  
C, K, folate  
**Minerals:**  
zinc, calcium



NUTS

**Vitamins:**  
B1, B2, B6, biotin  
**Minerals:**  
copper, zinc, calcium,  
magnesium, selenium

# YOUR GUIDE TO VITAMINS & MINERALS

## VITAMINS

### VITAMIN A

Found in cheese, liver, sweet potato, carrots

Contributes to: Normal iron metabolism, the maintenance of normal skin and normal vision, the normal function of the immune system.

**How much do I need each day?** Nutrient Reference Value: Vitamin A 900 mcg – equivalent to 4 tablespoons of cooked carrots.



### VITAMIN B1 (THIAMINE)

Found in wholegrain cereals, pork, nuts, pulses

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system and the heart.

**How much do I need each day?** Nutrient Reference Value: Vitamin B1 (Thiamine) 1.2 mg – equivalent to 460 g peas.



### VITAMIN B2 (RIBOFLAVIN)

Found in dairy products, meat, green leafy vegetables

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal red blood cells, the maintenance of normal skin, the maintenance of normal vision, the normal metabolism of iron, the protection of cells from oxidative stress, the reduction of tiredness and fatigue.

**How much do I need each day?** Nutrient Reference Value: Vitamin B2 (Riboflavin) 1.3 mg – equivalent to 2 and ½ small glasses of milk.



### VITAMIN B3 (NIACIN)

Found in meat, fish, wholegrain cereals

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal skin, the reduction of tiredness and fatigue.

**How much do I need each day?** Nutrient Reference Value: 16 mg - equivalent to 5 slices of roast lamb (133 g)



### VITAMIN B5 (PANTOTHENIC ACID)

Found in milk, eggs, green vegetables

Contributes to: Normal energy yielding metabolism, the reduction of tiredness and fatigue, normal mental performance.

**How much do I need each day?** Nutrient Reference Value: Vitamin B5 (Pantothenic Acid) 5 mg – equivalent to 2 and a ½ avocados.



### VITAMIN B6

Found in meat, fish, potatoes, bananas

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal function of the immune system, the regulation of hormonal activity, the reduction of tiredness and fatigue.

**How much do I need each day?** Nutrient Reference Value: Vitamin B6 1.7 mg – equivalent to 2 and a ½ cans of tuna fish.



### VITAMIN B12

Found in meat, dairy products, eggs and fish

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal red blood cell formation, the reduction of tiredness and fatigue.

**How much do I need each day?** Nutrient Reference Value: Vitamin B12 2.4 mcg – equivalent to 2 and ½ slices of cheddar cheese.



### FOLATE / FOLIC ACID

Found in fortified breakfast cereal, green leafy veg, pulses

Contributes to: Maternal tissue growth during pregnancy, normal blood formation, normal homocysteine metabolism, the reduction of tiredness and fatigue, the normal function of the immune system.

**How much do I need each day?** Nutrient Reference Value: 400 mcg - equivalent to 12 heaped tablespoons of cooked spinach.



## VITAMINS

### BIOTIN

**Found in eggs, nuts, pulses, liver and wholegrain cereals**

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal macronutrient metabolism, the maintenance of normal skin and hair.

**How much do I need each day?** Nutrient Reference Value: 30 mcg - equivalent to 1 and ½ handfuls of plain peanuts.



### CHOLINE

**Found in eggs**

Contributes to: The maintenance of normal liver function.

**How much do I need each day?** Nutrient Reference Value: 550 mg - equivalent to 3 and ½ whole eggs.



### VITAMIN C

**Found in citrus fruits, potatoes, strawberries**

Contributes to: The normal function of the immune system, normal energy yielding metabolism, normal functioning of the nervous system, the protection of cells from oxidative stress, the reduction of tiredness and fatigue. Increases iron absorption.

**How much do I need each day?** Nutrient Reference Value: Vitamin C 100 mg – equivalent to 2 medium oranges.



### VITAMIN D

**Found in oily fish, dairy products, eggs and by action of sunlight on the skin**

Contributes to: Normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the normal function of the immune system, the normal absorption/ utilisation of calcium and phosphorus.

**How much do I need each day?** Nutrient Reference Value: Vitamin D 15 mcg – equivalent to 2 fillets of grilled mackerel.



### VITAMIN E

**Found in sunflower oil**

Contributes to: The protection of cells from oxidative stress.

**How much do I need each day?** Nutrient Reference Value: Vitamin E 15 mg – equivalent to 3 tablespoons of sunflower oil.



## MINERALS

### CALCIUM

**Found in dairy products, green leafy vegetables, pulses**

Contributes to: Normal energy yielding metabolism, normal muscle function, the maintenance of normal bones and teeth.

**How much do I need each day?** Nutrient Reference Value: 1300 mg - equivalent to 5 pots of yoghurt (600 g).



### MAGNESIUM

**Found in seeds, nuts legumes and dark green leafy veg**

Contributes to: Normal functioning of the nervous systems, normal muscle function, normal protein synthesis, the maintenance of normal bones and teeth.

