



Optimizing Your Nutrition Through Cellular Science

*Herbalife products are not intended to diagnose, treat, prevent or cure any disease. Pregnant or lactating women should consult their physician prior to use of this product. Please see individual product label for detailed information.
This presentation 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.
People with special medical conditions should consult a doctor before adopting the usage/advices suggested.
Before embarking on any physical activities, please consult your physician*



Why do we make
the world healthier
and happier?



Our nutrition philosophy
and how it helps



How we can help you
optimize your nutrition

**Training
Sections**



**Why do we make
the world healthier
and happier?**

Global Health Trends



Formula 1 Nutritional Shake Mix: This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or children under 5 years, adolescents and elderly, except when medically advised by physician or certified dietician or nutrition professional. This product is not intended to diagnose, treat, cure or prevent any disease. Herbalife Nutrition products are designed for use by adults as a part of a healthy well-balanced diet. Our products are formulated for adults and are labelled based on the adult Recommended Dietary Allowances. Before using this product as part of a weight control programme it is also advisable to consult a physician. Herbalife Nutrition does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife Nutrition products for weight loss, especially during their formative years. This contains Sucralose. CONTAIN NON-CALORIC SWEETENER.



Obesity and Overweight

Key Facts

Globally over 4 billion people may be affected by 2035, compared with over 2.5 billion in 2022.

2x

Worldwide obesity
has nearly doubled
since 1990

2.5 billion

Adults are
overweight

890 million

Adults are
obese

Addressing Trends In India

2x

Increase in
Overweight adults in
last 10 years

350 million

Adults are
obese

It is alarming that individuals with underweight
and individuals with normal BMI had
Abdominal Obesity

❖ Awareness should be created among all
individuals irrespective of their BMI status.



References:

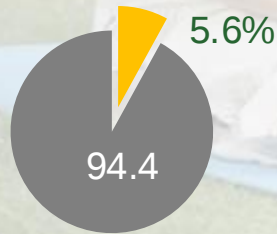
- 1) Gupta RD, et al, 2023 May 12;4(2):163-172.
- 2) <http://rchiips.org/NFHS/NFHS-4Reports/India.pdf>

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Aging Population is Significant and Underserved

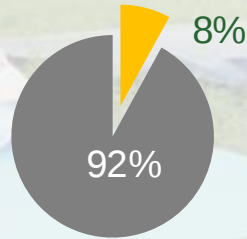
Globally, the 60-plus population constitutes about 11.5 percent of the total population of 700 Crores

**India Aging Rate
Year 1961**



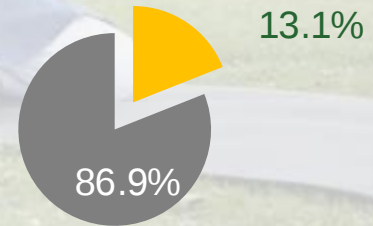
■ 60 years Above ■ 60 years below

**India Aging Rate
Year 2015**



■ 60 years Above ■ 60 years below

**India Aging Rate
Year by 2031**



■ 60 years Above ■ 60 years below



Healthcare Costs Are **Rising**

There has been **3 Times**
increase in healthcare costs
over last 7 years*

*<https://www.ibef.org/industry/health-care-india>

Our Purpose

Live your best life



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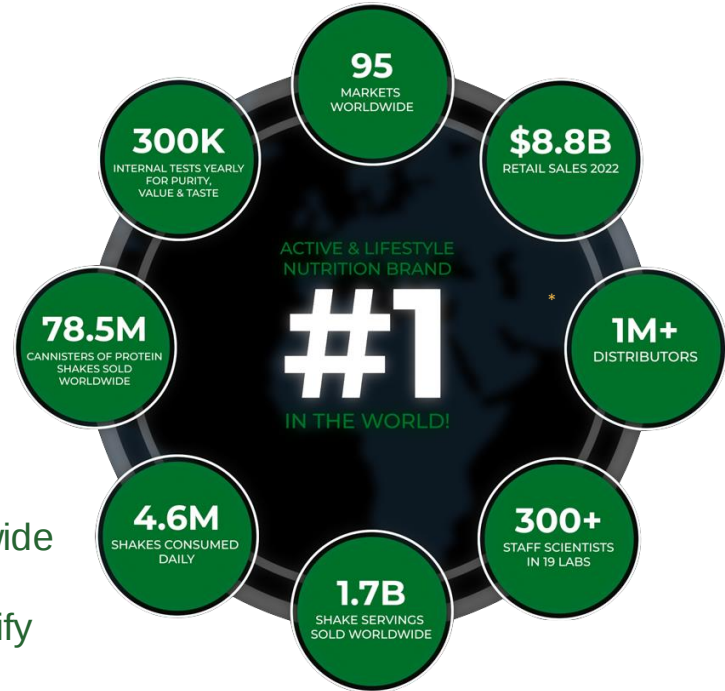
Herbalife



