**Formula 1 Nutritional Shake Mix**

**A NUTRITIOUS SHAKE FOR WEIGHT MANAGEMENT AND GOOD HEALTH.**

**KEY BENEFITS**
- Three delicious flavours.
- Up to 7 grams of soy protein and healthy fiber to help you feel full.
- Up to 21 essential vitamins and minerals, plus herbs.

Managing your weight doesn’t mean depriving yourself! Formula 1 Nutritional Shake Mix comes in three mouthwatering flavours. It’s scientifically formulated to give you the nutrition of a meal—satisfying hunger and taste buds—for easier, healthier weight management.

**FAST FACTS**
- Up to seven grams of healthy soy protein isolate with isoflavones per serving.
- Includes the antioxidant vitamins C and E.
- Combine with fresh fruit and spices to create your own recipes.
- Diets low in saturated fat and cholesterol that include 25 grams of soy protein may reduce the risk of heart disease.
- When mixed properly with milk or soy milk the protein content is almost double.

**SUGGESTED USAGE**
As part of your ShapeWorks™ program, combine two scoops or two heaping tablespoons of Formula 1 Nutritional Shake Mix with 375 ml of 1% milk or soy milk. Add the appropriate amount of Formula 3 Personalized Protein Powder, plus your choice of fresh or frozen fruit, and blend. For weight loss, replace two meals a day with a shake, and have one regular meal. For weight maintenance, replace just one meal a day. For general good health, enjoy one shake a day as a meal replacement, or in addition to your regular meals as a healthy snack.

**DIRECTIONS:** Blend or stir 2 scoops (25 grams) of Formula 1 with 375 ml (1.5 cups) of partially skimmed milk 1% M.F. and enjoy!

**For Best Results:** Use Formula 1 in conjunction with Herbalife® products and follow the suggested Meal Replacement Weight Management Programme Guide provided with this product.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further enhance the ShapeWorks™ Weight Management Program, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can help satisfy your hunger and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss only as part of an energy-reduced diet.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Personalized Protein Powder to optimize your protein intake.

We offer a 30-day money-back guarantee to assure your complete satisfaction. This exclusively formulated product is only available through Herbalife Independent Distributors.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.
### Formula 1 Nutritional Shake Mix

#### French Vanilla

**NUTRITION FACTS**

- **Serving size:** 2 Scoops (25 g)
- **Servings per container:** 550 g - 22 servings, 750 g - 30 servings

<table>
<thead>
<tr>
<th>Amount</th>
<th>Per Serving</th>
<th>Powder</th>
<th>% Daily Value**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>102</td>
<td>264</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
<td>6.6 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
<td>3.1 g</td>
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<tr>
<td>Carbohydrate</td>
<td>14 g</td>
<td>32 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fibre</td>
<td>1.2 g</td>
<td>1.2 g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>100 mg</td>
<td>295 mg</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6.3 g</td>
<td>18 g</td>
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</table>

**Ingredients:** Fructose, lecithin powder, soy protein isolate, maltodextrin, calcium caseinate, sodium caseinate, corn bran, flavors and artificial flavors, guar gum, lecithin liquid, magnesium oxide, carrageenan, dipotassium phosphate, citric acid, honey powder, silicon dioxide, acetic acid, ferrum fumarate, potassium iodide, DL-alpha tocopheryl acetate, sodium selenite, niacinamide, copper gluconate, zinc oxide, magnesium sulfate, sodium bisulfate, potassium sorbate, calcium propionate, diazolidinyl urea, calcium carbonate, calcium phosphate, sorbic acid, sodium benzoate, citric acid, quaternium-15, potassium sorbate, and silicon dioxide.

**Ordering Details**

- **French Vanilla #0141**
  - 550 g: Retail price $30.75, VP 38.75
  - 750 g: Retail price $41.95, VP 49.95

#### Dutch Chocolate

**NUTRITION FACTS**

- **Serving size:** 2 Scoops (25 g)
- **Servings per container:** 550 g - 22 servings, 750 g - 30 servings

<table>
<thead>
<tr>
<th>Amount</th>
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<th>% Daily Value**</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>101</td>
<td>263</td>
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<tr>
<td>Total Fat</td>
<td>2.7 g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Carbohydrate</td>
<td>13 g</td>
<td>31 g</td>
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<tr>
<td>Dietary Fibre</td>
<td>1.2 g</td>
<td>1.2 g</td>
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</tr>
<tr>
<td>Sodium</td>
<td>99 mg</td>
<td>294 mg</td>
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<tr>
<td>Protein</td>
<td>6.5 g</td>
<td>18 g</td>
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**Ingredients:** Fructose, lecithin powder, soy protein isolate, calcium caseinate, Dutch processed cocoa, maltodextrin, sodium caseinate, corn bran, guar gum, flavors and artificial flavors, lecithin liquid, magnesium oxide, carrageenan, dipotassium phosphate, citric acid, silicon dioxide, sodium benzoate, disodium phosphate, salt, silicone dioxide, and flavorings.

**Ordering Details**

- **Dutch Chocolate #0142**
  - 550 g: Retail price $30.75, VP 38.75
  - 750 g: Retail price $41.95, VP 49.95

#### Wild Berry

**NUTRITION FACTS**

- **Serving size:** 2 Scoops (25 g)
- **Servings per container:** 550 g - 22 servings, 750 g - 30 servings

<table>
<thead>
<tr>
<th>Amount</th>
<th>Per Serving</th>
<th>Powder</th>
<th>% Daily Value**</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
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<td>Saturated Fat</td>
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<td>3.1 g</td>
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<tr>
<td>Protein</td>
<td>6.3 g</td>
<td>18 g</td>
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</tbody>
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**Ingredients:** Fructose, lecithin powder, soy protein isolate, maltodextrin, calcium caseinate, sodium caseinate, corn bran, flavors and artificial flavors, guar gum, lecithin liquid, magnesium oxide, carrageenan, dipotassium phosphate, citric acid, silicon dioxide, honey powder, acetic acid, colors, ferrum fumarate, potassium iodide, DL-alpha tocopherol acetate, sodium selenite, niacinamide, copper gluconate, zinc oxide, magnesium sulfate, sodium bisulfate, potassium sorbate, calcium propionate, diazolidinyl urea, calcium carbonate, calcium phosphate, sorbic acid, sodium benzoate, citric acid, quaternium-15, potassium sorbate, and silicon dioxide.

**Ordering Details**

- **Wild Berry #0143**
  - 550 g: Retail price $30.75, VP 38.75
  - 750 g: Retail price $41.95, VP 49.95

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**% Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

**Ingredients:** Fructose, lecithin powder, soy protein isolate, maltodextrin, calcium caseinate, sodium caseinate, corn bran, guar gum, flavors and artificial flavors, guar gum, lecithin liquid, magnesium oxide, carrageenan, dipotassium phosphate, citric acid, silicon dioxide, honey powder, acetic acid, colors, ferrum fumarate, potassium iodide, DL-alpha tocopherol acetate, sodium selenite, niacinamide, copper gluconate, zinc oxide, magnesium sulfate, sodium bisulfate, potassium sorbate, calcium propionate, diazolidinyl urea, calcium carbonate, calcium phosphate, sorbic acid, sodium benzoate, citric acid, quaternium-15, potassium sorbate, and silicon dioxide.

**Making the world healthier.**
Formula 2
Multivitamin Mineral Complex

A DAILY MULTIVITAMIN FOR LONG-TERM GOOD HEALTH.

KEY BENEFITS
■ Essential nutrients and antioxidants for health and vitality.
■ Supports healthy weight management.
■ Helps maintain the health of bones, skin, hair and the immune system.
■ Provides 24 essential vitamins and minerals.

Stress, a poor diet and exposure to pollutants can rob your body of essential nutrients. As a result, you may look and feel tired, get sick easily. Formula 2 Multivitamin Complex supplies a range of important vitamins and minerals, plus select herbs, to promote overall well-being.

FAST FACTS
■ Includes antioxidant vitamins C, E, beta-carotene and selenium, to help protect the cells from free-radical damage.
■ Folic acid, vitamin B6 and vitamin B12 promote vascular health, as part of a well-balanced diet that is low in saturated fat and cholesterol.

SUGGESTED USAGE
Take two tablets three times a day with meals. Use with Formula 1 Nutritional Shake Mix and Formula 3 Personalized Protein Powder on your ShapeWorks™ program.

SUPPLEMENT FACTS

Tablets per container: 180

<table>
<thead>
<tr>
<th>Each tablet provides:</th>
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</thead>
<tbody>
<tr>
<td>Vitamin A (Retinol Acetate)</td>
</tr>
<tr>
<td>Beta Carotene (Provitamin A)</td>
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<tr>
<td>Vitamin D (Cholecalciferol)</td>
</tr>
<tr>
<td>Vitamin B1 (Thiamine Hydrochloride)</td>
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<tr>
<td>Vitamin B2 (Riboflavin)</td>
</tr>
<tr>
<td>Vitamin B6 (8.30 mg from Pyridoxine Hydrochloride and 0.03 mg from Pyridoxal 5-Phosphate)</td>
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<tr>
<td>Vitamin B12 (Cobalamin Concentrate)</td>
</tr>
<tr>
<td>Niacinamide</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
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<tr>
<td>Vitamin C (Ascorbic Acid)</td>
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<tr>
<td>Vitamin E (d-Alpha Tocopheryl Succinate)</td>
</tr>
<tr>
<td>Folic Acid</td>
</tr>
<tr>
<td>Biotin</td>
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Minerals:
■ Calcium (95 mg from Calcium Carbonate and 30 mg from Dicalcium Phosphate) | 125 mg |
■ Magnesium (Oxide)           | 50 mg      |
■ Phosphorus (Dicalcium Phosphate) | 25 mg   |
■ Potassium (Gluconate)       | 16.5 mg    |
■ Iron (Fumarate)             | 1.66 mg    |
■ Zinc (Gluconate)            | 2.5 mg     |
■ Copper (Gluconate)          | 0.25 mg    |
■ Iodine (Potassium Iodide)   | 0.037 mg   |
■ Manganese (Gluconate)       | 0.83 mg    |
■ Chromium (Chromium Chloride) | 16.66 mcg |

Selenium HVP** Chelate | 8.33 mcg |

Other ingredients:
A non-medicinal base of Mung Bean, Betaine Hydrochloride, Odourless Garlic, Black Sesame Seed, Para Aminobenzoic Acid, Black Walnut Leaf, Chickweed, Couch Grass, Echinacea, Fennel Seed, Ginger, Hesperidin Complex, Rosehips and Rutin.

**HVP (Hydrolyzed Vegetable Protein)

RECOMMENDED ADULT USE: Two tablets three times per day with each meal.

For Best Results: Use Formula 2 in conjunction with Herbalife® products.

WARNING: Keep out of reach of children. There is enough iron in a bottle to seriously harm a child.

ORDERING DETAILS

#3115

Retail price $25.75 VP 19.95
Earned base 25.75

Making the world healthier.
### SUGGESTED USAGE

Use with Formula 1 Nutritional Shake Mix and Formula 2 Multivitamin Complex on your ShapeWorks™ program. Your Herbalife Distributor will help you meet your personal protein needs by calculating the number of daily servings/grams of protein your body needs.

### FAST FACTS
- Proprietary blend of soy and whey protein.
- Helps support a better lean-to-fat body composition ratio.
- A complete protein, includes all nine essential amino acids.
- When added to your Formula 1 shakes helps you feel fuller longer, making weight loss easier.
- 5 grams of protein per tablespoon.
- Contains no fat, carbohydrates, cholesterol, salt, sugar or sweeteners.
- Can be added to a variety of foods, including Formula 1 shakes, soups, yogurt and applesauce, to boost daily protein intake.