**How much do I need each day?** Nutrient Reference Value: 420 mg - equivalent to 10 tablespoons of raw pumpkin seeds.



### PHOSPHORUS

**Found in meat, poultry, fish, eggs, nuts and legumes**

Contributes to: Normal function of cell membranes, the maintenance of normal bones and teeth.

**How much do I need each day?** Nutrient Reference Value: 1250 mg - equivalent to 3 salmon fillets.



### POTASSIUM

**Found in fruits, vegetables & potatoes, cocoa, coffee**

Contributes to: Normal functioning of the nervous system, normal muscle function, the maintenance of normal blood pressure.

**How much do I need each day?** Nutrient Reference Value: 2000 mg - equivalent to medium bananas.



### IRON

**Found in meat, fish, pulses, fortified cereals**

Contributes to: Normal cognitive function, normal energy-yielding metabolism, normal formation of red blood cells & haemoglobin, normal oxygen transport in the body, the reduction of tiredness and fatigue, the normal function of the immune system.

**How much do I need each day?** Nutrient Reference Value: 18 mg - equivalent to 4 grilled sirloin steaks.



---

## ZINC

**Found in meat, fish and shellfish, dairy products seeds and pulses**

Contributes to: Normal carbohydrate metabolism, normal cognitive function, the maintenance of normal bones, the maintenance of normal skin, hair and nails, the maintenance of normal vision, the protection of cells from oxidative stress, the normal function of the immune system, normal fertility and reproduction, normal metabolism of fatty acids, normal macronutrient metabolism.

**How much do I need each day?** Nutrient Reference Value: 11 mg - equivalent to 23 tablespoons of dried sesame seeds.



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## COPPER

**Found in shellfish, nuts and cocoa**

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, normal iron transport in the body, normal skin and hair pigmentation, the normal function of the immune system, the protection of cells from oxidative stress.

**How much do I need each day?** Nutrient Reference Value: 0.9 mg - equivalent to 1 and ½ handfuls of roasted cashew nuts.



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## IODINE

**Found in dairy products, iodised salt, seafood**

Contributes to: Normal cognitive function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal skin, the normal production of thyroid hormones and normal thyroid function.

**How much do I need each day?** Nutrient Reference Value: 150 mcg - equivalent to medium size fillet of cooked cod.



---

## MANGANESE

**Found in brown rice, wholegrains, legumes, nuts and tea**

Contributes to: The maintenance of normal bone, the protection of cells from oxidative stress.

**How much do I need each day?** Nutrient Reference Values: 2.3 mg - equivalent to 1 and ⅓ cups of boiled brown rice.



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## SELENIUM

**Found in fish, meat, vegetables, wholegrain cereals**

Contributes to: The maintenance of normal hair and nails, the normal function of the immune system, the protection of cells from oxidative stress and normal thyroid function.

**How much do I need each day?** Nutrient Reference Value: 55 mcg - equivalent to 1 and ½ cans sardines.



---

## OTHER

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### PROTEIN

**Found in fish, pulses, meat, dairy products, nuts**

Contributes to: The growth of muscle mass, the maintenance of muscle mass, the maintenance of normal bones.

**How much do I need each day?** It is recommended that adults consume about 0.8 g protein per kg body weight e.g 56 g for a 70 kg adult.



---

### EPA/DHA (Eicosapentaenoic acid & Docosahexaenoic acid)

**Found in oily fish like mackerel, salmon, trout**

Contributes to: The normal function of the heart.

**How much do I need each day?** It is recommended that you consume 250 mg of EPA and DHA for normal heart function.



---

### DHA (Docosahexaenoic acid)

**Found in oily fish with small amounts in meat and poultry**

Contributes to: The maintenance of normal vision, maintenance of normal brain function.

**How much do I need each day?** It is recommended that you need 250 mg DHA to support these functions.

# GET THE MOST FROM YOUR BODY

No matter how old, young, healthy or active we are, caring for our bodies and getting the nutrients we need is essential.

Despite your best intentions, your daily diet may not contain the right levels of every nutrient. This is where dietary supplements can help, as they're a great way to ensure you're fueling your body right. Vitamins and minerals help to support overall good health and vitality, and are key for the body's normal growth and development.



## THERMO COMPLETE®

- A unique blend of caffeine from green tea and yerba mate
- Source of vitamin C
- Contains 85mg of caffeine per serving to give you a mental lift by helping to improve concentration

90 tablets

#0050



## CELL ACTIVATOR

- B vitamins to help unlock the energy in foods
- Source of vitamins B1, B2 and Vit B6
- Source of zinc
- Source of copper and manganese

90 capsules

#0104



93

The percentage of adults who do not meet their NRV for vitamin D and E in their daily diet, according to a recent review\*. Results also showed that 61% were lacking in magnesium, and 50% did not consume enough vitamin A and calcium.



C&E  
VITAMINS

L-ARGININE  
L-CITRULLINE

## NITEWORKS®

Night-time heart nutrition.