A Leading Brand

Scale, Leverage & Reach

- Operating in 95 Markets
- \$8.8 Billion Suggested Retail Sales in 2022
- 1 Million+ Distributors
- 300+ Staff Scientists & Ph.Ds in 19 Active Labs
- Over 1.70 Billion Shake Servings Sold Worldwide
- Over 4.6 Million Shakes Consumed Daily
- Over 78.5 Million Canisters of Protein Shakes Sold Worldwide
- Nearly 300,000 Internal Tests Conducted Each Year to Verify Ingredient Purity, Nutritional Value, Taste, Etc.
- Over 67,000 Nutrition Clubs Worldwide



* Source Euromonitor; CH2024ed, active & lifestyle nutrition as weight management & wellbeing, sports nutrition, and vitamins & dietary supplements definition; combined % RSP share GBO for 2023

Shakes by the number

1.70
Billion shake
servings
Sold
worldwide



4.6 Million
Shakes
Consumed
Daily

2022 data

Herbalife

Distributor Difference

We are here to help you reach your goals. It's about more than just providing the right tools, products and education – it's the one-on-one support system, the personalized plan and the motivation and encouragement that Distributors provide that sets us apart and sets you on the path to be the best version of yourself.

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SWEETENER.

Images are for representation purpose only.



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Why do we make
the world healthier
and happier?



Our nutrition philosophy
and how it helps



How we can help you
optimize your nutrition

**Training
Sections**



Our nutrition philosophy and how it helps

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Science at the Cellular Level



**Ingredients
with Purpose**



Made with Care



**Nutrition Delivered
to You**

Science at the Cellular Level



**Ingredients
with Purpose**

Made with Care

**Nutrition Delivered
to You**

Cellular Science: Seed to Feed

Ensuring High-Quality Ingredient Sources and Testing Processes



Cellular Science: Botanical Identification Program



12 dedicated
scientific experts



Approved botanicals
infused into our
products



Rigorous testing
methods



Hundreds of botanical
ingredients reviewed
periodically

Herbalife

Cellular Science in Action

Cellular science-driven ingredients
infused into our products



- **Soy** contains all nine essential amino acids, making it a complete, high-quality protein. It's the top-performing plant-based protein and scores a 1.0 on the PDCAAS (protein digestibility corrected amino acid score).
- Not all companies use high-quality protein sources



- **Green Tea** is water extracted which makes for a cleaner ingredient and product
- Other companies often use alcohol extraction in ingredient processing which leaves alcohol residues in the ingredient



- **Aloe Vera** is filtered to remove aloin, resulting in a great ingredient without effect
- Other companies do not take extra steps to remove aloin



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Afresh: CONTAINS CAFFEINE. High Caffeine "40 mg/ 160 ml". Not to consume more than three servings per day. Consume not more than 500 ml per day. Not recommended for children, Pregnant or lactating women persons sensitive to caffeine. Keep out of reach of children

Herbal Aloe concentrate (original): NOT FOR MEDICINAL USE. Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. THIS CONTAINS SUCRALOSE. NO SUGAR ADDED IN THE PRODUCT. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS.

Herbalife

Science at the Cellular Level



**Ingredients
with Purpose**



Made with Care



**Nutrition Delivered
to You**

Cellular Science Guides Our Quality Process



Testing after cultivation and harvesting



Raw materials testing



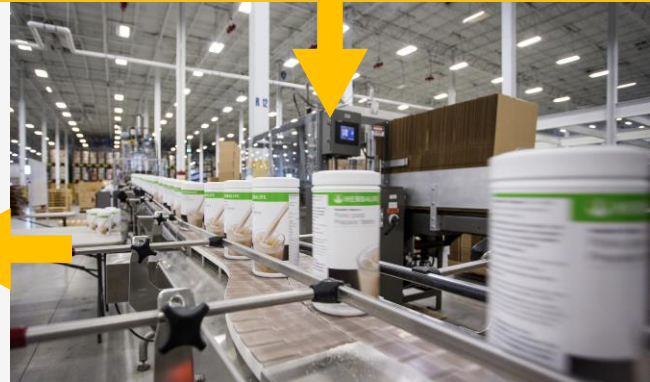
Testing after blending



Testing after transportation



**Cellular Science
Quality Process**



Testing after packing

Science at the Cellular Level



**Ingredients
with Purpose**

Made with Care

**Nutrition Delivered
to You**

OUR NUTRITION PRODUCT PORTFOLIO IN INDIA



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Human nutrition is a scientific discipline, concerned with the access and utilization of food and nutrients for life, health, growth, development and well-being



Macronutrients

Protein, Carbohydrates, Fats



Micronutrients

Vitamins & Minerals



Phytonutrients

Plant derivatives





Nutrient Density vs. Calorie Density



Nutrient-dense food: a lot of **nutrition** ‘per bite’