### ORDERING DETAILS

<table>
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<th>#0194</th>
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<td>Earned base</td>
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<tr>
<td></td>
<td></td>
<td>60 servings per container</td>
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</table>
Mineral Complex with Vitamin C

Designed to assist the body’s fluid balance
Herbalife has developed Mineral Complex with Vitamin C, an exceptional vitamin, mineral and herbal tablet that helps in reducing fluid accumulation.

Contains vitamin C, an essential vitamin with antioxidant activity, potassium, a vital mineral often lacking in calorie-restricted diets and a combination of natural herbs, Mineral Complex with Vitamin C is a safe herbal approach to help flush out excess water.

Mineral Complex with Vitamin C works even better when combined with Herbalife’s Body Buffering Scrub and Body Contouring Creme to tighten and smooth the outer surface of the skin, and Herbalife’s Weight-Management Program to facilitate a low-fat, nutritional regimen. With all this support, you can hit the beach this year looking trim, toned and feeling great!

Discussion Points
- A slimmer, smoother you: Mineral Complex with Vitamin C reduces fluid accumulation, an effective way to lessen the appearance of dimpled skin by smoothing out the rippling effect.
- Mineral Complex with Vitamin C works well with Herbalife’s Body Contouring Creme and Body Buffering Scrub, which tighten the outer surface of the skin.
- Combine with other products: Mineral Complex with Vitamin C can be used in conjunction with the Weight-Management Programs and Herbalife’s entire line of nutritional products.

Did You Know?
The truth about cellulite is that it can affect even the most slim and trim body. Regardless of age, weight or even gender many people develop a dimpling of the skin, a problem so persistent that even a balanced diet and regular exercise cannot completely make it disappear. And, once it occurs, cellulite is impossible to hide.

Fast Facts
- This unique vitamin, mineral and herbal formula is designed to assist in the elimination of excess fluids.
- Helps reduce the appearance of dimpled skin.
- Contains vitamin C, an essential vitamin with antioxidant activity, and potassium, a vital mineral that is often lacking in calorie-restricted diets.
- Easy-to-swallow tablets.

### NUTRITION FACTS

<table>
<thead>
<tr>
<th>Tablets per container: 90</th>
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<tbody>
<tr>
<td>Medicinal Ingredients</td>
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<tr>
<td>Potassium Chloride</td>
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<tr>
<td>Ascorbic Acid (Vitamin C)</td>
<td>83 mg</td>
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<tr>
<td>Ferrous Fumarate</td>
<td>3 mg</td>
</tr>
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</table>

| Non-Medicinal Ingredients|                   |
|--------------------------|                   |
| Couch Grass Powder       |                   |
| Calcium Carbonate        |                   |
| Calcium Sulfate          |                   |
| Hydrangea Root Powder    |                   |
| Hydrogenated Vegetable Oil|                |
| Apple Cider Vinegar Powder|               |
| Kelp                     |                   |
| Juniper Berries Extract  |                   |
| Sodium Carboxymethylcellulose |       |
| Lecithin Powder          |                   |
| Silicon Dioxide          |                   |
| Buchu Leaf Extract       |                   |
| Corn Silk Extract        |                   |
| Corn Starch              |                   |
| Cellulose                |                   |
| Dextrin                  |                   |
| Acacia Gum               |                   |
| Dextrose                 |                   |
| Sodium Citrate           |                   |

Recommended dosage: Take one tablet orally with water three times per day before each meal.

Caution: Not to be used when a kidney disorder or any systemic disease is present, or even in the event of pregnancy.

Warning: Keep out of reach of children. There is enough iron in a bottle to seriously harm a child.

### ORDERING DETAILS

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<tbody>
<tr>
<td></td>
<td>$20.25</td>
<td>15.75</td>
<td>20.25</td>
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Canola Oil Capsules

Essential "fats"
Despite the bad press that ‘fat’ has received over many years, our bodies need specific fats because they are essential to the function of every human cell. These ‘good’ fats provide essential fatty acids (EFAs), which the body cannot manufacture and must therefore obtain from dietary sources. Formula 4 Canola Oil Capsules supply polyunsaturated and monounsaturated fatty acids to complement your diet and top-up your body's daily requirements for EFAs.

Which fats are good and which are bad? Simply remember two words: saturated fat versus unsaturated fat. Saturated fat is solid at room temperature and comes from animals (meat, cheeses, eggs, etc.) and Palm Kernel Oil. These fats are not essential and are the type that encourage free radical damage and their consumption should be kept to a minimum. Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. They also play an important role in nutrition as they transport fat-soluble vitamins (A, D, E and K) to the small intestine for digestion. The unsaturated fats fall into two main groups: mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega 3 (alpha linolenic acid) and Omega 6 (linoleic acid) essential fatty acids. Health professionals now recommend that we consider supplementing our diet with a quality product, such as Formula 4 Canola Oil Capsules, and benefit from the positive properties of the essential unsaturated fatty acids.

Discussion Points
- Essentially good: Some fat in the diet is essential to good health.
- Best on the market: Canola oil has the best fatty acid ratio of all the fats on the market. It contains the lowest level of saturated fatty acids and is high in both monounsaturated fatty acids and polyunsaturated fatty acids which are essential in human diets.
- Lower your cholesterol: Studies indicate that polyunsaturated fatty acids have been associated with lowering LDL (bad) cholesterol.
- EFAs: Polyunsaturates such as linoleic acid and alpha-linolenic acid cannot be produced by the body and therefore must be obtained in our diet. They are called essential fatty acids and are necessary for such functions as cell-building and hormone-production.
- Not enough fats in your diet: Too little fat and fat-excluding diets may cause joint stiffness and poor skin quality.

Did You Know?
The leading sources of dietary fat for many Canadians are spreads such as butter and margarine.
Canola oil has the lowest level of saturated fatty acids of all oils on the market and is cholesterol-free.

Fast Facts
- Contains essential fatty acids
- Is cholesterol-free
- For complete Cellular Nutrition® combine with the Meal Replacement Drink Mix, Formula 2, Cell Activator and Mineral Complex with Vitamin C.
TJ Yellow

Garcinia Cambogia and GTF Chromium help aid weight loss.
Chromium is an essential trace mineral that promotes the natural regulation of sugar in your body. If there is a deficiency, your body is forced to work harder at regulating blood-sugar balance—and this may cause sugar cravings.

As you age, your body retains less chromium, resulting in the need for supplementing your intake of this vital mineral. This, however, rules out many foods, because when they are refined—as in sugar, flour and rice—the chromium is often severely depleted or eliminated altogether. As if this were not enough, over-consumption of sugar and going through stressful periods—can further deplete your body’s chromium reserves.

TJ Yellow can help. By providing chromium, TJ Yellow can help your body regulate its supplies of glucose while also giving a mild energy boost. In addition, garcinia cambogia supplies your body with hydroxycitric acid which helps control appetite. All this results in the brain not broadcasting a signal that your body interprets as, “feed me sugar!”

Discussion Points
- Help from nature: Chromium can help for controlling and maintaining weight. It is an all-natural regulator of glucose levels. Blood sugar balance is essential to anyone who is attempting to stick with his or her weight-loss program.
- “Yo-yo” no more: TJ Yellow is easily absorbed and is fast acting. You will notice the effects very quickly and will more easily avoid the roller-coaster of sugar highs and lows which are the bane of all dieters.
- Evening support: TJ Yellow is an ideal dietary supplement for use in the evening. The period after your last “full meal” of the day is critical. Avoid the temptation to snack with the help of TJ Yellow.
- Time-tested results: Garcinia cambogia has been used for centuries as a food supplement. And modern science demonstrates why: As a source of hydroxycitric acid, it assists your body in the regulation of blood-sugar levels. Further, it inhibits the enzyme responsible for storing dietary fuel as fat.
- Combine with other products: TJ Yellow can be used in conjunction with the Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
GTF Chromium (Glucose Tolerance Factor Chromium) helps facilitate the transport of glucose into the cells by insulin. Chromium may also be found in whole grains, meats, cheeses and brewer’s yeast. The ingredients in TJ Yellow are from natural sources containing no preservatives and no animal products.

Fast Facts
- Helps regulate blood-sugar levels safely and naturally.
- As you age, your body’s stores of chromium are easily depleted, and TJ Yellow is excellent for countering this.
- Can help your body regulate its supplies of glucose while also giving a mild energy boost.
- Helps control snack cravings.

SUPPLEMENT FACTS
Serving Size: 1 tablet
Servings per container: 60

Non-medicinal Ingredients: Garcinia Cambogia, Calcium Carbonate, Sodium Starch Glycolate, Maltodextrin, Hydroxypropylmethyl Cellulose, Microcrystalline Cellulose, Titanium Dioxide, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Cellulose, Triethyl Citrate, Shellac, Sodium Carboxymethylcellulose and Riboflavin.

Medicinal Ingredient: Chromium (50 mcg Chromium yeast).

Suggested servings: For adults two tablets daily as a chromium supplement. TJ Yellow Tablets can be taken any time of day or night.

ORDERING DETAILS
#0117
Retail price $26.25 VP 20.50
Earned base 26.25

Making the world healthier.
Herbal Tea Concentrate

A refreshing and exhilarating herbal beverage for good health.

For centuries, people have enjoyed the goodness of a cup of hot or cold flavorful tea. One of the world's most popular beverages, tea can soothe, refresh, stimulate, calm, enlighten, promote happiness and health.

But tea is much more than a refreshing beverage and between-meal snack. In fact, green tea, a key element in Herbal Tea Concentrate, can help protect the body from free radicals, help to reduce the risk of heart disease, cancer and ulcers in addition to helping you to lose unwanted pounds.

Research has found that green tea, one of the oldest beverages known to mankind, may speed up calorie and fat burning in addition to playing a key role in the control of body composition. Researchers at the University of Geneva in Switzerland studied 10 healthy young men for six weeks and in the end found that the men taking the green-tea extract burned more calories than the other men. Researchers believe that compounds in green tea called flavonoids may change how the body uses a hormone called norepinephrine, which speeds up the rate calories are burned.

Add Herbal Tea Concentrate to your day and you’ll automatically add green tea to your diet!

Tea can also help you with your weight management goals. And there’s one tea that does just that in an extremely effective manner. Combining ancient herbal wisdom with modern-day ingenuity, Herbalife has carefully formulated Herbal Tea Concentrate. Available in four flavours—Original, Lemon, Peach and Raspberry—this delicious-tasting tea is an ideal between-meal treat that energizes and satisfies. It will calm your cravings so you don’t turn to calorie-rich snacks that can throw your weight-loss plans off track. Herbal Tea Concentrate isn’t just for dieters. It’s for anyone who wants to indulge their tastebuds in a refreshing beverage that’s good for just about every body.

Discussion Points

- Tea time: Do you like your tea in the morning, noon or at night? Herbal Tea Concentrate tastes so good, you may want to sip it all day long…and you can! This savory tea can be enjoyed anytime, which many find is all the time.
- A delicious introduction to Herbalife: Impress customers and prospects by serving them a hot cup or cold glass of Lemon, Peach, Raspberry or Original Herbal Tea Concentrate. Within minutes, they’ll feel the difference of this energizing tea.
- Combine with other products: Herbal Tea Concentrate can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products. Or, mix some tea into your Meal Replacement or Protein Drink Mix.

Did You Know?

Green tea is one of the most ancient and, next to water, the most widely consumed beverages in the world. This humble drink has been highly valued for centuries because of its health-enhancing benefits. It is rich in antioxidant properties, which can help protect the body from the harmful effects of free radicals. Herbal Tea Concentrate contains superior-quality green tea, so you can be sure you are getting the best in every sip.

