


HERBALIFE POSTERS

Human body consists of 100 trillion cells and requires 114 different nutrients

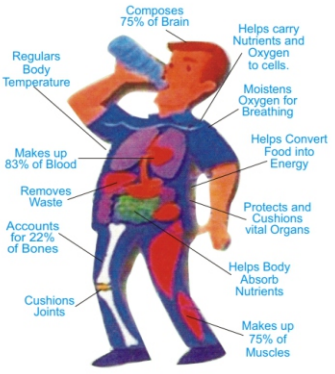


009

Water


When to drink water :

- 2 glasses - After waking up; activate internal organs
- 1 glass - Before taking bath; lowers blood pressure
- 3 glasses - 1 glass 30 min before each meal; digestion
- 1 glass - Before sleep; avoid stroke or heart attack
- 3 to 5 glasses - anytime thru out the day; to clean body & remove waste.



010

How about Isolating 10 gms of nutrition from 100 gms of food?




JUST THE WAY WE ISOLATE BUTTERMILK, NUTRITION IS ISOLATED FROM FOOD & GIVEN IN THE FORM OF POWDER & TABLETS!

POWDER TABLETS

HERBALIFE Making the world healthier.

011

LET'S ASSUME THIS TO BE OUR 100 GRAMS FOOD



APPROX 10 GRAMS NUTRITION: PROTEIN, VITAMINS, MINERALS & HERBS, FIBER, WATER, ETC.

BALANCE EXCESS: CALORIES, SALT, SUGAR, FAT, CARBOHYDRATES

HERBALIFE Making the world healthier.

012

Causes of Problems

+

Excess

Calories
Sugar / Carbohydrates
Salt
Fat / Oil

-

Deficiencies

Protein
Vitamins
Minerals
Fiber
Herbs

Herbalife - Optimum Nutrition

BODY FAT, HOW MUCH IS HEALTHY?			
Category	Age 20-39	Age 40-59	Age 60+
Male	16%	17%	19%
Female	26%	27%	29%

RECOMMENDED WEIGHT CHART			
FEET	CMS.	MEN (Kgs.)	WOMEN (Kgs.)
4'10"	147.4	-	44-49
4'11"	150	-	45-50
5'0	153	52-56	46-51
5'1"	155	53-58	47-53
5'2"	158	54-59	48-54
5'3"	160	55-60	50-55
5'4"	163	56-62	51-57
5'5"	165	58-63	53-59
5'6"	168	59-65	54-61
5'7"	170	61-67	56-63
5'8"	173	63-69	58-65
5'9"	175	65-71	60-67
5'10"	178	66-73	62-69
5'11"	180	69-75	64-70
6'0"	183	70-77	66-72
6'1"	185	72-80	-
6'2"	188	74-82	-
6'3"	190	76-84	-
6'4"	193	78-86	-

OVER WEIGHT/OBESITY HEIGHTEN THE RISK OF HEART DISEASE, DIABETES AND CERTAIN CANCER, LEADING TO PREMATURE DEATH (WHO)

013

Brand Ambassador of India

HERBALIFE NUTRITION FUELS CHAMPIONS

Herbalife is proud to be the official sponsor of more than 150 teams & athletes around the world.



Virat Kohli Cricket, Mary Kom Boxing, Manika Batra Table Tennis, Lakshya Sen Badminton

Making the world healthier.

014

Your Ideal Breakfast

Morning Time CLEANS YOUR DIGESTIVE SYSTEM FEEL ENERGENTIC ALL DAY LONG ENRICH YOUR BODY WITH ALL THE VITAL NUTRIENT CONTROL YOUR WEIGHT FEEL GOOD AND LOOK GOOD

Afresh Herbal Tea

- Natural energy boost
- Fat burner
- Reduces appetite
- Natural antioxidant
- Natural Detoxification

Day Time

Formula 1 Nutrition Shake

- Best Source of Soy Protein
- Essential Amino Acids
- 20 Essential Vitamins, Mineral & Herbs
- Healthy Source of Fiber
- 200 Calories

Option to go for

- Aloe Plus: Support intestinal cleansing and digestive health, Anti-inflammatory, Soothes the digestive system

015

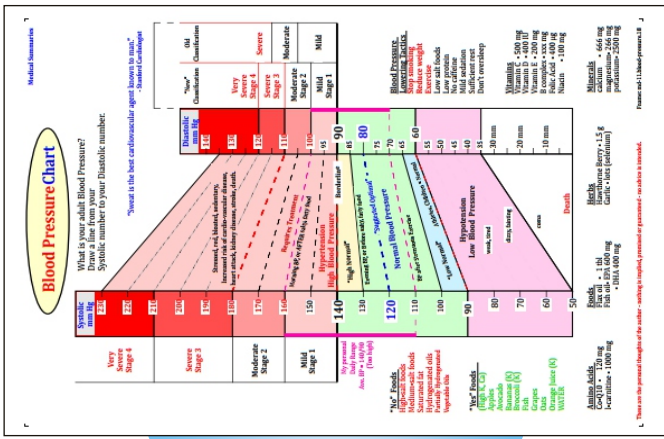
Calorie Burner

Types of exercise	Calories burnt in 1 hour	Hours required to lose 1 kilo
WALKING	256 Cal.	30 Hrs.
ACTIVE CYCLING	481 Cal.	16 Hrs.
SWIMMING	641 Cal.	12 Hrs.
RUNNING	770 Cal.	10 Hrs.
WALKING UP STAIRS	900 Cal.	8.5 Hrs.

CHART IN

016

HERBALIFE POSTERS



017

ಕೊಲೆಸ್ಟರಾಲ್

ಹದ ತಪ್ಪಿದರೆ ಹಲವು ತೊಂದರೆ

ಕೊಲೆಸ್ಟರಾಲ್ ಒಂದು ಜೀವಕೀಟು. ದೇಹದಾದ್ಯಂತ ರಕ್ತವನ್ನು ಹರಿಸುತ್ತದೆ. ಆದರೆ, ಅದು ರಕ್ತದಲ್ಲಿ ಅಧಿಕವಾಗಿರುವುದು ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿ ಮಾಡುತ್ತದೆ. ಇದನ್ನು ಕೊಲೆಸ್ಟರಾಲ್ ಎಂದು ಕರೆಯುತ್ತಾರೆ.

ಕೊಲೆಸ್ಟರಾಲ್ ಅಧಿಕವಾಗಿರುವುದು ಹೃದಯದ ತೊಂದರೆಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ಇದನ್ನು ಕೊಲೆಸ್ಟರಾಲ್ ಎಂದು ಕರೆಯುತ್ತಾರೆ.

ಕೊಲೆಸ್ಟರಾಲ್ ಅಧಿಕವಾಗಿರುವುದು ಹೃದಯದ ತೊಂದರೆಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ಇದನ್ನು ಕೊಲೆಸ್ಟರಾಲ್ ಎಂದು ಕರೆಯುತ್ತಾರೆ.

018

HERBALIFE NEWS FLASH

Herbalife's Nutrition Advisory Board Member

Dr. Anoop Misra

Director and Head, Department of Endocrinology and Metabolic Diseases, Fortis Hospitals

Dr. Misra receiving B.C. Roy award on July 1, 2008

Herbalife Ltd. (NYSE: HLF) has expanded its Nutrition Advisory Board (NAB) with the addition of Anoop Misra, M.D. of India, an internationally recognized specialist in diabetes and metabolic diseases. Dr. Misra is also the President of the Indian Diabetes Association (IDA) and the highest national honors by the President of India.

The Herbalife NAB is comprised of leading experts around the world in the fields of nutrition and health who educate and train Herbalife distributors on the science of nutrition and healthy lifestyle. The board is chaired by David Heber, M.D., Ph.D., director of the Center for Human Nutrition at the University of California, Los Angeles (UCLA).

