

Herbalife nutrition: from seed to feed

AN OVERVIEW OF OUR RIGOROUS SEED TO FEED PROCESS:

Seed to Feed is more than just a catchy phrase. It's 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:

INGREDIENTS WITH PURPOSE

We are invested in new discoveries, responsible farming and advanced production methods to craft the best products possible. 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 industry standards in quality. You can be confident in the purity and effectiveness of our individual ingredients, as well as the integrity of our processes.

NUTRITION YOU CAN TRUST

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

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HERBALIFE NUTRITION: FROM SEED TO FEED

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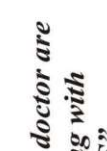
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Herbalife®

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Obesity

“ 70% of all the visits to the doctor are due to conditions relating with bad eating HABITS”

Main Health Complaints

- Fatigue or Tiredness
- Stressed
- Digestive Problems
- Gall Bladder
- Hemorrhoids
- Cholesterol
- Triglycerides
- High Uric Acids
- Circulations Problems
- Spider Veins
- High/Low Blood Pressure
- Menstrual Problems
- Constipation

- Headaches
- Dizziness
- Migraines
- Insomnia
- Depression
- Osteoporosis
- Diabetes Type II
- Kidney Problems
- Immune Deficiency
- Overweight Problems
- Obesity Problems
- General Illnesses
- Etc.. Herbalife



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HEALTHY BREAKFAST : FEEL GOOD AND CONTROL YOUR WEIGHT

☒ Carbs-based breakfast

In the morning simple carbohydrates (sugary refined cereals, Idli, Dosa, white breads, toasts, etc.) cause an immediate surge of blood sugar level which results in a substantial emission of insulin. The insulin removes sugar from blood turning its excess into fat. The result is a decreased level of blood sugar, and thirst for more carbs. This cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

☒ Skipping breakfast

When you skip breakfast, blood sugar drops below the normal level, you experience cravings and a drop of energy. You again revert to overconsume carbohydrates to achieve a quick surge of blood sugar and to overcome hunger, and a drop of energy. Simple carbohydrates will cause an immediate surge of blood sugar level and a substantial insulin emission. The insulin removes sugar from blood turning its excess into fat. Then this cycle repeats itself 2-3 more times during the day. This vicious circle constitutes one of the major reasons for diabetes, high blood pressure and extra weight.

☒ Balanced protein-based breakfast

Such a breakfast supplies our body with all vital nutrients and energy without increasing blood sugar and insulin levels. It helps to avoid dependence on carbs during the day. In this way, appetite stays under control, cravings for carbs (snacks, chocolate, pastry, junk food, soft drink etc) diminish and the body uses its own stored fats to get more energy.

Herbaife®

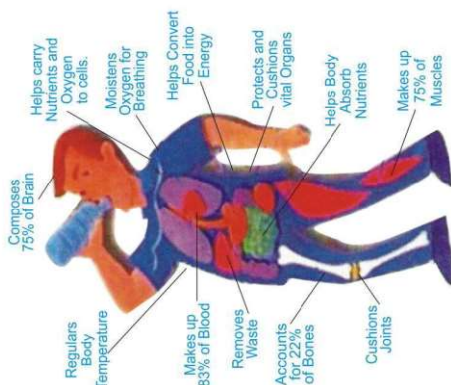
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Water

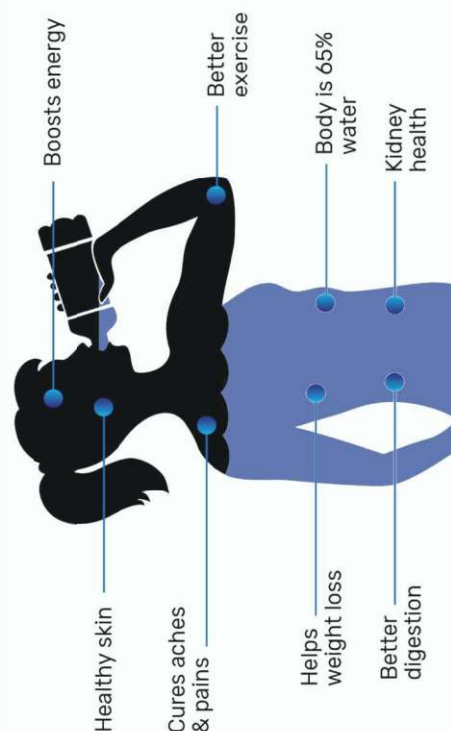
When to drink water :

- 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.



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BENEFITS OF DRINKING WATER



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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)

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Causes of Problems

+

Excess

Calories
Sugar / Carbohydrates
Salt
Fat / Oil

Herbalife - Optimum Nutrition

Protein
Vitamins
Minerals
Fiber
Herbs

Deficiencies

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

JUST THE WAY WE

ISOLATE

BUTTER FROM BUTTERMILK. NUTRITION IS

ISOLATED

FROM FOOD & GIVEN IN THE FORM OF POWDER & TABLETS

POWDER

TABLETS

Herbalife

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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

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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 clubs include **social events, community building**, daily assistance 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 **Afresh 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.

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HERBALIFE NUTRITION

DRIVE, THRIVE, REVIVE



An instant energy drink mix powder that gives you a refreshing drink.

It's an ideal restorative when you need a quick energy boost. Enjoy it hot or cold and at any time of the day. Sip it for that instant energy!

The unique thing about Afresh is that it is made of guarana seed extract and orange Pekoe extract.

Guarana, an exotic plant native to the Amazon forests, has many benefits:

- Helps in mental alertness
- Helps reduce fatigue and boosts energy level.

Orange Pekoe is known for its Antioxidant properties.

Afresh is a 100% vegetarian, energy drink mix.

This product is not intended to diagnose, treat, cure or prevent any disease

Herbalife

Nutrition for a better life.

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Herbalife GLOBAL NUTRITION PHILOSOPHY

At Herbalife, we believe that balanced and personalized nutrition supports a healthy, active lifestyle. Eating the right foods, supplementing your healthy diet with dietary supplements and exercising regularly are key.

HEALTHY LIVING



(Source: United Nations Department of Economic and Social Affairs, Population Division, World Population Prospects: The 2004 Revision, New York, United Nations, 2005.)



DAILY NUTRITION

Balanced nutrition is made up of these 8 CRITICAL COMPONENTS:



Do your numbers add up?

Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% healthy fats.



Getting **BALANCED NUTRITION** can have many positive benefits...



as well as supporting normal levels of blood fat, blood sugar and blood pressure (that already are within normal range).

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NUTRITION BREAKDOWN

MACRONUTRIENTS MICRONUTRIENTS

Protein	Feeling tired or weak? Your protein levels might be running low.
Carbohydrates	Need more pep in your step? Make sure you're consuming healthy carbohydrates. They'll help you get through your busy day with energy and stamina.
Fat	Healthy fats (Omega-3s) are important for your heart, brain, and joint functions.
Vitamins & Minerals	Vitamins and minerals aid in cell function, convert macronutrients into energy, and help support the immune system.
Phytonutrients	Produced by plants, phytonutrients protect us from oxidative stress.
Fiber	Fiber helps with regularity and helps maintain overall intestinal health.
Hydration	Replenishing the water you lose is critical. Dehydration can lead to fatigue, muscle cramps, constipation, migraines, and dry skin.
Alc	There's a reason why generations of people have trusted Alc. It supports nutrient absorption, soothes the stomach, relieves occasional indigestion and supports healthy digestion.

BODY COMPOSITION

It's not just about counting calories, it's about getting... **BALANCED NUTRITION**.



HEALTHY HABITS



HERBALIFE QUALITY

Through its **Seed to Feed** process, Herbalife ensures the effectiveness, safety, purity, and consistency of all its products.

With **HERBALIFE** you can find a balanced plan

Herbalife
Your Herbalife Wellness Coach has your back - providing answers to your questions, offering support and motivation, and helping to celebrate your success.

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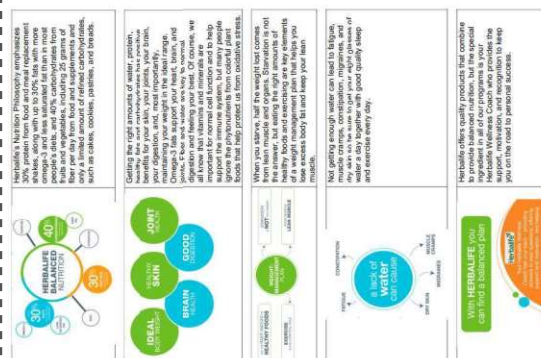
Herbalife

The best WEIGHT LOSS Program

Call us NOW

For Your Personal Coach

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Herbalife HERBALIFE FACTS

- * Started in 1980 @ USA Over **43** Years Experience
- * Since 1999 In **INDIA** Over **24** Years Experience
- * Associates With Over **94** Countries
- * Over 75 Million Satisfied Customers
- * **S.A.B / N.A.B / M.A.B / D.A.B**
- * Scientific Advisory Board / Nutrition Advisory Board
- * Medical Advisory Board / Dietetic advisory board
- * Adheres to **MEGA DOSAGE LAW** and **LABEL LAW**
- * **NYSE** Listed
- * First Year Turn Over **9** Crores
- * Retail Sales of \$8.4 Billion Globally Last Year
- * **IDSA** Member (Indian Direct Selling Association)
- * **Gold Standard**
- * An Environmentally Responsible Company
- * **You/Your Family & Others Story**

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Herbalife GLOBAL NUTRITION PHILOSOPHY

WHAT WE BELIEVE

We make the world healthier and happier. We believe that balanced and personalized nutrition supports a healthy, active lifestyle. Eating the right foods combined with the right nutritional supplements and regular exercise are key.



DAILY NUTRITION

Proper, balanced nutrition provides the nutrients you need every day to fuel your daily activities, and promote and maintain a lifetime of wellness. In order to look and feel your best, your body needs a complex blend of nutrients. Not only do you need the right proteins, carbohydrates, fats, vitamins and minerals, but you need adequate fluids to stay hydrated and a good dose of fiber, too.

MICRO/MACRONUTRIENTS – Protein, carbohydrates and fat are all macronutrients. You need all three in the right balance in order for your body to function properly. You also need micronutrients in the form of vitamins and minerals. We suggest that 30% of your daily calorie intake comes from protein sources, such as soy products, poultry, fish and eggs; 40% of your calories come from carbohydrates in the form of vegetables, fruits and whole grains; and 30% of your calories come from sources such as olive and canola oils, avocado and nuts.

FIBER – Fiber supports the digestive process, helps fill you up, and promotes the growth of friendly bacteria in the digestive tract. Whole fruits, vegetables, whole grains and beans are the best sources of dietary fiber.

*Low carbohydrate versus isocaloric balanced diets for reducing weight and cardiovascular risk: a systematic review and meta-analysis. Retrieved from the National Center for Biotechnology Information (NCBI) website: <https://www.ncbi.nlm.nih.gov/pubmed/25871816>. This document is only for general information and not intended to be a substitute for the advice of a qualified and registered medical professional or a recommendation for any treatment plan.

WATER – Your body needs water to transport nutrients to cells and to get rid of waste products. Water helps control body temperature and lubricate joints, organs and tissues. The recommendation of eight (approx 240ml each) glasses of water a day is consistent with most dietary guidelines.

PHYTONUTRIENTS – Plant foods contain phytonutrients, which have a number of benefits. Many of these phytonutrients are pigments that give fruits and vegetables their beautiful colors, which is why our Global Nutrition Philosophy recommends seven servings of colorful fruits and vegetables a day.

DO YOUR NUMBERS ADD UP?
Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% beneficial fats.*



BALANCED NUTRITION

Our philosophy is based on balanced nutrition – a combination of foods and nutritional supplements that help you meet your daily needs, coupled with the right calorie balance to help you lose, gain or maintain your body weight. A well-balanced diet helps to supply the vitamins and minerals you need.

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ANNOUNCEMENT CAUTION NOTICE

Please draw your attention to Caution Notice released by Herbalife International India Pvt. Ltd. in Times of India on 29th October, 2020, in light of illegal selling of Herbalife products through e-commerce channels.

Herbalife CAUTION NOTICE

This is to notify all concerned, as well as general public that Ms Herbalife International India Private Limited, ("Herbalife") is in the business of trading and marketing of Nutritional food products and is entitled to the trademark "HERBALIFE NUTRITION" (wordmark) including the device mark i.e. "In-leaf in a circle" in India.

It has come to Herbalife's attention that its products are being sold on various e-commerce sites including but not limited to Amazon, Flipkart, Snapdeal, etc. by unauthorised sellers. It is to be noted that Herbalife does not sell its products through e-commerce channels. Herbalife is a global nutrition company offering high-quality, science-backed products, most of which are produced in Company-operated facilities. Our range of products include targeted nutrition, weight-management, energy and fitness which are available exclusively to and through dedicated Herbalife Independent Associates in more than 50 countries. The unique one-on-one coaching with a Herbalife Independent Associate, and a supportive community approach inspires customers to embrace a healthy, active lifestyle.

All concerned in general are hereby advised and cautioned not to be lured by any such, promise of products with unusual discounts in respect of any Herbalife products available on e-commerce sites. Herbalife cannot assure the quality of products sold through e-commerce sites by unauthorised seller. Herbalife shall not be able to extend gold standard guarantee, money-back guarantee on the products purchased through e-commerce sites.

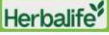
If anyone is found to be involved in unauthorised selling of Herbalife products through such e-commerce sites, Herbalife shall take stern action against such unauthorised sellers. Please log on to www.herbalife.co.in to understand Herbalife's policies, procedures and Rules of Conduct.

Times of India editions:

Mumbai, Delhi + NCR, Chandigarh, Bhopal, Bengaluru, Kolkata, Pune, Aurangabad, Kolhapur, Lucknow, Meerut, Agra, Bareilly, Dehradun, Ahmedabad, Chennai, Coimbatore, Madurai/Trichy, Hyderabad, Vizag, Vijayawada, Patna, Ranchi, Bhubaneswar, Kerala, Kanpur Jaipur, Raipur, Rajkot, Surat, Baroda, Indore, Guwahati, Goa, Mysore, Mangalore and Nagpur

For Further Information Contact

Herbalife International India Pvt. Ltd., Phone: 080-40311444, Email: writetous@herbalife.com



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Disclaimer

All the views and results
shared by the members of the club
are their personal experience
with Herbalife Products.
None of the Herbalife Products
are for curing any
medical conditions or diseases

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ಅಬಾಧ್ಯತೆ

ಕೃಷ್ಣನಲ್ಲಿ ಹರ್ಬಲ್‌ಫೈಫ್ ಪ್ರಾಡಕ್ಟ್‌ನಿಂದ
ಬರುತ್ತಿರುವ ರಿಸಲ್ಟ್‌ಗಳು ಮತ್ತು
ಅನುಭವಗಳು ವೈಯಕ್ತಿಕವಾಗಿರುತ್ತದೆ.
ಹರ್ಬಲ್‌ಫೈಫ್ ಪ್ರಾಡಕ್ಟ್‌ಗಳು ಯಾವುದೇ
ಕಾಯಿಲೆಗಳನ್ನು ಗುಣಪಡಿಸುವ ಔಷಧಿಗಳಲ್ಲ.

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अस्वीकरण

क्लब के सदस्यों द्वारा साझा किए
गए सभी विचार और परिणाम
हर्बलाइफ उत्पादों के साथ उनके
व्यक्तिगत अनुभव हैं।
हर्बलाइफ का कोई भी उत्पाद किसी
चिकित्सीय स्थिति या बीमारी के
इलाज के लिए नहीं है।

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ପ୍ରତ୍ୟାଶ୍ୱାସ |

ପୃଷ୍ଠିକର ଲୁଗର ସଦସ୍ୟମାନଙ୍କ ଦ୍ୱାରା ସମସ୍ତ
ଫଳାଫଳ ଅଂଶୀଦାର ।
ହର୍ଷଲାଇଫ୍ ଉପାଦ ସହିତ
ସେମାନଙ୍କର ବ୍ୟକ୍ତିଗତ ଅଭିଜ୍ଞତା ।
ହର୍ଷଲାଇଫ୍ ପୃଷ୍ଠିକର ଖାଦ୍ୟ
ହେଉଛି ଖାଦ୍ୟ ଯୋଗାଣ ।
ଏବଂ ଏହା ଏକ ସ୍ଥଳ ଦୁହେଁ ଏବଂ ଏହା କି
ଶସି ରୋଗର ଉପଶମ କିମ୍ବା ଚିକିତ୍ସା
ପାଇଁ ବ୍ୟବହୃତ ହୁଏ ନାହିଁ ।

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କିମ୍ବା ଉନ୍ନତ୍ତମିନରକ୍ତଗ୍ଲୁସ୍ ପକ୍ରିତ୍ତପ୍ତ
ଅନେତ୍ତୁ ପାର୍ତ୍ତବକ୍ତଗ୍ଲୁସ୍ ମୁଦିକ୍ତଗ୍ଲୁସ୍
ହେର୍ତ୍ତପଲେଃପ୍ ତୟାରିପ୍ତକ୍ତଗ୍ଲୁସ୍
ଅବରକ୍ତଗ୍ଲୁସ୍ ତନିପ୍ତପ୍ତ ଅନୁପଲ୍ତମ୍ ।
ହେର୍ତ୍ତପଲେଃପ୍ ତୟାରିପ୍ତକ୍ତଗ୍ଲୁସ୍ ଶ୍ତୁଲ୍ତମ୍
ଶନ୍ତ ମରୁତ୍ତୁଲ୍ତ ନିଲେକକ୍ତଗ୍ଲୁସ୍
ନୋୟକ୍ତଗ୍ଲୁସ୍
କୁଣ୍ଡପ୍ତପ୍ତୁଲ୍ତକ୍ତକ୍ତ ଇଲ୍ତଲ୍ତ ।

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ହାର୍ଡ୍‌ଲାଇଫ୍ ଶ୍ତୁଲ୍ତକ୍ତଗ୍ଲୁସ୍ ସଂବନ୍ଧିତ୍ତ
କ୍ତୁଲ୍ତ ସଂସ୍ତୁଲ୍ତ ସ୍ତୁଲ୍ତପ୍ତକ୍ତଗ୍ଲୁସ୍ ଅଭିପ୍ରାୟାଲ୍ତ
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ମେଡିକାଲ୍ କଂଡିସିୟନ୍ କାନ୍ତି,
ହାୟ୍‌ଲ୍ତ ନିହାରିକ୍ତ କାନ୍ତି
ଶ୍ତୁଲ୍ତଗ୍ଲୁସ୍ କାନ୍ତି

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Herbalife Who We Are

BELIEVE IN YOUR STRENGTH. POWER YOUR PURPOSE. FUEL YOUR PASSION. CONQUER YOUR GOALS.