- Niteworks contains the amino acids L-Arginine and L-Citrulline
- High in folic acid
- High in vitamins C & E to protect the cells from oxidative stress
- With lemon balm

150 g, 15 servings

#3150



A, C&E  
VITAMINS

## ROSEGUARD

Well-rounded food supplement with Rosemary Extract.

- Contains vitamins A and C to support the normal function of the immune system and vitamin E to help protect the body's cells from oxidative stress

60 tablets

#0139

## JOINT SUPPORT

Contains glucosamine to help support joint flexibility.

- Contains a unique formulation of herbs, along with glucosamine

60 tablets

#0261



HERBS AND  
ENZYMES

# PRO-CORE



## FOR EVERYDAY SUPPORT

Introducing Pro-Core! Formulated with a unique complex of ingredients such as:

- ✓ EpiCor®, a yeast based fermentate
- ✓ High in vitamins C & D
- ✓ High in minerals Zinc & Selenium

Enjoy Pro-Core daily with warm or cold water or with a delicious beverage.

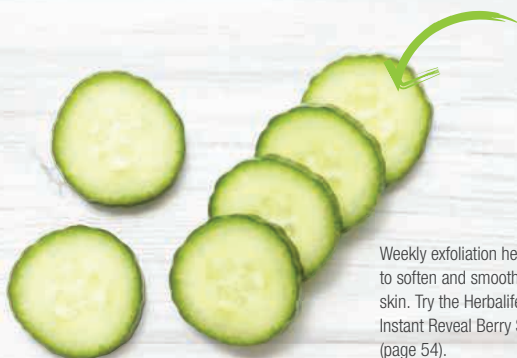
# NOTES:

A series of 18 horizontal green lines, evenly spaced, spanning the width of the page. These lines are intended for writing notes.

# SKIN, BODY & HAIR CARE

Discover the Herbalife Outer Nutrition collection of clinically proven products, from daily skincare to weekly treats. Plus, top tips from Laura Chacon-Garbato, Director of Worldwide Nutrition Product Training.

Gentle and soothing, cucumber extract is used in a number of Herbalife SKIN products to refresh and revitalise the skin.



Weekly exfoliation helps to soften and smooth the skin. Try the Herbalife SKIN Instant Reveal Berry Scrub (page 54).

A hint of mint in the Herbalife SKIN Purifying Mint Clay Mask (page 55) uplifts the senses.



A night cream is an essential part of any skin care regime; providing long-lasting hydration to the skin overnight (see page 57).



Citrus oils are used throughout the Herbalife SKIN range for their vibrant, fresh and fruity fragrance.



Aloe vera extract softens and nourishes the skin, and is a key ingredient in both the Herbalife SKIN (page 52-57) and Herbal Aloe ranges (page 58 & 59).





## NOT SURE OF YOUR SKIN TYPE?

Knowing your skin type is key to finding the most effective skincare for you. To help establish your skin type, wash your face with a cleanser designed for 'normal skin'. Rinse well and pat dry. Wait an hour, then evaluate how it feels.

Does it feel tight or flaky? It's likely that you have 'dry skin', whereas skin that feels like it needs blotting with a tissue is known as 'oily skin'. However, if your forehead and nose are slightly oily but the rest of your skin is on the drier side, your complexion is 'combination.' Skin feeling fine? Stick to the initial cleanser and products designed for 'normal skin'.

1

"If you suffer from dry skin, look for ingredients such as aloe vera that will provide wonderful hydrating properties." Discover the Herbal Aloe range on pages (page 58 & 59).

2

"Always wash your hands before you start your skincare regime. Particularly when cleansing, moisturising or applying a face mask, ensuring you have fresh, clean hands means you won't transmit any dirt or bacteria onto your skin."

3

"A day moisturiser and a rich night cream are necessary to maintain our skin's moisture barrier and nourish our complexion. But remember: moisturiser isn't just for the face - it's important for the body as well."

## DID YOU KNOW?

People often forget that the skin is the largest organ on the human body, and that your diet plays a big role in a healthy and glowing complexion, which is why we want to help you care for your body on the outside as well as the inside.

**LAURA  
CHACON-GARBATO**  
Director of Worldwide  
Nutrition Product Training



For glowing, healthy-looking skin, it's important to nourish your body inside and out with balanced nutrition, staying hydrated and effective skincare.





# CHALLENGE YOURSELF TO RADIANT, SMOOTHER, YOUNGER LOOKING SKIN.

INTELLIGENT SKIN NUTRITION,  
RESULTS IN 7 DAYS\*

Our clinically-tested products help achieve optimum daily results including:

- A diminished appearance of fine lines and wrinkles in just 7 days.\*\*
- Remarkable improvement in skin softness, smoothness, radiance, glow and luminosity in just 7 days.\*\*\*
- No added parabens, no added sulphates and dermatologist tested.\*\*\*\*

7 Day Results Kit

#0867



## PHILOSOPHY

Experts in nutrition, Herbalife brings you expert nutrition for your skin.