Misra is the director and head of the diabetes and metabolic diseases department and is a senior physician at Fortis Hospitals. He is also a senior professor of medicine and diabetes at the All India Institute of Medical Sciences in New Delhi, where he received his medical degree. Misra has also been on the faculty of the University of Texas at Dallas, where he received his Ph.D. in 1990. He has also been on the faculty of the University of Texas at Dallas, where he received his Ph.D. in 1990.

He has been elected to the American Diabetes Association, the American Heart Association, and the American Society of Hypertension. He has also received several prestigious international awards including "The Laxmi" and "Circulation" award.

In addition to his work, Misra is very active in community outreach programs that bring health and nutrition education to underserved populations. He has been instrumental in establishing a nutrition center in urban slums, and is a school teacher.

HERBALIFE Making the world healthier.

019

BODY FAT. HOW MUCH IS HEALTHY?

Category	Age 20-39	Age 40-59	Age 60+
Male	16%	17%	19%
Female	26%	27%	29%

RECOMMENDED WEIGHT CHART

FEET	MEN		WOMEN	
	CMS.	(Kgs.)	CMS.	(Kgs.)
4'10"	147.4	-	44-49	-
4'11"	150	-	45-50	-
5'0"	153	52-56	46-51	-
5'1"	155	53-58	47-53	-
5'2"	158	54-59	48-54	-
5'3"	160	55-60	50-55	-
5'4"	163	56-62	51-57	-
5'5"	165	58-63	53-59	-
5'6"	168	59-65	54-61	-
5'7"	170	61-67	56-63	-
5'8"	173	63-69	58-65	-
5'9"	175	65-71	60-67	-
5'10"	178	66-73	62-69	-
5'11"	180	69-75	64-70	-
6'0"	183	70-77	66-72	-
6'1"	185	72-80	-	-
6'2"	188	74-82	-	-
6'3"	190	76-84	-	-
6'4"	193	78-86	-	-

OVER WEIGHT/OBESITY HEIGHTEN THE RISK OF HEART DISEASE, DIABETES AND CERTAIN CANCER, LEADING TO PREMATURE DEATH (WHO)

020

mission

The purpose of this Nutrition Club is to bring good nutrition to the people of our community, one person at a time. Nutrition Clubs provide a valuable service to the community, informing people about the importance of proper nutrition and exercise for optimum health. Admittance to the nutrition club is by personal invitation only and is not open to the public. The activities of the nutrition club include social events, community building, daily social and support for members with professional follow-up from the Distributor. Club members will be recognized for their achievements and daily intake of their Herbalife Refresh Energy Drink, Formula 1 Nutritional Shake and Personalized Protein Powder. The products are not intended to prevent, treat, or cure medical conditions or illnesses.

HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club

"Where Friends of Good Nutrition Meet Every Day"

HERBALIFE Making the world healthier.

021

HERBALIFE

Who We Are

This is Herbalife

- Our Company: We sponsor world-class athletes, teams and events. We are a company that has helped champions in over 150 active sports, as well as the U.S. Olympic Team, the U.S. Figure Skating Team, and the U.S. Soccer team, as well as the U.S. Figure Skating Team.
- Community Involvement: We make our communities better place to live and work through the Herbalife Family Foundation and the Herbalife Foundation for Children. We help bring good nutrition to children in need.
- Products: Herbalife products are healthy, delicious and easy to use. They help you lose weight, increase energy and stress levels, and improve your overall health. Herbalife products are available in over 150 countries.
- Proven Business Opportunity: You can earn part-time income or pursue a full-time business opportunity as an Herbalife Independent Distributor.

HERBALIFE Nutrition for a better life.

022

nutrition club

MIND : Learn about nutrition and healthy habits.
BODY : Feel great with our products.
SOUL : Socialize with like minded people.

Basic Nutrition for life:

- Formula 1 Nutritional Shake Mix: A healthy, delicious, and easy-to-use shake mix that provides essential nutrients and energy. It is available in various flavors and is suitable for all ages.
- Personalized Protein Powder: A high-quality protein powder that is tailored to your specific needs. It is available in various flavors and is suitable for all ages.
- Refresh Energy Drink: A refreshing and energizing drink that provides essential nutrients and energy. It is available in various flavors and is suitable for all ages.
- Herbalife Formula 1: A complete nutrition system that provides essential nutrients and energy. It is available in various flavors and is suitable for all ages.

HERBALIFE Nutrition for a better life.

023

The Science behind the products


The scientists behind the products

HERBALIFE Nutrition for a better life.

024

HERBALIFE POSTERS

WHAT ARE JOINTS?



Joints are the strong connections or area where two bones are attached for the purpose of permitting body parts to move. Commonly: wrists, elbows, knees, ankles, etc.

HERBALIFE NUTRITION

057

CUSTOMIZED NUTRITION MADE EASY

STEP 1. Based on your current height and weight, determine whether you should follow Plan A, B, C or D.

Plan A Plan B Plan C Plan D

WOMEN

HEIGHT	WEIGHT	Plan A	Plan B	Plan C	Plan D
4'11"	100				
5'0"	110				
5'1"	120				
5'2"	130				
5'3"	140				
5'4"	150				
5'5"	160				
5'6"	170				
5'7"	180				
5'8"	190				
5'9"	200				
5'10"	210				
5'11"	220				
6'0"	230				
6'1"	240				
6'2"	250				
6'3"	260				
6'4"	270				
6'5"	280				
6'6"	290				
6'7"	300				
6'8"	310				
6'9"	320				
6'10"	330				
6'11"	340				
6'12"	350				
6'13"	360				
6'14"	370				
6'15"	380				
6'16"	390				
6'17"	400				
6'18"	410				
6'19"	420				
6'20"	430				
6'21"	440				
6'22"	450				
6'23"	460				
6'24"	470				
6'25"	480				
6'26"	490				
6'27"	500				
6'28"	510				
6'29"	520				
6'30"	530				
6'31"	540				
6'32"	550				
6'33"	560				
6'34"	570				
6'35"	580				
6'36"	590				
6'37"	600				
6'38"	610				
6'39"	620				
6'40"	630				
6'41"	640				
6'42"	650				
6'43"	660				
6'44"	670				
6'45"	680				
6'46"	690				
6'47"	700				
6'48"	710				
6'49"	720				
6'50"	730				
6'51"	740				
6'52"	750				
6'53"	760				
6'54"	770				
6'55"	780				
6'56"	790				
6'57"	800				
6'58"	810				
6'59"	820				
6'60"	830				
6'61"	840				
6'62"	850				
6'63"	860				
6'64"	870				
6'65"	880				
6'66"	890				
6'67"	900				
6'68"	910				
6'69"	920				
6'70"	930				
6'71"	940				
6'72"	950				
6'73"	960				
6'74"	970				
6'75"	980				
6'76"	990				
6'77"	1000				
6'78"	1010				
6'79"	1020				
6'80"	1030				
6'81"	1040				
6'82"	1050				
6'83"	1060				
6'84"	1070				
6'85"	1080				
6'86"	1090				
6'87"	1100				
6'88"	1110				
6'89"	1120				
6'90"	1130				
6'91"	1140				
6'92"	1150				
6'93"	1160				
6'94"	1170				
6'95"	1180				
6'96"	1190				
6'97"	1200				
6'98"	1210				
6'99"	1220				
6'100"	1230				

Do you want to maintain a healthy weight, but where do you start? Since everyone's protein and calorie counts vary, it's important to seek a customized approach. The Most Plan Selection Tools for Women and Men shown on the right provide a great foundation. They will help you quickly determine the suggested meal plan for you, and will match your individual needs for protein and calories.

HERBALIFE NUTRITION

058

HERBALIFE NUTRITION LOW GI SHAKE MIX FOR YOUR HEALTH



LOW GI GLYCEMIC INDEX

Herbalife Nutrition shake mix is tested for GI and best result confirms it as low GI.

What is Glycemic Index? Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods. It measures how quickly carbohydrates are absorbed into the bloodstream according to the extent to which they raise blood sugar levels after eating.

The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.

Low GI 0 - 55
Medium GI 56 - 69
High GI >70

HERBALIFE

Nutrition for a better life.