FUELED FOR SUCCESS. UP YOUR GAME. GO BEYOND LIMITS. FUEL YOUR DRIVE TO GREATNESS.

This is Herbalife

Our Company
We are a global nutrition company that has helped people pursue a healthy, active life since 1980.
Our products are available exclusively through our more than 2.1 million Independent Distributor over 90 countries.

Products
Herbalife protein shakes and snacks, vitamins and dietary supplements, energy and fitness drinks and skin and hair care products, combined with healthy eating and exercise, 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 around the globe, including the FC Barcelona and LA Galaxy Soccer clubs, as well as champions in over 150 active sponsorships.

Community Involvement
We make our communities better place to live and work through the Herbalife Family Foundation and its Casa Herbalife program, which helps bring good nutrition to children in need.

\$8.6B	2M+	300+	4.6M+
Herbalife sales with 100+ countries	Distributors across 100+ countries	Over 150 active sponsorships	Herbalife Family Foundation

Nutrition for a better life

(- 40 -)

ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು

GI

Low GI

High GI

Formula 1 Nutritional Shake Mix

Herbalife

ಭಾರ್ಮುಲಾ 1 ನ್ಯೂಟ್ರಿಷನಲ್ ಶೇಕ್ ಮಿಕ್ಸ್

ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು

GI

Low GI

High GI

Formula 1 Nutritional Shake Mix

Herbalife

ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು

GI

Low GI

High GI

Formula 1 Nutritional Shake Mix

Herbalife

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Key Takeaways

Low GI

High GI

Formula 1 Nutritional Shake Mix

Herbalife

ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು

GI

Low GI

High GI

Formula 1 Nutritional Shake Mix

Herbalife

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The Importance of a Healthy Diet

According to the World Health Organization:

Unhealthy diets and physical inactivity are major risk factors for chronic diseases. Reports of international and national experts and reviews of the current scientific evidence recommend goals for nutrient intake in order to prevent chronic diseases.

For diet, recommendations for populations and individuals should include the following:

- Achieve energy balance and a healthy weight.
- Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fats and toward the elimination of trans-fatty acids.
- Increase consumption of fruits and vegetables, and legumes, whole grains and nuts.
- Limit the intake of free sugars.
- Limit salt (sodium) consumption from all sources and ensure that salt is iodized.

World Health Organization. Retrieved November 20, 2014, from the WHO website: <http://www.who.int/dietphysicalactivity/diet/en/>

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The Risks of Obesity and Being Overweight

According to the World Health Organization:

Obesity poses a major risk for serious diet-related noncommunicable diseases. These health consequences range from increased risk of premature death to serious chronic conditions that reduce the overall quality of life and include:

- Cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2012.
- Diabetes.
- Musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints).

World Health Organization. Retrieved November 20, 2014, from the WHO website: <http://www.who.int/mediacentre/factsheets/fs311/en/>

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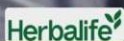
The Facts About Obesity and Being Overweight

According to the World Health Organization: Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

- Worldwide obesity has nearly doubled since 1980.
- In 2008, more than 1.4 billion adults, 20 and older, were overweight. Of these, over 200 million men and nearly 300 million women were obese.
- 35% of adults aged 20 and over were overweight in 2008 and 11% were obese.
- 65% of the world's population live in countries where overweight and obesity kills more people than underweight.
- 42 million children under the age of 5 were overweight or obese in 2013.
- Obesity is preventable.

Overweight and obesity, as well as their related noncommunicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people's choices, making the healthier choice of foods and regular physical activity the easiest choice (accessible, available and affordable), and therefore preventing obesity.

World Health Organization. Retrieved November 20, 2014, from the WHO website: <http://www.who.int/mediacentre/factsheets/fs311/en/>



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Best Breakfast of 2019



We are pleased to announce that Formula 1 has won the **GOLD AWARD** for Best Breakfast in 2019, by Health & Fitness Magazine!

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"Where Friends of Good Nutrition Meet Every Day"



MIND-BODY-SOUL

MIND - Learn about nutrition and healthy habits.

BODY - Feel great with our products.

SOUL - Socialize with like minded people.



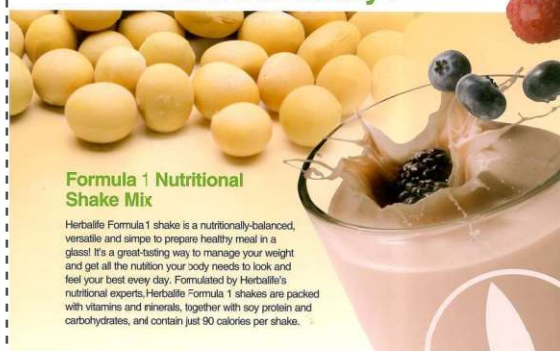
Nutrition for a better life.

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"Where Friends of Good Nutrition Meet Every Day"

Have you had your SHAKE today?



Formula 1 Nutritional Shake Mix

Herbalife Formula 1 shake is a nutritionally-balanced, versatile and simple to prepare healthy meal in a glass! It's a great-tasting way to manage your weight and get all the nutrition your body needs to look and feel your best every day. Formulated by Herbalife's nutritional experts, Herbalife Formula 1 shakes are packed with vitamins and minerals, together with soy protein and carbohydrates, and contain just 90 calories per shake.



Key Benefits

- Approximately 20 vitamins, minerals and essential nutrients.
- 9g of protein and healthy fiber help support weight management.
- Includes the antioxidant vitamins C and E.



Nutrition for a better life.

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

Low calorie, refreshing and uplifting drink

Afresh



Available in : Ginger, Peach & Lemon Flavours

Afresh

The unique thing about Afresh is that it is made of guarana seed extract and orange pekoe. Guarana is an exotic plant native to the Amazon forest, has many benefits :-

- Boost energy levels
- Helps mental alertness
- Helps reduce fatigue

Orange Pekoe has thermogenic and antioxidant properties:-

- It helps increase both fat oxidation and the rate of calorie burning

Herbalife Nutrition for a better life.

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

Mission



The Purpose of a Herbalife Nutrition Club is bring communities together with a focus on good nutrition.

NUTRITION CLUBS provide a valuable service to the community, informing people about the importance of good 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 socialising, community building, recognising members' health success and enjoying Afresh and Shake.

Herbalife Nutrition for a better life.

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Herbalife
CHANGING PEOPLE'S LIVES

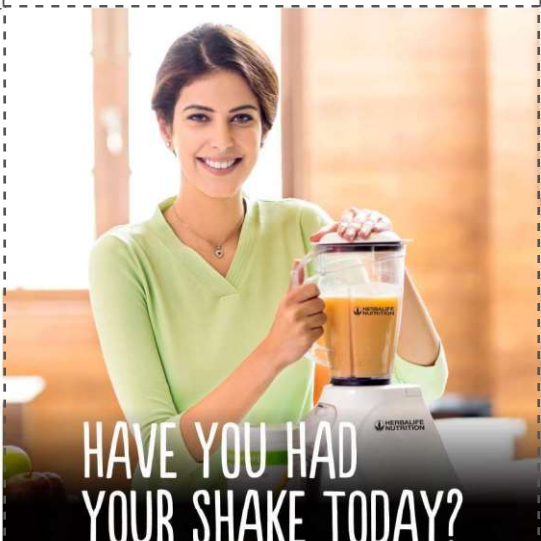


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**Nothing is impossible.
 Only you have the power to
 sculpt yourself into what
 you want to become.**



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HAVE YOU HAD YOUR SHAKE TODAY?

No Time For Lunch?
Formula 1 **Satisfies**
Your Nutritional
Needs.



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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.



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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 you should adopt a plan in the following areas:



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HERBALIFE NUTRITION

LOW GI SHAKE MIX FOR YOUR HEALTH

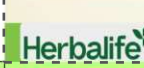


Herbalife Nutritional shake mix is tested for GI and test result confirms it as low GI.

What is Glycemic Index?
Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods and their impact on our blood sugar. 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 Formula 1 Nutritional Shake Mix, Banana, Apple, Nuts	 Corn, Pumpkin, Sweet Potato	 White Rice, White Bread, Potato

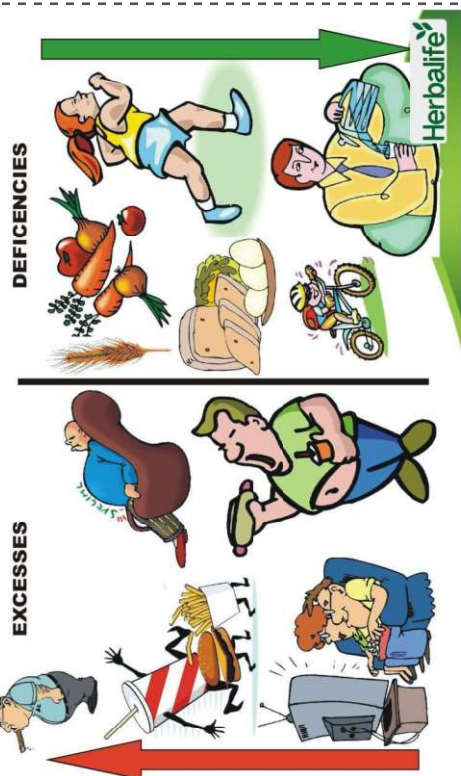
*GI Nutritional Shake Mixes are tested for low GI by Temasek Polytechnic, Singapore



Nutrition for a better life.

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This is a Typical Lifestyle to get Sick, Overweight and Die at an early age.



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Basic Requirement of Human Being: Good Health

100% MINDSET



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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. BE NUTRITION WISE**
Just as a car runs best on quality fuel, your body needs the right balance of protein, healthy fats and carbohydrates to perform at its best.
- 2. EAT YOURSELF HEALTHY**
Do you need any gaps in your eating habits from step 1? Eating 5 small healthy meals throughout the day will help to keep hunger at bay.
- 3. THE POWER OF PROTEIN**
Whether your goal, protein is a vital component of your diet. It's found in every cell in the body and provides essential amino acids needed to build and maintain muscle. Protein in the body is constantly being broken down and rebuilt, but a certain amount is lost each day and needs to be replaced in the diet. Not eating enough good quality protein can lead to muscle being broken down in order to have the necessary amount of protein available.
- 4. FROM FATS, WITH LOVE**
Fats can be divided up into two broad categories - saturated (found in red and unseasoned meat) and unsaturated (found in healthy oils and unsaturated fats). Unsaturated fats are considered better for you, since these fats (derived primarily from plant foods) can help to keep blood cholesterol levels within a normal range. Want to reduce your body fat percentage? Don't remove fat from your diet, consider the type of fat you consume!
- 5. HYDRATE FOR HEALTH**
Water is a third quarter that helps to keep you healthy and hydrated. The human body is 60% water, and most of the chemical reactions in the body need water to be conducted. Your recommended daily fluid intake will depend on your size, the temperature and activities you're doing, but aim for 2 litres per day.
- 6. BE EXERCISE AWARE**
It's important to understand that exercise can't be used as a substitute for a poor diet - it takes a lot of physical activity to burn enough calories to make a difference. Even everyday activities such as walking or riding a bike will help to keep your heart healthy and build or maintain lean body mass.
- 7. REST AND RECOVER**
An effective training schedule isn't made up of exercise alone. To get the most out of your training, the body needs to be exposed to stresses (i.e. training or exercise) and then needs time to adapt to the stresses. This requires a recovery period, combined with good nutrition. Rest and recovery are also important in injury prevention.
- 8. SUPPORT YOUR NUTRITION**
When a balanced diet can give us the nutrients we need, we can get in the way of healthy living. Healthy schedules can leave us unable to reach our daily RDA (Recommended Dietary Allowance). At times like this, supplementing your diet can help.
- 9. GET SOME ATTITUDE**
It's time to say goodbye to negative thoughts! Adopt the mindset of an athlete and believe you will succeed! Research shows you're more likely to reach your goals when you do it with others, so ask your personal Wellness Coach to recommend group activities that will help you meet people just like yourself!
- 10. INSPIRE OTHERS**
Now you're on your way to achieving and maintaining your ideal body composition, it's time to shout about it and show it off! By discussing your body transformation results with friends and family, you could stir their interest in healthy active lifestyle and give them the gift to reach their goal.

Disclaimer: This is only for general information and not intended to be a substitute for a qualified and registered medical practitioner or a recommendation for any treatment plan. Prior to start of the exercises consult with a qualified fitness trainer of your choice.

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GOAL SETTING: YOUR QUESTIONS ANSWERED...



Susan Brown, RDI Director, Nutrition Training Specialist

How can I find out my 'healthy weight'?

Susan says, "It seems like a simple question: how much should I weigh? You can look at a standard weight chart, estimate your frame size, and be presented with a good suggestion of your ideal healthy weight. Or, you can use a Body Mass Index (BMI) calculator like the one on herbalife.com. Based on height and weight, it categorises you as currently underweight, normal, overweight or obese. However, while these tools are useful, height/weight charts and BMI calculations don't take into account fat content or muscle mass. As a result, working out your ideal weight should be based on a body composition analysis of how much fat and lean body mass you have."

What is the best type of workout?

Samantha says, "The best workout is one that you enjoy and look forward to each day. Confidence is the key to great results, so if you can, choose an activity you're naturally good at. For example, if you've always loved to dance, sign up for a few classes with a friend. If you haven't been active for a few years or more, think of the activities you enjoyed as a teenager and see if you can find a team or class to bring this hobby back. Next question to ask yourself: 'What are your goals?' To complete a 5k race, you'll need to do more running-specific activities, while those wanting to gain muscle mass should do more resistance-based training. Having a specific target goal to work toward is important for both your short-term and long-term success. Be realistic about how much time you can dedicate, and plan to workout at a specific time each day. Our bodies respond best when we create a healthy habit. And finally, remember to give each new activity a fair try before deciding if it's love or hate!"



Susan Brown, RDI Director, Nutrition Training Specialist

What is 'lean body mass'?

Susan says, "Your body composition is made up of your body fat mass and lean body mass. Put simply, this is everything in the body that is not fat, including bones, organs, muscles, ligaments, tendons and fluids. Lean mass and fat mass are made up of different types of cells and tissues - which is why contrary to popular belief, muscle can't 'turn into fat'. It may seem this way if you stop exercising, as without resistance training to maintain your muscle mass, muscles can become smaller, therefore making the fat on the surface more apparent."

How much exercise is enough?

Samantha says, "I'm a firm believer that there's no such thing as one-size-fits-all when it comes to fitness. We each have our own unique body type, and different needs and goals, all of which affect how much exercise we need. For weight loss and general health, the recommendation is 150 minutes of moderate to vigorous physical activity per week (about 30 minutes, five times a week). In my opinion, 30 minutes per day is very achievable for most people. Try to include a mix of high, moderate and low intensity exercise, as well as strength or weight training."



Disclaimer:

*How to start: Get the exercise consult with a qualified fitness trainer of your choice.

*Views expressed are personal to the author and Herbalife and neither be responsible for the same at any time.



Samantha Clayton, AFMA, GSA, Director, Herbalife Fitness Education, Herbalife

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REACH YOUR FITNESS GOALS in 2017

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

1 PRE-CARDIO WARM-UP
 "Start off with a two-minute dynamic warm-up to gently loosen off your body and steady increase your heart rate."
 Source: "Warm-up for Fat" on the Herbalife YouTube channel for videos & advice.

2 8 MINUTES OF FAT-BLASTING
 "Don't forget to repeat all the exercises for 30 seconds, twice through - once without weights and once with. Move fast and be creative - since you're at the top of the calorie pyramid, jump in extra exercises to boost your workout heat."
 It's just as important as the workout itself for help or ideas, browse Samantha Clayton's videos on the Herbalife YouTube channel.

3 POST-CARDIO STRETCH

EXERCISES: MARCH IN PLACE WITH HIGH KNEES, SHALLOW SQUAT WITH FRONT ARM RAISE, JOG IN PLACE (MEDIUM TO FAST PACE), DEEP SQUATS WITH SHOULDER PRESS, JUMPING JACKS, SIDE JUMPS (JUMP FROM SIDE TO SIDE), SPLIT SQUAT WITH LATERAL RAISES, BURPEES.

NEED GUIDANCE ON HOW TO PERFORM A SPECIFIC EXERCISE? WATCH THE FIT TIP VIDEOS ON THE HERBALIFE YOUTUBE CHANNEL

HERBALIFE NUTRITION
 Independent Nutrition Associate

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nutrition club
 "Where 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
 Soy protein based meal drink
 • Specially formulated with excellent quality soy protein (more when milk is added). Formula 1 makes delicious shakes that help you satisfy hunger and feel full.
 • Comes in three flavours Mango, Chocolate & Vanilla

2 Personalized Protein Powder
 Perfect Protein supplement to your daily diet
 • Your body needs adequate protein daily for healthy weight management. Unfortunately, many dietary sources of protein are also high in unwanted fat and calories. Personalized Protein Powder is a convenient fat-free way to supplement dietary protein, helping you stay lean and fit.

3 Afresh™
 • An invigorating and refreshing energy drink mix.
 • Enjoy the four flavors of Lemon, Peach, Eiachi and Ginger flavored beverage

HERBALIFE
 Nutrition for a better life

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Herbalife

WE COMMIT TO A HEALTHY ACTIVE LIFESTYLE

HERBALIFE

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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 (Nelms, 2011).



TYPES OF VITAMINS

Water Soluble

Vitamin C, and the B-complex vitamins such as thiamine (B1), riboflavin (B2), niacin, pyridoxine (B6), folic acid and cyanocobalamin (B12)

Vitamins B-complex and C are heat Labile vitamins and are easily destroyed by heat, air or during drying, cooking and food processing.

Water-soluble vitamins are not and get easily excreted in urine.

Fat-soluble vitamins can be stored in the body.

Vitamins A, D, E and K

Fat Soluble

Source : <http://minda.org/Dietaryguidelinesforindians-Finaldraft.pdf>

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Eat A Balanced Diet With Herbalife Nutrition



Balanced Nutrition means getting the right mix of protein, carbohydrates, beneficial fats and other key nutrients in our daily diet.

Formula 1 Nutritional Shake Mix and other Herbalife products provide targeted nutrition to support balanced nutrition and overall wellbeing.



Herbalife

Nutrition for a better life.