Fast Facts

- An exhilarating beverage blended from five, fast-acting natural botanicals.
- Perfectly delicious hot or cold.
- Complements your Weight-Management Program.
- Choose from Lemon, Peach, Raspberry or Original flavours.
- Original Flavour Herbal Tea Concentrate is available in 50 or 100 g sizes.
Herbal Tea Concentrate

Raspberry

**NUTRITION FACTS**
Serving Size: 1/2 teaspoon (1.7 g)
Servings per container: 60

<table>
<thead>
<tr>
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<tbody>
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<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

**Ingredients:** Maltodextrin, Orange Pekoe Tea Extract, Fructose, Natural Raspberry Flavour, Green Tea Extract, Acesulfame Potassium, Citric Acid, Cardamom Seed Extract (Maltodextrin, Extract of Cardamom, Soybean Oil, Silicon Dioxide), Malva sylvestris Extract (Malva sylvestris, Maltodextrin) and Hibiscus Powder.

**Suggested Serving:** Mix 1/2 teaspoon** (1.7 g) of Herbal Tea Concentrate with 200-250 ml hot or cold water for a refreshing drink. One container makes approximately 11 litres. Herbal Tea Concentrate can be enjoyed anytime. Please note that this product is not decaffeinated.

**Notice:** Anyone, especially children and pregnant or lactating women, should consult a physician when considering any weight-control program.

**Use more or less according to your taste.**

**ORDERING DETAILS**

#0188 (100g)
Retail price $44.75 VP 34.95
Earned base 44.75

Lemon

**NUTRITION FACTS**
Serving Size: 1/2 teaspoon (1.7 g)
Servings per container: 60

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

**Ingredients:** Maltodextrin, Orange Pekoe Tea Extract, Fructose, Natural Lemon Flavour, Green Tea Extract, Acesulfame Potassium, Citric Acid, Cardamom Seed Extract (Maltodextrin, Extract of Cardamom, Soybean Oil, Silicon Dioxide), Malva sylvestris Extract (Malva sylvestris, Maltodextrin) and Hibiscus Powder.

**Suggested Serving:** Mix 1/2 teaspoon** (1.7 g) of Herbal Tea Concentrate with 200-250 ml hot or cold water for a refreshing drink. One container makes approximately 11 litres. Herbal Tea Concentrate can be enjoyed anytime. Please note that this product is not decaffeinated.

**Notice:** Anyone, especially children and pregnant or lactating women, should consult a physician when considering any weight-control program.

**Use more or less according to your taste.**

**ORDERING DETAILS**

#0188 (100g)
Retail price $44.75 VP 34.95
Earned base 44.75

Peach

**NUTRITION FACTS**
Serving Size: 1/2 teaspoon (1.7 g)
Servings per container: 60

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

**Ingredients:** Maltodextrin, Orange Pekoe Extract, Fructose, Natural Peach Flavour, Green Tea Extract, Acesulfame Potassium, Citric Acid, Cardamom Seed Extract (Maltodextrin, Extract of Cardamom, Soybean Oil, Silicon Dioxide), Malva sylvestris Extract (Malva sylvestris, Maltodextrin) and Hibiscus Powder.

**Suggested Serving:** Mix 1/2 teaspoon** (1.7 g) of Herbal Tea Concentrate with 200-250 ml hot or cold water for a refreshing drink. One container makes approximately 11 litres. Herbal Tea Concentrate can be enjoyed anytime. Please note that this product is not decaffeinated.

**Notice:** Anyone, especially children and pregnant or lactating women, should consult a physician when considering any weight-control program.

**Use more or less according to your taste.**

**ORDERING DETAILS**

#0190 (100g)
Retail price $44.75 VP 34.95
Earned base 44.75

ORDERING DETAILS

#0189 (100g)
Retail price $44.75 VP 34.95
Earned base 44.75
Carbohydrates are healthy, filling, satisfying and taste good, but they can also add weight. In recent years, there has been an emphasis on restricting fat in our diets, yet obesity has increased to epidemic proportions. So what’s wrong with this picture? The problem is that most of the “low-fat” processed foods contain simple sugars—i.e., products made from white flour such as bread, cereal and pasta, along with naturally occurring complex carbohydrates such as rice, potato and corn. All of these foods stimulate the production of insulin, which encourages fat storage. When you take in an excess amount of carbohydrates, especially the refined forms prevalent in many “low-fat” products, what isn’t used for fuel is stored as fat.

Herbalife’s Protein Drink Mix, which is part of the ShapeWorks Program, can turn up the fat-burning flames on your metabolism and help you lose weight fast. At the same time, it is formulated to leave you feeling satisfied and energized because it is super-charged with nutrients and herbs to help you safely reach your weight-loss goal.

Whether you’re choosing a frothy vanilla or chocolate shake, you’ll get a delicious glass full of nutrients with each serving of ShapeWorks Protein Drink Mix. Not only is this tasty shake low in calories and carbohydrates, but it’s high in protein while providing many of the nutrients your body needs to sustain optimum health.

Discussion Points

Filling: Helps maintain a more even blood sugar level throughout the day while alleviating hunger pangs.

Energizing: Fewer carbohydrates mean no mid-afternoon energy lull or brain drain.

Convenient: Just mix with water. The pre-measured packets make it easy to have a shake anytime or anywhere.

Did You Know?

Even some healthy foods contain lots of carbohydrates with a high glycemic index, such as carrots, beets and many fruits. The elimination of these foods, as well as those foods containing refined sugar, is critical to shutting off insulin, the hormone that facilitates the storage of fat. When sugar is unavailable to the cells from carbohydrates, the body turns on its fat burners and extracts energy from its own stored fat. The result is rapid weight loss and, just as important, fat loss.

Fast Facts

Each serving has 15 grams of protein and approximately 7 grams of carbohydrates.

Contains essential nutrients and herbs.

Convenient-to-use, single-serving packets mix easily with water.

Only 120 calories and 3 grams of fat per serving.

Two great-tasting flavours, vanilla and chocolate.
**Chocolate**

**NUTRITION FACTS**

| Serving Size: 6 teaspoons (29 g) | Servings per container: 18 |

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<td>120</td>
</tr>
<tr>
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<tr>
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<td>Sugars</td>
<td>1 g</td>
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<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>20%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>20%</td>
</tr>
</tbody>
</table>

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

**Ingredients:** Soy Protein Isolate, Calcium Caseinate, Cocoa Powder, High Oleic Sunflower Oil, Maltodextrin, Corn Syrup Solids, Natural and Artificial Flavours, Salt, Guar Gum, Calcium Phosphate, Sodium Caseinate, Soy Lecithin, Microcrystalline Cellulose, Mono- and Diglycerides, Potassium Phosphate, Carageenan, Sucralose, Sodium Carboxymethyl Cellulose, Dextrin, Tocopherols and Acesulfame Potassium.

**Directions:** Blend or stir 6 teaspoons (28 grams) of Protein Drink Mix with 250 ml of cold water and enjoy.

---

**ORDERING DETAILS**

<table>
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<tr>
<th>#3196 Canister</th>
<th>Retail price</th>
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<th>Earned base</th>
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<tbody>
<tr>
<td></td>
<td>$42.25</td>
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<table>
<thead>
<tr>
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<th>Earned base</th>
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<tr>
<td></td>
<td>$39.50</td>
<td>32.95</td>
<td>30.75</td>
</tr>
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ShapeWorks
Protein Bar

Protein-rich snack bar.
In today’s fast-paced environment, it’s not easy to get the right balance of nutrients to keep you in peak performance. When snack time comes around, many people opt for the candy machine or eat nutritionally depleted fast food. Dieters also face challenges when it comes to “between-meal” treats. Some try to ignore their growling stomachs, while others “cheat” a little and satisfy their cravings with high-fat or calorie-rich snacks.

Protein is an essential nutrient and we need to be sure we have plenty of it in our diet each day. Protein assists in synthesizing enzymes and hormones and building antibodies against infection. It also serves as a building block for our muscles, bones, cartilage, skin, hair and blood.

While foods like meat, cheese, milk, soy products, fish and eggs provide adequate amounts of protein, you also can get the protein your body needs with ShapeWorks Protein Bar. With this chocolate coconut bar you’ll get 12 grams of protein—almost 25 percent of the recommended daily intake.

Whether you’re looking to lose weight or build muscle, reach for a ShapeWorks Protein Bar. You’ll get the protein your body needs and a great snack all in one!

Now there is a nutritionally sound solution that will satisfy your hunger, boost your energy and indulge your tastebuds: introducing the ShapeWorks Protein Bar. Enjoy this nutritious Protein Bar between meals and you won’t feel like you’re missing a thing. In fact, this protein bar tastes so good you might even feel guilty after eating it!

Discussion Points
- Smart bar: Why eat junk food with little to no nutritional value when you can enjoy a ShapeWorks Protein Bar that doesn’t just taste good, it’s good for you.
- Avoid “diet” pitfalls: To lose weight more quickly, some dieters cut back on protein, which can actually slow down the weight-loss process. Keep your protein intake within the recommended range with the ShapeWorks Protein Bar.
- Combine with other products: ShapeWorks Protein Bar can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
Protein is the most abundant class of all biological molecules in your body, comprising about 50% of your cellular dry weight. Each ShapeWorks Protein Bar has 12 grams of protein, almost 25 percent of your daily value.

Fast Facts
- Scientifically formulated to provide maximum nutritional support between meals.
- High in protein.
- Delicious tasting and satisfying so you don’t feel hungry or deprived.
- Available in delicious Chocolate Coconut.
- 14 bars per box.

Chocolate Coconut
NUTRITION FACTS
Serving Size: 1 bar (40g)
Servings per carton: 14 bars

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories 150</td>
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</tr>
<tr>
<td>Fat 7 g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat + Trans Fat 5 g</td>
<td>25%</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium 80 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium 130 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate 15 g</td>
<td>5%</td>
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<td>Fiber 1 g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 1 g</td>
<td></td>
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<tr>
<td>Protein 12 g</td>
<td>15%</td>
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** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Modified Milk Ingredients, Maltitol, Coconut Pieces (Sulfites), Glycerine, Casein (Milk), Soy Protein Isolate, Water, Modified Palm & Palm Kernel Oils, Polydextrose, Oligofructose, Cocoa, Lecithin (Soybean), Natural Flavour, Canola Oil, Soya Bean Oil, Dextrose, Monoglycerides (Soybean), Ascorbic Acid, Potassium Sorbate, Salt, Mixed Tocopherols, Acesulfame Potassium and Citric Acid.

Suggested Serving: One or two bars per day.

ORDERING DETAILS
#0290
Retail price $21.75 VP 10.95
Earned base 14.16
Protein Bar Deluxe

RAISE THE BAR WITH THIS PROTEIN-PACKED, INDULGENT AND GUILT-FREE SNACK

DELICIOUS AND NUTRITIOUS
Delicious and nourishing, this new kind of Herbalife protein bar is packed with 10g of healthy protein to keep you feeling full while helping build and maintain lean muscle.

Three great-tasting, chocolate-covered flavour combinations provide a variety of tastes to help you enjoy guilt-free snacking.

KEY BENEFITS
- 10g protein to sustain your energy and satisfy your appetite.
- Zero trans fats.
- No artificial sweeteners.
- Just 140 calories per bar.

Healthy Snacking
Even in today’s fast-paced society, getting the right balance of nutrients to keep you in peak condition can be easy. Herbalife has a tasty solution for what your body craves. When snack time comes around, instead of heading for the candy machine or fast food meals that are devoid of nutrition, reach for a Protein Bar Deluxe.

Protein is an essential nutrient and we need to be sure we have plenty of it in our diet each day, as it provides energy and helps control hunger.

Whether you’re watching your weight or just want a healthy, great-tasting snack, these premium bars can help you reach your goals.