059

MEAL BUILDER MADE EASY

With the right support, eating well every day can be as easy as 1, 2, 3, 4, 5! Simply follow our step-by-step meal builder to make healthy, balanced eating a breeze.

STEP 1 - START WITH PROTEIN

STEP 2 - ADD VEGETABLES

STEP 3 - ADD HEALTHY CARBOHYDRATES

STEP 4 - ADD SOME HEALTHY FAT FOR FLAVOR

STEP 5 - SEASON IT UP!

HERBALIFE NUTRITION

060

MEAL PLANNER

A meal is an eating occasion that takes place at a certain time and includes specific, prepared food, or the food eaten on that occasion. It covers any of the regular occasions, such as breakfast, lunch, dinner, etc., when food is served and eaten.

GENERALLY 3 MEALS A DAY PRACTICE IS PREDOMINANT.

FIVE MEALS CAN BE BETTER THAN THREE!!!

It's important to structure your meals with nutritious snacks in between to keep your energy levels up and your metabolism running. Eating more than three meals a day can be more beneficial than the standard idea that you must only eat three times a day.

HERBALIFE NUTRITION

061

MEAL PLANNER

Follow our easy 5-meal plan to help you reach your target!

Five meals can be better than three. It's important to structure your meals with nutritious snacks in between to keep your energy levels up and your metabolism running. Eating more than three meals a day can be more beneficial than the standard idea that you must only eat three times a day.

It's important to supplement your meals with healthy snacks in between - like fruit, nuts and seeds - that will keep your appetite satiated, along with minimum of 45 minutes of physical activity which will help you to manage your weight with ease.

DAILY ESSENTIAL NUTRITION AND SUSTAINED ENERGY One shake a day

FIT YOUR FAVORITE JEANS Two shakes a day

Healthy Breakfast	Healthy Snack	Healthy Lunch	Healthy Snack	Healthy Dinner
-------------------	---------------	---------------	---------------	----------------

HERBALIFE NUTRITION

062

SOME NUTRITIOUS SNACKS RECIPES

Make a fruit salad with your favorite fruits then top with quality low fat yogurt (no-added sugars) and crushed nuts and seeds.

FRUIT SALAD

HERBALIFE NUTRITION

063

SOME NUTRITIOUS SNACKS RECIPES

Make a hard boiled egg on tomato slices. Slice a medium fresh tomato and one hard boiled egg. Top tomato slices with egg slices, season with salt and pepper. About 120 calories, 6 grams protein.

HARD BOILED EGG ON TOMATO SLICES

Cook 1 packet low-sugar instant oatmeal in water, stir in 1 tablespoon (6g) plain protein powder.

OATMEAL WITH A BOOST

3/4 cup (160g) low fat cottage cheese + 1/2 cup (100g) chopped mixed veggies (carrots, cucumber, peppers). Add a few twists of fresh ground pepper.

LOW FAT COTTAGE CHEESE + CHOPPED VEGGIES

HERBALIFE NUTRITION

064

HERBALIFE POSTERS

INTRODUCING NEW HARMONIZED MULTIVITAMIN MINERAL AND HERBAL TABLETS

SKU #1232
MRP : 1637 INR

HERBALIFE
EST. 1980

Phase 2 Multivitamin Mineral & Herbal Tablets
100% Natural
100% Vegetarian

065

HERBALIFE NUTRITION
Independent Nutritional Association

DISCOVER THE BEST VERSION OF YOURSELF
IT STARTS HERE

Reach your personal best - with a healthy balanced nutrition & exercise plan, designed to help you optimize your body composition

- 1. TAKE YOURSELF SERIOUS**
Set your goals and your daily tasks. Make sure you are committed to your plan.
- 2. BE HYDRATION WISE**
Water is essential for life. It helps regulate body temperature, lubricates joints, and keeps the skin healthy. Drink plenty of water throughout the day.
- 3. THE POWER OF PROTEIN**
Protein is essential for muscle growth and repair. It also helps with satiety and metabolism. Include a good source of protein in every meal.
- 4. FROM FATX WITH LOVE**
Fat is essential for energy and hormone production. Choose healthy fats like those found in avocados, nuts, and olive oil.
- 5. UPDATE FOR HEALTH**
As you age, your body's needs change. Stay up-to-date with the latest research and adjust your plan accordingly.
- 6. BE EXERCISE AWARE**
Exercise is key to maintaining a healthy weight and improving overall health. Find a routine that works for you.
- 7. SUPPORT YOUR NUTRITION**
Use quality supplements to fill in any nutritional gaps. Herbalife products are designed to support your diet.
- 8. GET YOUR SLEEP**
Sleep is essential for recovery and overall health. Aim for 7-9 hours of quality sleep each night.
- 9. GET SOME ATTITUDE**
Stay motivated and focused on your goals. Remember, you are capable of more than you think.
- 10. INSPIRE OTHERS**
Share your journey and inspire others to live a healthier life.

Disclaimer: This is for general information and should not be considered for a specific individual's health and/or medical condition. Always consult your doctor before starting any new diet or exercise program.

066

HERBALIFE NUTRITION
Independent Nutritional Association

GOAL SETTING: YOUR QUESTIONS ANSWERED...

How can I find out my 'healthy weight'?
Your healthy weight is determined by your body mass index (BMI). It is a measure of your weight relative to your height. A BMI between 18.5 and 24.9 is considered a healthy weight. However, BMI is not a perfect measure of health. It does not take into account muscle mass, bone density, or body composition. A better way to determine your healthy weight is to consult with a healthcare professional.

What is the best type of workout?
The best type of workout is one that you enjoy and can stick to. It should include a mix of cardiovascular exercise, strength training, and flexibility exercises. Cardiovascular exercise helps burn calories and improve heart health. Strength training helps build muscle and increase metabolism. Flexibility exercises help prevent injury and improve range of motion.

How much exercise is enough?
The World Health Organization (WHO) recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week. This can be broken down into 30 minutes of moderate-intensity activity five days a week or 150 minutes of vigorous-intensity activity two days a week. Strength training should be done at least twice a week.

067

HERBALIFE NUTRITION
Independent Nutritional Association

REACH YOUR FITNESS GOALS in 2017

WORKOUT TYPE: CARBO (WITH OR WITHOUT WEIGHTS)
TIME REQUIRED: 10 MINS (MINIMUM) RECOMMENDED REPETITIONS: 2 OR 3

PRE-CARDIO WARM-UP
8 MINUTES OF FAT-BLASTING

POST-CARDIO STRETCH

NEED COURAGE IN HOW TO PERFORM A SPECIFIC EXERCISE? WATCH THE TIP VIDEOS ON THE HERBALIFE YOUTUBE CHANNEL.

HERBALIFE NUTRITION
Independent Nutritional Association

068

HERBALIFE NUTRITION: FROM SEED TO FEED

Seed to Feed is our commitment to ensuring the highest quality, safety and effectiveness of all Herbalife products. While the process is far more extensive Seed to Feed is founded on three main standards:

- INCIDENTAL WITH PURPOSE**
We are focused on high-quality, safe, and effective ingredients. Our team consists of leading nutrition and health experts from around the world.
- CARE AT EVERY STAGE**
We go to great lengths to ensure 'Herbalife' products meet or exceed a variety of international standards. You can be confident in the quality and effectiveness of our products, as well as the integrity of our processes.
- NUTRITION YOU CAN TRUST**
Using advanced technology, we carefully monitor the products we source - ensuring they are just as safe and effective as the people we serve. You receive more than just a product, you receive the best.

HERBALIFE NUTRITION
Independent Nutritional Association

069

OUR NUTRITION PHILOSOPHY
It's All About Balance

Our nutrition philosophy is simple - it's a combination of balanced nutrition, healthy activity and a personalized program with support from Independent Herbalife Associates.