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ಯುನಿವರ್ಸ್ ಮೆಂಬರ್ ಶಿಪ್ ತೆಗೆದುಕೊಂಡ ಮೇಲೆ

ನೀವು ಈ ಪ್ರಾಜೆಕ್ಟ್ ಉಪಯೋಗಿಸುವುದರಿಂದ ಬೇರೆಯವರು ಗಮನಿಸುವಂತಹ ರಿಜಲ್ಟ್ ಬರುತ್ತದೆ. ಇದರಿಂದ 30 ದಿನಗಳೊಳಗೆ ನಿಮ್ಮಂತಹ ಯುನಿವರ್ಸ್ ಮೆಂಬರ್ ಶಿಪ್ ಕೊಟ್ಟ ಪ್ರಾಜೆಕ್ಟ್ ಉಪಯೋಗಿಸುವ ಎರಡು ಕಛೇರಿ ಪ್ರಾಮಿಲಿ ಕೊಟ್ಟ ಆಫರ್ 100 ಪಾಯಿಂಟ್ ಮಾಡಿದರೆ ನಿಮಗೆ ಈ ಪ್ರಾಜೆಕ್ಟ್ ಫೈನಾಲ್ ಆಗಿ 25% ನಿಂದ 42% ವರೆಗೆ ಕಮ್ಮಿಗೆ, ಹರ್ಬಲ್ ಪ್ರಾಜೆಕ್ಟ್ ಅಪೋನಿಂದ ಡೈರೆಕ್ಟ್ ಆಗಿ ಒರಿಸಿನಲ್ ಪ್ರಾಜೆಕ್ಟ್ ಹೆಗೆ ತಗೊಳ್ಳುವಂತೆ ಆಫರ್ ಕೊಡಲಾಗುತ್ತದೆ.

ಹರ್ಬಲ್ ಪ್ರಾಜೆಕ್ಟ್ ಕಂಪನಿಯವರು ಈ ಪ್ರಾಜೆಕ್ಟ್ ಒಪ್ಪಿಗೆ ಮಾಡಿಕೊಂಡರೆ ಆಫರ್ ಇಂಟರ್ನೆಟ್ ಮೂಲಕ ಮಾಡುವುದಿಲ್ಲ. ಟ್ರೈನ್ ಆಫೋರೈಸರ್ ಕೋಚ್ ಮುಖಾಂತರ ಮಾತ್ರ ಮಾಡುವುದು. ಈ ಪ್ರಾಜೆಕ್ಟ್ ತೆಗೆದುಕೊಂಡ ಮೇಲೆ ನಿಮಗೆ ಬೆಸ್ ರಿಜಲ್ಟ್ ಬರುತ್ತದೆ, ಪ್ರೋಫೆಷನಲ್ ಪಾಲೋಆಪ್ ಆಗಿ ಇದೆ. ಒಪ್ಪಿಗೆ ಮಾಡಿಕೊಂಡರೆ, ಇಂಟರ್ನೆಟ್ ಮುಖಾಂತರ ಆಫರ್ ಬೇರೆ ಯಾರಿಂದಾದರೂ ಈ ಪ್ರಾಜೆಕ್ಟ್ ತೆಗೆದುಕೊಂಡು ಏನಾದರೂ ಹೆಚ್ಚು ಕಮ್ಮಿಯಾದರೆ ಕಂಪನಿ ಆಫರ್ ನಾವು ಜವಾಬ್ದಾರಾಗುವುದಿಲ್ಲ.

25% ನಿಂದ 42% ಕಮ್ಮಿಗೆ ಪ್ರಾಜೆಕ್ಟ್ ಬೇಕಾದರೆ ಕಂಡಿಷನ್:

- 30 ದಿನ ಹರ್ಬಲ್ ಪ್ರಾಜೆಕ್ಟ್ ಉಪಯೋಗಿಸಿ ಬಂದಿರುವ ರಿಜಲ್ಟ್ ಮತ್ತು ಕೋಚ್ ಕೋಚಿಂಗ್ ನಿಂದ ಹಾಗೂ ನ್ಯೂಟ್ರಿಷನ್ ಕ್ಲಬ್ ವಾತಾವರಣದಿಂದ ಮುಖಾಂತರ ಬೇಕು.
- ನಿಮ್ಮಂತೆ ಯುನಿವರ್ಸ್ ಮೆಂಬರ್ ಶಿಪ್ ಕೊಟ್ಟ ಪ್ರಾಜೆಕ್ಟ್ ಉಪಯೋಗಿಸುವ ಎರಡು ಕಛೇರಿ ಪ್ರಾಮಿಲಿ ಕೊಟ್ಟ ಆಫರ್ 100 ಪಾಯಿಂಟ್ ಮಾಡಬೇಕು.
- ಪ್ರತಿದಿನ ನ್ಯೂಟ್ರಿಷನ್ ಕ್ಲಬ್ ಗೆ ಬಂದು ಶೇಕ್ ಕುಡಿಯುತ್ತಿದ್ದು, ಒಂದು ಯೋನಿವರ್ಸ್ ಮೆಂಬರ್ ಪ್ರಾಮಿಲಿ ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಗೆ ಭಾಗವಹಿಸಬೇಕು.
- ಕಛೇರಿ ಎಕ್ಸಿಟೇಷನ್ ಪ್ರೋಗ್ರಾಮ್ ಗೆ ಭಾಗವಹಿಸಬೇಕು.

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UNIVERSAL MEMBERSHIP



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Understanding Obesity

What is Obesity?

Obesity has become a major public health problem. It is a chronic disease that is caused by an imbalance between the energy intake and the energy expenditure. It is a condition in which the body fat is excessive and it leads to various health problems.

Causes of Obesity

Obesity usually results from more than one cause. The main cause of obesity is energy imbalance. It is when more energy is taken in than is used. Other factors that can contribute to obesity are genetics, environment and lifestyle.

Understanding Calories

Calories are a standard measurement of heat energy. In food, calories are a measure of the energy that can be released when the food is burned. The more calories a food has, the more energy it can provide.

How to Calculate Your Total Daily Energy (Calorie) Needs

1. Current your weight from pounds (lb) to kilograms (kg) by dividing your weight by 2.205.
2. Multiply your weight in kilograms by 24 kcal/kg of your body mass and 25 kcal/kg of your body mass.
3. Add 1500-2000 kcal of your body mass.
4. Add 1500-2000 kcal of your body mass.
5. Add 1500-2000 kcal of your body mass.
6. Add 1500-2000 kcal of your body mass.
7. Add 1500-2000 kcal of your body mass.
8. Add 1500-2000 kcal of your body mass.
9. Add 1500-2000 kcal of your body mass.
10. Add 1500-2000 kcal of your body mass.

Energy Demands of Activities

Activity	Energy Demand (kcal/kg/hr)
Resting	1.0
Light activity	2.0
Moderate activity	3.0
Heavy activity	4.0
Very heavy activity	5.0
Maximum effort	6.0
Maximum effort	7.0
Maximum effort	8.0
Maximum effort	9.0
Maximum effort	10.0
Maximum effort	11.0
Maximum effort	12.0
Maximum effort	13.0
Maximum effort	14.0
Maximum effort	15.0
Maximum effort	16.0
Maximum effort	17.0
Maximum effort	18.0
Maximum effort	19.0
Maximum effort	20.0
Maximum effort	21.0
Maximum effort	22.0
Maximum effort	23.0
Maximum effort	24.0
Maximum effort	25.0
Maximum effort	26.0
Maximum effort	27.0
Maximum effort	28.0
Maximum effort	29.0
Maximum effort	30.0



Treatment for Adult Obesity

Obesity is a chronic disease and it needs long-term management. The focus usually is to reduce the risk for developing health problems, as well as to lose the excess weight. If you are obese, it is likely to cause a number of health problems.

Diet

For weight loss, a low calorie, well balanced diet that is low in fat is recommended. Obesity therapy involves reducing the number of calories that are eaten and learning how to select portion sizes, which types of food to buy, and how to eat.

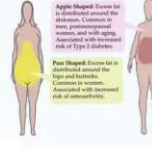
Physical Activity

Daily physical activity is important for weight loss and general good health. Physical activity doesn't only involve exercise. It also includes everyday activities such as walking up stairs or yard work. Adults should have at least 30 minutes of moderate physical activity daily.

Drug Therapy

If prescribed, drug treatment should be used in combination with diet and physical activity. Current obesity therapy involves the use of regular visits with their physician to monitor their progress and any side effects the medication may have.

Excess Fat Distribution



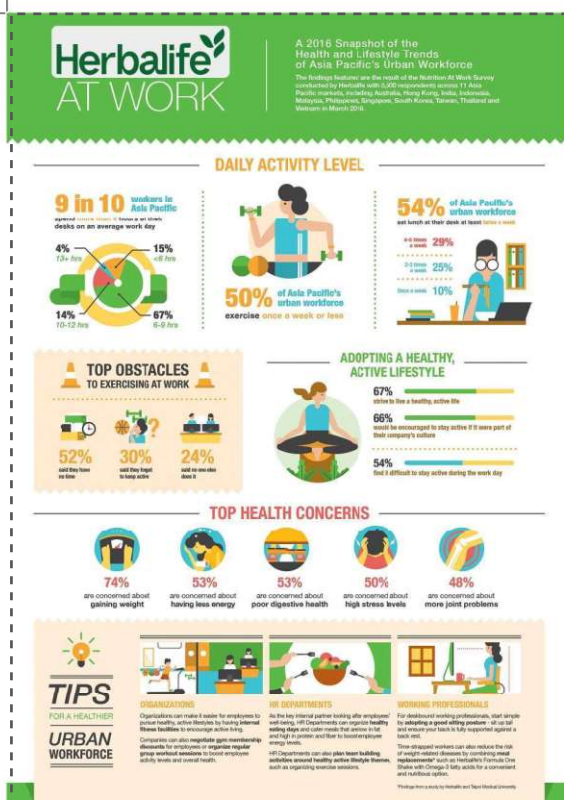
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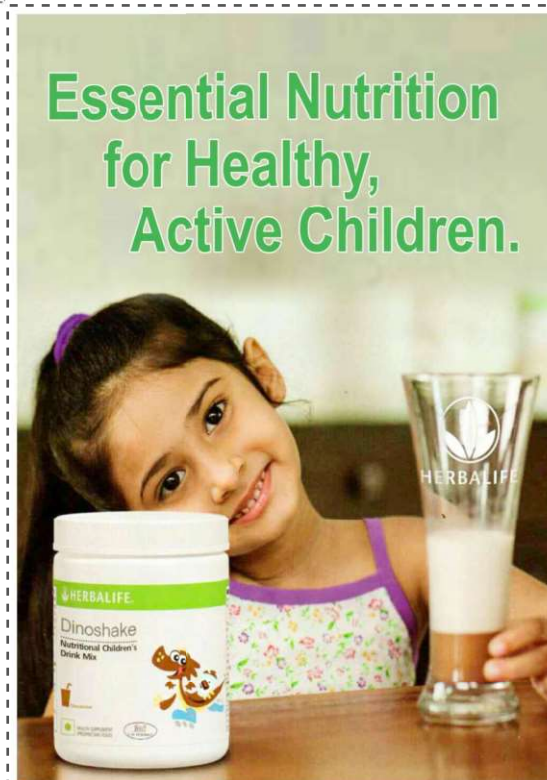
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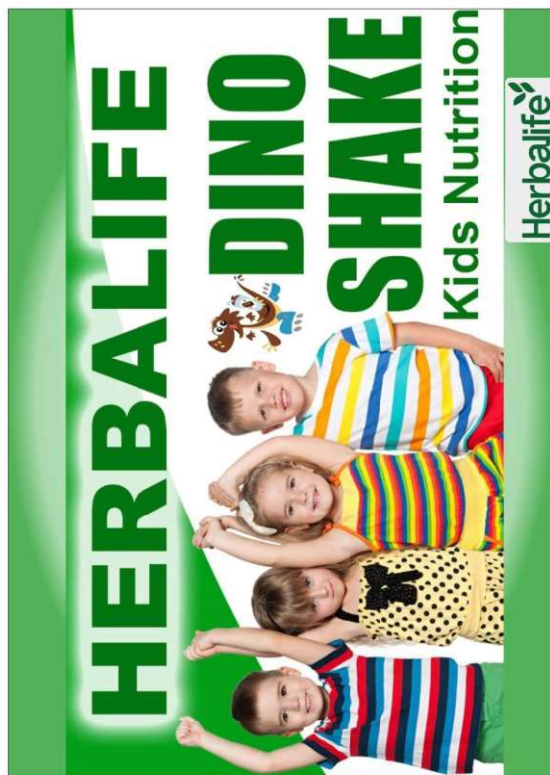
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(- 71 -)



(- 72 -)

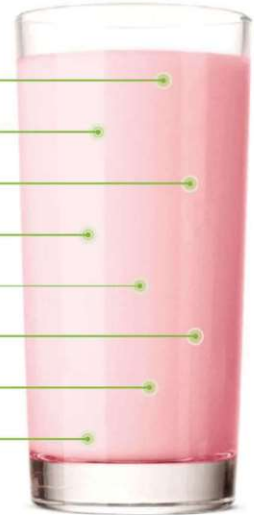


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All these Nutrients in a Shake

When prepared with 300ml of skimmed milk, a Formula 1 shake provides

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)	



Herbalife | EST. 1980

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HERBALIFE NUTRITION

NUTRIENT-PACKED.
HEALTHY. BALANCED.



	PROTEIN As much protein as 3 large eggs
	VITAMIN C As much Vitamin C as 2 small peaches
	VITAMIN E As much Vitamin E as 25 pieces of 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 1/2 cup of cooked broccoli

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



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
--	--


22

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

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.

Muscle

Water

Fat

Muscle

Water

Fat

Muscle

Water

Fat

Personal Wellness Analysis

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AFTER 10 DAYS					2	
WL	WG	PREFERRED CUSTOMER	NUTRITION CLUB	AFTER ASSOCIATE BENEFIT	ACTIVITY	5
SHAKE	B + S	AFRESH & SHAKE (F1 + PPF) P.C. APPLICATION: 3000 25% - 35% - 42% DISCOUNT LEVEL FOR PRODUCT USAGE NUTRITION CLUB ONE FOR PRODUCT USE PREFERRED CUSTOMER PACK PRODUCTS INFO TRAINING 51% / LESS 3 terms 1200/-	Share Buy Share Point Price Points 3 3 3 Nutrition Club 3	HERBALIFE EXPERIENCE PACK	INVITATION	
LUNCH	L + S		CUST. PRICE : 3518/- ASSOCIATE PRICE : 2829/- 5 X 689 = 3445 /- PROFIT	25% ASSOCIATE	NUTRITION CLUB GUEST	
SHAKE	D + S	DUPLICATION	GUEST : 1 : (10 DAYS) 3 DAYS : COMPLIMENTARY 200 X 7 = 1400 GUEST : 2 : (10 DAYS) 3 DAYS : COMPLIMENTARY 200 X 7 = 1400 ASSOCIATE PRICE : 2829 FROM 2 GUEST : 2800	35% SENIOR CON. 500VPS IN 1 - 2 MONTHS 42% QUALIFIED PROD. 2500VPS IN 1 - 6 MONTHS 50% SUPERVISOR 4000VPS IN 1 - 12 MONTHS	SHAKE PARTY SAMPLING	
YOU WILL GET THE RESULT WITHIN 1 - 3 MONTHS.				GOLD STANDARD		
YOU CAN LOSE / GAIN WEIGHT 2 - 4 KGS WITHIN 1 MONTH		IT WILL BE HELP FULL TO BUILD YOUR ORGANIZATION		EXPENSES FOR GUEST : 29 RESULT IS IMPORTANT TO US		4
1	3	3	4	5	2	

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HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club

"Where Friends of Good Nutrition Meet Every Day"

Maximize your **energy!**

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HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club

"Where Friends of Good Nutrition Meet Every Day"

Maximize your **nutrition!**

Herbalife

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10

Health Benefits of Omega 3's

- 1 Omega 3s Lower Cholesterol
- 2 Omega 3s Reduce Blood Pressure
- 3 Omega 3s Reduce the Risk of Heart Disease
- 4 Omega 3s Help to Prevent Diabetes
- 5 Omega 3s Soothe the Symptoms of Rheumatoid Arthritis
- 6 Omega 3s Protect Your Brain
- 7 Omega 3s Keep Your Skin Healthy
- 8 Omega 3s Are Great for Your Eyes
- 9 Omega 3s Help to Prevent Cancer
- 10 Omega 3s Reduce the Symptoms of PMS

Healthy Hubb
www.healthyhubb.com

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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 Fritzi Culnari

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

OAW Health

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ಉತ್ಪನ್ನ ಪರಿಚಯ

ಭಾರತ ಆವೃತ್ತಿ

ನಿಮ್ಮ ಶಕ್ತಿಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಿ ಅಪ್ರೆಷ್ ಎನರ್ಜಿ ಡ್ರಿಂಕ್ ಮಿಕ್ಸ್

ಅಪ್ರೆಷ್ ಒಂದು ಚೈತನ್ಯ ಮತ್ತು ತಾಂತ್ರಿಕವಾದ ನಿರ್ಮಿತ ವರ್ಬಲ್ ಡ್ರಿಂಕ್ ಮಿಕ್ಸ್ ಆಗಿದ್ದು ಅದು ಆರೋಗ್ಯ ಮಿಶ್ರಣದ ಸಾರ, ಗುಣಾತ್ಮಕವಾದ ಮತ್ತು ಕೆಳಕಾರ್ಬ್ ಹುದುಗುವುದನ್ನು ಹೊಂದಿದೆ.

ಮನಸ್ಸಿಗೆ ಮುದ ನೀಡುವ ಪ್ರಾಕೃತಿಕ ಮೂಲಕ ಕೆಫೀನ್. ಒಂದು ಸಾರಿಯು ಸೇವನೆಯಲ್ಲಿ 40 ಮಿಗ್ರಾಂ ಕೆಫೀನ್ ಹೊಂದಿರುತ್ತದೆ.

1 ಕಡಿಮೆ ಕ್ಯಾಲೋರಿಗಳು, ಕೊನೆಯದಿ

2 ಕೆಂಪುಕಾಯಿಗಳು ಸುಲಭವಾದ ಕುಡಿಯುವ ರೀತಿ

3 5 ಕ್ಲೋರಾಗ್ಲೂಕೋಸ್ ರಸ

4 ರಿಂದ ರುಚಿಯಾದ ಸುಲಭವಾದ ಕುಡಿಯುವ ರೀತಿ

ಕೆಫೀನ್
1. ಸ್ವಲ್ಪ ಕೆಫೀನ್ ಒದಗಿಸುತ್ತದೆ
2. ಸಿದ್ಧ ಪೈಕ್ಲೋಮಿನ್ ಫ್ರಾಮ್ ಸಿಮ್ಬಲ್
3. ಮಾನವ ವ್ಯಕ್ತಿತ್ವಕ್ಕೆ ರುಚಿ ಗಮನ ಕೊಡುತ್ತದೆ, ಪ್ರತಿಭಟನೆ ಮಾಡುತ್ತದೆ.