With over 15 vitamins and botanicals our skincare is packed with daily goodness to enrich your skin.

## FORMULA

Enhance the appearance of your skin with our unique blend of vitamin B3, antioxidant vitamins C and E, Aloe vera and other botanical ingredients.

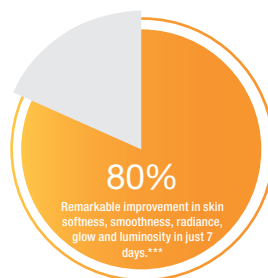
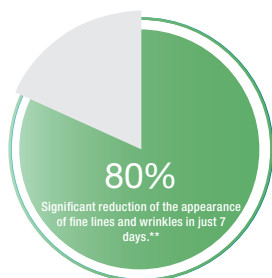
Herbalife SKIN is a no added sulphates\* line with, no added parabens\*\* and is dermatologist tested.

## FAST RESULTS

Our clinically-tested products help you achieve optimum daily results including softer, smoother, more radiant skin and the benefits of a diminished appearance of fine lines and wrinkles.

## FEEL

Pamper yourself with luxurious textures; soothe yourself with silky soft lathers. Be inspired by radiant essential oils and fresh, captivating fragrances.



\* Results applicable to Line Minimising Serum, Replenishing Night Cream, Daily Glow Moisturiser, SPF 30 Protective Moisturiser, Hydrating Eye Cream and Firming Eye Gel.

\*\* Test on 30 subjects: skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

\*\*\* Test on 30 subjects: smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of 2, 4 and 7 days.

\*\*\*\* No added sulphates applies to foaming, cleansing products: Soothing Aloe Cleanser, Polishing Citrus Cleanser and Instant Reveal Berry Scrub. No added parabens is not applicable to the SPF 30 Protective Moisturiser.

# CLEANSE, TONE

## DID YOU KNOW?

Our skincare line has no added parabens, no added sulphates and dermatologist tested



NORMAL TO DRY SKIN



NORMAL TO OILY SKIN





## 1. SOOTHING ALOE CLEANSER

- This gentle cleanser leaves your skin clear, soft and clean.

## 2. POLISHING CITRUS CLEANSER

- Deep cleansing microbeads refresh your skin for a healthy glow.

## 3. INSTANT REVEAL BERRY SCRUB

- Antioxidant-rich scrub with berry seeds for exfoliation, which helps achieve soft, smooth skin.

## 4. PURIFYING MINT CLAY MASK

- This rich, creamy clay mask has the absorbent and toning effects of bentonite clay to remove dirt and absorb excess oil.

## 5. ENERGISING HERBAL TONER

- Aloe vera-infused, alcohol-free facial toner with mandarin citrus scent provides hydration and refreshes tired-looking skin.

1. Soothing Aloe Cleanser  
2. Polishing Citrus Cleanser  
3. Instant Reveal Berry Scrub

#0765  
#0766  
#0772

4. Purifying Mint Clay Mask  
5. Energising Herbal Toner

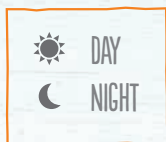
#0773  
#0767



# TREAT, TARGET, MOISTURISE







## 6. LINE MINIMISING SERUM

- This multi-functional serum helps diminish the visible signs of ageing.\*

## 7. FIRMING EYE GEL

- Helps improve the appearance of the delicate eye area by increasing your skin's firmness and elasticity.\*

## 8. HYDRATING EYE CREAM

- Helps minimise the appearance of fine lines and wrinkles around the eyes, an area which has a lower amount of both sweat and oil glands, making it highly susceptible to dehydration.

## 9. DAILY GLOW MOISTURISER

- All-purpose hydrating lotion with illuminating properties to give your face a healthy glow. Skin looks radiant, even without makeup.

## 10. SPF 30 PROTECTIVE MOISTURISER

- Long-lasting moisturiser leaves skin smooth and soft. Provides broad spectrum UVA/UVB protection.

## 11. REPLENISHING NIGHT CREAM

- This rich, luxurious cream helps deliver much needed moisture to the skin at night. Long-term hydration allows you to awaken with softer, smoother skin.

6. Line Minimising Serum  
7. Firming Eye Gel  
8. Hydrating Eye Cream

#0829  
#0770  
#0771

9. Daily Glow Moisturiser  
10. SPF 30 Protective Moisturiser  
11. Replenishing Night Cream

#0769  
#0828  
#0827

# HERBAL ALOE

## STRENGTHEN AND REPAIR YOUR HAIR

Herbal Aloe Hair Care products are clinically proven to strengthen and repair hair, leaving it soft and silky\*. Made with beneficial botanicals, our Strengthening Shampoo and Strengthening Conditioner are family-friendly and with no added parabens and sulphates.