BALANCED NUTRITION
PERSONALIZED PROGRAM
HEALTHY ACTIVITY

To learn more, visit Herbalife.com
Facebook.com/HerbalifeOfficial

HERBALIFE NUTRITION
Independent Nutritional Association

070

WHAT ARE VITAMINS?
Vitamins are chemical compounds required by the body in small amounts. Vitamins are involved in regulatory functions, and therefore are considered essential dietary components for prevention of nutrition deficiencies (Nehms, 2011).

TYPES OF VITAMINS

Water Soluble
Vitamin C and the B-complex vitamins (B1, B2, B3, B5, B6, B7, B9, B12, pantoic acid, pyridoxine (B6), folic acid, cyanocobalamin (B12))

Fat Soluble
Vitamins A, D, E and K

Water-soluble vitamins are not and get easily excreted in urine.
Lipid-soluble vitamins are easily destroyed by heat, air or during drying, cooking and food processing.

Fat-soluble vitamins can be stored in the body.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/21888888>

071

Eat A Balanced Diet With Herbalife Nutrition

HERBALIFE NUTRITION PHILOSOPHY

- 30% FATS (with essential fatty acids)
- 30% PROTEIN (with essential amino acids)
- 40% CARBOHYDRATES (with fiber)
- EXERCISE
- HYDRATION
- REST
- LESS SATURATED FAT
- OMEGA-3
- FIBER 25g

Balanced Nutrition means getting the right mix of nutrients from fruits, vegetables and other key nutrients in our daily diet. Formula 1 Nutritional Shake Mix and other Herbalife products provide unparalleled nutrition to support balanced nutrition and overall wellbeing.

HERBALIFE NUTRITION
Independent Nutritional Association

072

HERBALIFE POSTERS

HERBALIFE NUTRITION AT WORK

A 2010 Survey of the Health of Asia Pacific's Urban Workforce

DAILY ACTIVITY LEVEL

- 9 in 10 (89%) are active
- 19% are active for 150 minutes or more
- 4% are active for 300 minutes or more
- 54% are active for 150 minutes or more
- 29% are active for 300 minutes or more
- 23% are active for 450 minutes or more
- 15% are active for 600 minutes or more
- 14% are active for 750 minutes or more

TOP OBSTACLES TO EXERCISING AT WORK

- 52% Lack of time
- 30% Lack of facilities
- 24% Lack of motivation

ADAPTING A HEALTHY, ACTIVE LIFESTYLE

- 67% Eat a healthy diet
- 60% Drink enough water
- 54% Get enough sleep

TOP HEALTH CONCERNS

- 74% Stress
- 53% Sleep problems
- 53% Poor concentration
- 50% Poor memory
- 48% Poor energy

TIPS FOR URBAN WORKFORCE

- Take a 10-minute break every hour to stretch and walk.
- Use stairs instead of the lift.
- Walk or cycle to work.
- Use a pedometer to track your steps.
- Drink water instead of sugary drinks.
- Eat a healthy diet.
- Get enough sleep.

081

Essential Nutrition for Healthy, Active Children.

HERBALIFE Dinoshake
Nutrition for Kids

082

HERBALIFE DINO SHAKE
Kids Nutrition

083

A Formula 1 shake contains a similar amount of...

- Calcium** to 2 pots of plain yoghurt
- Vitamin C** to 1 medium sized satsuma
- Vitamin E** to 1 tablespoon of sunflower oil
- Vitamin A** to 100 g of cheddar cheese
- Potassium** to 1 banana
- Protein** to 1 fillet of baked cod
- Magnesium** to 100 g of fresh spinach
- Niacin** to 1 serving of roasted lamb (90 g)

084

HERBALIFE NUTRITION
NUTRIENT-PACKED. HEALTHY. BALANCED.

PROTEIN As much protein as 3 large eggs

VITAMIN C As much Vitamin C as 25 pieces of kiwi fruit

VITAMIN E As much Vitamin E as 2 whole almonds

FIBER As much fiber as 1 small apple

CALCIUM As much calcium as 1.5 cups of cottage cheese

VITAMIN A As much Vitamin A as 100g of cooked broccoli

085

HERBALIFE HEALTHY AGING SURVEY

Asia Pacific is the fastest aging region in the world. More than 200 million people are aged 65 and over. By 2025, this number is expected to rise to over 300 million. This is a significant challenge for the region as the 'silver tsunami' makes this a pressing issue for the Asia Pacific region.

The survey highlights the growing need for quality products to support the health and well-being of the aging population in Asia Pacific. The key findings are outlined below.

CONSCIOUSNESS IN AGING & HEALTH

- 10% of respondents are aware of the importance of aging & health.
- 44% of respondents are aware of the importance of aging & health.
- 20% of respondents are aware of the importance of aging & health.

TOP AGING-RELATED HEALTH CONCERNS

- 53% of respondents are concerned about memory loss.
- 45% of respondents are concerned about joint pain.
- 48% of respondents are concerned about low energy.
- 44% of respondents are concerned about poor concentration.

PERCEPTIONS OF CURRENT STATE OF HEALTH

- 67% of respondents are satisfied with their current state of health.
- 75% of respondents are satisfied with their current state of health.
- 84% of respondents are satisfied with their current state of health.
- 87% of respondents are satisfied with their current state of health.
- 87% of respondents are satisfied with their current state of health.

TAKING STEPS TOWARDS HEALTHY AGING

- 43% of respondents are taking steps towards healthy aging.
- 22% of respondents are taking steps towards healthy aging.
- 19% of respondents are taking steps towards healthy aging.
- 8% of respondents are taking steps towards healthy aging.
- 8% of respondents are taking steps towards healthy aging.

086

HERBALIFE

Who We Are

This is Herbalife

- Our Company**
 - We sponsor world-class athletes, teams and events.
 - We are a company that has helped people pursue a healthy, active life since 1980.
 - Our products are available exclusively through our network of more than 2.1 million independent distributors over 100 countries.
- Products**
 - Herbalife offers a wide range of products, including meal replacement, energy and fitness drinks and skin and hair care products, combined with vitamins, minerals and essential nutrients, can help you lead a healthy, active life.
- Proven Business Opportunity**
 - You can earn part-time income or pursue a full-time business opportunity as an Herbalife Independent Distributor.

Herbalife Branding

- We sponsor world-class athletes, teams and events.
- We are a company that has helped people pursue a healthy, active life since 1980.
- Our products are available exclusively through our network of more than 2.1 million independent distributors over 100 countries.

Community Involvement

- We make our communities better places to live and work through the Herbalife Family Foundation and our support of local charities and programs that help bring good nutrition to children in need.

HERBALIFE Nutrition for a better life

087

HERBALIFE

Innovative Products for both your Inner & Outer Nutritional Needs

HERBALIFE Nutrition for a better life

088

HERBALIFE POSTERS

nutrition club
 "When Friends of Good Nutrition Meet Every Day"

MIND : Learn about nutrition and healthy habits.
BODY : Feel great with our products.
SOUL : Socialize with like minded people.

Basic Nutrition for life:
1 Formula 1-Nutritional Shake Mix
 Buy protein based meal drink
 •Specialty formulas with superior quality ingredients
 •Formula 1 makes delicious shakes that help you lose weight
 •Comes in three flavours: Mango, Chocolate & Vanilla
2 Personalized Protein Powder
 Perfect protein supplement to your daily diet
 •Personalized Protein Powder is available in many dietary sources of protein such as high quality whey protein, soy protein, and Pea Protein Powder. As convenient as having your very own protein powder, helping you stay lean and fit.
3 A Refresh
 •An integrating and refreshing energy drink
 •Refreshes the four layers of Lungs, Blood, Brain and Digestive System
 •Eases any Ulcer/ Irritated bowels

HERBALIFE
 Personalized Protein Powder
 Formula 1
 Refresh

Nutrition for a better life

089

Herbalife Formula 1: The World's Number 1 Meal Replacement Shake

The Nutrition Coach

PROTEIN RICH
VITAMINS AND MINERALS
9 DELICIOUS FLAVOURS
NATURAL HERBS
GOOD CARBS
FIBER AND PROTEIN

Formula 1 Nutritional Shake Mix + nonfat milk = 180 calories
 No cholesterol
 Almost no fat (1/2 teaspoon)

More **VITAMIN A** than a mango
 More **VITAMIN C** than a banana
 More **PROTEIN** than a chicken thigh
 More **FIBER** than 1/2 cup broccoli
 More **CALCIUM** than 6 ounces yogurt
 More **IRON** than 1/2 cup beans

HERBALIFE 22

090

Why Dieting is Unhealthy

Current Situation:
 Too much fat

Most Diets:
 Reduces Muscles and Water
 Fat remains
 Body is stressed

After Dieting:
 Not enough muscles to burn calories
 Body stores even more Fat

Personal Wellness Analysis

091

	TIME	MONEY	HEALTH
Age ↑			
1 - 20			
20 - 60			
> 60			

092

HERBALIFE®

Product Catalogue 2012

Have You Had Your **SHAKE** TODAY?