ನಿಮಗಿರುವ ಗೊತ್ತೇ?

ಇಂದೇ ಆರ್ಡರ್ ಮಾಡಿ!!

SKU:
1238, 1291, 1294, 1295, 1296
ನಿಷ್ಪತ್ತಿ ತೂಕ: 500ಗ್ರಾಂ



ಚಿಕ್ಕ ಪಾಕೆಟ್
ಈ ಉತ್ಪನ್ನವು ಮಕ್ಕಳ ಆರೋಗ್ಯಕ್ಕೆ / ಪಾಕೆಟ್‌ನಿಂದ ದೂರವಾಗಿರಲು ಸಲಾಹ ಕೊಡಲಾಗುವುದಿಲ್ಲ. ಕುಡಿಯುವುದು
ವ್ಯಕ್ತಿಗಾಗಿ ಮಾತ್ರವೇ ಇದೆ. ಕುಡಿಯುವುದು ಮಾತ್ರವೇ ಇದೆ. ಚಿಕ್ಕ ಪಾಕೆಟ್ ಆರೋಗ್ಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಉತ್ಪನ್ನವನ್ನು ಕುಡಿಯುವುದು.

Herbalife

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SMART NUTRITION FOR A HEALTHY HEART!

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

L-Arginine supports healthy Nitric Oxide production, which may help maintain overall cardiovascular and circulatory 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 level already within a normal range

Contains Vitamin C, E, and Folic acid



Herbalife Niteworks

SKU: 2637IN
VP: 75
MRP: 6,352 INR (inclusive of all taxes)
NET CONTENT: 300g

For Further Information Contact:
Herbalife Nutrition India Pvt. Ltd.
Bangalore - 081 80 4031 1444, 1445, 1446
By 24/7 Toll-free Helpline System
Simply log in to www.herbalife.co.in and click on the "Order Products" tab

HERBALIFE NUTRITION

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Herbalife

nutrition club

Have You Had Your SHAKE TODAY?



www.herbalife.co.in

HERBALIFE

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YOUR STEPS TO GOOD HEALTH



INDEPENDENT HERBALIFE ASSOCIATE
nutrition club
"Where Friends of Good Nutrition Meet Every Day"

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

Herbalife

Nutrition for a better life.

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Herbalife

nutrition
club

Low in Calories, High in Nutrition

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



Protein
As much protein as
3 Large eggs



Calcium
As much as
2 pots of
plain yoghurt



Vitamin C
As much as
2 medium peaches



Fiber
As much fiber as
1 small apple



Vitamin A
As much Vitamin A as
1/2 cup of cooked
broccoli



Potassium
As much as
1 banana

Have You Had Your
SHAKE TODAY?

To find out more,
please contact your Independent Herbalife Associate

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HEALTHY EATING vs UNHEALTHY EATING



2 MILLION
Americans live 20 miles or
more from a supermarket



2.7 MILLION+
people die per year due to
not getting enough fresh
fruits and vegetables



40%
increased inflation price of
fresh produce in recent
decades



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 illnesses



40%
of cancers are due, in part,
to an unhealthy diet



POLYDIMETHYLSILOXANE
an anti-foaming agent
found in McDonald's
Chicken McNuggets that is
also found in Silly Putty

EFFECTS

- **Healthy Body**
Healthy food provides a substantial amount of essential nutrients.
- **Happier Life**
Amino acids and Vitamin B found in fruits and vegetables trigger the serotonin which is the body's "feel good" neurotransmitter.

EFFECTS

- **Diabetes**
25.8 million Americans suffer from diabetes.
- **Depression**
consuming trans-fats, saturated fats, and processed foods increases the chances of depression by 58%.

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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)



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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



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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 and their impact on our blood sugar. 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.



53. Nutrients that are tested for loss (I) by Serumal Polypeptide, Glucose

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ಗೈಡ್ ಟು ಎ
ಹೆಲ್ತ್ ಲೈಫ್.
HERBALIFE.



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ವಿಜ್ಞಾನಿಗಳು
ಮಿಶ್ರಣಗಳ ಕಾರಣೀಭೂತರು

[illegible][illegible]

MEMORIAL *"A monument to a noble life."*

Following the 1998 election, despite the fact that the majority of the voters were

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weight loss

Set Your Goal Today

3 Times All
Supplements

Dinner

lunch

akfast

40

40

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Food Supplimentary



WHAT ARE VITAMINS, MINERALS AND PHYTONUTRIENTS?

• Vitamins and minerals are essential for your body's health and function.
 • Phytonutrients are substances found in plants that have specific functions in the body.
 • They are found in fruits, vegetables, grains, and other plant-based foods.

Why are they important?

- They help to build healthy cells.
- They support immune system function.
- They help to maintain healthy skin, hair, and nails.
- They support healthy blood pressure and cholesterol levels.

Where can you find them?

Vitamins and minerals:

- Vitamins A, B, C, D, E, K
- Calcium, Magnesium, Zinc, Iron, Copper, Manganese, Selenium

Phytonutrients:

- Flavonoids
- Carotenoids
- Polyphenols
- Alkaloids
- Saponins
- Steroids
- Terpenes



Usage:
3 Tablets per day

CELL ACTIVATOR

- A select blend of botanicals and essential nutrients to enhance nutrient absorption and support cellular energy production
- Enhances nutrient absorption and increases energy to support weight management and overall good health

Usage: 2 tablets per day



Food Supplimentary

CELL-U-LOSS

- A supplement that helps to reduce fluid retention in the body
- Natural blend loaded with Vitamin C, potassium, and natural herbs to help reduce excess fluid in the body

Usage: 3 tablets per day



Usage: 2 Capsules per day

Food Supplimentary

Wholegrain
Bread
Wholegrain
Pasta
Oats
Beans
Fruits
Vegetables

Activated
Fiber

Usage: 4 Tablets per day



**SUPPORTS
IMMUNE
FUNCTION**



Usage:
3 Capsules
per day

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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 a critical piece of the feel-good/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.

a lack of water can cause

FATIGUE

CONSTIPATION

DRY SKIN

MIGRAINES

MUSCLE CRAMPS

Do your numbers add up?

Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% healthy fats.

HERBALIFE BALANCED NUTRITION

30% FATS (up to 30% healthy and monounsaturated)

40% CARBOHYDRATES (from food and monounsaturated)

30% PROTEIN (from food and monounsaturated)

OMEGA-3

LESS SATURATED FAT

REST

EXERCISE

FIBER 25 g

HYDRATION

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HERBALIFE

NUTRITION

SOOTHING AND REFRESHING

Get your system back on track with Herbalife® Herbal Aloe products for digestive health – poor eating habits, a diet low in fiber and everyday stress can all upset your stomach and impair digestion. Herbal Aloe uses the power of premium-quality, whole-leaf aloe vera to help support digestive health. Known to contain organic nutrients, natural enzymes, vitamins, minerals and amino acids, aloe vera helps to relieve occasional indigestion while also supporting overall intestinal health and improving 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, Herbal Aloe is the perfect nutritional enhancement for your healthy, active life. With two delicious flavors to choose from – Mango and Original – and free from bitter-tasting aloe, it is as delicious as it is refreshing! Herbal Aloe also provides chamomile, which helps to soothe your stomach, as well as antioxidants to help fight the negative effects of toxins and aging.

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

HERBAL ALOE CONCENTRATE, READY HERBAL ALOE AND HERBAL ALOE POWDER

- Soothes the stomach
- Relieves occasional indigestion
- Supports nutrient absorption
- Made from premium-quality, whole-leaf aloe vera
- Includes the soothing benefits of chamomile
- Free from bitter-tasting aloe
- Two delicious flavors: Mango and Original

Herbalife®

MakeHealthyHabits@gmail.com

www.GoHerbalife.com/MakeHealthyHabits

Nutrition for a better life.

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THE POWER OF

CELLULAR NUTRITION

Luigi Gratton

M.D., M.P.H.

Vice President, Nutrition Education

MARK HUGHES (1956–2000), 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 EYES, 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 contribute to good health if your body is unable to fully digest and absorb all the nutrients that you eat. For the human body to function optimally, it needs the right balance of nutrients delivered at the cellular level. Because some plant nutrients support the body's capacity to absorb nutrients, Herbalife uses antioxidant-based herbs in our products.

Herbalife® products deliver a combination of macro- and micronutrients your individual cells require to function most efficiently. We recommend the following daily supply of **MACRONUTRIENTS** for ideal health:

PROTEIN 30%

HEALTHY FATS 30%

40% CARBOHYDRATES

CELL

CELL

A Mn

B Cu

C Zn

D K

E Se

F Ca

G Fe

H Mg

I P

J Cr

K Mo

The other essential nutrients are the **MICRONUTRIENTS**, which include vitamins, minerals, trace elements and antioxidants. Our Core Products contain 25 percent of the recommended daily allowance of micronutrients, such as **Vitamins A, B, C, D and E**, as well as **magnesium, calcium, phosphorus and zinc**.

Herbalife® Core Products: Formula 1, Formula 2 and Formula 3

Herbalife® Cellular Nutrition products are scientifically balanced to nourish cells for optimal metabolism, growth, repair and reproduction. Cellular Nutrition helps ensure that the nutrients your body needs daily are absorbed and delivered throughout your body at the cellular level.

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WITH HERBALIFE

YOU CAN FIND A

BALANCED PLAN

BALANCED FIBER

BALANCED CARBS

BALANCED FATS

BALANCED PROTEIN

BALANCED NUTRIENTS

BALANCED CALORIES

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Herbalife

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CUSTOMIZED NUTRITION MADE EASY

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

WOMEN

Plan A **Plan B** **Plan C** **Plan D**

MEN

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

A **DAIRY NUTRITION** **WEIGHT LOSS** **WEIGHT LOSS**

B **DAIRY NUTRITION** **WEIGHT LOSS** **WEIGHT LOSS**

C **DAIRY NUTRITION** **WEIGHT LOSS** **WEIGHT LOSS**

D **DAIRY NUTRITION** **WEIGHT LOSS** **WEIGHT LOSS**

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MEALBUILDER 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!

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

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LOSE WEIGHT
LOOK GREAT AND FEEL HEALTHY

Ask about our
3 DAY TRIAL

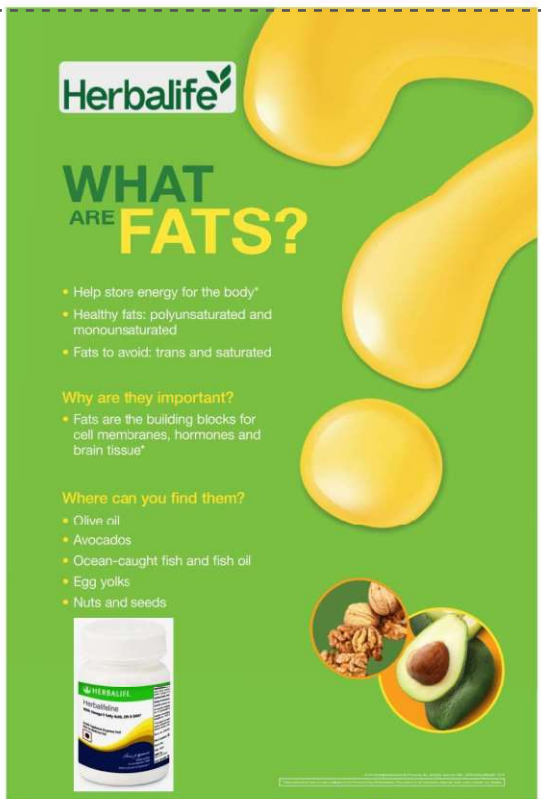
A great introduction to Herbalife's healthy nutrition

Herbalife

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.**

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WHAT ARE FATS?

- Help store energy for the body*
- Healthy fats: polyunsaturated and monounsaturated
- Fats to avoid: trans and saturated

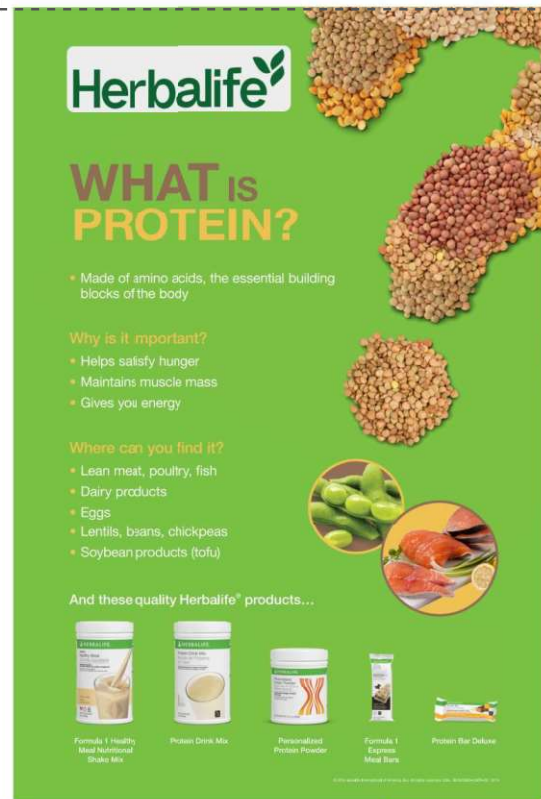
Why are they important?

- Fats are the building blocks for cell membranes, hormones and brain tissue*

Where can you find them?

- Olive oil
- Avocados
- Ocean-caught fish and fish oil
- Egg yolks
- Nuts and seeds

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WHAT is PROTEIN?

- Made of amino acids, the essential building blocks of the body

Why is it important?

- Helps satisfy hunger
- Maintains muscle mass
- Gives you energy

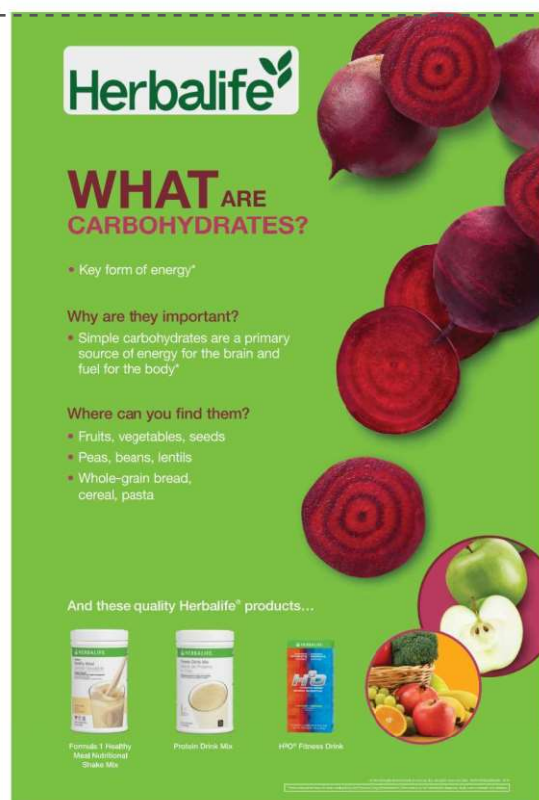
Where can you find it?

- Lean meat, poultry, fish
- Dairy products
- Eggs
- Lentils, beans, chickpeas
- Soybean products (tofu)

And these quality Herbalife® products...

Formula 1 Healthy Meal Nutritional Shake Mix Protein Drink Mix Personalized Protein Powder Formula 1 Eggless Meal Bars Protein Bar Deluxe

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Herbalife

WHAT ARE CARBOHYDRATES?

- Key form of energy*

Why are they important?

- Simple carbohydrates are a primary source of energy for the brain and fuel for the body*

Where can you find them?

- Fruits, vegetables, seeds
- Peas, beans, lentils
- Whole-grain bread, cereal, pasta

And these quality Herbalife® products...



Formula 1 Healthy Meal Shake Mix Protein Drink Mix HPOF Fitness Drink

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Herbalife

WHAT ARE VITAMINS, MINERALS AND PHYTONUTRIENTS?

- Vitamins and minerals are essential for your body's vital functions*
- Phytonutrients are substances found in plants that have special functions in the body*

Why are they important?

Vitamins and minerals:

- Key role in cell function*
- Help convert macronutrients into energy (B vitamins)*
- Support the immune system (Vitamins C and E)*

Phytonutrients:

- Protect from oxidative stress*

Where can you find them?

Vitamins and minerals:

- Fruits and vegetables
- Dairy products
- Eggs
- Meats
- Grains

Phytonutrients:

- Tomatoes
- Avocados
- Carrots
- Blueberries
- Kale

And these quality Herbalife® products...



Formula 2 Multivitamin Complex Garden of Eatin' Ultra-Cal Advanced

(- 110 -)



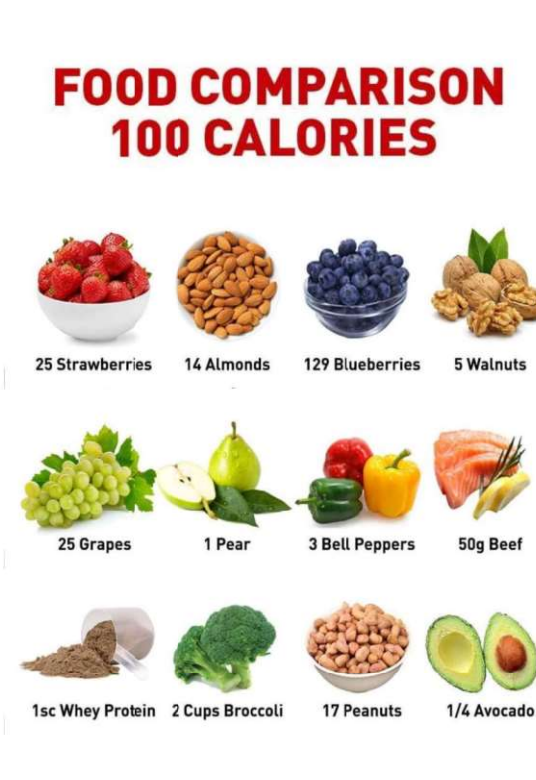
Product Catalog 

WE BRING NUTRITION TO YOU



Herbalife

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FOOD COMPARISON 100 CALORIES

			
25 Strawberries	14 Almonds	129 Blueberries	5 Walnuts
			
25 Grapes	1 Pear	3 Bell Peppers	50g Beef
			
1sc Whey Protein	2 Cups Broccoli	17 Peanuts	1/4 Avocado

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Maximize Your Health

Cellular Nutrition With Our Three Core Products

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

Nutrition for a Better Life

We use only the highest research, innovative, quality products... development and manufacturing... 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 scientific research worldwide.

