

Personalize Your Nutrition

► Your Guide to a Healthy Life

What's Your Goal?

Core Nutrition		Daily Usage (Not to exceed recommended servings)
Enjoy a Healthy Meal for balanced nutrition	 Formula 1 Nutritional Shake Mix Protein and essential vitamins and minerals	1 shake, every day as a meal replacement
Provide your body with essential nutrients	 Formula 2 Multivitamin Complex Folic acid, calcium and iron	1 tablet, three times per day
Support absorption of nutrients	 Cell Activator® Pycnogenol [†]	1-3 capsules, three times per day
Weight Management		Daily Usage (Not to exceed recommended servings)
Support weight loss	 Formula 1 Nutritional Shake Mix Protein and essential vitamins and minerals	2 shakes, every day as a meal replacement
Support weight management and boost your energy*	 Herbal Tea Concentrate Green tea and fast-acting botanicals	Mix ½ teaspoon (more or less as desired) with 6 to 8 fl.oz. of hot or cold water
Rev up your metabolism, build energy and soothe digestion*	 Total Control® Green tea, yerba maté, cacao and other powerful herbs	1 tablet, three times per day
Build lean muscle mass	 Personalized Protein Powder 9 Essential Amino Acids	Add 1 tablespoon, up to four times per day, to your Formula 1 shake or other foods and beverages
Energy		Daily Usage (Not to exceed recommended servings)
Increase energy and improve mental clarity*	 Liftoff® L-tyrosine, caffeine, guarana, Ginkgo biloba, and Panax ginseng	1-2 servings per day
Increase mental alertness and energy*	 N-R-G (Nature's Raw Guarana Tablets) Guarana	1 tablet, up to four times per day
Heart Health		Daily Usage (Not to exceed recommended servings)
Boost heart health with Omega-3s*	 Herbalifeline® Omega-3 Fatty Acids	1 softgel, two to three times per day
Give your heart enhanced nutrient absorption and antioxidants*	 Tri-Shield® Neptune Krill Oil (NKO) [‡]	1 softgel, one to two times per day
Overall Health		Daily Usage (Not to exceed recommended servings)
Support the optimal health and function of vital organs*	 Garden 7® Antioxidants	1 tablet, three times per day

For more information on specific product benefits, ingredients and usage, and to see our entire line of Weight Management, Energy & Fitness, Targeted Nutrition and Personal Care | Outer Nutrition products, go to:

► Herbalife.com

[†]Pycnogenol® is a registered trademark of Horphag Research, Ltd.
[‡]NKO® is a registered trademark of Neptune Technologies & Bioresources, Inc.
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.