093

AFTER 10 DAYS

WL	WG	PREFERRED CUSTOMER	NUTRITION CLUB	AFTER ASSOCIATE BENEFIT	ACTIVITY
SHAKE	B + S	AFRESH & SHAKE (F1 + PPP) P.C APPLICATION-0000 25% -35%-42% DISCOUNT LEVEL FOR PRODUCT USAGE	SHAKE REB SHARE 3 PROFIT 3 NETAL 3 NUTRITION CLUB 3	HERBALIFE EXPERIENCE PACK	INVITATION
LUNCH	L + S	NUTRITION CLUB ONLY FOR PRODUCT USE PREFERRED CUSTOMER PACK PRODUCTS INFO TRAINING STS / LSS 01/09/11 1200/-	CUST. PRICE : 3518/- ASSOCIATE PRICE : 2829/- 689/-	25% ASSOCIATE	NUTRITION CLUB GUEST
SHAKE	D + S	DUPLICATION	5X 689 = 3445 /- PROFIT GUEST: 1 - (10 DAYS) 3 DAYS: COMPLIMENTARY 200 X 7 = 1400	35% SENIOR CON. 500VPS IN 1 - 2 MONTHS	SHAKE PARTY
YOU WILL GET THE RESULT WITHIN 1-3 MONTHS.			GUEST: 2 - (10 DAYS) 3 DAYS: COMPLIMENTARY 200 X 7 = 1400	42% QUALIFIED PROD. 2500VPS IN 1 - 6 MONTHS	SAMPLING
YOU CAN LOSE / GAIN WEIGHT 2 - 4 KGS WITHIN 1 MONTH		IT WILL BE HELP-FULL TO BUILD YOUR ORGANIZATION	ASSOCIATE PRICE : 2829 FROM 2 GUEST : 2800 EXPENSES FOR GUEST : 29	50% SUPERVISOR 4000VPS IN 1 - 12 MONTHS	
1	3	4	5	2	

RESULT IS IMPORTANT TO US

094

HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club
 "When Friends of Good Nutrition Meet Every Day"

Maximize your energy!

095

HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club
 "When Friends of Good Nutrition Meet Every Day"

Maximize your nutrition!

096

HERBALIFE POSTERS

10 Health Benefits of Omega 3's

- Omega 3s Lower Cholesterol
- Omega 3s Reduce Blood Pressure
- Omega 3s Reduce the Risk of Heart Disease
- Omega 3s Help to Prevent Diabetes
- Omega 3s Soothe the Symptoms of Rheumatoid Arthritis
- Omega 3s Protect Your Brain
- Omega 3s Keep Your Skin Healthy
- Omega 3s Are Great for Your Eyes
- Omega 3s Help to Prevent Cancer
- Omega 3s Reduce the Symptoms of PMS

Healthy Hub
www.healthyhub.com

097

Omega-3 Essential Fatty Acids

"Omega-3 fatty acids are most important, as they bring balance to our hormones, reduce inflammation, regulate our blood sugar, prevent blood clotting, keep our cholesterol and triglycerides in balance, relax our blood vessels, and make our cells healthy and resilient."
- The Natural Hormone Makeover by Phylli Cohan

flaxseeds, navy beans, pecans, cold-water salmon, walnuts, cold-pressed olive oil, leafy greens, winter squash, kidney beans

OAW Health

098

ಉತ್ಕೃಷ್ಟ ಪರಿಚಯ

ನಿಮ್ಮ ಶಕ್ತಿಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಿ ಅಪುಜ್ ಎನರ್ಜಿ ಡ್ರಿಂಕ್ ಮಿಕ್ಸ್

ಅಪುಜ್ ಉತ್ಕೃಷ್ಟ ಶಕ್ತಿ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿರುವ ಡ್ರಿಂಕ್ ಮಿಕ್ಸ್. ಅಪುಜ್ ಎನರ್ಜಿ ಡ್ರಿಂಕ್ ಮಿಕ್ಸ್ ನಿಮ್ಮ ಶಕ್ತಿಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ ಮತ್ತು ನಿಮ್ಮ ದೈನಂದಿನ ಜೀವನಕ್ಕೆ ಶಕ್ತಿ ಮತ್ತು ಸಂವೇದನೆಯನ್ನು ನೀಡುತ್ತದೆ.

- ಶಕ್ತಿ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ
- ಉತ್ಕೃಷ್ಟ ಶಕ್ತಿ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ
- ಉತ್ಕೃಷ್ಟ ಶಕ್ತಿ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ
- ಉತ್ಕೃಷ್ಟ ಶಕ್ತಿ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ

ಇದರ ಅರ್ಥವೇ ಮಾರ್ಗ!!

SKU: 1238, 1291, 1294, 1295, 1296
ನಿವೃತ್ತಿ ತಾರೀಖು: 50/17/20

HERBALIFE NUTRITION

099

SMART NUTRITION FOR A HEALTHY HEART!

Herbalife Niteworks

HERBALIFE NITWORKS IS A REFRESHING POWDER MIX CONTAINS EXCLUSIVE BLEND OF L-ARGININE AND ESSENTIAL ANTIOXIDANT VITAMINS.

- L-Arginine supports healthy blood production, which may help maintain overall health, and healthy blood flow to the heart.
- L-Arginine helps to maintain a healthy vascular and circulatory system.
- L-Arginine helps to support normal blood pressure, low blood pressure, and normal artery function.

Contains Vitamins C, E, and P

HERBALIFE NITWORKS
243710
78 gms (2.8 oz)
NET CONTENT: 300g

HERBALIFE NUTRITION

100

Have You Had Your SHAKE TODAY?

HERBALIFE

www.herbalife.com

101

YOUR STEPS TO GOOD HEALTH

HERBALIFE

- More Protein & Less Carbs & Fats
- Eat More Fruits and Vegetables
- Drink More Water
- Replace a Meal with a Shake

HERBALIFE

102

Low in Calories, High in Nutrition

One serving of Formula 1 shake provides all the necessary protein, vitamins and minerals the body needs.

- Protein**: 16g from 3 large eggs
- Calcium**: 10% DV from 2 cups of skin yogurt
- Vitamin C**: 100% DV from 2 medium oranges
- Fiber**: 100% DV from 1 small apple
- Vitamin A**: 100% DV from 10 green leafy vegetables
- Potassium**: 100% DV from 1 banana

Have You Had Your SHAKE TODAY?

To find out more, please contact your independent Herbalife Associate.

HERBALIFE

103

HEALTHY BREAKFAST

Everything your body needs in the morning...