Healthy Cells = A Healthy You

Your Herbalife Independent Distributor can help personalize a program that's right for you!

Cellular Nutrition

Stress

Pollution

Toxins

Cellular Nutrition

Formula 1

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

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GLYCEMIC INDEX (GI) CHART

Low GI ≤ 55

Medium GI 56 - 69

High GI ≥ 70

F1 Shake

Brown Rice

White bread

Herbalife

Nutrition for a better life.

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Please REMOVE SHOES

Thank you!

ದಯವಿಟ್ಟು ನಿಮ್ಮ ಪಾದರಕ್ಷೆಗಳನ್ನು ಹೊರಗೆ ಬಿಡಿ.

(- 115 -)

Please Keep Silence

Please switch Your Phone to Silent mode

Without Permission don't take Photos / Videos .

(- 116 -)

ದಯವಿಟ್ಟು ನಿಮ್ಮ ಮೊಬೈಲ್‌ಗಳನ್ನು
ಸ್ವಿಚ್ ಆಫ್ / ಸೈಲೆಂಟ್ ಮಾಡಿ



Mobiles should be in Silent Mode or Switched-off

(- 117 -)



(- 118 -)

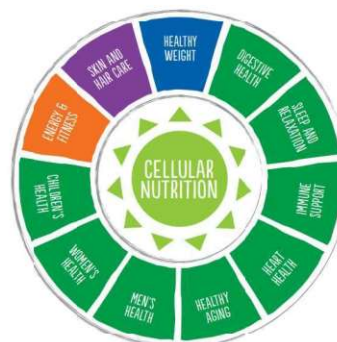
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CELLULAR NUTRITION

MAXIMIZE YOUR NUTRITION

Cellular Nutrition with our Three Core Products



The diagram illustrates the three formulas of Healthy Me! Nutritional Shake Mix, connected by plus signs to show they are combined. Formula 1 is a Healthy Meal Nutritional Shake Mix. Formula 2 is a Multivitamin Complex. Formula 3 is a Cell Activator. The diagram also includes a note about the formulas being evaluated by the Food and Drug Administration.

FORMULA 1
Healthy Meal
Nutritional Shake Mix

FORMULA 2
Multivitamin Complex

FORMULA 3
Cell Activator®

OUR BODIES ARE MADE UP OF 100 TRILLION CELLS

FORMULA 1 IS A HEALTHY MEAL WITH 12 PROTEINS AND MINERALS AND ESSENTIAL NUTRIENTS

FORMULA 2 HAS 18 ANTIOXIDANT VITAMINS A, B6, B12, C, E AND K TO SUPPORT YOUR IMMUNE SYSTEM*

FORMULA 3 IS FORMULATED WITH ALPHA-LIPOIC ACID, WHICH SUPPORTS NORMAL MITOCHONDRIAL ENERGY PRODUCTION*

A HEALTHIER LIFESTYLE!

*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.

Herbalife

*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.

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BODY MASS INDEX (BMI) TABLE FOR ADULTS

CATEGORY	BMI RANGE - kg/m ²
Severe Thinness	< 16
Moderate Thinness	16 - 17
Mild Thinness	17 - 18.5
Normal	18.5 - 25
Overweight	25 - 30
Obese Class I	30 - 35
Obese Class II	35 - 40
Obese Class III	> 40

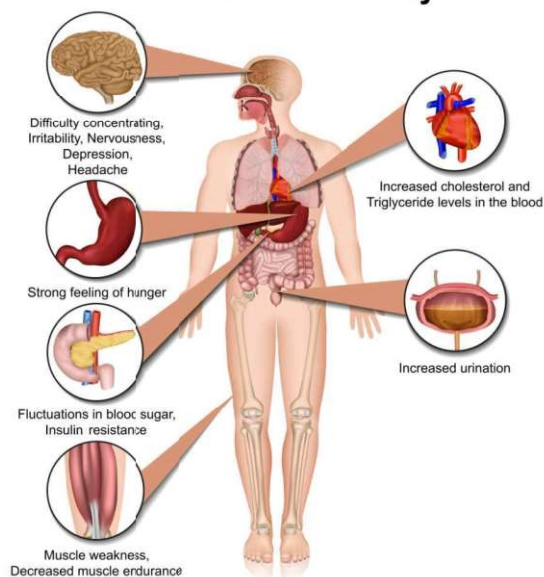


This is the World Health Organization's (WHO) recommended body weight based on BMI values for adults. It is used for both men and women, age 18 or older.

Disclaimer: This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

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Symptoms of Chromium deficiency



Disclaimer: This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

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The Taste You Love, The Nutrition You Need

When you're trying to stay healthy and look great in the process, you need nutrient dense options in just the right amount. Formula 1 Nutritional Shake Mix is the perfect "blend" that has you covered with:

PROTEIN TO PROMOTE LEAN MUSCLE AND HELP FILL YOU UP

FIBER TO AID IN DIGESTION, CURB APPETITE AND HELP YOU FEEL FULL

VITAMINS AND MINERALS, ANTIOXIDANT TO SUPPORT OVERALL WELLNESS

DELICIOUS, CUSTOMIZABLE FLAVORS TO FIT YOUR TASTE AND LIFESTYLE



Herbalife

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Many Great-Tasting Flavors



Herbalife

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The Taste You Love, The Nutrition You Need

When you're trying to stay healthy and look great in the process, you need nutrient-dense calories in just the right amount. Formula 1 Nutritional Shake Mix is the perfect "blend" that has you covered with:

PROTEIN TO PROMOTE LEAN MUSCLE AND HELP FILL YOU UP

FIBER TO AID "DIGESTION," CURB APPETITE AND HELP YOU FEEL FULL

VITAMINS AND MINERALS, ANTIOXIDANT TO SUPPORT OVERALL WELLNESS

DELICIOUS, CUSTOMIZABLE FLAVORS TO FIT YOUR TASTE AND LIFESTYLE



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GET FIT. GET ACTIVE NOW!



Try out the below cardio exercises to burn extra calories and improve your overall fitness level.

CYCLING



SWIMMING



JUMP ROPE



This post is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan. Prior to start of the exercise consult with a qualified fitness trainer of your choice.

HERBALIFE NUTRITION
Independent Associate

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nutrition club

"Where Friends of Good Nutrition Meet Every Day"

Disclaimer

Weight Management Claims:

- These results are not typical. Individual results will vary.

Product Claims:

- Herbalife Nutrition products are not intended to diagnose, treat, cure, or prevent any disease. Please refer respective product label for detailed information.

Healthy Active Lifestyle:

- Before embarking on any physical activity, please consult your physician.

Earnings Claims:

- Income applicable to the individuals (or examples) depicted and not average. For average financial performance data, see the Statement of Average Gross Compensation Paid by Herbalife Nutrition at www.Herbalife.co.in and <https://www.myherbalife.com/en-in/>.

Herbalife

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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)

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Weight management made
 * Segmental (Full Body, Trunk, Legs and Arms) Subcutaneous Fat Measurement
 * Progress Chart display
 * Same Age Comparison

**KNOW YOUR BODY
INSIDE OUT, THEN WORK OUT**

Contact for FREE Body Fat Analysis

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ಆರೋಗ್ಯವೇ ಭಾಗ್ಯ

ಪ್ರತಿ ದಿನದ ಆಹಾರದಲ್ಲಿ 90 ತರಹದ ಪೌಷ್ಟಿಕ ಸತ್ವಗಳು

30 ಮಿನರಲ್
16 ವಿಟಮಿನ್
12 ಅಮೈನೋ ಆಮ್ಲ
02 ಫ್ಯಾಟಿ ಆಮ್ಲ
2.5 ಗ್ರಾಂ ಸಾರಿಸಂಪನ್ಮೂಲ
ಪ್ರೋಟೀನ್ ದೇಹದ ತೊಕ್ಕು ತಕ್ಕಂತೆ

05 ಮಟ್ಟಗಳು

1. ಪೌಷ್ಟಿಕ ಆಹಾರ
2. ನೀರು
3. ರಾತ್ರಿ ನಿದ್ರೆ
4. ವಾಯುಮಾಮ
5. ಒಳ್ಳೆಯ ಯೋಚನೆಗಳು

ಕಡಿಮೆ ಸತ್ವಗಳು 50 / ಪ್ಯಾಂಟ್
ಕೂರತೆ ಸತ್ವಗಳು 10 / ಪ್ಯಾಂಟ್
ಖಾಯಿಲೆ ಸತ್ವಗಳು 10 / ಪ್ಯಾಂಟ್

True Story... System of Life

	Time	Money	Health
ಕಡಿಮೆ	✓	✓	✗
ಕೂರತೆ	✗	✗	✗
ಖಾಯಿಲೆ	✗	✗	✓

(- 139 -)

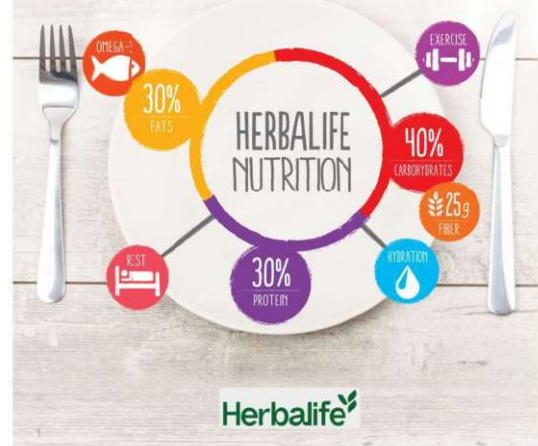
OUR NUTRITION PHILOSOPHY

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 you should adopt a plan in the following areas:



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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.



Herbalife

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HERBALIFE NUTRITION

NOURISHES MY BODY INSIDE AND OUT



Healthy Nutrition

Our body needs healthy nutrition with vitamins and minerals to maintain a healthy skin, hair and organs.



Stay Active

Regular exercise helps you maintain healthy function of your organs, lowers your risk of chronic diseases and improves your skin.



Healthy Skin

An accumulation of daily damage of stress, oxidation and sun exposure will result in pre-mature aging skin. The key to slow down the aging process is to invest a little time everyday to care for your skin.

Herbalife

Nutrition for a better life.

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Herbalife

#1 IN THE WORLD
Meal replacement and protein supplements
worldwide

FORMULA 1 AT A GLANCE

Formula 1 Healthy Meal Nutritional Shake Mix provides customers with an easy-to-prepare healthy, balanced meal. This reduced-calorie, delicious meal-replacement shake provides a balance of protein, fats and carbs for good nutrition and weight management. While most Formula 1 varieties are made with soy protein, other protein sources are available, including whey, milk, pea, quinoa and rice proteins.

Low GI Tested

GI Glycemic Index
Glycemic Index (GI) is a measurement carried out on carbohydrates containing foods and their impact on our blood sugar. The glycemic index (GI) is a ranking of carbohydrates based on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Low GI foods, by virtue of their slow digestion and absorption, produce gradual rise in blood sugar.



9G OF PROTEIN

As much as 1 egg (60g) contains



2.3G OF FIBRE

As much as 1 banana (110g) contains



380MG OF CALCIUM

As much as 3 slices of Cheddar Cheese (63g) contain



5MG OF VITAMIN E

As much as 1 avocado (201g) contains



200MCG OF VITAMIN A

As much as 4 Medium Red Tomatoes (472g) contain



One serving of Formula 1 meal-replacement shake, made with 300 ml of low-fat milk, provides:

VITAMIN C 25% of your recommended daily intake of Vitamin C
VITAMIN E 25% of your recommended daily intake of Vitamin E
VITAMIN A 35% of your recommended daily intake of Vitamin A
CALCIUM 35% of your recommended daily intake of calcium

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

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WE BRING NUTRITION TO YOU



Herbalife

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SEED TO FEED

FROM INGREDIENTS TO PRODUCTS

The source ingredients, such as seeds and grains, have been selected and grown in the best conditions. They are then transported to the processing plant and are subject to the most rigorous quality and safety controls at the first round of testing.

BEST PRACTICES - SAFETY FIRST

Seed and crops of these important and valuable natural resources undergo the most rigorous quality controls, to be sure that every product meets the marketing needs of customers.

1. PLANT

Crops are selected to meet the needs of the market, taking into account climate, soil and growing conditions.

2. CULTIVATION

The crops are carefully monitored and managed to ensure the highest quality of the crops.

3. HARVEST

The crops are carefully harvested and stored in the best conditions, ensuring the highest quality of the crops.

4. TESTING - ROUND 1

The crops are tested for quality and safety, ensuring the highest quality of the crops.

5. RAW MATERIALS

The crops are processed into raw materials, ensuring the highest quality of the crops.

6. TESTING - ROUND 2

The raw materials are tested for quality and safety, ensuring the highest quality of the crops.

7. WEIGHING

The raw materials are weighed and stored in the best conditions, ensuring the highest quality of the crops.

8. BLENDING/COMPRESSION

The raw materials are blended and compressed into a uniform product, ensuring the highest quality of the crops.

9. TESTING - ROUND 3

The product is tested for quality and safety, ensuring the highest quality of the crops.

10. PACKAGING

The product is packaged in the best conditions, ensuring the highest quality of the crops.

11. TESTING - ROUND 4

The product is tested for quality and safety, ensuring the highest quality of the crops.

12. DISTRIBUTION

The product is distributed to the market, ensuring the highest quality of the crops.

Herbalife

Herbalife

CELLULAR NUTRITION

MAXIMIZE YOUR NUTRITION

Cellular Nutrition with our Three Core Products

FORMULA 1

Healthy Meal
Nutritional Shake Mix

OUR PRODUCTS
ARE MADE UP OF
100 TRILLION CELLS

FORMULA 1 IS A HEALTHY
MEAL WITH 21 VITAMINS
AND MINERALS AND
ESSENTIAL NUTRIENTS

FORMULA 2

Multivitamin Complex

FORMULA 2 HAS ANTIOXIDANT
VITAMINS A (AS BETA-CAROTENE),
C AND E TO SUPPORT YOUR
IMMUNE SYSTEM*

FORMULA 3

Cell Activator*

FORMULA 3 IS FORMULATED
WITH ALPHA-LIPIC ACID, WHICH
SUPPORTS NORMAL MITOCHONDRIAL
ENERGY PRODUCTION*

A HEALTHIER
LIFESTYLE!

*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.

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WEIGHT MANAGEMENT | ENHANCERS

Herbalife

THE HEALTHY WAY TO LOSE WEIGHT

Let's turn weight loss into a reality. Herbalife has a number of products, including those that contain caffeine, to boost your metabolism.

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WEIGHT MANAGEMENT | EXERCISE

PERFORM THESE EXERCISES IN ORDER 3 TIMES A WEEK WITH LIGHT WEIGHTS TO MAINTAIN YOUR ENDURANCE AND STRENGTH.

BICYCLE CRUNCH
(10-15 REPS)



FORWARD LUNGE
(10-15 REPS)



SQUAT
(10)



LATERAL SIDE RAISES
(10)



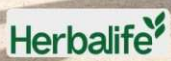
BRIDGE
(10)



SMALL STEPS MAKE A BIG DIFFERENCE

Life can be a whirlwind of work, family gatherings and other events, but that doesn't mean you have to put your wellness on the backburner. With a little commitment, it's easy to squeeze in some exercise and stay on track.





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Herbalife

Delicious and Nutritious
Products to Support your
Healthy, Active Lifestyle.



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WE BRING
NUTRITION
TO YOU

Herbalife

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Herbalife

SEED TO FEED

FROM INGREDIENTS TO PRODUCTS

The source ingredients, such as aloe vera and green tea, have scientific evidence to support the world's #1 brand. The aloe vera is sourced from the same source as the aloe vera used in the world's #1 brand. The green tea is sourced from the same source as the green tea used in the world's #1 brand.

SEED TO FEED - THE PROCESS

The first source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The second source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The third source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fourth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

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The ninth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The tenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The eleventh source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twelfth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The thirteenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fourteenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifteenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The sixteenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The seventeenth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

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The twentieth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-first source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-second source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-third source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-fourth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-fifth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-sixth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-seventh source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-eighth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The twenty-ninth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The thirtieth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The thirty-first source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

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The thirty-seventh source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The thirty-eighth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The thirty-ninth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fortieth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-first source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-second source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-third source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-fourth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-fifth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-sixth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-seventh source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-eighth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The forty-ninth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fiftieth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-first source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-second source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-third source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-fourth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-fifth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-sixth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-seventh source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-eighth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The fifty-ninth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

The sixtieth source of the aloe vera and green tea is the same as the source of the aloe vera and green tea used in the world's #1 brand.

#1 Brand
Claims
Overview

According to Euromonitor, the world's leading provider of strategic market research, Herbalife is the #1 brand in the world in six important categories. Here you will find a brief overview, the six claims, and guidelines to follow when using this valuable data in your business. Search **#Number1** in the Resource Center for additional tools, including a PowerPoint presentation to share with members of your organization.

What Are the #1 Brand Claims?

The six #1 brand claims are based on data compiled by Euromonitor and cover most of our major product categories. They can be used whenever you are marketing Herbalife and Herbalife® products, whether in person with customers, in Nutrition Clubs or at events, or on social media.

Why Should I Use the #1 Brand Claims?

These claims provided by Euromonitor help substantiate the superior value of the Herbalife brand and products and illustrate the difference between us and our competitors. They also help build trust and confidence within your own organizations and with potential Distributors, Preferred Members and customers.

What Is Euromonitor?

Euromonitor is the world's leading provider of strategic market research. Each year, they provide Herbalife claims based on business results.

Herbalife

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Personalized Protein Powder

GET YOUR DOSE OF PROTEIN.



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Personalized Protein Powder

PROTEIN UP YOUR FITNESS GOALS!



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Afresh Energy Drink Mix

SIMPLE YET HIGHLY ENERGETIC!



Available in
GINGER, ELAICH, LEMON,
PEACH AND CINNAMON
FLAVOURS

(- 155 -)

Afresh Energy Drink Mix

DID YOU KNOW?
You need to add 1g of Afresh Energy Drink Mix with
180ml of hot or cold water for a Refreshing Drink



Available in
GINGER, ELAICH, LEMON,
PEACH AND CINNAMON
FLAVOURS

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Herbalife[®] NEWS FLASH

Herbalife's Nutrition Advisory Board Member

Dr. Anoop Misra

Director and Head
Department of Diabetes 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 on diabetes and metabolic disease. Anoop Misra was awarded Padma Shri and B.C. Roy (one of 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 independent distributors on the principles of nutrition, physical activity 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 a senior consultant in internal medicine at Fortis Group of Hospitals, New Delhi. He is former professor of medicine and diabetologist 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 Southwestern Medical Center and Royal London Medical School in the U.K.