FAST FACTS
- Delicious and satisfying so you don’t feel deprived.
- High in protein to sustain energy.
- Scientifically formulated to provide nutritional support between meals.

USAGE
Enjoy one to two bars a day for healthy snacking and weight management.

This product is available in three delectable chocolate-covered flavours: Vanilla Almond, Chocolate Peanut and Citrus Lemon.

Vanilla Almond Flavour

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size: 1 Bar (35g)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>130</td>
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<tr>
<td>%DV**</td>
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</tr>
<tr>
<td>Total Fat 3 g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat 1.5 g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 10 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium 20 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 16 g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugar 12 g</td>
<td></td>
</tr>
<tr>
<td>Protein 10 g</td>
<td>20%</td>
</tr>
<tr>
<td>Calcium 8%</td>
<td></td>
</tr>
<tr>
<td>Iron 2%</td>
<td></td>
</tr>
</tbody>
</table>

Not a significant source of Vitamin A, Vitamin C and Iron.
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Milk Protein Concentrate (Milk), Glucose Syrup, Fructose Syrup, Sugar, Natural Almond Butter Paste, Cocoa Butter, Full Milk Powder, Hydrolysate from Collagen Protein, Cocoa Liquor, Crisped Rice, Artificial Flavours (Milk), Soy Lecithin and Vanillin Flavour.

ORDERING DETAILS

#0364  Vanilla Almond (14 bars per box)
Retail price  $26.82  VP 13.22
Earned base  16.92
## Protein Bar Deluxe

### Chocolate Peanut Flavor

**NUTRITION FACTS**

**Serving Size:** 1 Bar (35g)  
**Servings:** 1

<table>
<thead>
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<th>Amount Per Serving</th>
<th>Bar</th>
</tr>
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<tbody>
<tr>
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**%DV**

<table>
<thead>
<tr>
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<th>4 g 6%</th>
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</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>2 g 10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg 1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg 1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15 g 5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>11 g</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
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<tr>
<td>Iron</td>
<td>2%</td>
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</table>

Not a significant source of Vitamin A, Vitamin C and Iron.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.**

**INGREDIENTS:** Milk Protein Concentrate (Milk), Glucose Syrup, Fructose Syrup, Peanut Paste, Sugar, Cocoa Butter, Full Milk Powder, Hydrolysate from Collagen Protein, Cocoa Liquor, Crisped Rice, Cocoa Powder, Caramel Colour, Artificial Flavours, Soy Lecithin and Vanillin Flavour.

### Citrus Lemon Flavor

**NUTRITION FACTS**

**Serving Size:** 1 Bar (35g)  
**Servings:** 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Bar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
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</table>

**%DV**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>4 g 6%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>2 g 10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg 1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>25 mg 1%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>15 g 5%</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugar</td>
<td>11 g</td>
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<td>Protein</td>
<td>10 g</td>
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<tr>
<td>Calcium</td>
<td>8%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
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</table>

Not a significant source of Vitamin A, Vitamin C and Iron.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.**

**INGREDIENTS:** Milk Protein Concentrate (Milk and Soybean), Glucose Syrup, Fructose Syrup, Sugar, Palm Fat, Cocoa Butter, Full Milk Powder, Hydrolysate from Collagen Protein, Dextrose, Cocoa Liquor, Lemon Aroma Permaseal Flavour, Lemon Curd Flavour, Citric Acid, Soy Lecithin, Dried Egg Albumin and Vanillin Flavour.

### ORDERING DETAILS

#### Chocolate Peanut (14 bars per box)

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<th>#0365</th>
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<th>VP 13.22</th>
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<tbody>
<tr>
<td></td>
<td>$26.82</td>
<td></td>
<td>16.92</td>
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</tbody>
</table>

#### Citrus Lemon (14 bars per box)

<table>
<thead>
<tr>
<th>#0366</th>
<th>Retail price</th>
<th>VP 13.22</th>
<th>Earned base</th>
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<tbody>
<tr>
<td></td>
<td>$26.82</td>
<td></td>
<td>16.92</td>
</tr>
</tbody>
</table>
**ShapeWorks**

**Protein Soup Mix**

Add variety to your diet with delicious and nutritious soups.

Did you know that eating soup can actually help you lose weight?

That’s because a low-fat, low-calorie first course of soup has enough nutrition to fill you up without filling you out. Clearly, ShapeWorks Protein Soup Mix is a “souper” choice if you’re trying to lose weight.

French researchers studied the benefits of eating soup before a meal and found that when participants were given a broth with strained vegetables and water, they weren’t as hungry for their entrée. Each bowl of soup was roughly 95 calories and it dramatically reduced the amount of calories ingested during the meal.

Eating foods that are high in protein can help with losing weight because they make you feel full much faster than other calorie-rich foods. ShapeWorks Protein Soup Mix contains a whopping 16 g. of protein to fill you up so you eat less.

Herbalife has created a delicious low-calorie soup that allows you to step up to an entirely new dimension in weight loss or simply to enjoy tasty snacking with ShapeWorks Protein Soup Mix. Try a cup of our Cream of Chicken soup and you’ll walk away from the dinner table feeling satisfied.

Low in calories and high in protein and flavour, ShapeWorks Protein Soup Mix comes packaged in easy-to-use, single-serving packets. Simply add hot water to ShapeWorks Protein Soup Mix for a great appetizer or between-meal snack and discover just how great tasting weight management can be!

**Discussion Points**

- Instant nutrition: Easy to use for a quick meal or snack anytime, anywhere. Simply stir Soup Mix into a cup of hot water and enjoy!
- A satisfying hunger buster: With approximately 16 grams of high-quality protein, ShapeWorks Protein Soup Mix will fill you up and leave you satisfied.
- Combine with other products: ShapeWorks Protein Soup Mix can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

**Fast Facts**

- High in protein and low in calories.
- Easy-to-use single-serving packets.
- Just add hot water and enjoy.
- Available in Cream of Chicken flavour.
- Use concentrated as a tasty sauce for steamed vegetables.
- Can be used with Herbalife’s Weight-Management products as a protein rich, filling snack.

**Cream of Chicken**

**NUTRITION FACTS**

**Serving Size:** 1 packet (22g)

**Servings per box:** 7 packets

<table>
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<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>16 g</td>
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*Percent Daily Values are based on a 2,000 calorie diet.*

*Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Milk Protein Isolate, Soy Protein Isolate, Hydrolyzed Gelatin, Onion Powder, Salt, Natural Chicken Flavour (Hydrolyzed Corn Gluten, Yeast Extract, Hydrogenated Soybean and Cottonseed Oils, Thiamine Hydrochloride, Lactic Acid, Disodium Guanylate, Disodium Inosinate), Natural Flavour Enhancer (Hydrolyzed Wheat Protein, Yeast Extract, Hydrogenated Soybean and Cottonseed Oils), Artificial Chicken Flavour (Corn Syrup Solids, Tapioca Dextrose, Artificial Flavour, Eggs, Autolyzed Yeast Extract, Dextrose, Disodium Phosphate, Salt, Whey [Milk], Sodium Acetate, Citric Acid, Modified Corn Starch, Onion Powder, Tricalcium Phosphate, Hydrogenated Soybean Oil, Potassium Bicarbonate, Soy Lecithin, Silicon Dioxide, Xanthan Gum, Guar Gum, Sodium Alginate, Celery Powder, Dried Green Onion, Glucose, Spices, Maltodextrin, Turmeric Oleoresin Colour and Polysorbate 80.

**Directions:** Empty contents of one packet into a large cup or mug. Add 200-250 ml of very hot water and stir until smooth. For microwave preparation, empty contents of one packet into a microwave-safe cup or bowl. While stirring, slowly add 200-250 ml of cold water. Heat at high power for 1 to 1½ minutes and enjoy! Make Soup Mix with less water and use as a tasty sauce over steamed vegetables, poultry or meat. For variety, try our other delicious protein-rich snacks too.

**ORDERING DETAILS**

#0291

<table>
<thead>
<tr>
<th>Retail price</th>
<th>VP</th>
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</thead>
<tbody>
<tr>
<td>$14.00</td>
<td>9.85</td>
<td>12.58</td>
</tr>
</tbody>
</table>
ShapeWorks
Protein Beverage Mix

Fruit drink that packs a protein punch
On the surface it might seem obvious that drinking sugary sodas would make you gain weight, after all, they’re packed with sugar. But did you know the real reason people who drink lots of soda gain weight is because they generally are eating something along with that drink?

Studies have shown that calorie-laden drinks don’t satisfy and you continue to eat. In the end, you gain more weight drinking two cans of soda pop than you would if you ate a slice of pizza.

Dieters often feel deprived when they avoid sugars and carbohydrates. This can result in a craving for something sweet—making it easier to fall off the dietary wagon. What’s needed, then, is a way to satisfy the desire for something sweet while completely avoiding sugar.

Herbalife’s refreshing, tasty Protein Beverage Mix—part of the ShapeWorks Program—is a satisfying alternative. This naturally flavoured drink is formulated for convenience and taste, and it’s packaged in convenient single-serving pouches. Just add water and enjoy! Not only does it taste like fruit juice, it contains 15 grams of protein yet is low in carbohydrates, fats, and calories, so you and your weight loss won’t be slowed down. Want your fruit juice every day? Here’s the delicious answer to your craving and your desire to lose weight, or for a healthy snack.

Discussion Points
- More than a drink: ShapeWorks Protein Beverage Mix helps satisfy hunger, provides an energy boost and is formulated with 15 grams of protein.
- Handy, quick refreshment: the single-serving pouches fit easily into a purse or briefcase, and all you have to do is mix it with water for an energizing pick-me-up.
- Delicious natural fruit flavour: ShapeWorks Protein Beverage Mix is available in Peach Mango. It tastes so good you won’t believe it’s part of a weight-loss program.
- Combine with other products: ShapeWorks Protein Beverage Mix can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
ShapeWorks Protein Beverage Mix contains whey protein, the highest quality form of protein that exists. “Biological value” (or BV) is a term used to measure how efficiently a protein can be used by the body for growth. The BV of beef is 80, the BV of a whole egg is 100 and the BV of whey protein can be anywhere from 100 to 159.

Fast Facts
- High in protein (15 grams) and contains 2 grams of carbohydrates and only 70 calories.
- Easy-to-use, single-serving packets. Just add water and enjoy.
- Available in Peach Mango flavour.
- Combine with the vanilla-flavoured ShapeWorks Drink Mix for a filling new-taste sensation with a whopping 30 grams of protein.
Florafibre

Improve your health and digestion with Florafibre.
Your digestive tract is home to billions of microorganisms, some of which play an important role in supporting your health. The so-called “friendly bacteria” in the intestines help limit the growth of undesirable microorganisms, including the overgrowth of yeast and fungus. They also support the digestive process and help promote normal elimination. In addition, they play a role in lowering cholesterol and supporting the manufacture of B vitamins.

Among the most important of the friendly bacteria is Lactobacillus Acidophilus. When these microorganisms are present in sufficient numbers, a healthier balance of intestinal flora is maintained. Florafibre is designed to support intestinal health by providing millions of Lactobacillus Acidophilus cells per tablet. The formula also includes a unique blend of dietary fibers to promote good digestion and encourage the elimination of waste from the body.

A healthy digestive system is imperative to your overall health and well-being. The digestive system is responsible for absorbing the vitamins, nutrients and minerals that the body needs to function properly. It also is responsible for eliminating the refuse and toxins in the body.

Fiber is a key element the body needs to keep the digestive system in balance. Fiber is necessary to absorb the toxins and physically remove them from your body. Fiber also absorbs water and slows the passage of food, and now research is showing that it can help in lowering blood-sugar levels.