- HYDRATION
- ENERGY
- NUTRITION

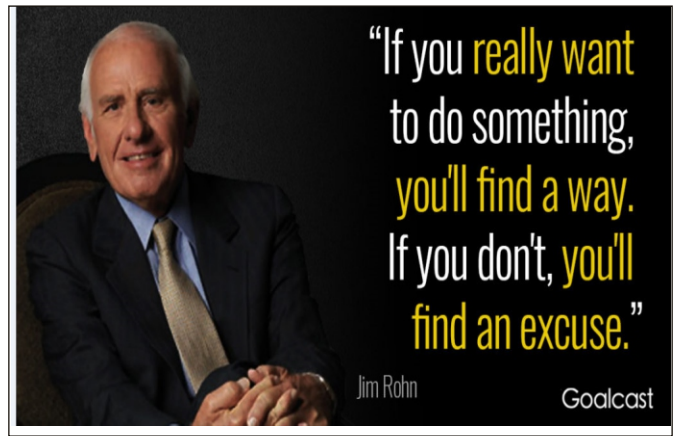
START YOUR DAY THE RIGHT WAY!

104

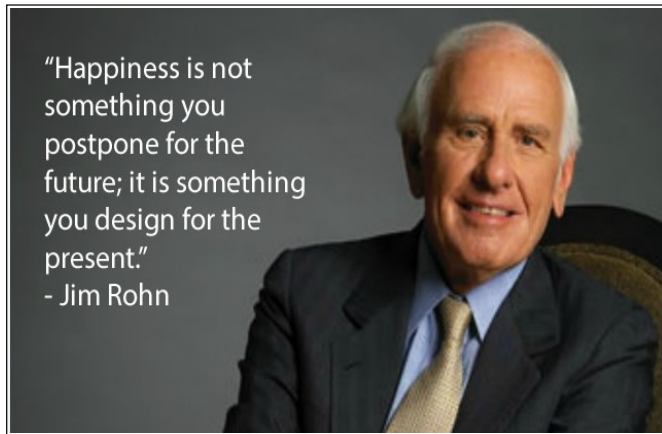
HERBALIFE POSTERS



105



106



107



108



109



110



111

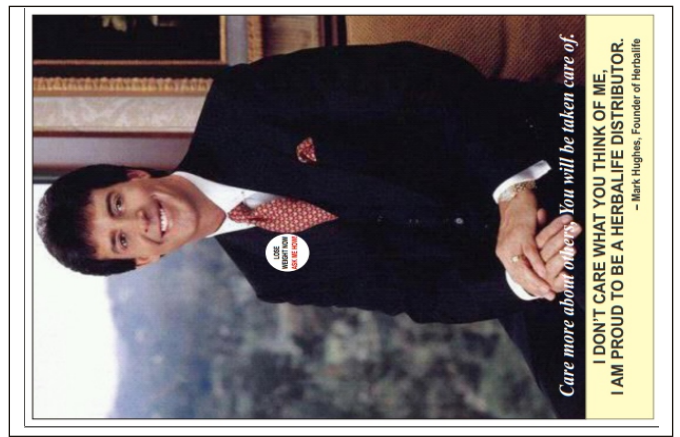


112

HERBALIFE POSTERS



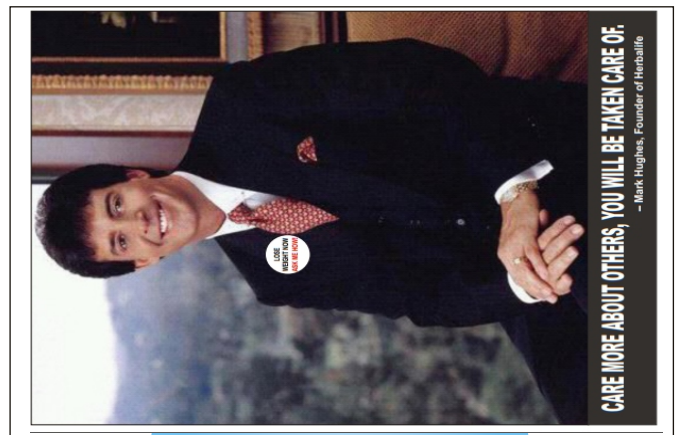
113



114



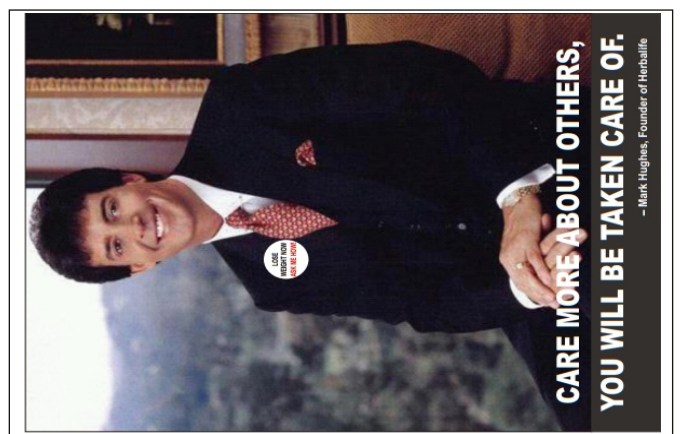
115



116



117



118



119



120

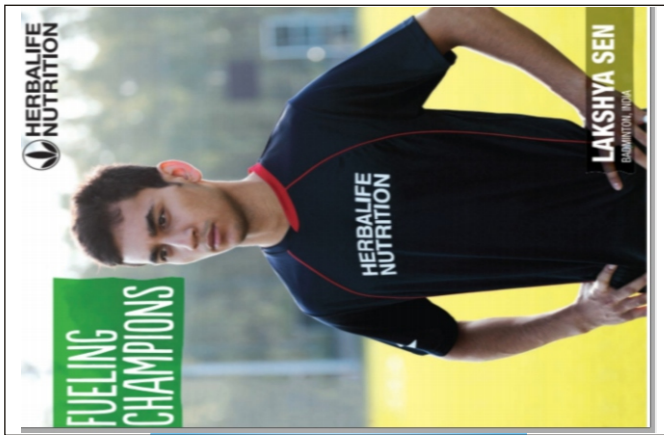
HERBALIFE POSTERS



121



122



123



124



125



126

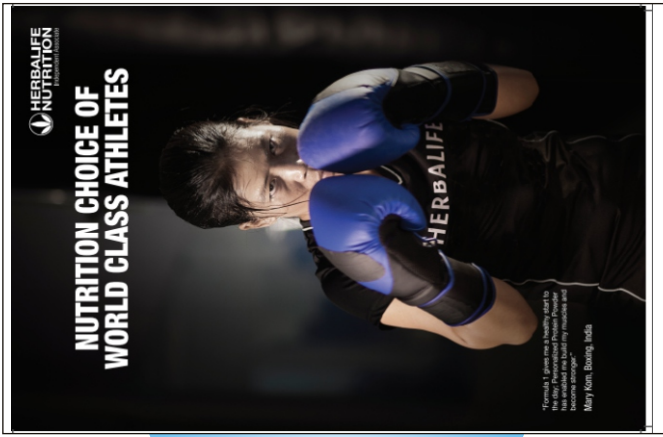


127



128

HERBALIFE POSTERS



129



130



131



132



133



134

HEALTHY EATING vs **UNHEALTHY EATING**

- 2 MILLION** more than 20 miles or more from a supermarket
- 2.7 MILLION+** people are per year due to increased intake of fruits and vegetables
- 40%** increased inflation price of fruits and vegetables
- 27 MINUTES** the average time an American spends cooking daily
- 5** fast food restaurants for every supermarket
- 2.6 MILLION** deaths per year due to obesity-related diseases
- 40%** of cancers are due, in part, to an unhealthy diet
- PROVIDE THE SOLUTION** an anti-foaming agent that breaks down fat in Chicken McNuggets that is also found in daily Nutry

EFFECTS

- Healthy Body
- Healthy food provides a substantial amount of essential nutrients.
- Happier Life
- Amino acids and Vitamin B found in fruits and vegetables target the neurotransmitter that the body's "feel good" neurotransmitter.
- Diabetes
- 25.8 million Americans suffer from diabetes.
- Depression
- Consuming trans-fat, saturated fat, and processed foods increases the chances of depression by 25%.

135

DID YOU KNOW?