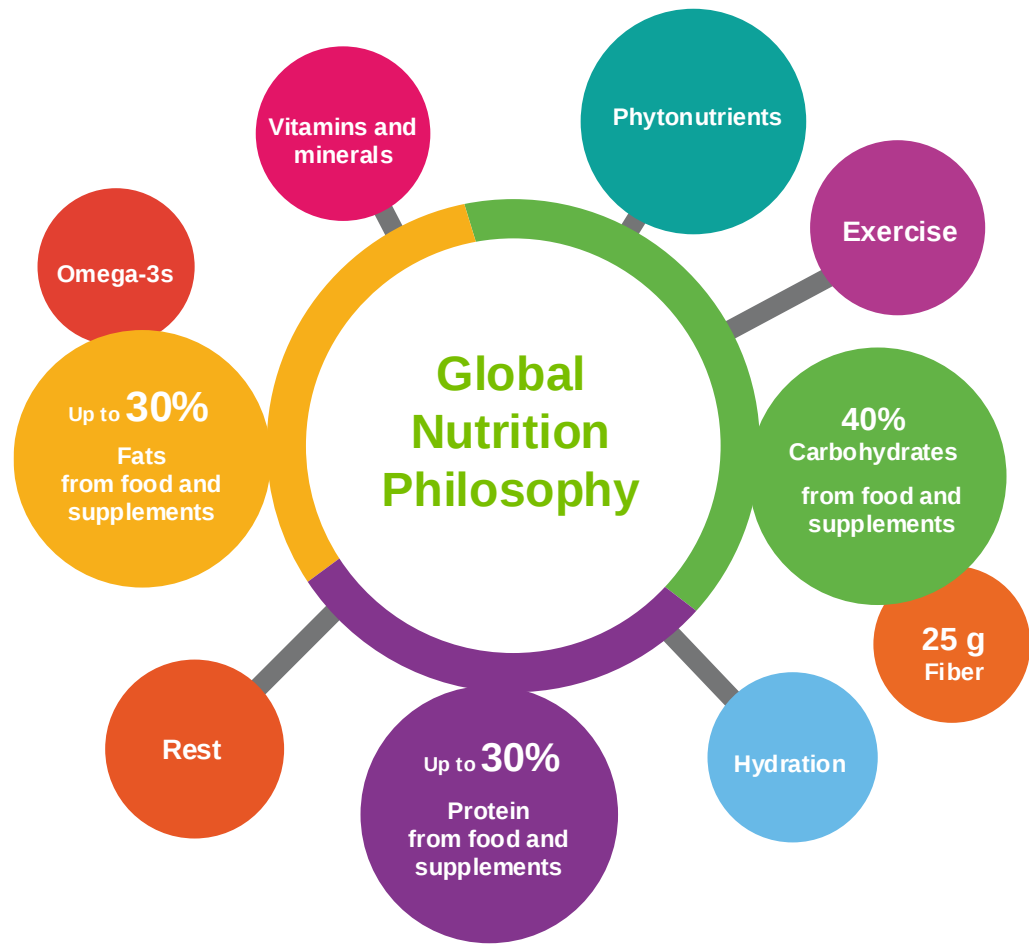
- Lean proteins, vegetables, fruits, whole grains and beans

Calorie-dense food: a lot of **calories** ‘per bite’

- Fried foods, candies, sodas and desserts

WHY DO WE NEED BALANCED NUTRITION?





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Examples Of Imbalanced Breakfast

Masala Dosa¹

Fat in grams – 12.4
Carbohydrate in grams – 46.4
Fiber in grams – 4.4
Protein in grams – 6.3
Calories in Kcal - 320



Excess

- Calories
- Carbohydrates
- Fats



Imbalance

High Fat: 34%
High Carbohydrates: 58%
Low Protein: 8%

Deficiencies

- Vitamins and minerals
- Protein
- Fibre



Aloo Paratha²

Fat in grams – 26.9
Carbohydrate in grams – 95.4
Fiber in grams – 8.2
Protein in grams – 11.88
Calories in Kcal - 660



Imbalance

High Fat: 36%
High Carbohydrates: 57%
Low Protein: 7%



Excess

- Calories
- Fats
- Carbohydrates



Deficiencies

- Vitamins and minerals

Images are for representation purpose only.

¹Based on 2 servings of Masala Dosa, ²Based on 2 servings of Aloo Paratha, ³Based on 1 serving (245g) of Poha.

Source: <https://www.fatsecret.co.in/calories-nutrition/>



Why do we make
the world healthier
and happier?