1. Strengthening Shampoo, #2564  
2. Strengthening Conditioner #2565

### HERBAL ALOE STRENGTHENING SHAMPOO

- Leaves hair 10 times stronger after just one use\*
- Reduces hair breakage by 90%
- Hydrolysed wheat protein helps protect, repair and strengthen your hair\*
- Colour-preserving formula
- With no added paraben and sulphate

### HERBAL ALOE STRENGTHENING CONDITIONER

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner
- Colour-preserving formula
- With no added paraben and sulphate

### STUDY RESULTS

- Leaves hair 10 times stronger
- Reduces hair breakage by 90%

#### BEFORE



Highly damaged cuticle structure.

#### AFTER



Significant improvement in cuticle structure.

DID YOU  
KNOW ?

Treat your hair to an intensive conditioning treatment - leave Herbal Aloe Conditioner to soak in for 5 minutes before rinsing for hair that's super-soft and shiny.

# REFRESH AND REVIVE

Made with beneficial botanicals and without parabens and sulphates that can strip your skin of its natural oils, Herbal Aloe products absorb quickly, locking-in moisture to provide lasting hydration for your skin.



- |                      |       |
|----------------------|-------|
| 3. Bath & Body Bar,  | #2566 |
| 4. Hand & Body Wash, | #2561 |

## HERBAL ALOE BATH & BODY BAR

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe vera, olive oil and Vitamins A, C and E nourishes the skin
- Fresh clean scent
- With no added paraben and sulphate

## HERBAL ALOE HAND & BODY WASH

- Gentle plant-derived cleansers
- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin
- With no added paraben and sulphate

# HYDRATE AND NOURISH

Herbal Aloe Soothing Gel and Herbal Aloe Hand & Body Lotion contain rich African Shea butter and soothing Aloe vera to leave your skin noticeably smoother and softer.



- |                                  |       |
|----------------------------------|-------|
| 5. Hand & Body Lotion,<br>200 ml | #2563 |
| 6. Soothing Gel, 200 ml          | #2562 |

## HERBAL ALOE HAND & BODY LOTION

- Clinically shown to hydrate skin for deep nourishment
- All-day hydration
- Aloe vera and African shea butter absorb quickly and leave skin feeling soft and smooth
- With no added paraben and sulphate

## HERBAL ALOE SOOTHING GEL

- Shown to leave skin smoother and softer
- Infused with Aloe vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragrance-free formula
- With no added paraben and sulphate

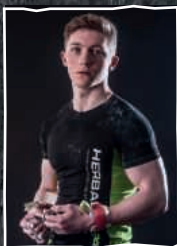
## STUDY RESULTS

- All day hydration
- Shown to leave skin smoother and softer by 100%



# FLIP OVER TO DISCOVER THE HERBALIFE SPORTS LINE

ATHLETE-APPROVED NUTRITIONAL SUPPORT TO POWER  
YOUR SPORTS PERFORMANCE.



## OVER 190

SPONSORED ATHLETES,  
TEAMS AND EVENTS USE  
HERBALIFE® PRODUCTS TO  
PERFORM AT THEIR BEST.



# A WORLD-CLASS PARTNERSHIP

## GIVING YOU CONFIDENCE IN HERBALIFE24

Informed-Sport have joined forces with Herbalife to help ensure the Herbalife24 line provides the utmost confidence to those using our products.

Quality assurance in the products you consume is important for everyone, but no-one more so than competitive athletes. That's why we are proud to have Herbalife24 products endorsed by Informed-Sport. This supplement testing and certification programme screens for prohibited substances and ensures high quality manufacturing standards are upheld.



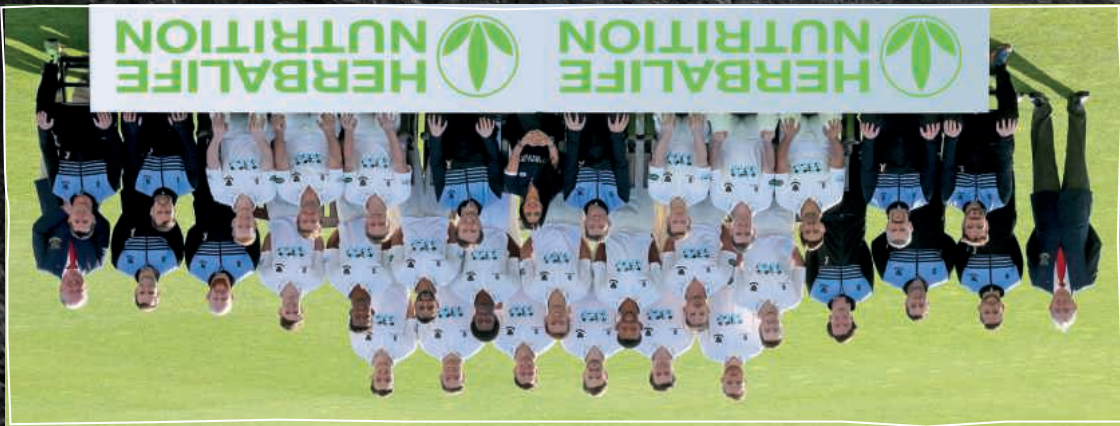
We guarantee that every product from every batch is screened for prohibited substances by independent third party Informed-Sport. For your assurance, products may be tracked using the batch number on the product and checked at [www.Informed-Sport.com](http://www.Informed-Sport.com).