OBESITY is linked to **HEALTH PROBLEMS** such as

- Diabetes
- Heart disease
- High blood pressure
- Arthritis
- Indigestion
- Gallstones
- Some cancers
- Snoring & sleep apnea
- Stress, anxiety, & depression
- Infertility

(source: bbc.co.uk)


136

HERBALIFE POSTERS

HERBALIFE
NUTRITION DISTRIBUTION

MARK HUGHES

- Founder of Herbalife.
- Mother died tragically at age 36 from an overdose of prescription Diet Pills.
- He was only 18 years old.
- He vowed to dedicate his life to help people manage their weight safely.
- Mark started Herbalife in 1980 at age 22



137

How Herbalife Got Started Mark Hughes – the Founder

"Our company is about changing people's lives by providing the best nutrition products in the World!"



HERBALIFE

138





Mark Hughes
Herbalife Founder and First Member
(1956 - 2000)

"If you want to compete with someone, compete with yourself. Be the best you possibly can every day."

HERBALIFE NUTRITION

139

Mark Hughes - Herbalife Founder





Mark Hughes at 18 years of age lost his mom at age 36 due to unsafe dieting practices. Mark vowed to find a safe and effective way for people to manage their weight and bring good nutrition to the world. He started Herbalife at the age of 24 in 1980

HERBALIFE

140

ನ್ಯಾಟ್ರಿಷನ್ ಕ್ಲಬ್ ಸಮಯ



8.00am to 9.30am

141

ದೇಹದ ತೂಕ ಕಡಿಮೆ/ಹೆಚ್ಚು ಮಾಡಿಕೊಳ್ಳಿ

LOSE / GAIN WEIGHT




98862 99099

142

The Importance of Water

- About 75% of the body's weight is water
- Every day you lose 1.7 litres simply through normal living
 - (eating, breathing, perspiring, going to the loo, etc.)
- You need 2 ½ litres (that's 5 pints or 10 glasses)



Low water intake results in:

- Tiredness
- Migraines
- Constipation
- Muscular cramps
- Blood pressure increase
- Kidney problems
- Dry skin

HERBALIFE

143

BENEFITS OF DRINKING WATER



- Boosts energy
- Healthy skin
- Cures aches & pains
- Better exercise
- Body is 65% water
- Kidney health
- Helps weight loss
- Better digestion

Benefits of drinking water
Infographic.png
Type: PNG Image
Size: 107 KB
Dimensions: 1684 x 1191 pixels

144

HERBALIFE POSTERS

ವಿಜ್ಞಾನಿಗಳು
ಲಾಕ್ಸನ್ಸ್‌ಗಳ ಕಾರಣೀಭೂತತೆ

ನಮ್ಮ ಕಂಪನಿ
ಯವರ ಗೌರವ ಮತ್ತು ಹೆಚ್ಚಿನ ಲೈಫ್

HERBALIFE

HERBALIFE "ನಿಮ್ಮ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿ"

145

weight loss

Set Your Goal Today

Breakfast	Lunch	Dinner	3 Times All Supplements

Lose Weight

40

HERBALIFE NUTRITION
International Nutrition Association

146

Food Supplimentary

CELL ACTIVATOR
A blend of herbs and essential nutrients to enhance immune response and support cellular energy production. Increase energy to support weight management and overall good health.
Usage: 2 tablets per day

CELL-U-LOSS
A supplement that helps to reduce fluid retention in the body. Contains natural herbs to help reduce excess fluid in the body.
Usage: 3 tablets per day

SUPPORTS IMMUNE FUNCTION
Wholegrain Bran, Protein, Peas, Oats, Prunes, Vegetables, Activated Fiber.
Usage: 4 tablets per day

CELL-U-LESS
Usage: 3 Capsules per day

CELL-U-LESS
Usage: 3 Tablets per day

147

HEALTHY HABITS

WATER
Hydrate! Eight glasses of water a day is the recommended amount for optimum health.

REST
Getting your zzz's isn't just a luxury – it's the original piece of the puzzle to a look-good puzzle.

EXERCISE
Put down that remote! Just 30 minutes of exercise a day can make a profound difference in your health and happiness.

CONSTITUTION

FATIGUE

DRY SKIN

MIGRAINES

MUSCLE CRAMPS

a lack of water can cause

Do your numbers add up?
Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% healthy fats.

HERBALIFE BALANCED NUTRITION

- 40% CARBOHYDRATES (with fiber)
- 30% PROTEIN (with essential fatty acids)
- 30% HEALTHY FATS
- REST
- HYDRATION
- FIBER (25 g)

148

HERBALIFE NUTRITION
SOOTHING AND REFRESHING

Get one system back on track with Herbalife. Herbalife also provides for digestive health – good digestion habits, a diet low in fiber and everyday stress can all upset your stomach and impact digestion. Herbalife also uses the power of premium-quality, whole-leaf aloe vera to help support your digestive health. Herbalife also contains a natural laxative to help support your digestive health and improve nutrient absorption so you get the most out of the foods you eat.

Available in a convenient powder form, an easy-to-prepare concentrate or as a ready-made drink, Herbalife is the perfect solution to support your digestive health, so you can live with less discomfort and more energy. Herbalife Aloe also provides antioxidants, which help to soothe your stomach, as well as antioxidants to help fight the negative effects of free radicals and aging.

Support your digestive health and start feeling your best today with Herbalife® Herbal Aloe product!

HERBAL ALOE CONCENTRATE, READY HERBAL ALOE AND HERBAL ALOE POWDER

- Soothes the stomach
- Supports nutrient absorption
- Supports nutrient absorption
- Made from premium-quality, whole-leaf aloe vera
- Includes the soothing benefits of chamomile
- No added sugars, dyes or artificial flavors
- No added sodium, caffeine and alcohol

HERBALIFE - www.GoHerbalife.com/MakeHealthyHabit Nutrition for a better life.

149

THE POWER OF CELLULAR NUTRITION

LEGAL DEFINITION: **MARK HUGHES** (1964-2008) FOUNDER AND FIRST DISTRIBUTOR, AND A PIONEER IN NUTRITION, CREATED THE PHILOSOPHY OF CELLULAR NUTRITION. PRIOR TO THIS NEW CONCEPT, NUTRITION WAS ORGAN-BASED, FOCUSED ON THE HEART, THE KIDNEYS OR THE LIVER. FOR EXAMPLE, CELLULAR NUTRITION WAS A STEP BEYOND THAT, EMPHASIZING THE IMPORTANCE OF DELIVERING PROPER NUTRITION TO THE BODY'S INDIVIDUAL CELLS.

It follows the principle that adding nutritional supplements won't be effective if the nutrients that you add aren't available to the cells. The body is made to fully digest and absorb all the nutrients that you eat. So, you need the right balance of nutrients delivered at the cellular level. Because some people consume almost no nutrients, Herbalife uses antioxidant-based herbs in our products.

HERBALIFE CELLULAR NUTRITION Formula 1 Formula 2 Formula 3

Herbalife® Cellular Nutrition products are scientifically designed to nourish, repair and regenerate. Cellular Nutrition helps ensure that the nutrients you consume are absorbed and delivered throughout your body at the cellular level.

HEALTHY FATS 30%

PROTEIN 30%

CELL 40%

CARBHYDRATES

CELL

HERBALIFE CELLULAR NUTRITION

150

BALANCED CARBS **BALANCED PROTEIN** **BALANCED FATS** **BALANCED FIBER** **BALANCED NUTRIENTS** **BALANCED CALORIES**

WITH HERBALIFE YOU CAN FIND A BALANCED PLAN

HERBALIFE NUTRITION
International Nutrition Association

151

Dare to Compare

UNHEALTHY

FAT SUGAR, WHITE FLOUR, SALT, PRESERVATIVES, FOOD COLORING

Fast foods are excessively high in calories and deficient in nutrients.

HEALTHY

VITAMINS, MINERALS, FIBER, PROTEIN, AMINO ACIDS, PHYTONUTRIENTS, ANTIOXIDANTS

Well-balanced, nutritious meals help you maintain a healthy weight.

HERBALIFE

152

HERBALIFE POSTERS



153



154



155



156

STEP 2 Follow these suggested meals plans. Depending on your activity level, hunger level and weight goals, you may need to adjust your plan.