Eating a diet high in fiber is so important to our health that it calls to mind the old saying “an apple a day keeps the doctor away.” Apples are high in fiber and so are foods like green leafy vegetables, beans, lentils, brown rice, barley, bran, oatmeal, whole-wheat bread and wheat bran. Not only will a diet high in fiber help improve your digestion, it will enhance your body’s health.

Discussion points

- Friendly flora: Lactobacillus Acidophilus helps promote a healthy intestinal environment.
- Fiber fit: Contains a blend of dietary fibers including oat fiber granule, apple pectin, psyllium seed husks and konjac root powder.
- Apple defense: Includes apple pectin, which may help the body eliminate toxins.
- Combine with other products: Florafibre can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
The presence of sufficient friendly intestinal bacteria helps prevent the overgrowth of Candida Albicans, the cause of "yeast infection," which can be responsible for many symptoms of poor health. Some signs of Candida Albicans overgrowth include headaches, mood swings, fatigue, bad breath, skin conditions and digestive problems.

Fast Facts

- One tablet provides millions of Lactobacillus Acidophilus cells.
- Helps healthy colon function.
- Encourages growth of helpful intestinal bacteria.
- Useful to restore intestinal flora after antibiotic use.
Herbal Aloe Drink

The natural alternative to carbonated beverages. Chances are you’ve been consuming too many soft drinks. Or you’ve been overindulging in coffee and tea. That adds up to a lot of sugar. Drinking too much tea or coffee actually robs your body of nutrients. Plus a non-diet soft drink contains at least six teaspoons of sugar. And artificial sweeteners actually can induce hunger (not so hot for someone on a weight-loss program). Instead of enduring a temporary sugar rush that leaves you feeling drained, look to Herbal Aloe Drink.

Herbal Aloe Drink is a scientifically developed beverage that contains the organic nutrients found in the aloe vera plant. The great-tasting result is a beverage that helps soothe your digestive system and assists the natural self-cleansing actions of your body.

By taking advantage of the beneficial properties found in Herbal Aloe Drink, you also help meet your daily water quota. Medical experts recommend that you drink at least eight glasses of water each day for the systems in your body to function properly and at peak efficiency. Herbal Aloe Drink helps you meet that need while also promoting good digestive health.

Discussion Points
- Great for high-stress lifestyles: A person who is always on the go or experiencing high amounts of stress is doing a number on his or her stomach. This, in turn, prevents foods from being properly digested and absorbed. Consuming a glass of Herbal Aloe Drink prior to a meal will help aid the digestive system.
- A real thirst quencher: Unlike carbonated beverages, Herbal Aloe Drink actually satisfies your thirst. But there’s so much more. The aloe vera plant has been hailed as a wonder herb with a staggering variety of uses. Aloe vera contains 75 known substances, which in combination, are noted for their healing properties. Herbalife has captured the goodness of whole-leaf aloe in this remarkable beverage.
- Combine with other products: Herbal Aloe Drink can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did you know?
According to the Journal of Alternative Medicine, aloe vera juice is effective in treating inflammation of the digestive tract. In other studies, aloe has been shown to help prevent arthritis and reduce inflammation of the joints.

Originally from Africa, the long, succulent, spiky leaves of the aloe plant have been used for a wide variety of uses, both internal and external. This extremely versatile and “friendly” plant can soothe minor burns, canker sores, psoriasis, certain dermatitis conditions and skin ulcers. Taken internally, aloe has been shown to be effective in relieving constipation and generally enhancing digestive health. The effects of aloe on the skin can mainly be attributed to the high concentration of amino acids found in it, along with vitamins (C and E), essential fatty acids and zinc.

Fast Facts
- Made from premium-quality aloe vera and contains enzymes and vitamins.
- Includes the soothing benefits of the chamomile plant.
- Completely free of bitter-tasting aloin.
- Enjoy as a supplement to your daily diet.
- Available both as a ready-made drink or as an easy-to-prepare concentrate.

Drink

NUTRITION FACTS
Serving Size: 118 ml
Servings per container: Litre - 8
3.785 litres (Gallon) - 32

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<tr>
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<tr>
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<td>Potassium</td>
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<td>Fibre</td>
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<tr>
<td>Sugars</td>
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<td>Vitamin C</td>
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<tr>
<td>Iron</td>
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</table>

Ingredients: Water, Aloe Vera Concentrate, Citric Acid, Chamomile Extract, Potassium Sorbate, Sodium Benzoate, Sodium Citrate and Lemon Juice Concentrate.

Recommendation: Use as desired as an addition to the everyday diet. Shake well before use. Refrigerate after opening.

ORDERING DETAILS

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<tbody>
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<table>
<thead>
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<td>Retail price</td>
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<tr>
<td>Earned base</td>
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</table>
Herbal Aloe Drink - Concentrate

**NUTRITION FACTS**

**Serving Size:** 15 ml (1/2 ounce)

**Servings per container:** 32

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<tr>
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</tr>
<tr>
<td>Fat</td>
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</tr>
<tr>
<td>Saturated</td>
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</tr>
<tr>
<td>Trans</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>0 %</td>
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<tr>
<td>Potassium</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 %</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>0 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0 %</td>
</tr>
<tr>
<td>Iron</td>
<td>0 %</td>
</tr>
</tbody>
</table>

**Ingredients:** Aloe Vera Concentrate, Citric Acid, Potassium Sorbate, Sodium Benzoate, Sodium Citrate, Chamomile Herb Extract and Lemon Extract.

**Directions:** Mix 3 capfuls (15 ml) with 120 ml water. To prepare 1 liter of ready to consume drink, mix 120 ml concentrate with 950 ml water. Refrigerate any unused portion.

**ORDERING DETAILS**

#0006 (concentrate 473 ml)

Retail price $31.95  VP 24.95

Earned base 31.95
Helps increase vitality, stamina and endurance in men.
The nutritional needs of men and women are not the same…nor are some of their priorities. A major concern among many males—regardless of age—is the ability to maintain peak performance whether at the office, home or on the competitive playing field. Proper nutrition is key to staying in fit condition. Weight management is also a fundamental element to helping men feel more comfortable with where they are in life. But there are other steps men can take to help them feel on top of the game and perform at their best.

Factor 1000® is a welcome addition to the diet that helps increase vitality, stamina and endurance in men. This exciting supplement contains a proprietary blend of premium oats, nettle and the energy-enhancing herb, ginseng. Taken on a daily basis, Factor 1000® can help men achieve the physical results they are looking for without using harmful substances or chemical derivatives.

Discussion Points
■ Factor this in: What makes Factor 1000® so unique is that it contains a proprietary blend of potent herbs that work together to produce energy-enhancing results—naturally. It also effectively addresses muscular definition, which is important to many men, young or old.
■ “C” for yourself: Vitamin C is considered by many experts to be one of the most important vitamins to include in your diet. It’s a powerhouse antioxidant with many beneficial properties. We’ve included vitamin C in our formulation of Factor 1000®, so you can be sure you’re not missing out on this valuable vitamin.
■ The hard facts about brittle bones: Women aren’t the only ones who should be concerned about their calcium intake. Men need to be aware of how much calcium they are getting on a daily basis as well to prevent unnecessary bone thinning. Factor 1000® is rich in this bone-strengthening mineral and is an excellent way for men to increase their calcium intake.
■ Combine with other products: Factor 1000® can be used in conjunction with Herbalife’s Weight-Management Programs and it’s entire line of nutritional products.

Did You Know?
When horses graze on oats they become more “productive” or “frisky.” This observation by farmers is where the old saying “sow your wild oats” comes from.

Oats are used by herbalists to help nervous exhaustion, insomnia, even tobacco addiction. The most beneficial parts of the common oat are the tops of the plants, dried just after harvest. For treatment of certain skin conditions, oats were sometimes placed in a bag and a “tea” was brewed for bathing. The leafy nettle plant is found in mild climates around the globe. The name traces its meaning to the Latin for “burn,” after the stinging sensation caused by the plant’s leaves when touched. Both the leaves and roots are used in herbal medicine as a diuretic and a tonic.

Fast Facts
■ Designed to be beneficial for vitality, stamina, endurance and muscular integrity.
■ Premium oats are a potent source of protein, B vitamins, vitamin A and E, and bone-strengthening calcium.
■ Ginseng has been used for centuries by Chinese and Korean herbalists and is one of the oldest and most respected herbs in the Chinese Pharmacopoeia.
Brazilian Herbal Tea

A refreshing drink that invigorates naturally.

Do you sometimes want a refreshing drink to uplift your spirits and boost your energy, but you don’t care for coffee or sodas? With today’s hectic lifestyles, sometimes we’re so busy we don’t stop to think about what we’re drinking when we grab a soft drink for quick rejuvenation. The chemicals, sugar and sodium may not be good for us. Wouldn’t it be nice to have an easy-to-use, naturally-brisk drink readily available to increase your vim and vigor?

The guarana plant has been cultivated since pre-Columbian times in the Amazon region. The plant itself is a climbing vine that can sometimes reach heights as high as 10 meters. After blooming yellow flowers in the dry season, the plant produces a pear-shaped fruit containing bunches of seeds. When the fruit is ripe, it starts to split open, revealing the seeds inside and indicating that it is ready to harvest. The seeds are then roasted, much like coffee beans, and processed for consumption.

Guarana can be used in several forms – primarily tablets, powder and syrup. In Brazil, the syrup is commonly found in sodas and several different brands on the market are starting to become popular on a larger scale. Guarana has a unique, slightly fruity taste.

The chemical substance that makes guarana effective as a natural energy booster is guaranine. This substance acts much like caffeine and can increase alertness, elevate vitality and possibly even help reduce appetite.

Berries from the guarana plant have been processed and used for centuries by the Amazon Indians as a natural stimulant. Herbalife has captured the botanical qualities of authentic guarana in its Brazilian Herbal Tea Mix, which provides a spirited and refreshing lift whenever you need it.

Although only two servings a day are recommended, you will discover your favorite times to have it. Try a hot cup when you arise in the morning, or sprinkle some in your breakfast Meal Replacement shake, or on your cereal, for an invigorating “pick-me-up.” You can mix a small amount with spring water and carry it in a bottle to your midday workout at the gym. Or have a cup with a Protein Bar for a crisp “afternoon tea.” This versatile, vitalizing tea can even perk you up during a late-night study session.

Discussion Points
- All-natural: Brazilian Herbal Tea is a pleasant, natural substitute for chemically laden soft drinks.
- Instant lift: Contains guarana, a botanical that grows in the wilds along the Amazon River, known for producing an instant energy boost.
- Delicious hot or cold: Brazilian Herbal Tea has a zesty citrus flavour.
- Convenient: Whether at home, work or play, Brazilian Herbal Tea mixes instantly with water.
- Combine with other products: Brazilian Herbal Tea can be used in conjunction with the Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
Eightsy percent of the world’s commercial production of the guarana paste or powder used in drinks and herbal supplements worldwide is still gathered by the Guaranis Indians in northern Brazil, who harvest and process the seeds by hand.

Fast Facts
- Provides a tremendous, natural lift.
- Brazilian Herbal Tea has a delicious citrus flavour and can be made instantly at home, work or anywhere. Enjoy hot or cold, twice a day, for a refreshing treat.

NUTRITION FACTS

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<tr>
<th>Amount Per Serving</th>
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<tbody>
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<tr>
<td>Calories from Fat 0</td>
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<tr>
<td>Sodium 0 mg</td>
</tr>
<tr>
<td>Total Carbohydrate less than 1 g</td>
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<tr>
<td>Protein 0 g</td>
</tr>
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</table>

Not a significant source of saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

Ingredients: Maltodextrin, Orange Pekoe Extract, Guarana Seed Extract, Lemon Peel Extract, Green Tea Extract, Citric Acid, Starch and Ascorbic Acid.