# SUSSEX COUNTY CRICKET CLUB UNITED KINGDOM

**Connor Browne**  
Lead Strength & Conditioning Coach

Cricket has a lot to benefit from in the realm of sports nutrition. Herbalife provides our players with a vast array of products whereby they can all benefit in many different ways under many different conditions. The continued support for Sussex Cricket from Herbalife means a lot to the club and the players will continue to improve through this partnership.



# GRAN CANARIA SPAIN

**Herbalife Gran Canaria**  
Basketball, Spain

"The Spanish Basketball Team made history during 2012-2013 by reaching the semifinal of the ACB Play Off for the first time in the team's history. The hard work and enthusiasm of the players together with the support of Herbalife nutrition is a strong and winning combination."





# NILE WILSON UNITED KINGDOM

"Herbalife24 Rebuild Strength is my favourite. It tastes great but it is also well-suited to my sport. Strength and power are the two key components in gymnastics, and I definitely feel the benefits."

**Nile Wilson**

**Gymnast & 2016 Olympic Bronze Medalist**

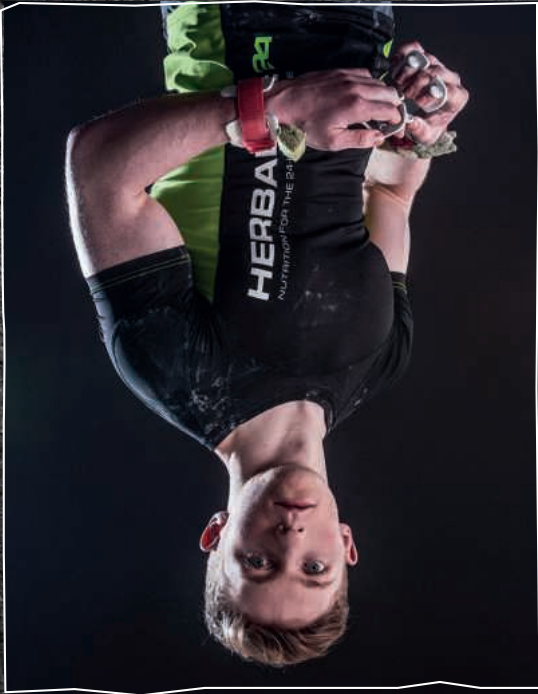


# ANCA BUCUR ROMANIA

"It is told that if you feel good inside, it shows on the outside, and this is true indeed. I would have never kept up my fitness performance at a global level without the right nutrition. My body needs good quality fuel so I can perform my intense activity as an aerobics instructor and an endurance athlete. I am extremely grateful to be part of the nutrition programme that so many champions around the world have adopted too. Energy, confidence and performance. Thank you Herbalife!"

**Anca Bucur**

**2013 Miss Fitness Universe**





# DID YOU KNOW?

Prolong will support your physical activity whether you are a triathlete completing a combined bike-to-run workout, a cyclist on a 4-hour training ride, a swimmer completing a morning workout or a working professional with a physically-demanding job.

Citrus

#1435

- Provides 957 kilojoules per serving, great during workouts
  - This unique carbohydrate-protein mix drink has an osmolality of 270 – 330 mOsmol/kg
  - 6.8 g whey protein
  - Contains carbohydrate in the form of maltodextrin
  - Enriched with vitamin C and B vitamins (including B1, B3, B6, B12 and pantothenic acid), this drink has a light, subtle flavour, which is great to take whilst exercising
  - Artificial colouring free, artificial flavouring free and artificial sweetener free
- Carb-protein drink mix with added vitamins for athletes, in line with label claim, for use during prolonged exercise.

## PROLONG

957  
KILJOULES

6.8 g  
PROTEIN



# DID YOU KNOW?

Guarana is a shrub native to South America, it has been used for centuries by Amazon Indians for its caffeine content.

## HERBALIFE SPORTS NUTRITION

### N-R-G Instant Guarana Beverage

- Guarana, blended with orange pekoe, a traditional black tea with a fine and rich flavour
- Contains caffeine from guarana

#0102



32 mg  
CAFFEINE

### LIFTOFF® Effervescent Energy Drink

Low kilojoule energy drink, anytime  
anywhere

- 40 kJ per serving
- High in vitamin C per serving
- High in B1, B2, B6 and B12 per serving
- Caffeine from guarana and caffeine powder
- Every serving provides 75 mg of caffeine

10 sachets per box

Orange  
Lemon-Lime  
#3151  
#3152



40  
KILJOULES

86C  
VITAMINS

75 mg  
CAFFEINE



# THE SCIENCE BEHIND CR7 DRIVE...



International football star Cristiano Ronaldo collaborated with Herbalife to create a new sports nutrition product designed to take hydration and performance to the next level. Here, we look at some of the main benefits of new Herbalife24 product CR7 Drive, and reveal the science behind them.