Plan	DAILY NUTRITION	Breakfast	Snack	Lunch	Snack	Dinner	Weight Gain
A	1000-1200 calories	1000-1200 calories	1000-1200 calories	1000-1200 calories	1000-1200 calories	1000-1200 calories	Gain 1-2 lbs per week
B	1200-1400 calories	1200-1400 calories	1200-1400 calories	1200-1400 calories	1200-1400 calories	1200-1400 calories	Gain 2-3 lbs per week
C	1400-1600 calories	1400-1600 calories	1400-1600 calories	1400-1600 calories	1400-1600 calories	1400-1600 calories	Gain 3-4 lbs per week
D	1600-1800 calories	1600-1800 calories	1600-1800 calories	1600-1800 calories	1600-1800 calories	1600-1800 calories	Gain 4-5 lbs per week

157



158



159



160

HERBALIFE POSTERS

Formula 1 Nutritional Shake Mix

Formula 1 Nutritional Shake Mix makes great tasting shakes, specifically formulated with high quality soy protein isolate and dietary fiber, as nutritional food product for dietary use. Packed with vitamins & minerals along with natural herbs, antioxidants.

Herbalife India has 4 delicious flavors in Formula 1 Nutritional Shake Mix range— **Mango, Dutch Chocolate, French Vanilla and Orange Cream**

Formula 1 + PPP (recommended serving):

Nutritive Value of Formula 1 Shake when prepared with 25g Formula 1 Nutritional Shake Mix + 6g Personalized Protein Powder + 240ml Skimmed Milk	
Total Energy (kcal)	189 - 195
Carbohydrate (g)	28 - 29
Protein (g)	20
Fat (g)	8.55
Fiber (g)	3 - 4
Portion Size	1 Serving

161

KEY TAKEAWAYS

Low GI

- Low GI
- Complex Carbohydrates
- Good blood sugar control
- Good fat for longer

High GI

- Refined Carbohydrates
- Large blood sugar fluctuations
- Not very satiating

Good Quality Protein

Dietary Fiber

Vitamins and Minerals

HERBALIFE NUTRITION

162

HERBALIFE NUTRITION LOW GI SHAKE MIX FOR YOUR HEALTH

Herbalife Nutritional shake mix is tested for GI and test result confirms it as low GI.

What is Glycemic Index? Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods. The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.

Low GI	0 - 55
Medium GI	56 - 69
High GI	>70

163

FOOD COMPARISON 100 CALORIES

25 Strawberries	14 Almonds	5 Walnuts	50g Beef
25 Grapes	1 Pear	3 Bell Peppers	1/4 Avocado
1c Whey Protein	2 Cups Broccoli	17 Peanuts	

164

Maximize Your Health

Our bodies are made up of 100 trillion cells. Cellular Nutrition with... Formula 1 Healthy Meal Nutritional Shake Mix, Formula 2 Vitamins & Minerals Tablets, Cell Complex.

Nourishes your cells with the best nutrients available. Supports your immune system by keeping at bay the damaging effects of stress, pollution and toxins. Maximizes energy production for increased vitality and optimal health. Healthy Cells = A Healthy You.

Cellular Nutrition With Our Three Core Products: POLLUTION, STRESS, TOXINS.

Nutrition for a Better Life. Innovative, quality products... We use only the highest research, development and manufacturing standards, including the finest raw ingredients, precise formulation and labeling, and trusted contract manufacturers. ...Backed by acclaimed scientific leadership. Our renowned nutrition and scientific advisors partner in developing and testing products, using only the highest quality ingredients and participating in sponsored, innovative university research worldwide.

165

GLYCEMIC INDEX (GI) CHART

Low GI ≤ 55	Medium GI 56 - 69	High GI ≥ 70
-------------	-------------------	--------------

F1 Shake (Low GI), Brown Rice (Medium GI), White bread (High GI).

HERBALIFE. Nutrition for a better life.

166

Nutrition Advisory Board

Dr. Anoop Misra
Director and Head
Department of Diabetes and Metabolic Diseases
Fortis Hospitals,
PADMASHREE Awardee &
Received multiple awards including the highest award for medical science in India, the **Dr. B. C. Roy Award**; and has served as the **Personal Physician to Prime Ministers of India.**

HERBALIFE NUTRITION
MAKING THE WORLD HEALTHIER AND HAPPIER

167

10 Unusual, Unconventional, and Ultra-Powerful Ways to Get Fit & Lose Weight

168

HERBALIFE POSTERS

Science

HERBALIFE NUTRITION

Our Experts

Our notable experts in nutrition and science are actively involved in the development and testing of all Herbalife Nutrition products*, to ensure that they are of the highest quality. They help to educate and train members around the world, by providing them with tools to help them inspire others to live a healthy, active lifestyle. They are also members of various research and professional societies and dietetic groups worldwide.

EXCELLENCE IN SCIENCE

NOTABLE EXPERTS

169

WE BRING NUTRITION TO YOU

HERBALIFE NUTRITION

170

OUR NUTRITION PHILOSOPHY

A SIMPLE PLAN FOR HEALTHY LIVING

It's All About Balanced Nutrition and Healthy Lifestyle

Our nutrition philosophy is simple. It's a combination of balanced nutrition, healthy activity and a personalized program with support from an Herbalife Independent Distributor.

Let's break down your calories. So you know you need to eat right, but what does eating "right" really mean? For optimal well-being, we believe your ideal group of plates in the following areas:

171

LOSE WEIGHT LOOK GREAT AND FEEL HEALTHY

Ask about our **3 DAY TRIAL**

A great introduction to Herbalife's healthy nutrition

HERBALIFE Independent Distributor

Take our **3 day trial** and discover how you can **lose or gain weight**, without feeling tired or hungry and still eat the foods you like.

Discover how great you feel on the trial and **have the confidence to go on and hit your long term goals.**

172

Which is your body shape?

Do you know your ideal weight?

FEET	CMS.	MEN (KGS.)	WOMEN (KGS.)
4'10"	147.4	-	44-49
4'11"	150	-	45-51
5'0"	153	52-56	46-51
5'1"	155	53-58	47-53
5'2"	158	54-59	48-54
5'3"	160	55-60	50-55
5'4"	163	56-62	51-57
5'5"	165	58-63	53-59
5'6"	168	59-65	54-61
5'7"	170	61-67	56-63
5'8"	173	63-69	58-65
5'9"	175	65-71	60-67
5'10"	178	66-73	62-69
5'11"	180	69-75	64-70
6'0"	183	70-77	66-72
6'1"	185	72-80	68-74
6'2"	188	74-82	-
6'3"	190	76-84	-
6'4"	193	78-86	-

• Improve your Wellbeing • Improve your self-esteem • Improve your immune health • Boost your energy levels • Look better

would you like to use our products?

173

MAXIMIZE YOUR NUTRITION

Cellular Nutrition with our Three Core Products

FORMULA 1 Healthy Protein

FORMULA 2 Multivitamin Complex

FORMULA 3 Cell Activator*

174

VICTORY STARTS ON THE INSIDE

HERBALIFE NUTRITION

Global Nutrition Partner of Cristiano Ronaldo

175

Vitamins & Minerals

Vitamins and minerals are key ingredients that are needed for every day. Chemical reactions in your body perform every day. Many minerals – like Calcium and Magnesium – have structural roles in the body too. However, the body can't synthesize all the vitamins and minerals it needs. So, it's important to get them from a healthy diet as well.

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

SO WHAT SHOULD I EAT?

Most of the foods you consume will provide some essential vitamins and minerals. Some particularly nutrient-dense foods include fruits, vegetables and grains. Increasingly, many people are turning to supplements to ensure they are getting the necessary vitamins and minerals. Your diet should be balanced and varied. Your diet should include a variety of fruits, vegetables and grains. Your diet should also include a variety of proteins. Your diet should also include a variety of fats. Your diet should also include a variety of carbohydrates.

176