Recommended Use: Mix 1/2 scant teaspoon (1g) with 180 ml of hot or cold water. Please note this product is not decaffeinated.

ORDERING DETAILS

#0102
Retail price  $18.95  VP 14.75
Earned base  18.95
Helps protect the body’s cells and enhances the benefits of other antioxidants.

We know that antioxidants are good for us. They help protect our body cells from damage by neutralizing the “free-radical” molecules that bombard us every day. Many fruits and vegetables contain vitamins and minerals known for their antioxidant qualities. Unfortunately, we don’t always have time to eat the right amount of these foods, so we take antioxidant supplements.

What we may not know is that rosemary extract, along with other herbs, can help speed up and regenerate the antioxidants we take. Herbalife’s RoseOx™ is the first of a new generation of antioxidants with a cascading effect. The cascade effect refers to the unique ability to change into a series of progressively active forms, which can help create a dramatically more potent, longer-lasting result. RoseOx™ has the further capability to help regenerate other antioxidants, including vitamin E, which do not have this advantage.

Rosemary is a very versatile herb cultivated from an evergreen-type shrubbery with pine needle-like leaves. The plant features blue flowers and can grow to heights of three to five feet in warm, humid environments.

In addition to possessing antioxidant properties, scientific studies shows that the scent of rosemary also works as a memory stimulant – perfect for busy adults at the office, or even for kids doing their homework.

Other health-related properties of fragrant rosemary include facilitating digestion, soothing menstrual cramps and calming the nerves. Rosemary can even be used for cosmetic purposes such as an effective hair conditioning and strengthening treatment and as an astringent or skin toner.

Discussion Points

- Antioxidant support: Helps promote the antioxidant capabilities of vitamin E.
- Cascade effect: RoseOx™ has the unique ability to act in a series of progressively active forms to increase potency and create a longer-lasting antioxidant effect.
- Rosemary extract: RoseOx™ is made with rosemary extract and blended with an exclusive combination of herbs to work synergistically with other antioxidants.
- Combine with other products: RoseOx™ can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
The rosemary plant originated in the countries surrounding the Mediterranean Sea; now it grows in North America as well. The leaf has always been used for medicinal purposes. Throughout history, it played a role in European herbalism and popular folklore. Rosemary sprigs were considered a love charm, a sign of remembrance and a way to ward off the plague. In ancient China, rosemary was used for headaches. Rosemary twigs are often used to preserve the freshness of olive oil.

Fast Facts

- A key component of a complete antioxidant program.
- Convenient, once-a-day tablet.
- Important to use when eating or exercising when oxidative stress is greatest.

SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings per container: 30

Each Tablet Provides: 620 mg of an exclusive blend of RoseOx, Turmeric Extract, Broccoli, Cauliflower, Cabbage, Carrot Extract, Tomato Concentrate, Sage Leaf and Clove.

Ingredients: RoseOx (Rosemary), Calcium Carbonate, Starch, Cruciferex Vegetable Conc., Curcuminoids, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Microcrystalline Cellulose, Tomato Concentrate, Sodium Carboxymethylecellulose, Cloves, Sage Leaf, Dextrin, Dextrose, Lecithin and Sodium Citrate.

Suggested Serving: Take one tablet daily, preferably with a meal.

CAUTION: DO NOT CONSUME SAGE LEAF (SALVIA OFFICINALIS) DURING PREGNANCY.

RoseOx® is a trademark of Hauser Chemical Research, Inc.

ORDERING DETAILS

#0139
Retail price $30.50 VP 23.75
Earned base 30.50
Dong Quai

Superior nutritional tonic especially for women.
Dong Quai has been used for centuries in China as a general nutritional tonic, particularly beneficial for women because of its reputation for balancing hormonal shifts in females. The root of the plant is a rich source of B vitamins, calcium, iron, magnesium and essential oils.

In the Chinese system, dong quai is considered a “superior” herb that can be taken on a daily basis. It is often added to soups and broths to increase the nutritional value of these dishes.

When used in coordination with dong quai, chamomile adds to the root’s calming effect. Known for its ability to soothe smooth muscle tissue, chamomile is perfect for calming a nervous stomach, menstrual cramps and other stress-related physical maladies. Chamomile eases tension, making it ideal for promoting a restful night’s sleep and may be sipped in tea form before bedtime.

Dong Quai sometimes is referred to as tang kuei or Chinese angelica sinensis. The dong quai substance we use for health benefits is derived from the root of the plant. The yellowish pulp of the root is the part that is processed into tablet form.

Herbalife has drawn from the health-enhancing benefits of these herbs to formulate Dong Quai. This all-natural product nutritionally supports the female system and can help alleviate a variety of physical disturbances.

Discussion Points
- Support in a bottle: There is nothing comfortable about female cramps, but there is a way to seek comfort naturally. Women of all ages can turn to Dong Quai to bring about a healthy solution to the fight against cramps.
- It’s not just for “that time of the month”: Aches, pains and general body discomfort can affect you any day of the month. Dong Quai can help you feel more like yourself without any side effects associated with over-the-counter products. It can be used by men as well.
- Combine with other products: Dong Quai can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
The root of the dong quai plant contains calcium. Calcium may help prevent cramps by maintaining normal muscle tone. Muscles that are calcium-deficient tend to be hyperactive and, therefore, more likely to cramp. Calcium has been reported to reduce discomfort during the menstrual phase of the cycle and reduce water retention during the premenstrual phase. Studies have shown calcium supplementation improves premenstrual symptoms.

Fast Facts
- Specially formulated to normalize the challenges associated with a woman’s cycle.
- Includes the additional benefit of chamomile. This multipurpose plant was used by the Ancient Greeks and was considered a sacred herb by the early Anglo-Saxons.
- Includes calcium.

SUPPLEMENT FACTS
Servings per container: 60

<table>
<thead>
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<td>Dong Quai (root)</td>
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<tr>
<td>German Chamomile (flower)</td>
<td>200 mg</td>
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<tr>
<td>Brewer’s Yeast</td>
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Suggested Serving: Take one to three tablets daily.

Notice: Not recommended for pregnant or lactating women.

ORDERING DETAILS

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<th>Code</th>
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<td>Earned base</td>
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Protection for your bones!
Calcium is an essential mineral the body needs for strong bones and teeth. In addition, calcium encourages a strong, steady heartbeat, keeps blood pumping efficiently and maintains nerves and muscles. In short—calcium pretty much helps keep your whole body working the way it should!

Your body's entire skeletal system and your teeth are composed of calcium. If your body isn't getting enough calcium through your diet, it will take what it needs from your bones to make up for it. Over time, this process can lead to osteoporosis, a crippling disease that can make bones very fragile and more susceptible to fracture.

As you age, your body stops producing bone and may begin to lose it. To maximize your peak bone density, make sure you get plenty of calcium, magnesium, and vitamin D now, with Nutri-9!

It's never too late to start increasing your calcium intake. For people in their 40s and 50s, increasing calcium levels can help you maintain the bone you have. Nutri-9 offers one of the most concentrated forms of calcium available in a tablet. It also is formulated with other vitamins and nutrients, including magnesium and vitamin D, that can promote healthy bones and skeletal health. Three tablets supply 100 percent of Canada's Recommended Dietary Allowance of calcium intake for men and women over 40.

Discussion points
- Bone up on calcium: Calcium is essential to the health of bones, teeth and skin, yet few adults get enough of it in their diets. Three Nutri-9 tablets a day supply 100 percent of the Canada's Recommended Dietary Allowance for calcium intake.
- Ward off weak bones: To help prevent bone weakness and osteoporosis in the future, make sure you're getting plenty of calcium now. Bone development slows down around age 30 and bone strength continues to decrease throughout the rest of your life. Increasing calcium intake is health maintenance for bones and teeth.
- Combine with other products: Nutri-9 can be used in conjunction with Herbalife's Weight-Management Programs and its entire line of nutritional products to boost your overall nutrient intake—including calcium.

Did You Know?
More than 1.4 million Canadians over the age of 50 are afflicted with osteoporosis. Although mainly considered a female problem, men are also vulnerable to osteoporosis and should make sure they consume enough calcium to ward off future bone loss.

Magnesium is a mineral needed by every cell of your body. About half of your body's magnesium stores are found inside cells of body tissues and organs, and half are combined with calcium and phosphorus in bone. Only one percent of the magnesium in your body is found in your blood. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, and bones strong. It is also involved in energy metabolism and protein synthesis. Although magnesium is present in many foods, such as spinach, nuts, seeds, and some whole grains, it usually occurs in small amounts. As with most nutrients, daily needs for magnesium cannot be met from a single food.

Fast Facts
- Nutri-9 is one of the most concentrated forms of calcium available in a tablet.
- Vitamin D is essential for the absorption of calcium.
- Three tablets supply 100 percent of Canada's Recommended Dietary Allowance of calcium intake for men and women over the age of 40.
- Includes supplemental magnesium, which is important for the optimal effect of calcium on bone health.

SUPPLEMENT FACTS
Serving Size: 1 tablet
Servings per container: 90 tablets

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<tr>
<td>Calcium (from Calcium Carbonate)</td>
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<tr>
<td>Magnesium (from Magnesium Oxide)</td>
</tr>
<tr>
<td>Copper (Amino Acid Chelate)</td>
</tr>
<tr>
<td>Zinc (Gluconate)</td>
</tr>
<tr>
<td>Manganese (Amino Acid Chelate)</td>
</tr>
</tbody>
</table>

Non-medicinal ingredients: Horsetail Herb, Betaine Hydrochloride, Glutamic Acid Hydrochloride, Kelp, Spirulina, Licorice Root and Sarsaparilla.

Suggested Serving: Take one tablet three times a day with meals.

ORDERING DETAILS
#0020
Retail price $13.25 VP 10.25
Earned base 13.25

Making the world healthier.
Dietary supplement for joints and muscles.
Many of us take mobility for granted. However, millions of people find the simple act of lifting an arm, bending a knee or even wiggling a toe may cause agonizing pain. The aches and discomfort may be caused by arthritis, an injury or excessive wear and tear, but they can also occur because we are living longer than our ancestors.

With average life expectancy on the rise, as many as three-fourths of the population over 50 will be affected by symptoms of osteoarthritis, a condition that may be accompanied by a breakdown in the cartilage found between bone joints. Without this protective padding, bones rub together, causing pain, tenderness, swelling, stiffness, and sometimes, deformity. There are over four million people suffering from arthritis in Canada, with one in seven people affected. Arthritis is also the most common cause of long-term disability in Canada.

Herbalife has formulated an herbal-based product, Flex Support™- Glucosamine, MSM with Herbs, which can help provide support to aching joints. Taken twice daily, you can experience the benefits of six of the most widely used herbs, enzymes and nutritional factors, all known to benefit aching joints and muscles.

Discussion Points
- Nature’s cushion: Glucosamine sulfate is a natural compound produced by the body, that contributes to the natural cushioning effect of cartilage.
- Moving on: MSM (Methylsulfonylmethane) is a naturally occurring organic sulfur compound, found in all living plant and animal tissues. Known for enhancing flexibility and reducing pain.
- Body support: Turmeric and boswellia are natural anti-inflammatory herbs that aid the body in being healthy.
- Nutrition for the joints: Also contains bromelain, an enzyme found in pineapple, and Pepzyme®, an enzyme complex, each of which are known to reduce swelling of the joints and muscles.
- Combine with other products: Flex Support™ - Glucosamine, MSM with Herbs can be used in conjunction with Herbalife’s Weight-Management Programs and its entire line of nutritional products.

Did You Know?
The connective tissue and cartilage in your body includes a natural compound called glucosamine. The cartilage important for cushioning the joints can lose its ability to support healthy cellular growth as we age. The body’s production of glucosamine—an amino sugar—decreases with age. Flex Support™ - Glucosamine, MSM with Herbs helps support joints subject to wear and tear.