He has been published in more than 150 scientific papers in international journals; 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 of two Prime Ministers of India. He is a reviewer for several prestigious international journals including "The Lancet" and "Circulation."

In addition to his work, Misra is very active in community outreach programs that bring health and nutrition education and awareness to disadvantaged children and women in urban slums, and to school children.



Making the world healthier.

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The Science behind the products

UCLA Mark Hughes Cellular & Molecular Nutrition Laboratory



Dr. Ignarro being awarded the Nobel Prize in Medicine

The scientists behind the products



David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N.
• Chairman, Nutrition & Scientific Advisory Boards
• Professor, Department of Medicine, UCLA*
• Director, Center for Human Nutrition, UCLA*
• Director, Clinical Nutrition Research Unit, UCLA*



Louis Ignarro, Ph.D.
Nobel Laureate
• 1998 Nobel Laureate in Medicine
• Distinguished Professor of Pharmacology of Physiology and Biophysics, David Geffen School of Medicine, UCLA*
• Recipient of the 1998 Basic Research Prize of the American Heart Association



Steve Henig, Ph.D.
Chief Scientific Officer
• Executive experience at major companies including Ocean Spray Cranberries, Inc. and ConAgra Grocery Products
• Food Science degree from Rutgers University



Luigi Gratton, M.D., M.P.H., Vice President, Medical Affairs & Education U.S.A.
• Clinical physician at UCLA Center for Human Nutrition
• Awarded Diplomate of The American Board of Physician Nutrition
• Post doctoral fellowship at David Geffen School of Medicine UCLA



Herbalife's Nutrition Advisory Board Member
Dr. Anoop Misra,
Director and Head - India Department of Diabetes and Metabolic Diseases Fortis Hospitals



Nutrition for a better life.

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SCIENTIFIC LEADERSHIP



SCIENTIFIC LEADERSHIP TEAM

The development of Herbalife[®] products is guided by Herbalife Scientific Leadership made up of professionals in the fields of nutrition and health from around the world who participate in the

company's product development and testing programs. The company and scientific staff are members of various research and professional scientific and dietetic groups worldwide.



JOHN AGWUNGBI, M.D., M.B.A., FRCG

DAVID HEBER

DANA RYAN

JOHN HEISS

LOUI IGNARRO

ROCIO MEDINA

GARY SMALL

VASILIOS "BILL" FRANKOS

JOHN AGWUNGBI, M.D., M.B.A., FRCG
Chief Health and Nutrition Officer

STEVE HENIG, Ph.D.
Chief Scientific Officer Emeritus,
Member, Herbalife Nutrition Advisory Board

DAVID HEBER, M.D., Ph.D., F.A.C.P., F.A.C.N.
Chairman, Herbalife Nutrition Institute

DANA RYAN, M.D., M.B.A.
Senior Manager, Sports Performance and Education

JOHN HEISS, Ph.D.
Senior Director, Sports and Fitness,
Worldwide Product Marketing

LOUI IGNARRO, Ph.D.
Nobel Laureate in Medicine,
Member, Herbalife Nutrition Advisory Board

ROCIO MEDINA, Ph.D.
Vice-Chairperson and Member,
Herbalife Nutrition Advisory Board

GARY SMALL, Ph.D.
Member, Herbalife Nutrition Advisory Board

VASILIOS "BILL" FRANKOS, Ph.D., M.P.H.
Senior Corporate Advisor,
Product Science, Safety and Compliance

100+ DOCTORS

250+ STAFF SCIENTISTS

25+ EXPERTS

HOW AROUND THE WORLD IN THE FIELD OF NUTRITION SCIENCE AND HEALTH COMPOSE THE HERBALIFE NUTRITION ADVISORY BOARD

*Dr. Louis Ignarro, a Nobel Laureate in medicine, is a scientific advisor to Herbalife and receives compensation for his endorsement of Herbalife products. The Nutrition Institute has no affiliation with Herbalife and does not endorse, approve or endorse Herbalife products.

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HERBALIFE INDEPENDENT DISTRIBUTOR

nutrition club

"Where Friends of Good Nutrition Meet Every Day"

Products Supported by Science

Herbalife is guided by a team of world-renowned nutritional and scientific advisors who participate in our product development and testing programs. They also ensure that new products are to the highest quality and contain the best ingredients. Additionally, Herbalife sponsors innovative nutritional research in universities around the world.



David Heber, M.D., Ph.D.
Chairman, Nutrition Advisory Board,
Herbalife
Director, Center for Human Nutrition,
UCLA

Steve Henig, Ph.D.
Chief Scientific Officer
Herbalife

Luigi Gratton, M.D., M.P.H.
Vice President of Nutrition Education
Herbalife

Lou Ignarro, Ph.D.
Nobel Laureate in Medicine,
Member of the Nutrition Advisory Board,
Herbalife



Nutrition for a better life.

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SCIENTIFIC LEADERSHIP MAKING A DIFFERENCE

At Herbalife, we are committed to advancing nutrition science. The development of Herbalife products is guided by Herbalife Scientific Leadership made up of professionals in the fields of nutrition and health from around the world, who participate in the company's product development and testing programs.

STEVE HENIG, Ph.D.
CHIEF SCIENTIFIC OFFICER/EMERITUS MEMBER
Herbalife Nutrition Advisory Board

JOHN ACHUNDIKOH, M.D., M.S., M.P.H.
CHIEF HEALTH & NUTRITION OFFICER

DAVID HEBER, M.D., Ph.D., FACF, FASN
CHAIRMAN
Herbalife Nutrition Institute

LOU IGNARRO, Ph.D.
MEMBER
Herbalife Nutrition Advisory Board
Nobel Laureate in Medicine

VASILIOS "BILL" FRANKOS, Ph.D., M.S.
SENIOR VICE PRESIDENT
Global Regulatory Compliance & Product Safety

LUIGI GRATTON, Ph.D., M.P.H.
VICE PRESIDENT
Worldwide Nutrition Education and Development
CHAIRMAN
Nutrition Advisory Board

GARY SMALL, Ph.D.
MEMBER
Nutrition Advisory Board

JOHN HEISS, Ph.D.
SENIOR DIRECTOR
Sports & Fitness
Worldwide Product Marketing

ROCIO MEDINA, Ph.D.
VICE PRESIDENT
Worldwide Nutrition Training
Nutrition Advisory Board

DANA RYAN, Ph.D., M.S.
SENIOR MANAGER
Sports Performance & Education

SUSAN BOWERMAN, Ph.D., M.S., FASE, FAND
DIRECTOR
Worldwide Nutrition Education and Training

Herbalife

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Herbalife MAKING THE WORLD HEALTHIER AND HAPPIER

Nutrition Advisory Board

Dr. Anoop Misra
Director and Head
Department of Diabetes and Metabolic Diseases
Fortis Hospitals,
PADMINSHREE 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.

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Herbalife EXCELLENCE IN SCIENCE

Our Notable 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 attend major conferences worldwide.

Rocio Medina
Vice Chairwoman and Member,
Nutrition Advisory Board

John Heiss
Senior Director,
Worldwide Product Marketing

Kristy Appelhans
Vice President,
Global Consumer Safety

Gary Small
Member,
Nutrition Advisory Board

Susan Bowerman
Senior Director, Worldwide
Nutrition Education and Training
Chairwoman, Global Nutrition
Advisory Board

Kent Bradley
Chief Health and Nutrition
Officer, Herbalife Nutrition
Advisory Board

Vasilios Frankos
Senior Corporate Advisor,
Global Nutrition Safety,
Product Safety and Compliance

Samantha Clayton
Vice President,
Global Nutrition Training
and Events

Laura Chacon-Garbaro
Director, Nutrition Product
Development, Herbalife Nutrition
Advisory Board

Luigi Gratton
Vice President,
Global Nutrition Training
and Events

Dana Ryan
Senior Manager,
Sports Performance and Education

Michael Yatolla
Senior Vice President,
Research and Development

David Heber
Chairman, Herbalife Nutrition Institute

Steve Henig
Chief Scientific Officer,
Herbalife Nutrition Institute

John Achundikoh
Chief Health and Nutrition Officer,
Herbalife Nutrition

Luigi Gratton
Vice President,
Global Nutrition Training
and Events

Rocio Medina
Vice Chairwoman and Member,
Nutrition Advisory Board

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EXCELLENCE IN SCIENCE

NOTABLE EXPERTS

ROCIO MEDINA
M.D.
Vice Chairwoman and Member,
Nutrition Advisory Board

GARY SMALL
M.D.
Member,
Nutrition Advisory Board

KRISTY APPELHANS
M.D., M.S.
Vice President,
Global Consumer Safety

KENT BRADLEY
M.D., M.S., M.P.H.
Chief Health and Nutrition Officer,
Chairman, Nutrition Advisory Board

SUSAN BOWERMAN
M.D., Ph.D., FASE, FAND
Senior Director, Worldwide
Nutrition Education and Training
Chairwoman, Global Nutrition
Advisory Board

LAURA CHACON-GARBARO
L.M.
Director, Nutrition Product
Development, Herbalife Nutrition
Advisory Board

SAMANTHA CLAYTON
D.K., USA-CPT
Vice President,
Sports Performance and Fitness

VASILIOS FRANKOS
Ph.D., M.S.
Senior Corporate Advisor,
Product Safety, Safety and Compliance

DAVID HEBER
M.D., Ph.D., FACF, FASN
Chairman, Herbalife Nutrition Institute

STEVE HENIG
Ph.D.
Chief Scientific Officer,
Herbalife Nutrition Institute

JOHN ACHUNDIKOH
M.D., M.P.H.
Chief Health and Nutrition Officer,
Herbalife Nutrition

LUIGI GRATTON
M.D., M.P.H.
Vice President,
Global Nutrition Training
and Events

ROCIO MEDINA
M.D.
Vice Chairwoman and Member,
Nutrition Advisory Board

JOHN HEISS
Ph.D.
Senior Director,
Worldwide Product Marketing

DANA RYAN
Ph.D., M.S., M.P.H.
Senior Manager,
Sports Performance and Education

MICHAEL YATOLLA
Ph.D., M.S.
Senior Vice President,
Research and Development

KRISTY APPELHANS
M.D., M.S.
Vice President,
Global Consumer Safety

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Worldwide Product Marketing

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Ph.D., M.S., M.P.H.
Senior Manager,
Sports Performance and Education

MICHAEL YATOLLA
Ph.D., M.S.
Senior Vice President,
Research and Development

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SCIENTIFIC LEADERSHIP MAKING A DIFFERENCE

At Herbalife, we are committed to advancing nutrition science. The development of Herbalife products is guided by Herbalife Scientific Leadership made up of professionals in the fields of nutrition and health from around the world, who participate in the company's product development and testing programs.

STEVE HENIG, Ph.D.
CHIEF SCIENTIFIC OFFICER EMERITUS
MEMBER, Herbalife Nutrition Advisory Board

JOHN AGWUNOBI, M.D., M.P.H.
CHIEF HEALTH & NUTRITION OFFICER

DAVID HEBER, M.D., M.S., F.A.C.P., F.A.S.N.
CHAIRMAN, Herbalife Nutrition Institute
Nobel® Laureate in Medicine

LOU IGNARRO, Ph.D.
MEMBER, Herbalife Nutrition Advisory Board
Nobel® Laureate in Medicine

VASILIOS "BILL" FRANKS, Ph.D.
SENIOR VICE PRESIDENT, Global Post-Market Medical Surveillance

GARY SMALL, M.D.
MEMBER, Nutrition Advisory Board

JOHN HEISS, Ph.D.
SENIOR DIRECTOR, Sports & Fitness
Worldwide Product Marketing

ROCIO MEDINA, Ph.D.
VICE PRESIDENT, Worldwide Nutrition Training
VICE CHAIRWOMAN, Nutrition Advisory Board

DANA RYAN, Ph.D.
SENIOR MANAGER, Sports Performance & Education

SUSAN ROWEWMAN, M.S., B.S., C.S.C., I.A.N.S.
DIRECTOR, Worldwide Nutrition Education and Training

Herbalife

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SCIENTIFIC LEADERSHIP

THIS HIGHLY CREDENTIALLED TEAM INCLUDES:

JOHN AGWUNOBI, M.D., M.P.H.
CO-PRESIDENT
Chief Health & Nutrition Office

KENT BRADLEY, M.D., M.S., M.P.H.
VICE PRESIDENT
Medical Affairs & Nutrition Education Chairman, Nutrition Advisory Board

DANA RYAN, Ph.D.
DIRECTOR
Sports Performance & Education

DAVID HEBER, M.D., M.S., F.A.C.P., F.A.S.N.
CHAIRMAN
Herbalife Nutrition Institute

KRISTY APPELHAUS, M.S., M.S.
SENIOR DIRECTOR
Global Post-Market Medical Surveillance

JOHN HEISS, Ph.D.
SENIOR DIRECTOR
Customer Experience & Innovation

STEVE HENIG, Ph.D.
CHIEF SCIENTIFIC OFFICER EMERITUS
Member, Nutrition Advisory Board

LOUIS IGNARRO, Ph.D.
Nobel® Laureate in Medicine
Member, Nutrition Advisory Board

ROCIO MEDINA, Ph.D.
VICE CHAIRWOMAN & MEMBER
Nutrition Advisory Board

LUIGIE GRATTON, M.D., M.P.H.
VICE PRESIDENT
Training

GARY SMALL, M.D.
MEMBER
Herbalife Nutrition Advisory Board

VASILIOS FRANKS, Ph.D.
SENIOR CORPORATE ADVISOR
Product Safety & Compliance

*The University of California does not endorse specific products or services as a matter of policy.
†The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition products.

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SCIENTIFIC LEADERSHIP

THIS HIGHLY CREDENTIALLED TEAM INCLUDES:

LOUIS IGNARRO, Ph.D.
Nobel® Laureate in Medicine
Member, Member of the Herbalife Nutrition Institute Editorial Board and Nutrition Advisory Board
Has made exceptional contributions to science. A Nobel® Laureate in Physiology or Medicine in 1998 for his discovery of nitric oxide's role in blood vessel health.

JOHN AGWUNOBI, M.D., M.S.A., M.P.H.
Chief Health and Nutrition Officer
Former Assistant Secretary of Health for the U.S. Department of Health and Human Services. Responsible for the company's nutrition philosophy, nutrition and product education, supporting the Herbalife Nutrition Institute and Herbalife's advisory boards.

DAVID HEBER, M.D., M.S., F.A.C.P., F.A.S.N.
Chairman, Herbalife Nutrition Institute Editorial Board and Nutrition Advisory Board
Specializes in obesity treatment and nutrition for cancer prevention and treatment. Founding Director of the Center for Human Nutrition at the University of California, Los Angeles.

LUIGIE GRATTON, M.D., M.P.H.
Vice President, Worldwide Nutrition Education and Development, Member of Herbalife Nutrition Institute Advisory Board
Focused on educating and training independent Herbalife Nutrition around the world on the fundamentals of good nutrition and how Herbalife products support a healthy diet.

JOHN HEISS, Ph.D.
Senior Director, Sports and Fitness, Worldwide Product Marketing
One of the nation's leading experts in high-level sports nutrition products. He is responsible for setting the strategy for sports nutrition and developing a portfolio of products based on the latest science.

ROCIO MEDINA, Ph.D.
Vice President, Worldwide Nutrition Training, Vice Chairwoman, Nutrition Advisory Board
A former professor of nutrition and obesity with over 20 years of experience. Designed a program of study in nutrition at the University of Minnesota in Mexico, to help prepare professionals in this field.

GARY SMALL, M.D.
Member, Herbalife Nutrition Institute Editorial Board and Nutrition Advisory Board
Has authored over 100 scientific works and received numerous awards and honors.

VASILIOS "BILL" FRANKS, Ph.D.
Senior Vice President, Global Regulatory Compliance and Product Safety
One of the country's foremost authorities on dietary requirements and nutraceuticals. Herbalife's commitment to providing science-based nutritional supplements of the highest quality available in the marketplace.

STEVE HENIG, Ph.D.
Member, Herbalife Nutrition Institute Editorial Board
Served as Senior Vice President, technology and innovation at Swiss Spine Systems, Inc., where he validated the company's new products program and medical research program.

DANA RYAN, Ph.D.
Sports Performance & Education
A former collegiate athlete and coach with a Ph.D. in Physical Activity, Research and Movement along with a Master's degree in Kinesiology and a Certificate in Nutrition for National Health, Wellness and Performance.

12 *The University of California does not endorse specific products or services as a matter of policy.
†The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.