Our nutrition philosophy
and how it helps



How we can help you
optimize your nutrition

**Training
Sections**



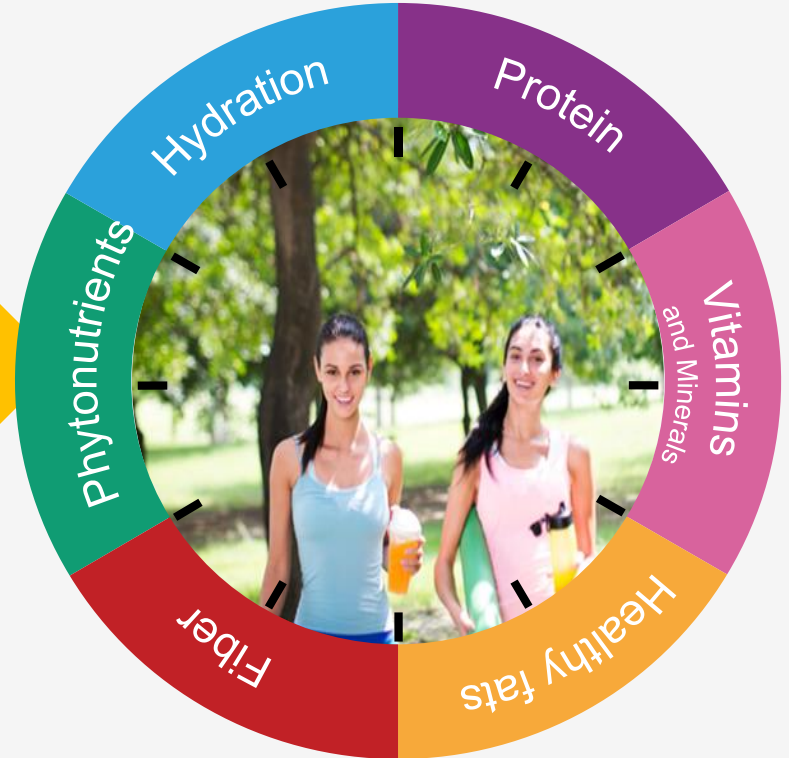
**How we can help you
optimize your
nutrition**

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Herbalife 

Optimize Your Nutrition

Your goals and needs are unique.
The journey to reach your goals starts with balanced nutrition, exercise and a personalized plan that keeps you energized, focused and motivated. For nutrition, we'll focus on helping you reach optimum levels of six key elements.