Boswellia has a long history of being used to promote bone and joint health. The large, balsamic boswellia tree is grown primarily in India and nearby regions, where preparations of this herb are used by physicians to treat everything from dysentery to ringworm. Collection of the tree’s dried oleoresin secretions occurs much like the process of extracting sap from maple trees for maple syrup. Boswellia is also recommended for helping lower back pain and aching muscles.

Fast Facts
- Can help promote joint comfort.
- Slows the effects of joint aging.
- Useful for athletes and helps improve post-workout muscle discomfort.
New Total Control

Power up your weight-loss program with Total Control—a revolutionary natural health product designed to support the weight-loss process. This advanced ephedra-free and Citrus Aurantium-free formula works at the cellular level to help build energy, boost metabolism and promote weight loss as part of a calorie-controlled diet that includes moderate exercise.

Our specially selected green tea extract contains catechins that help boost metabolism and promote weight loss. This unique herbal blend combines the thermogenic and metabolism-boosting properties of green tea extract, yerba maté and cocoa powder. It also contains ginger, which is widely recognized for its calming effects and can help to calm your stomach.

DISCUSSION POINTS

■ Metabolic Boost. Green tea has a natural thermogenic and energy-boosting effect.* The unique, clinically-tested form of green tea used in Total Control contains powerful EGCG catechins, which have been shown to boost metabolism and promote weight loss.*

■ Natural appetite control. Yerba maté is especially helpful for weight loss because of its thermogenic and appetite-suppressing properties.* In combination with green tea, rich in catechins and polyphenols, it increases energy expenditure.

■ Fat burning. Total Control ingredients help increase the body’s resting metabolic rate and help promote fat burning.* Additionally, it has active ingredients that help generate energy to break down fat cells.*

DID YOU KNOW?

An ingredient in cuisines around the world, ginger is known for its calming effect on the digestive system. Because of its reputation for soothing an upset stomach, ginger ale has been served on airplanes since the days of the first commercial flights.

FAST FACTS

■ Helps your body burn fat.*
■ Helps increase your resting metabolic rate.*
■ Boosts energy without causing irritability and restlessness.*

SUPPLEMENT FACTS

Serving size: 1 Tablet
Servings per container: 90

Medicinal Ingredients: Camellia sinensis (20:1 extract, equivalent to 3300 mg fresh green tea leaves) 165 mg, Theobroma cacao (cocoa powder) bean powder 86 mg, Zingiber officinale (10:1 extract, equivalent to 860 mg of fresh ginger root) 85 mg, caffeine (from arabica beans) powder 78 mg and Ilex paraguariensis (8:1 extract, equivalent to 334 mg of fresh yerba maté leaves) 43 mg.

Non-medicinal Ingredients: Calcium carbonate, microcrystalline cellulose, maltodextrin, corn starch, stearic acid, silicon dioxide, sodium carboxymethylcellulose, alginic acid, magnesium stearate, sodium starch glycolate, dextrin, dextrose, soya lecithin and sodium citrate.

Keep at room temperature (15-30°C) in a dry, dark place.

Recommended Dose: Adults—Take one tablet three times a day—one with breakfast, one with lunch and one with a mid-afternoon snack.

Caution: Children, pregnant or breast-feeding women and people with high blood pressure or cardiovascular disorders should consult a physician before using this product.

ORDERING DETAILS

#0077
Retail Price: $42.25
Volume Points: 32.95
Earned Base: 42.25

* This product is not intended to diagnose, treat, cure or prevent any disease.
Every activity you do depends on a constant supply of energy at the cellular level. Many people, because of a poor diet and digestion or high levels of stress, fail to supply their cells with enough essential nutrients. As a result, their energy production slows, and symptoms such as fatigue and immune dysfunction can occur. Herbalife’s reformulated Cell Activator is specifically designed to help you make the most of the nutrition you receive, and it enhances overall vitality and well-being.

Most importantly, the newly reformulated Cell Activator has nine times the amount of Pycnogenol® (Pine Bark) for a rich source of cell-protecting antioxidant bioflavonoids to support normal vascular function, and promote a healthier glucose metabolism.

To help your overall well-being, Cell Activator contains a proprietary “Cellular Metabolic” blend of select ingredients and several concentrated herbal extracts that help your cells against stress, demanding lifestyles and poor diet. The combination of essential nutrients and botanicals in Cell Activator are involved in more than 300 metabolic processes and boost antioxidant defense mechanisms. By using a more bioavailable form of magnesium aspartate, Cell Activator enhances energy, since aspartate feeds into the Krebs cycle, which provides the body with ATP that is eventually converted into energy.

In addition, the botanicals in Cell Activator, which include Arctic root, Cordyceps, Reishi and Shiitake mushrooms, support vitality through their adaptogenic properties. Adaptogens are thought to increase the body’s ability to resist or adapt to physical or psychological stressors, such as excessive cold, heat or increased workload.

Cell Activator helps your body get the best from both the foods you eat and your other Herbalife supplements by optimizing nutrient absorption and supporting cellular energy production. As a result, you’ll have the energy you need to feel great and function at your best.

**FAST FACTS**
- Provides even more Pycnogenol®, a potent antioxidant that helps support normal vascular function and healthy glucose metabolism.
- Aids in the absorption and effectiveness of your vitamin and mineral intake.
- Contains herbal factors that enhance energy production.
- Helps the body produce and maintain a steady supply of energy.
- Enhances overall vitality and well-being.

**NATURAL HEALTH PRODUCT**

<table>
<thead>
<tr>
<th>Medicinal Ingredients</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potassium Magnesium (as potassium magnesium aspartate)</td>
<td>325 mg</td>
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<tr>
<td>Krebs Cycle Powder:</td>
<td></td>
</tr>
<tr>
<td>Citric Acid</td>
<td>28.4 mg</td>
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<tr>
<td>Malic Acid</td>
<td>6 mg</td>
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<td>Fumaric Acid</td>
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<td>Aspartic Acid</td>
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<td>Glutamic Acid</td>
<td>4.5 mg</td>
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<tr>
<td>Succinic Acid</td>
<td>4.5 mg</td>
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<tr>
<td>Inositol</td>
<td>25 mg</td>
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<tr>
<td>Chlorella</td>
<td>20 mg</td>
</tr>
<tr>
<td>Shiitake Mushroom (Whole)</td>
<td>15 mg</td>
</tr>
<tr>
<td>L-Glutamine</td>
<td>10 mg</td>
</tr>
<tr>
<td>Dried Cordyceps Extract (Whole)</td>
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</tr>
<tr>
<td>Dried Rhodiola Extract (Root)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Cayenne Powder (Fruit)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Dried Reishi Mushroom Extract (Whole)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Dried Pine Bark Extract (Bark) (Pycnogenol®)</td>
<td>2.75 mg</td>
</tr>
</tbody>
</table>

**Non-medicinal ingredients:** Gelatin, Maltodextrin, Silicon Dioxide and Magnesium Stearate.

**Recommended Dose:** Take one to three capsules three times a day.

**For Best Results:** Use Cell Activator in conjunction with Herbalife® products.

**ORDERING DETAILS**

<table>
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<tr>
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<tr>
<td></td>
<td>$28.25</td>
<td>21.95</td>
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</table>
**Herbalifeline®**

An Omega-3 supplement for cardiovascular and joint health.

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### Key Benefits
- Helps maintain healthy cholesterol and triglyceride levels that are already within a normal range.
- Contains EPA and DHA Omega-3 fatty acids.
- Omega-3 fatty acids help reduce joint discomfort.
- Medical and nutritional experts agree that Omega-3 fatty acids play a significant role in promoting overall good health. Herbalifeline is rich in Omega-3 fatty acids and can be taken daily for excellent results.

### Fast Facts
- Exclusively endorsed by Nobel Laureate in Medicine, Dr. Lou Ignarro.**
- With 50% more fish oil per softgel, now take just 2 to 3 softgels per day.
- Low-reflux formula minimizes fish-oil taste during digestion.
- Essential oils of thyme, peppermint and clove keep oils fresh and improve digestibility.
- Includes antioxidant vitamin E.

### Suggested usage
Take one softgel two to three times a day, preferably with meals.

### SUPPLEMENT FACTS

**Serving Size:** 1 softgel  
**Servings per container:** 60 softgels

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>Fish Oil (providing 336 mg Omega Fatty-3 Acids from Salmon, Mackerel, Anchovy and Sardines)</td>
<td>758.25 mg</td>
</tr>
<tr>
<td>Vitamin E (as d-alpha Tocopherols from Soybean)</td>
<td>8 IU</td>
</tr>
</tbody>
</table>

**NON-MEDICINAL INGREDIENTS:** Gelatin, Glycerine, Soybean Oil, Clove Oil, Thyme Oil, Peppermint Oil and Ethyl Vanillin.

**RECOMMENDED DOSAGE:** Adult-One softgel orally, two to three times per day, preferably with a meal as needed.

**CAUTION:** Pregnant or nursing women or anyone with a medical condition should consult their doctor before using this product. Individuals taking prescription anticoagulants should consult with their physician prior to using this product.

**ORDERING DETAILS**

<table>
<thead>
<tr>
<th>#0065</th>
<th>Retail price</th>
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<tbody>
<tr>
<td></td>
<td>$33.00</td>
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</table>

**Note:** The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.

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**Taking Nutrition to Heart™**

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids. With its exclusive blend of fish oils, Herbalifeline® is an excellent way to supplement your daily intake of Omega-3 fatty acids.
**Tri-Shield™**
With Neptune Krill Oil (NKO®).

**Key Benefits**
- Provides powerful antioxidant protection.
- Helps maintain cholesterol and triglyceride levels already within a normal range.
- Supports heart muscle.
- Protects health of cell membranes.
- Omega-3 fatty acids, phospholipids and antioxidants provide a host of benefits from maintaining a healthy cardiovascular system to maintaining flexible joints.

**Taking Nutrition to Heart™**
Tri-Shield™ softgels’ proprietary formula contains 100% pure Neptune Krill Oil (NKO®), which comes from a small, shrimp-like crustacean harvested in the Antarctic.

In Norwegian, krill means “whale food”. In fact, whalers created this word to describe the expansive shoals of tiny crustaceans that form banks of zooplankton. The best known species of these mini-crustaceans, Euphausia superba, is a tiny shrimp measuring between 0.6 cm and 10 cm.

Tri-Shield™ features three significant groups of heart-healthy compounds: Omega-3 fatty acids, phospholipids and antioxidants such as astaxanthin. Together, they provide enhanced nutrient absorption and a powerhouse of antioxidants.

Herbalife chose NKO® because of their unique, patented cold-vacuum process for extracting Neptune Krill Oil which protects the three heart-healthy compounds: Omega-3 fatty acids, phospholipids and antioxidants. Also NKO® conducts scientific research to support the claims for the heart healthy effects of Neptune Krill Oil.

**Fast Facts**
- Exclusively endorsed by Nobel Laureate in Medicine, Dr. Lou Ignarro.**
- NKO® uses a patented cold-vacuum process to extract krill oil that preserves the three heart-healthy compounds as they are found in nature: Omega-3 fatty acids, phospholipids and antioxidants.
- Over the past few decades, the Japanese and Scandinavians have tried, in vain, to extract an oil from krill that would conserve its phospholipids and antioxidants. Researchers at the University of Sherbrooke have recently managed to do this and have patented the process. The Quebec-based manufacturer Neptune Technologies holds the exclusive license to this process (NKO®).
- Krill represents the planet’s most abundant animal biomass. Approximately 110,000 tons of krill are harvested every year, or about less than one-half of 0.1% of the existing resources.
- Exclusive deodorized formula.