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DISCOVER WHAT MAKES A CHAMPION

Herbalife

Virat Kohli
Cricket, India

Mary Kom
Boxing, India

Manika Batra
Table Tennis, India

Lakshya Sen
Badminton, India

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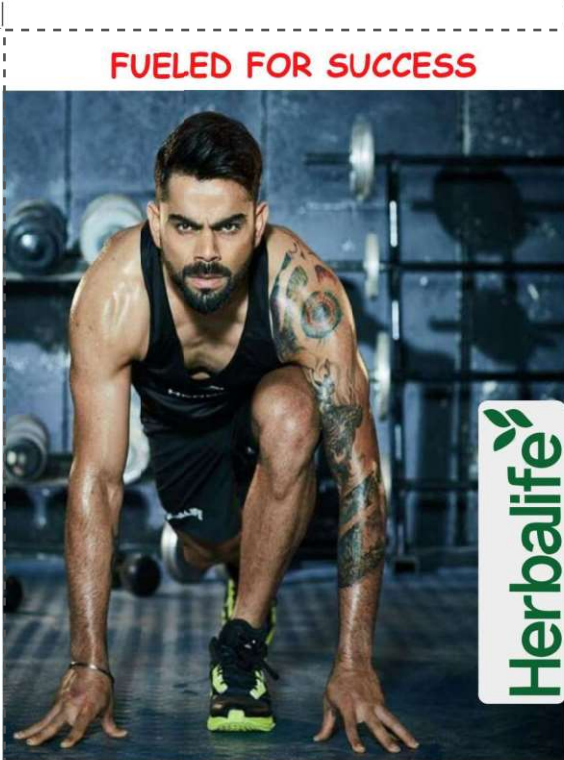


FUELING CHAMPIONS

Herbalife

LAKSHYA SEN
BADMINTON, INDIA

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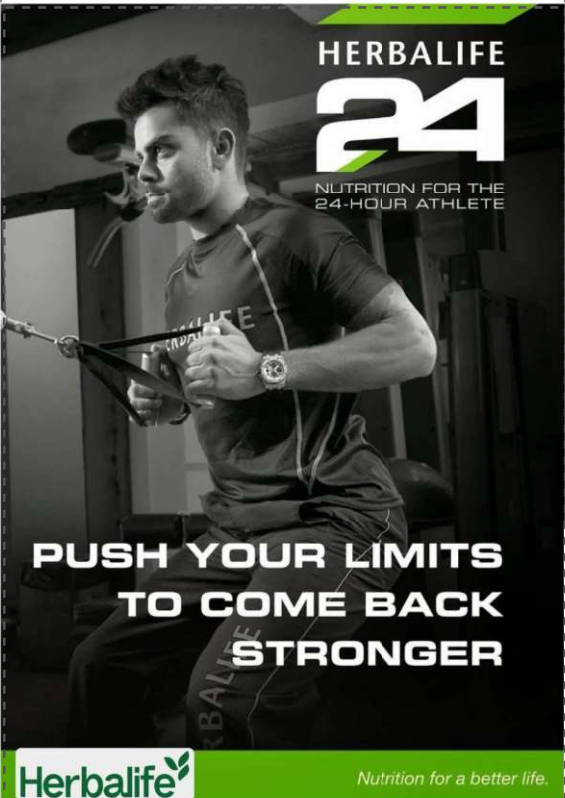


FUELED FOR SUCCESS

Herbalife

VIRAT KOHLI
Cricket, India
(Herbalife Sponsored Athlete)

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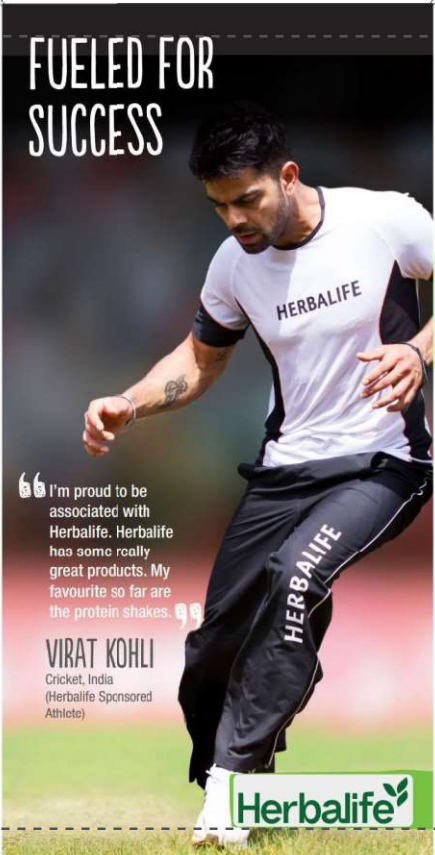


HERBALIFE 24
NUTRITION FOR THE 24-HOUR ATHLETE

**PUSH YOUR LIMITS
TO COME BACK
STRONGER**

Herbalife Nutrition for a better life.

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FUELED FOR SUCCESS

HERBALIFE

VIRAT KOHLI
Cricket, India
(Herbalife Sponsored Athlete)

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Herbalife nutrition club
"Where Protein is Your Nutrition Best Every Day"

Have You Had Your SHAKE TODAY?

"I'm proud to be associated with Herbalife. Herbalife has some really great products. My favourite so far are the protein shakes."

- Virat Kohli
Cricket, India

www.herbalife.co.in

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Herbalife nutrition club
"Where Protein is Your Nutrition Best Every Day"

Have You Had Your SHAKE TODAY?

"Formula 1 gives me a healthy start to the day; Personalized Protein Powder has enabled me build my muscles and become stronger."

- Mary Kom
Boxing, India

www.herbalife.co.in

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Herbalife

NUTRITION CHOICE OF WORLD CLASS ATHLETES

"Formula 1 gives me a healthy start to the day; Personalized Protein Powder has enabled me build my muscles and become stronger."

Mary Kom, Boxing, India

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HERBALIFE NUTRITION FUELS CHAMPIONS

Herbalife is proud to be the Global Nutrition Partner of Cristiano Ronaldo, international football superstar.

Herbalife

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Herbalife

FUELING CHAMPIONS

"I'm proud to be associated with Herbalife. Herbalife has some really great products. My favourite so far are the protein shakes."

Virat Kohli, Cricket, India

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VICTORY
STARTS ON THE **INSIDE**



Herbalife

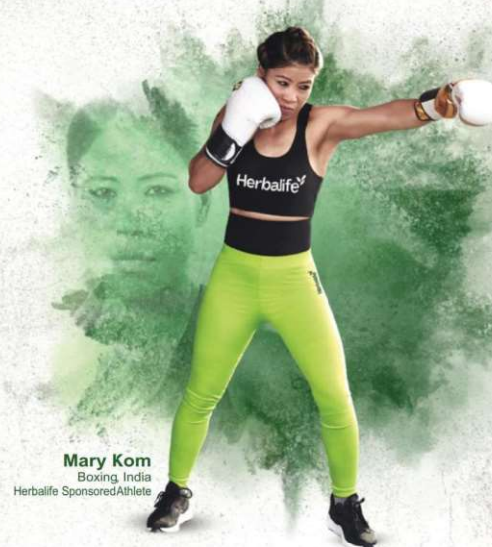
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DISCOVER **Herbalife**
WHAT MAKES A CHAMPION



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**BELIEVE IN YOUR STRENGTH,
POWER YOUR PURPOSE.**



Herbalife | Independent Associate

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UP YOUR GAME,
GO BEYOND LIMITS.

Manika Batra
Table Tennis, India
Herbalife Sponsored Athlete

Herbalife | Independent
Associate

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BELIEVE IN YOURSELF,
LIVE YOUR PURPOSE!

Palak Kohli
Para-Badminton, India
Herbalife Sponsored Athlete

Herbalife | Independent
Associate

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FUEL YOUR DRIVE
TO GREATNESS!

Lakshya Sen
Badminton, India
Herbalife Sponsored Athlete

Herbalife | Independent
Associate

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FUEL YOUR PASSION,
CONQUER YOUR GOALS!

Smriti Mandhana
Cricket, India
Herbalife Sponsored Athlete

Herbalife | Independent
Associate

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FUELED FOR SUCCESS

VIRAT KOHLI
Cricket, India

Herbalife | Independent Associate

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FITNESS PORTAL WITH **SAMANTHA CLAYTON**



Special Features:



Download to follow at your convenience



Share instantly on Facebook, Twitter & more!



Use to train at your Nutrition Club

WATCH IN ENGLISH



<http://fitness.en.video.herbalife.co.in/>

Whether you need Beginner, Intermediate or Advanced levels of workouts, Target workouts or Trainer tips - this portal is a one stop shop for all your exercise needs.



Before embarking on any physical activity, please consult your physician.

HERBALIFE NUTRITION
Independent Associate

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HERBALIFE NUTRITION
Independent Associate

**YOUR KEY TO POST
WORKOUT RECOVERY!**
H24 REBUILD STRENGTH

- Recovery shake mix that delivers a tri-core protein-amino blend of free amino acids
- Whey and casein proteins help rebuild fatigued muscle
- A blend of amino acids, carbohydrate and protein help support lean muscle mass
- Carbohydrate helps enhance muscle-recovery by supporting the delivery of Branch Chain Amino Acids (BCAAs) for muscle synthesis
- L-glutamine help support muscle recovery
- It provides vitamins and minerals



24g
Protein per serve

Tri-core
protein amino blend

L-Glutamine
Muscle Recovery

BCAAs
Muscle Synthesis

Key Notes :

- Banned substance tested*
- No artificial sweeteners
- No artificial flavours
- Easy to use on the go format
- No artificial colours

HERBALIFE
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Facebook: @HerbalifeIndiaOfficial Instagram: @HerbalifeIndiaOfficial Twitter: @HerbalifeIndia Website: www.herbalife.co.in www.myherbalife.com

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HERBALIFE NUTRITION
Independent Associate

**KEEP YOURSELF
HYDRATED AND READY
TO PERFORM!**
H24 HYDRATE



- H24 Hydrate is developed by experts in sports nutrition.
- This refreshing orange flavored drink mix contains isotonic electrolytes.
- It provides five essential vitamins (B1, B2, B5, B12 and C) and five essential electrolytes (Calcium, Magnesium, Phosphorus, Potassium and Sodium).
- When mixed with water, it's a perfect any-time hydration option for everyone with especially of less than 270 mOsmol/kg.
- Enjoy H24 Hydrate as part of a balanced and varied diet in line with a healthy active lifestyle.

Key Notes :

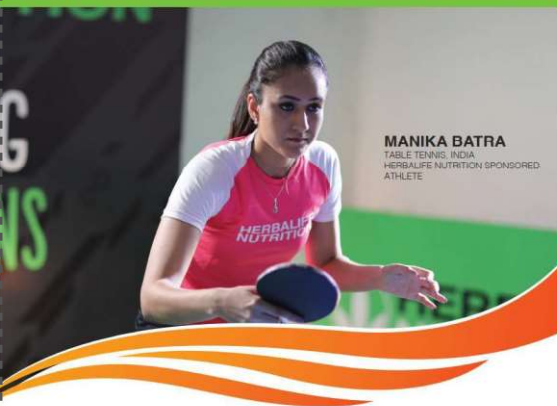
- No Added sugar
- No artificial colour
- Banned substance tested*
- Easy to use, on the go format

HERBALIFE
24

Facebook: @HerbalifeIndiaOfficial Instagram: @HerbalifeIndiaOfficial Twitter: @HerbalifeIndia Website: www.herbalife.co.in www.myherbalife.com

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ANNOUNCEMENT INDIA EDITION



MANIKA BATRA
TABLE TENNIS, INDIA
HERBALIFE NUTRITION SPONSORED
ATHLETE

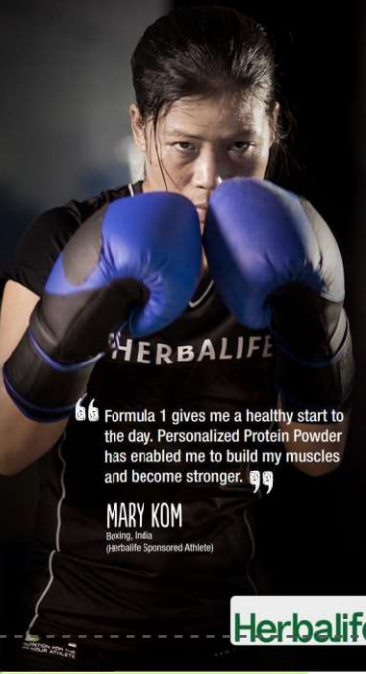
"We are delighted to have **Manika Batra** as our sponsored athlete and to be a part of her incredible journey. There is great synergy between our brand's ethos and values and Manika." - **Ajay Khanna**, Vice President & Country Head, Herbalife Nutrition India.

"Herbalife Nutrition with its powerful message "Healthy Active Lifestyle" to "Make the World Healthier and Happier" has always encouraged people to live a healthy life. It's an absolute privilege to be a part of Herbalife family." - **Manika Batra**, CWG 2018 Table Tennis Champion and Arjuna Award Recipient 2018 for excellence in Table Tennis.



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POWER YOUR PURPOSE



"Formula 1 gives me a healthy start to the day. Personalized Protein Powder has enabled me to build my muscles and become stronger."

MARY KOM
Boxing, India
(Herbalife Sponsored Athlete)



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ANNOUNCEMENT INDIA EDITION



Herbalife Nutrition congratulates sponsored athlete **Mary Kom** on winning her third gold medal of the year at the recent championship in Poland.

MARY KOM BOXING ACADEMY
POWERED BY HERBALIFE NUTRITION

Joining the league this time is Tingmila Doungel from Mary's boxing academy in Imphal. She won a gold medal as well in the 48kg women's boxing category at the same championship.

Best wishes to both these amazing women who are making the country proud!



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Brand Ambassador
Making the world healthier.



FUELED FOR SUCCESS
BELIEVE IN YOUR STRENGTH. POWER YOUR PURPOSE.

FUEL YOUR PASSION. CONQUER YOUR GOALS!

FUEL YOUR DRIVE TO GREATNESS!

UP YOUR GAME. GO BEYOND LIMITS.

BELIEVE IN YOURSELF. LIVE YOUR PURPOSE!

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"Our company stands for a healthy, active life, and those three words represent who I am as a person. I'm most excited about getting people moving."

Samantha Clayton
Vice President, Worldwide Sports Performance and Fitness, Herbalife Nutrition

[CLICK HERE for the Herbalife Nutrition Fitness Portal](#)

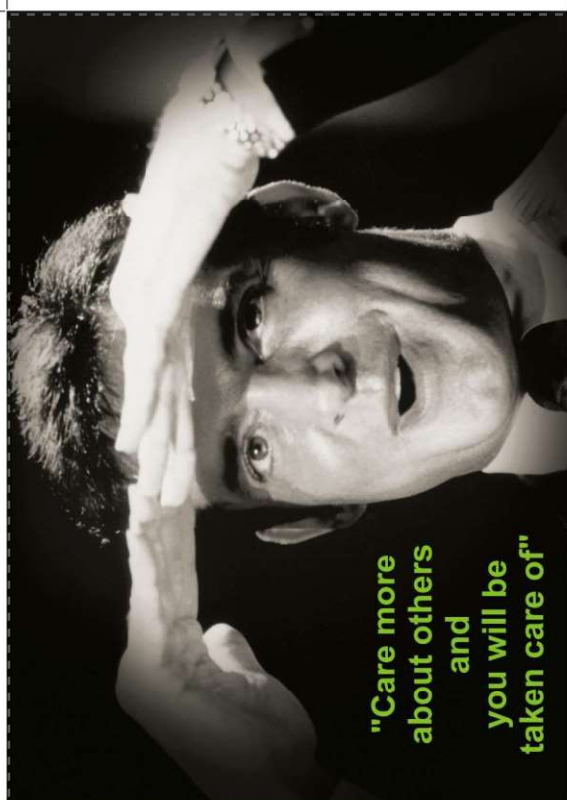
(- 326 -)



I DON'T CARE WHAT YOU THINK OF ME,
I AM PROUD TO BE A HERBALIFE DISTRIBUTOR.

— Mark Hughes, Founder of Herbalife

(- 401 -)



"Care more
about others
and
you will be
taken care of"

(- 402 -)



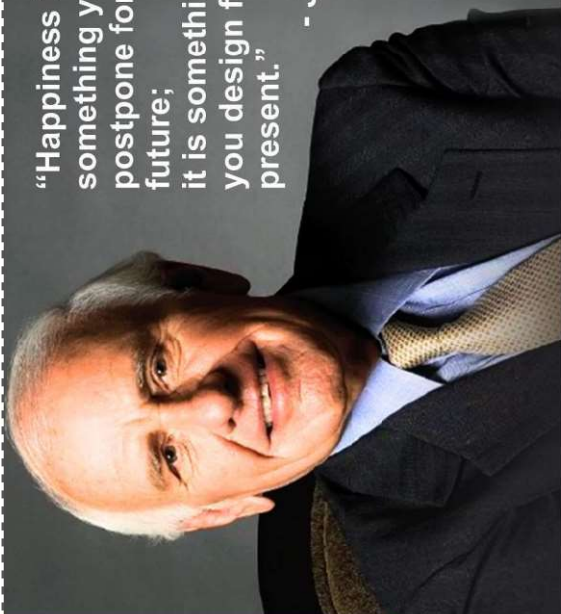
"If you really want
to do something,
you'll find a way.
If you don't, you'll
find an excuse."

Jim Rohn

(- 403 -)

"Happiness is not
something you
postpone for the
future;
it is something
you design for the
present."

- Jim Rohn

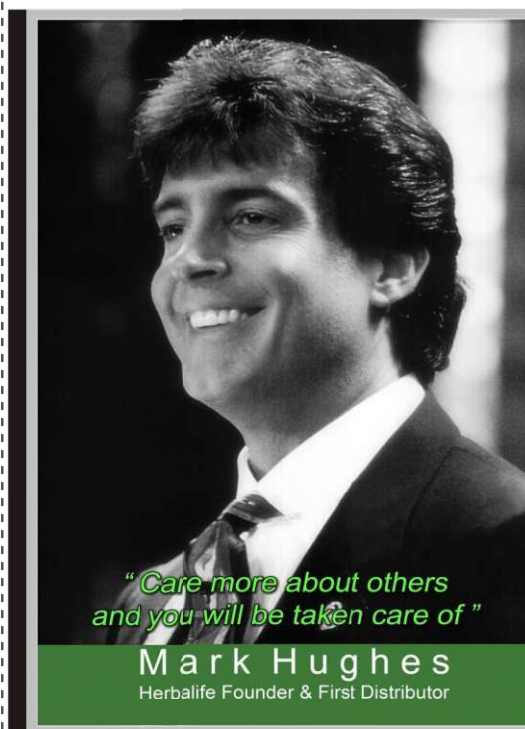


(- 404 -)

"Care more about others
and you will be taken care of"

Mark Hughes

Herbalife Founder & First Distributor

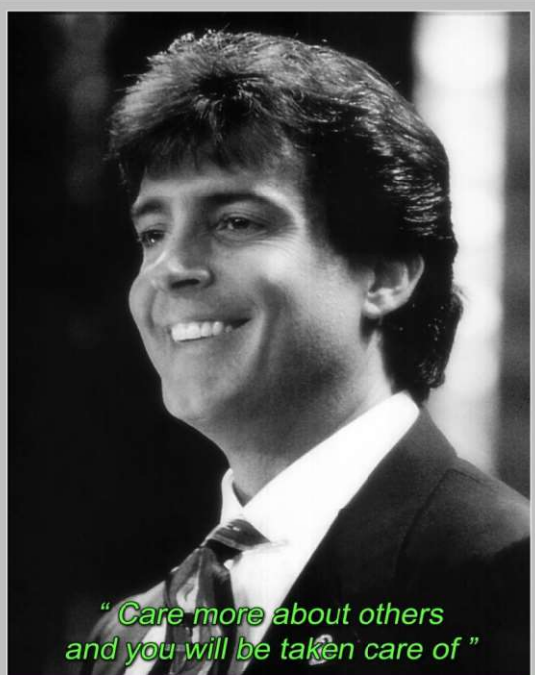


(- 405 -)

"Care more about others
and you will be taken care of"

Mark Hughes

Herbalife Founder & First Distributor

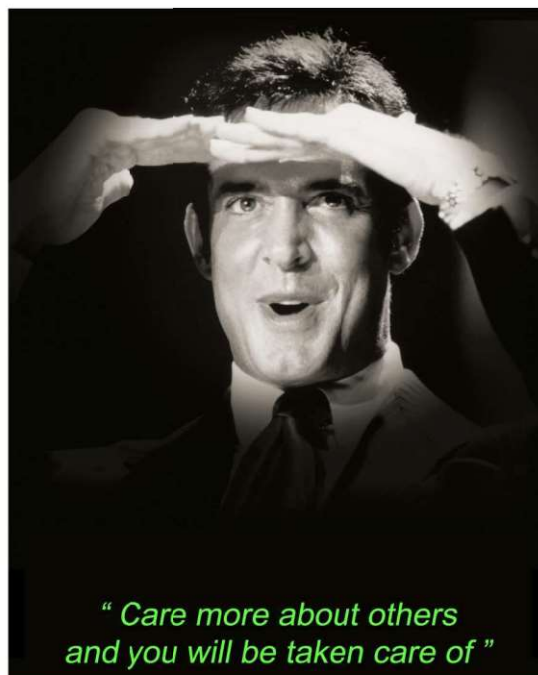


(- 406 -)

"Care more about others
and you will be taken care of"

Mark Hughes

Herbalife Founder & First Distributor



(- 407 -)



Care more about others, You will be taken care of.