Delivering Optimum Nutrition

Cellular science

Understanding your personal
nutrition needs

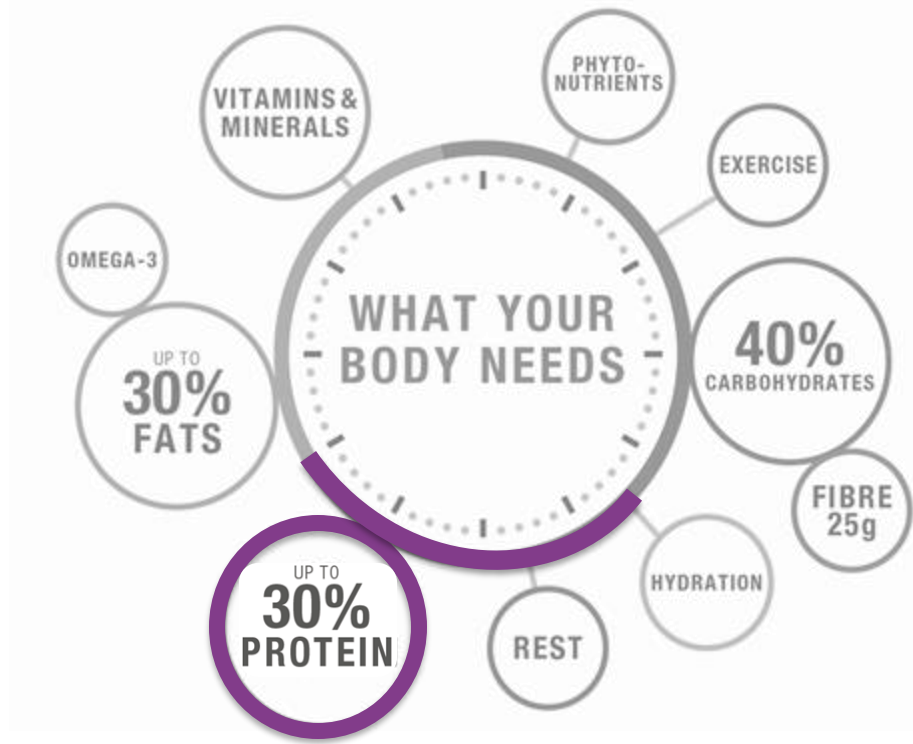


Our Global
Nutrition Philosophy

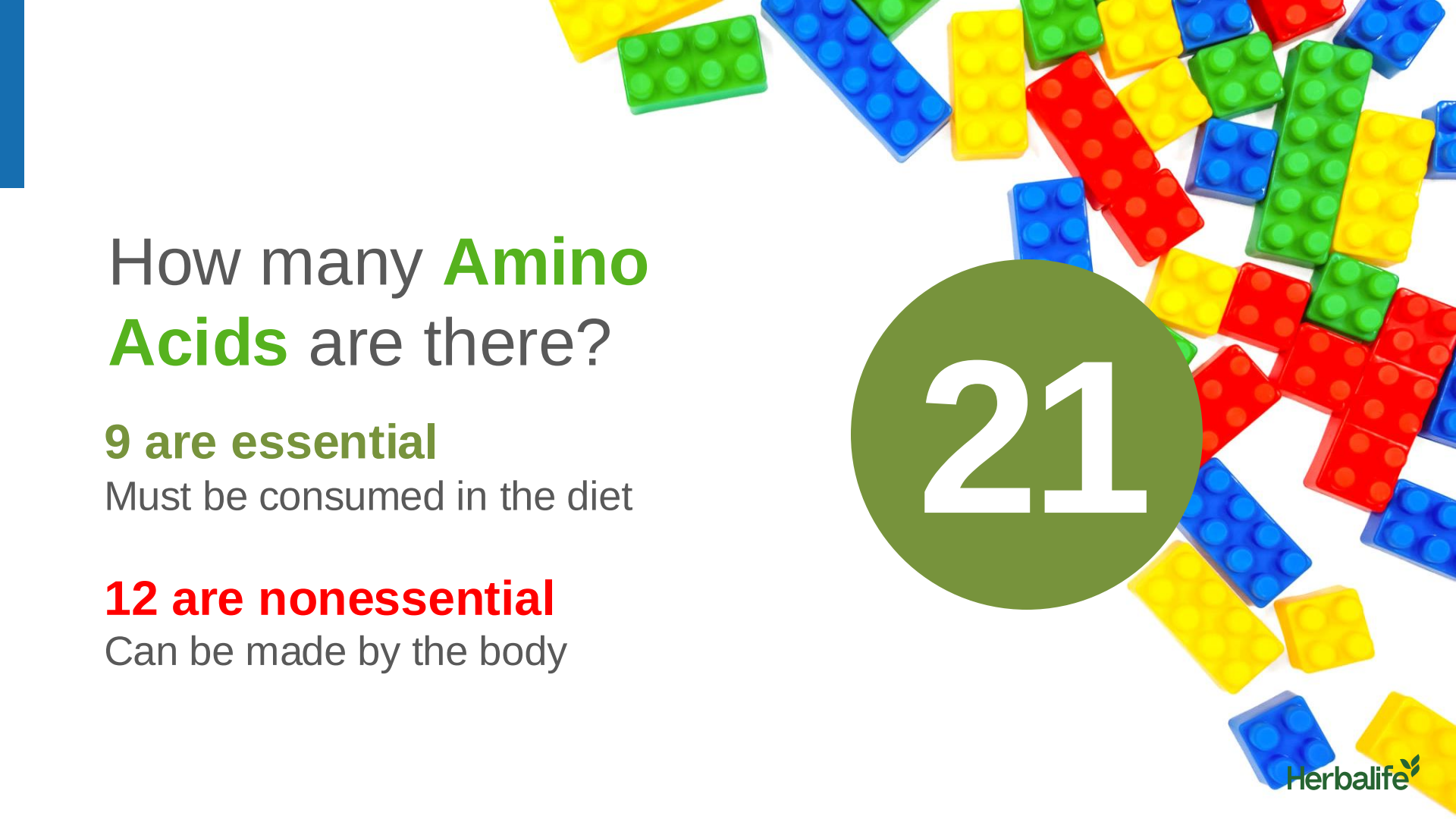




Protein is made up
of **Amino Acids**,
which are the
Building Blocks
for the body



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How many **Amino Acids** are there?

9 are essential

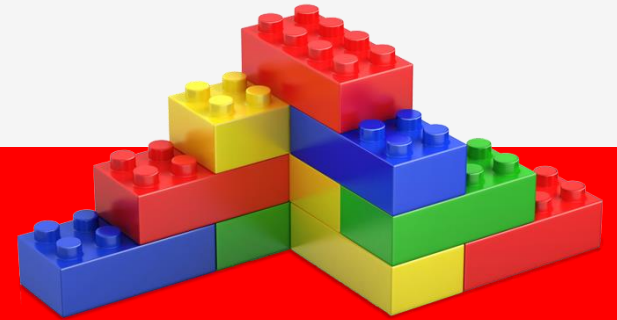
Must be consumed in the diet

12 are nonessential

Can be made by the body

21

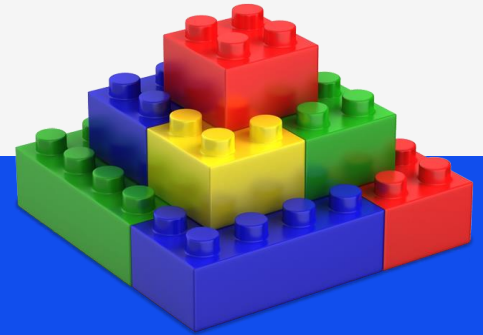
Amino Acids from foods make **Proteins in the Body**