**SUPPLEMENT FACTS**
Serving Size: 1 softgel
Servings per container: 30 softgels

<table>
<thead>
<tr>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euphausia superba Oil (as NKO® Krill providing 45 mg</td>
</tr>
<tr>
<td>Omega-3 Fatty Acid)</td>
</tr>
<tr>
<td>Vitamin E (as Mixed Tocopherols from Soybean)</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>300 mg</td>
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<tr>
<td>2 IU</td>
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</tbody>
</table>

**NON-MEDICINAL INGREDIENTS:** Gelatin, Glycerine, Natural Lemon Flavour, Olive Oil and Vanillin.

**RECOMMENDED DOSAGE:** One softgel orally, one to two times per day as needed.

**CAUTION:** This product is not intended for use by children, pregnant or lactating women. Individuals who are using blood thinning medication or have an allergy to shellfish should consult with their physician about the use of essential fatty acid supplements.

**ORDERING DETAILS**
#0100
Retail price $45.50 VP 35.50
Earned base 45.50

30 softgels per bottle

**Making the world healthier.**

**Notes:**
- **The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.**
- **NKO® is a registered trademark of Neptune Technologies and Bioressources, Inc.**
Mega Garlic Plus
A high-quality garlic supplement for cardiovascular health.

Key Benefits
- Supports healthy circulation and a healthy heart.
- Provides antioxidant protection your body needs.
- Contains the equivalent of one whole clove of garlic.

Taking Nutrition to Heart™
Mega Garlic Plus is a high-quality garlic supplement to help improve cardiovascular health. This potent formula contains an exceptionally high grade of garlic—the equivalent of one whole clove—and provides the antioxidant protection your body needs.

We have added Vitamin C which also increases antioxidant protection.

Mega Garlic Plus is enteric-coated to release active ingredients after the tablet has passed through the stomach for full absorption.

Fast Facts
- Exclusively endorsed by Nobel Laureate in Medicine, Dr. Lou Ignarro.**
- Garlic provides support for maintaining healthy LDL cholesterol and triglyceride levels that are already within a normal range.
- Garlic supports and enhances your body’s immune function.
- Allicin is the bio-active component of garlic believed to be responsible for the health benefits seen with garlic supplementation.

Suggested Usage
Take one tablet per day with a meal.

SUPPLEMENT FACTS
Serving Size: 1 tablet
Servings per container: 30 tablets

<table>
<thead>
<tr>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allium sativum (Garlic) Clove Powder</td>
</tr>
<tr>
<td>Vitamin C (as Ascorbic Acid)</td>
</tr>
</tbody>
</table>

NON-MEDICINAL INGREDIENTS: Calcium Phosphate, Microcrystalline Cellulose, Metacrylic Acid Copolymer, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Stearic Acid, Talc, Titanium Dioxide, Triethyl Citrate, Magnesium Stearate, Cellulose, Vegetable Acetoglycerides, Silicon Dioxide, Polyethylene Glycol, Polysorbate 80, Methyl Paraben, Propyl Paraben, FDC Yellow No. 5 and FDC Blue No. 1.

WARNING: Consult a health care practitioner prior to use if you are taking blood thinners or EPA in fish oils or have a blood clotting disorder, taking cholesterol lowering medication, or have diabetes, or persistent flatulence, heartburn, or gastro-intestinal irritation. Do not use if you are pregnant or breastfeeding, if you have pemphigus or prior to surgery.

**The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.
FIZZ
Liftoff™ is a first-to-market effervescent energy drink in Canada. With a proprietary energy blend of taurine, guarana, caffeine, Panax ginseng, and Ginkgo biloba, Liftoff™ does more than give your body a boost—it’ll shift your mind into high gear!

FOCUS
Research indicates the Liftoff™ blend of Panax ginseng and Ginkgo biloba may help improve mental alertness. Only Herbalife has been able to add beneficial levels of these ingredients to such a great tasting energy drink!

FUEL GOOD!™
Blended with Vitamins B6 and B12 for enhanced energy production and Vitamin C for added nutrition.

When you need to be alert for the tasks at hand or you’re looking for a pick-me-up in the middle of the day, Liftoff™ provides an entirely new kind of energy. For moms looking to keep up with their kids, Generation H-ers who want to temporarily stay alert and focused for their studies or careers, and older individuals who want to improve short-term memory, Liftoff™ is the perfect zing to help fight physical and mental fatigue.

Liftoff™ comes in two refreshing flavors - Ignite-me Orange and Lemon-Lime Blast. Individually-wrapped tablets are convenient for on-the-go use. Just drop in 240 ml of cool water and start the countdown!

FAST FACTS
Research indicates that the Liftoff™ blend of Panax ginseng and Ginkgo biloba:

- Temporarily helps fight physical and mental fatigue
- Temporarily helps you to stay alert and focused for improved concentration
- Improves short-term memory at times of mental fatigue

Liftoff™ will help you Fuel Good!™ anytime, anywhere. And, because it’s so easy to sample, it’s a great door-opener for potential customers and Distributors.

SUPPLEMENT FACTS
Serving Size: 1 Tablet (5g)
Servings Per Carton: 10

Recommended Dosage: Just drop one tablet in 240 ml of water and let dissolve. Have 1-2 servings per day.

MEDICINAL INGREDIENTS: L-Taurine 102 mg, Panax ginseng (Ginseng) Root (4:1) Extract 100 mg, Caffeine 67.5 mg, Vitamin C (as Ascorbic Acid) 60 mg, Ginkgo biloba (Ginkgo) Leaf (90:1) Extract 60 mg, Paullinia cupana (Guarana) Seed (2:1) Extract 37.5 mg, Inositol 26 mg, Pantothenic Acid (from d-Calcium Pantothenate) 20 mg, Niacin (as Niacinamide) 20 mg, Vitamin B6 (Pyridoxine Hydrochloride) 6 mg, Vitamin B1 (as Thiamine Mononitrate) 3 mg, Vitamin B2 (as Riboflavin) 1.7 mg, Biotin 300 mcg and Vitamin B12 (as Cyanocobalamin) 12 mcg.

NON-MEDICINAL INGREDIENTS (IGNITE-ME ORANGE): Citric Acid, Sodium Bicarbonate, Natural Orange Flavour, Potassium Bicarbonate, Corn Syrup Solids, Microcrystalline Cellulose, Polyethylene Glycol, Acesulfame K, Sodium Benzoate, Sucralose Powder and FD&C Yellow No. 6.


Warning: This product is not recommended for children, pregnant women or nursing mothers. It contains approximately 75 mg caffeine per serving, and is not recommended either for those sensitive to the effects of caffeine or to be consumed with alcohol. Also, if you are currently taking blood thinners, MAO inhibitors or blood sugar lowering medications, or taking aspirin daily, please seek the advice of your physician before using this product.

Keep at room temperature (15-30°C) in a dry, dark place.

ORDERING DETAILS
Ignite-Me Orange
#3151  15.95 V.P.  $20.50 Retail

Lemon-Lime Blast
#3152  15.95 V.P.  $20.50 Retail

Making the world healthier.
Gastrointestinal health is a concern for everyone. Healthy microorganisms, called microflora, are found in the digestive tract and have a protective role in the body. Yet, even when we eat well, stress, age, certain medications, the environment and other factors can reduce the proportion of this friendly bacteria in our bodies. This can lead to poor gastrointestinal health. But you don’t have to learn to live with it! With just one capsule daily, Herbalife’s Probiotic Complex is a very easy way to help maintain a proper balance of beneficial microflora to promote intestinal health.

**KEY BENEFITS**
- Helps support healthy digestive tract function especially at times of distress.
- Formulated with *Bifidobacterium longum* and *Lactobacillus acidophilus* friendly bacteria, which help maintain a healthy intestinal track with regular use.
- Four billion live microflora (good bacteria) to help maintain the beneficial intestinal bacteria to promote gastrointestinal (GI) health.
- Supports reduced gassiness and abdominal pain.
- Creates lactic acid, which balances intestinal pH.
- Probiotic Complex can be combined with other Herbalife products to help maintain optimum digestive health.
- Store in a cool, dry place (15°-25°C). Bacteria remains stable at room temperature. Exposure to humidity, high heat and direct sunlight should be avoided. For optimal results, keep refrigerated to maintain potency.

**FAST FACTS**
- More than 80 million people in North America suffer from stomach and digestive issues.*
- In Canada, 11% of all male and 12% of all female hospitalizations were for digestive concerns. **
- Most people should be getting between 1 to 10 billion “good” bacteria each day.

**Key Studies**
- There is an increasing amount of evidence showing that Probiotic consumption can provide health benefits.
- Herbalife’s Probiotic Complex provides two clinically studied “good bacteria” that are normally present in the GI tract, *Lactobacillus acidophilus* NCFM and *Bifidobacterium longum* BB536.
- Scientific research supports that these bacterial strains are viable, stable and can survive in the acidic environment of the stomach.

**Recommended Use:** Promotes a balanced intestinal environment and supports gastrointestinal health. Helps maintain a healthy gastrointestinal tract by nourishing friendly microorganisms (bacteria).

*Take one capsule daily preceding a meal.*

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**ORDERING DETAILS**

<table>
<thead>
<tr>
<th>#0075</th>
<th>Retail price</th>
<th>VP 20.50</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>$26.25</td>
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</table>


** Source: Hospital Morbidity Database, Canadian Institute for Health Information 1997. Female data excludes pregnancy and childbirth.
NEW Core Complex
Put the power of heart health in your hands.

Key Benefits
- Plant sterols, found in soybeans, have been shown to reduce LDL ("bad" cholesterol) and total cholesterol.*
- Provides antioxidant protection to support circulation and healthy blood vessels.*
- B vitamins help maintain healthy homocysteine levels already within a normal range.*
- Each carton contains 30 convenient packettes, so it’s easy to get the heart-healthy nutrients you need each day.

Taking Nutrition to Heart
Developed with Nobel Laureate in Medicine Dr. Lou Ignarro, Core Complex targets four key indicators of heart health: cholesterol, triglycerides, homocysteine and oxidative stress.*

Each Core Complex packette includes:
- 2 brown softgels of plant sterols and B vitamins
- 1 green softgel of mixed tocopherols, quercetin and alpha lipoic acid
- 1 maroon softgel of Tri-Shield® with Neptune Krill Oil (NKO®)
- 2 clear-yellow softgels of Herbalifeline® fish oils with Omega-3 fatty acids

Taken together, the six softgels in Core Complex provide a convenient and comprehensive solution to support your heart health.*

Fast Facts
- Developed with and exclusively endorsed by Nobel Laureate in Medicine, Dr. Lou Ignarro.*
- Tri-Shield® Neptune Krill Oil (NKO®†) provides three significant heart-healthy compounds—Omega-3 fatty acids, phospholipids and antioxidants such as astaxanthin—for nutrient and antioxidant absorption.
- Mixed tocopherols and quercetin provide antioxidant protection to help support circulation and healthy blood vessels.*
- Alpha lipoic acid is an important nutrient required for energy production, such as the energy required to support the heart muscle.*
- Consumption of Omega-3 fatty acids may maintain/support cardiovascular health.*

Suggested Usage
Take one packette per day with a meal, and set aside one brown plant sterols softgel for consumption with a later meal.

Caution: This product is not intended for use by children, or pregnant or breast-feeding women. Individuals using blood-thinning medication or have an allergy to shellfish should consult with their physician about the use of essential fatty-acid supplements prior to using this product.

Ordering Details
#0073 Volume Points: 84.95
Price: $108.75
30 packettes per container

*This product is not intended to diagnose, treat, cure or prevent any disease.
†NKO® is a registered trademark of Neptune Technologies and Bioresearchs, Inc.