— Mark Hughes,
Founder of Herbalife

(- 408 -)



Care more about others, You will be taken care of.

**I DON'T CARE WHAT YOU THINK OF ME,
I AM PROUD TO BE A HERBALIFE DISTRIBUTOR.**

— Mark Hughes, Founder of Herbalife

(- 409 -)



**Care more about others,
You will be taken care of.**

— Mark Hughes, Founder of Herbalife

(- 410 -)



Care more about others, You will be taken care of.

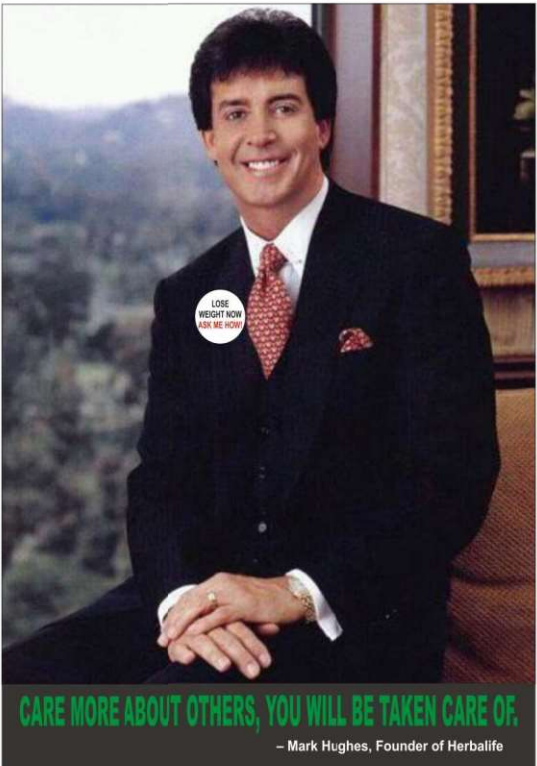
**I DON'T CARE WHAT YOU THINK OF ME,
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— Mark Hughes, Founder of Herbalife

(- 411 -)



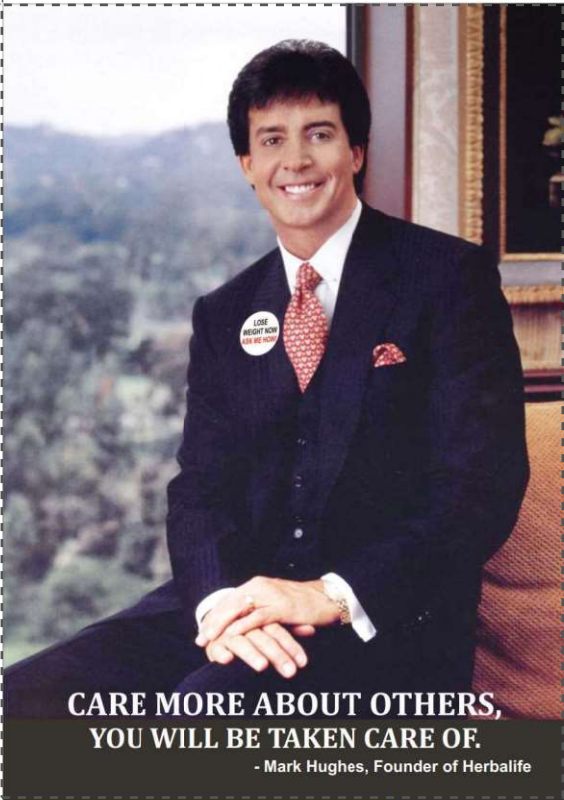
(- 412 -)



(- 413 -)



(- 414 -)



(- 415 -)



Care more about others, You will be taken care of.

— Mark Hughes, Founder of Herbalife

(- 416 -)



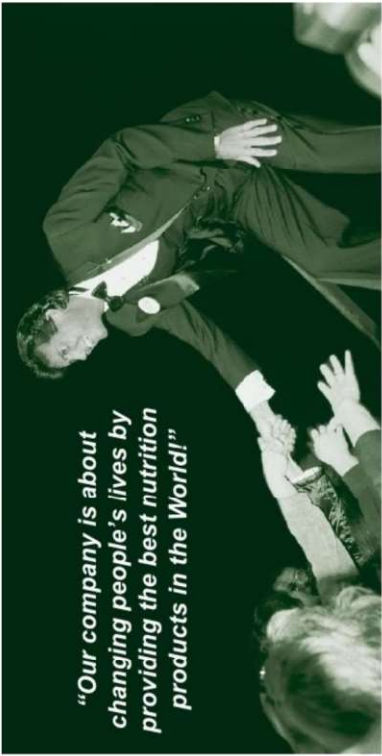
MARK HUGHES

Herbalife

- 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

(- 417 -)

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

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

Herbalife

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

(- 419 -)

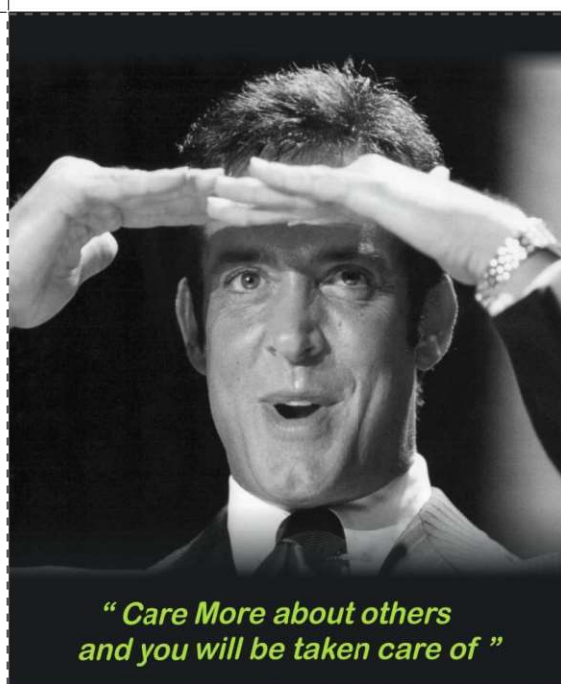
Mark Hughes - Herbalife Founder



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

(- 420 -)

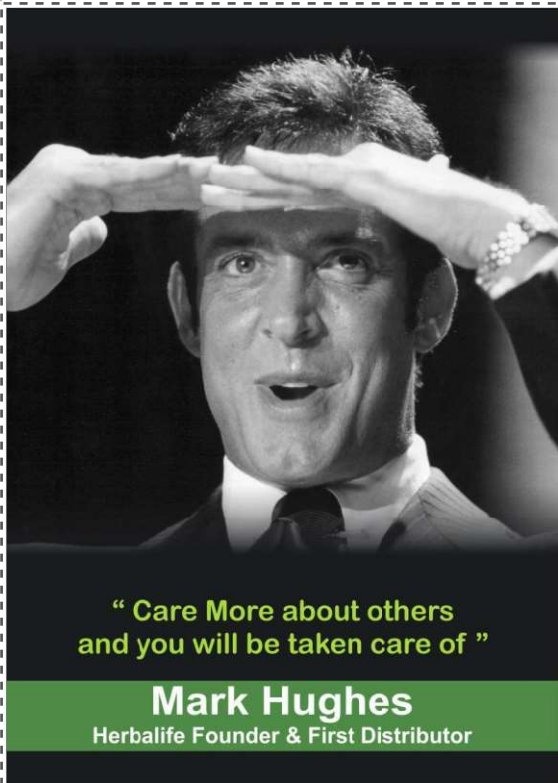


*"Care More about others
and you will be taken care of"*

Mark Hughes

Herbalife Founder & First Distributor

(- 421 -)



*"Care More about others
and you will be taken care of"*

Mark Hughes

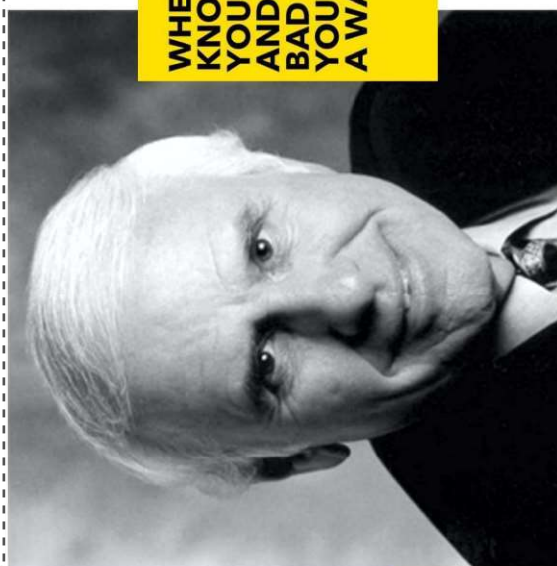
Herbalife Founder & First Distributor

(- 422 -)

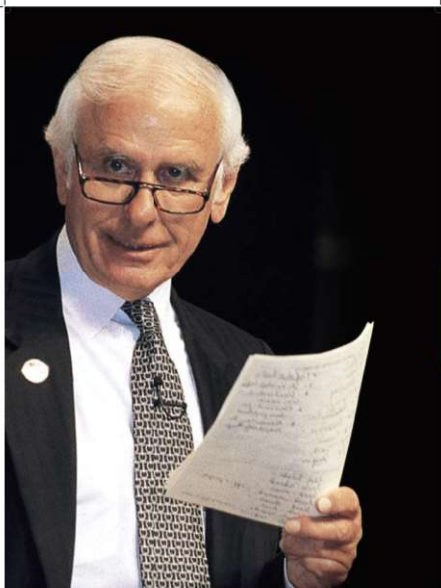
Herbalife

**WHEN YOU
KNOW WHAT
YOU WANT,
AND WANT IT
BAD ENOUGH,
YOU WILL FIND
A WAY TO GET IT.**

-JIM ROHN



(- 423 -)



Jim Rohn

(1930-2009)
Renowned Business
Philosopher

**Success is not to be
pursued, it is to be
attracted by the person
you become. ”**

Herbalife

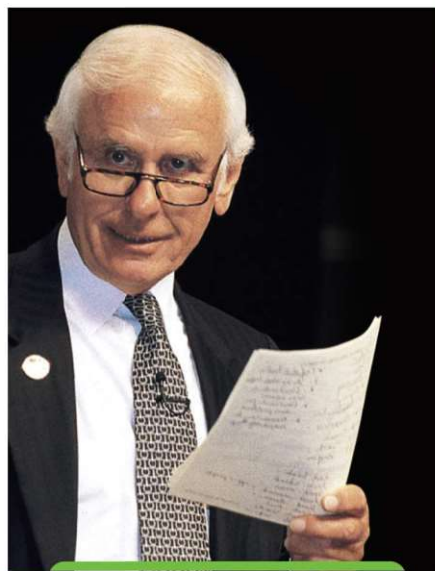
(- 424 -)

Herbalife

Jim Rohn

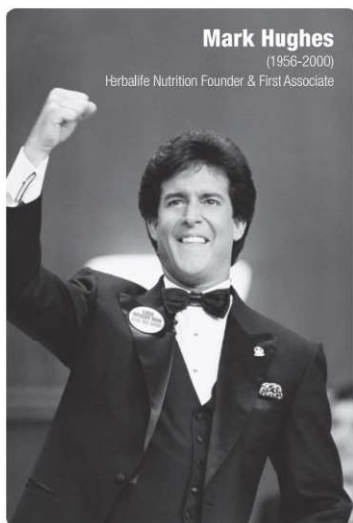
(1930-2009)
Renowned Business
Philosopher

**Success is not to be
pursued, it is to be
attracted by the person
you become. ”**



(- 425 -)

**YOUR SUCCESS IS ONLY
LIMITED BY YOUR OWN
IMAGINATION AND
YOUR HARD WORK.**



Mark Hughes

(1956-2000)
Herbalife Nutrition Founder & First Associate

Herbalife

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Herbalife

Mark Hughes

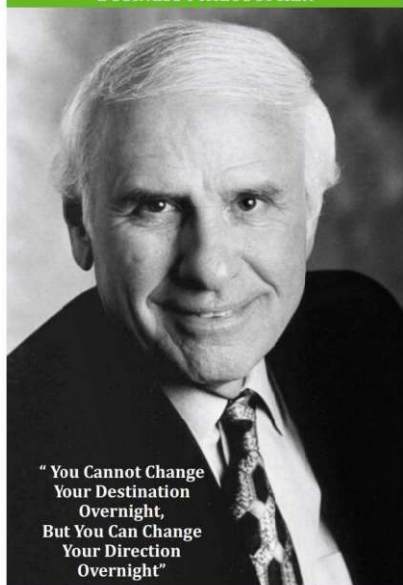
(1956-2000)
Herbalife Nutrition
Founder & First
Associate

**You don't have to be
great to start, but
you have to start to
be great. ”**



(- 427 -)

JIM ROHN
BUSINESS PHILOSOPHER



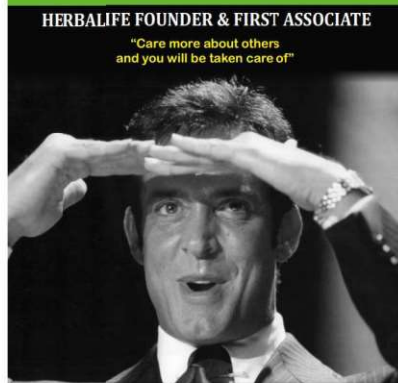
"You Cannot Change
Your Destination
Overnight,
But You Can Change
Your Direction
Overnight"

Herbalife

(- 428 -)

MARK HUGHES
HERBALIFE FOUNDER & FIRST ASSOCIATE

"Care more about others
and you will be taken care of"

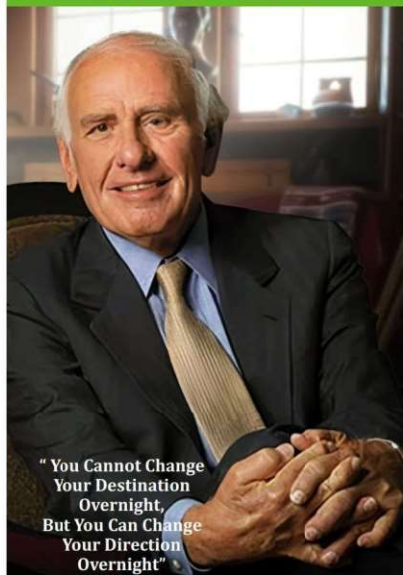


"I DON'T CARE
WHAT YOU THINK OF ME,
I AM PROUD TO BE A
HERBALIFE DISTRIBUTOR"

Herbalife

(- 429 -)

JIM ROHN
BUSINESS PHILOSOPHER



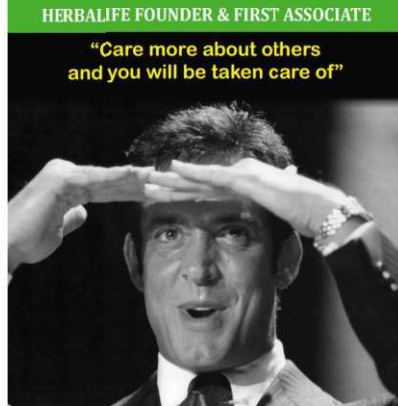
"You Cannot Change
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But You Can Change
Your Direction
Overnight"

Herbalife

(- 430 -)

MARK HUGHES
HERBALIFE FOUNDER & FIRST ASSOCIATE

"Care more about others
and you will be taken care of"



"Your **success** is
only limited by your
own **imagination** and
your hard **work**."

Herbalife

(- 431 -)

MARK HUGHES
HERBALIFE FOUNDER & FIRST ASSOCIATE



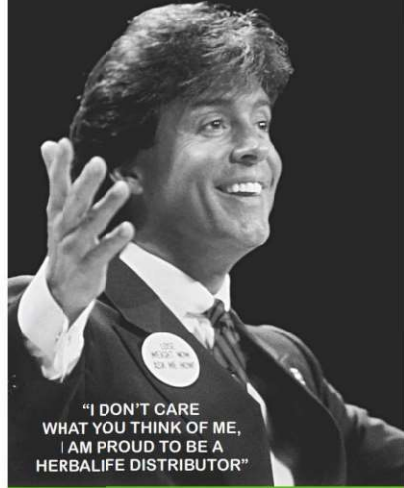
"Care more about others
and you will be taken care of"

Herbalife

(- 432 -)

MARK HUGHES
HERBALIFE FOUNDER & FIRST ASSOCIATE

"Care more about others
and you will be taken care of"



"I DON'T CARE
WHAT YOU THINK OF ME,
I AM PROUD TO BE A
HERBALIFE DISTRIBUTOR"

Herbalife

(- 433 -)

ದೇಹದ ತೂಕ ಕಡಿಮೆ/ಹೆಚ್ಚು ಮಾಡಿಕೊಳ್ಳಿರಿ

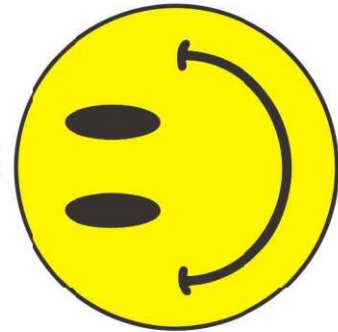
LOSE / GAIN WEIGHT



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97421 36356

(- 501 -)

ನ್ಯೂಟ್ರಿಷನ್ ಕ್ಲಬ್ ಸಮಯ



8.00am to 9.30am

(- 502 -)

ದೇಹದ ತೂಕ ಕಡಿಮೆ/ಹೆಚ್ಚು ಮಾಡಿಕೊಳ್ಳಿರಿ

LOSE / GAIN WEIGHT



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