**AMINO ACIDS LINK
TOGETHER TO MAKE
PROTEINS IN FOOD**



**DIGESTION BREAKS
PROTEINS INTO
AMINO ACIDS**

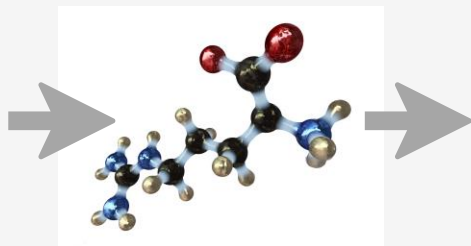


**AMINO ACIDS
ARE USED TO MAKE
BODY PROTEINS**

Food Protein makes **Body Proteins**



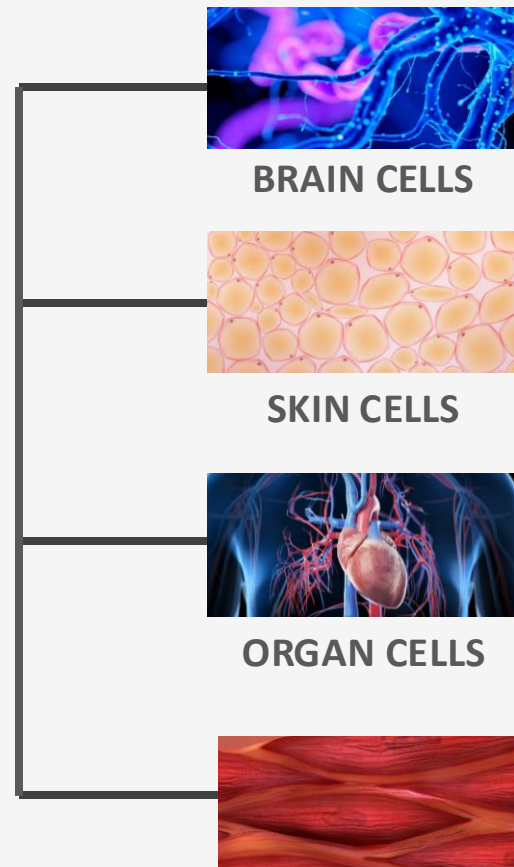
FOOD PROTEIN



AMINO ACIDS



INTESTINAL
ABSORPTION



BRAIN CELLS

SKIN CELLS

ORGAN CELLS

MUSCLE CELLS

Eat Protein Throughout the Day



BREAKFAST



SNACK



LUNCH



SNACK

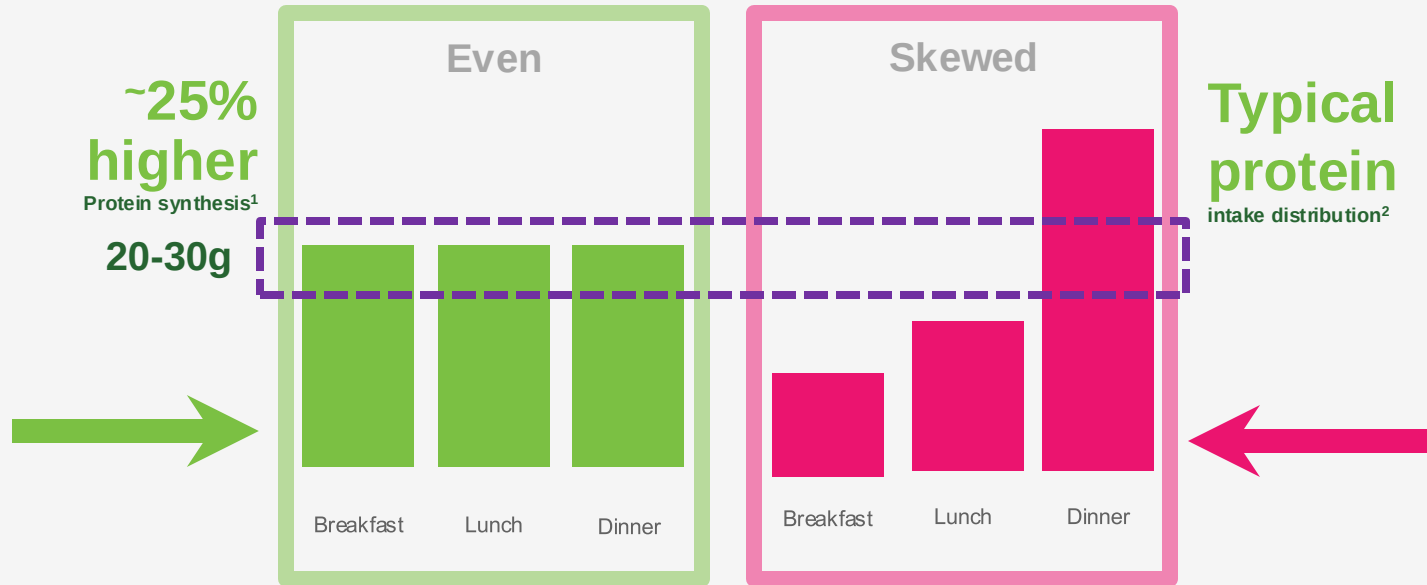


DINNER

Or



Protein intake daily distribution



1. Mamerow MM, et al. J Nutr. 2014 Jun; 144(6): 876–880.

2. Paddon-Jones, D., et al. Am J Clin Nutr 2015;101(Suppl):1339S–45S.



Why You Need Protein

- To help satisfy hunger
- To help build and maintain muscles
- To help build and repair body tissues





Benefits of Soy

- Complete, high-quality plant protein
- Has all essential amino acids