## CR7 DRIVE ENHANCES WATER UPTAKE DURING EXERCISE

*Official claim: Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.\**

### THE SCIENCE:

During exercise, you lose 0.5-2 litres of fluid per hour through sweat<sup>1</sup>. This fluid loss is a combination of water and electrolytes (e.g. sodium, potassium and magnesium). As dehydration leads to poorer aerobic performance and increased perceived effort, replacement of fluid and electrolytes during exercise should be a priority. Research shows that carbohydrate-electrolyte solutions such as CR7 Drive enhance water uptake during exercise, which is why CR7 Drive is an ideal choice during workouts, especially while exercising in the heat<sup>2</sup>.

## CR7 DRIVE AFTER HARD TRAINING OR COMPETITION HELPS TO AID RECOVERY OF MUSCLE FUNCTION

*Official claim: Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.*

### THE SCIENCE:

The two main factors that cause fatigue during a workout are depletion of the body's carbohydrate reserves and dehydration due to loss of water and electrolytes in sweat. This impairs sports performance, especially during endurance events in hot weather and/or at high altitude. Studies show that carbohydrate-electrolyte drinks such as CR7 Drive play a role in maintaining performance during this kind of endurance exercise, and compared to plain water, can help to maintain the body's fluid and electrolyte balance. They can also help to sustain performance at the end of a long and hard training session or race.<sup>2</sup>

### THE SCIENCE:

## CR7 DRIVE HELPS YOU TO SUSTAIN ENDURANCE PERFORMANCE DURING PROLONGED EXERCISE

*Official claim: Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise.\**

Over 75% of the kcal in a serving of CR7 Drive are from quick-absorbing carbohydrates which enter the bloodstream quickly in the form of glucose. Science has shown that consuming these glucose-providing carbs immediately after strenuous exercise can aid recovery of normal muscle function. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following strenuous exercise.

\* European Food Safety Authority scientific opinion EFSA Journal 2011;9(6):2211  
1 This will vary depending on exercise intensity, environmental circumstances (such as hot weather) and individual propensity  
2 SCF, 2001; Sawka et al., 2007; Rodriguez et al., 2009; EFSA, 2011

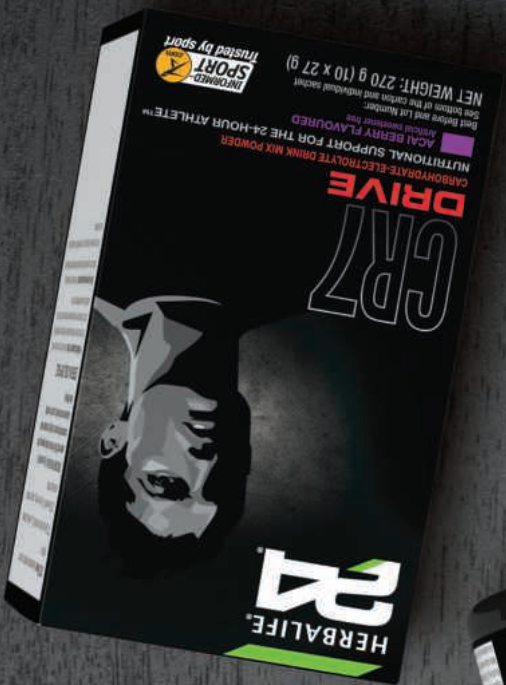


## CR7 DRIVE

Rapidly fuel your workouts and enhance hydration\*\*

- Delicious and refreshing carbohydrate-electrolyte drink to take during exercise
- Carbohydrate-electrolyte solution that is proven to help sustain endurance performance\*
- Also enhances the absorption of water during exercise\*\*
- Formulated with essential electrolytes: 249mg sodium and 142mg magnesium per portion
- With 100% NRV vitamin B1 and B12 which contribute to normal energy-yielding metabolism and to normal psychological function\*\*\*
- Under 100kcal per serving to help manage your calorie intake
- No artificial sweeteners

Canister, 20 servings, Acai Berry	#1466
10 sachets, Acai Berry	#1467



\* Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged exercise.  
 \*\* Vitamin B1 and B12 contribute to normal energy-yielding metabolism and to normal psychological function.  
 NRV: Nutrient Reference Value

"I trust Herbalife products - not only do they use the highest quality ingredients in all their products, but they also test for banned substances."