- Contains phytonutrients (isoflavones) that act as antioxidants



Nutrition for Your Weight Management Journey



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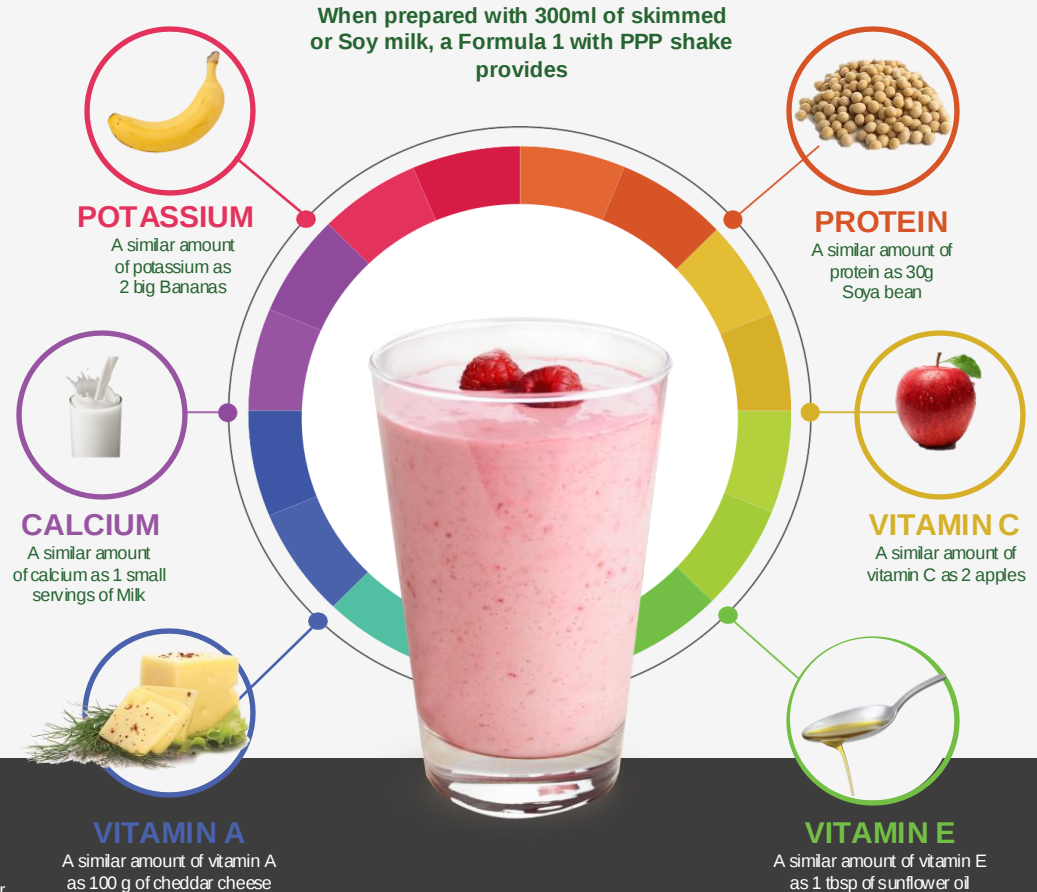
Formula 1 Nutritional Shake Mix

- ✓ A delicious and nutritious meal, perfectly balanced with protein to keep you satisfied and energized.
- ✓ Quick to prepare, ideal for daily healthy eating or twice daily to support weight loss.
- ✓ 18 essential vitamins and minerals.
- ✓ Net Weight-500g



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Nutrients in a Shake



Source: Nutritive value of Indian foods, NIN, <https://www.usda.gov/>

NOT FOR MEDICINAL USE. Product is required to be stored out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, cure, treat or prevent any disease. This product is not to be used as a substitute for a varied diet. Images are for representation purpose only.