**REBUILD ENDURANCE:**  
**WHEN: TO RECHARGE AND**  
**REPLENISH AFTER A**  
**GRUELLING RACE.**  
**USED BY: U.S. PROFESSIONAL**  
**TRIATHLETE HEATHER JACKSON**



25 g  
PROTEIN

805  
KILOCALORIES

Chocolate

#1437

- Artificial colouring free, artificial flavouring free and artificial sweetener free
  - Contains 25 g protein
  - For use after anaerobic exercise
- BCAAs for athletes.
- High protein shake with added L-Glutamine and

## REBUILD STRENGTH

Vanilla

#1436

- Protein and carbohydrate drink mix with added L-glutamine and L-carnitine.
- For use after aerobic exercise
- Provides vitamins B1, B2, C and E along with iron
- Source of protein 10 g and high in carbohydrate 36 g per serving
- Artificial colouring free, artificial flavouring free and artificial sweetener free

## REBUILD ENDURANCE

10 g  
PROTEIN

800  
KILOCALORIES





## FORMULA 1 SPORT

Carbohydrate - protein drink mix to enhance your daily nutrition.

- Contains 18 g of protein when made according to directions
- F1 Sport contains both casein and whey protein
- Kiljoule-controlled, 915 kJ per serving
- Unique protein-carbohydrate blend with fibre and essential vitamins and minerals
- Vitamins C, E and selenium

Vanilla Cream

#1432



## HYDRATE

Low kiljoule electrolyte drink.

- Delicious drink designed to support fluid consumption in athletes
- With an osmolality of less than 270 mOsmol/kg
- Provides 80% of your RDA for vitamin C
- Provides B vitamins (B1, B2, pantothenic acid and B12) and calcium and magnesium
- Artificial colouring free

20 Sachets, Orange

#1433



### F1 SPORT:

WHEN: AS A HIGH PROTEIN  
BREAKFAST BEFORE HITTING

THE WAVES.  
USED BY: PERUVIAN PROFESSIONAL  
SURFER GABRIEL VILLARAN

"When heading out for a long surf day, I make sure to have a good meal, snacks and plenty of water. I use Herbalife products to get ready for my next session."

# THE HERBALIFE24 SPORTS LINE

Whether you're a gentle jogger or an elite athlete, the Herbalife24® sports line has the products you need to help you to prepare, train and recover. As the market's first 24-hour sports nutrition line, it's no surprise that more than 190 sporting teams, athletes and events around the world use Herbalife24 products to help them perform at their best.

## QUALITY & SAFETY

Every single Herbalife24 product is batch tested for prohibited substances by an independent third party. For more information, please see the product label.



## DID YOU KNOW ?

The main factors causing fatigue during competition are fuel (carbohydrate) depletion & dehydration. Strategies for eating before, during and after events help to reduce these effects.\*

The driving force behind the Herbalife24 range is John Heiss, Ph.D., Sr. Director, Product Marketing, Herbalife. A cross-country runner, competitive cyclist and downhill skier, Heiss knows exactly what it takes to meet the nutritional needs of athletes.



# UNLEASH YOUR POTENTIAL

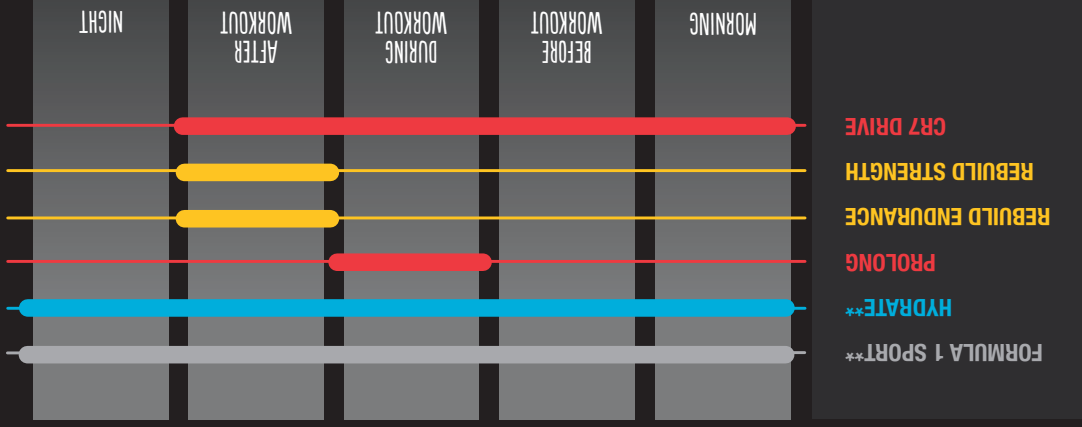
## UNCOMPROMISING SPORTS NUTRITION

Intense focus, attention to detail and the willingness to put in the hard work – these are the traits that define great athletes; and the same traits that the Herbalife team used to create the first 24-hour sports nutrition line: Herbalife24®.



### CUSTOMISE YOUR HERBALIFE24 PROGRAMME

BASED ON YOUR INDIVIDUAL SPORT, TRAINING, PERFORMANCE AND RECOVERY NEEDS. TO CREATE YOUR UNIQUE PROGRAMME VISIT [HERBALIFE24.CO.ZA](http://HERBALIFE24.CO.ZA)



\* Close et al (2016). New strategies in sport nutrition to increase exercise performance. Free Radical Biology and medicine; 98 (144-158).

\*\* To be consumed as directed on pack.



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