HIGH QUALITY
PROTEIN

CONTAINS
DIETARY FIBER



LOW GLYCEMIC
INDEX

18 VITAMINS &
MINERALS

PRODUCT	With Skimmed Milk		With ShakeMate	
	HIGH PROTEIN MEAL ¹	MEAL ²	HIGH PROTEIN MEAL ¹	MEAL ²
Formula 1	 3 scoops	 3 scoops	 3 scoops	 3 scoops
Personalized Protein Powder (PPP)	 2 scoops		 2 scoops	
ShakeMate			 2 scoops	 2 scoops
Skimmed Milk	 300 ml	 300 ml		
Water			 300 ml	 300 ml
Protein (Approx. values)	29 g	19 g	30 g	20 g
Calorie (Approx. values)	257 kcal	211 kcal	246 kcal	200 kcal

¹- HPMR - High protein meal replacement ²- Meal replacement as per Food For Special Dietary use

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Many Great-Tasting Flavors



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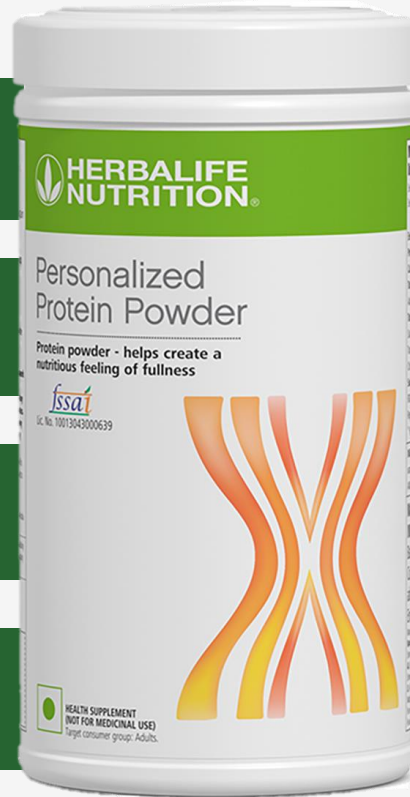
Personalized Protein Powder

Add to variety of foods and beverages

Satiates Hunger

Maintain lean muscle mass

Unsweetened



- 4.96 g of soy and whey protein per serving
- Provides all 9 essential amino acids
- 22.96 calories per serving
- 0 g sugar
- 0.18 g of total fat
- Net Weight: 400 gram

Recommended usage :

Mix 2-3 scoops of personalized protein powder with your preferred beverage, soups, or gravies for quality soy and whey protein. Consume twice daily.



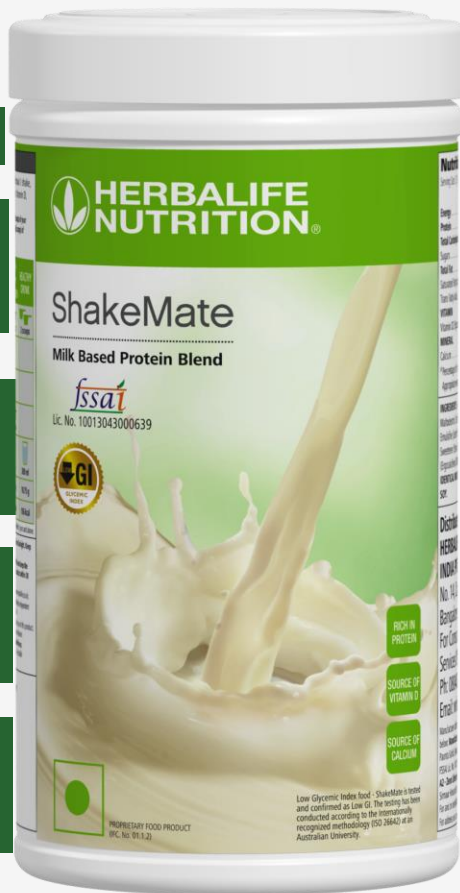
Low Glycemic Index

**Perfect partner for
your Formula 1
Nutritional Shake Mix**

1/3rd of Lactose when
compared to 300ml of
Skimmed Milk

**Boosts daily intake of
protein, vitamin D, &
calcium**

**No added Sugar,
Contains natural
sweetener i.e. Stevia**



Shakemate

- Delivers **1g fat, 1.65 mcg Vitamin D & 129 mg Calcium** per serve
- Delivers **10.75 g** of high – quality Protein (PDCAAS 1)** per serve
- Net weight- 500g
- On-the-Go Powder Formula in place of skimmed milk/soy milk and Convenient way to prepare your shake anytime, anywhere



Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. This contains Steviol Glycoside. CONTAIN NON-CALORIC SWEETENER. ShakeMate is tested and confirmed as Low GI. The testing has been conducted according to the Internationally recognized methodology (ISO 26642) at an Australian University.

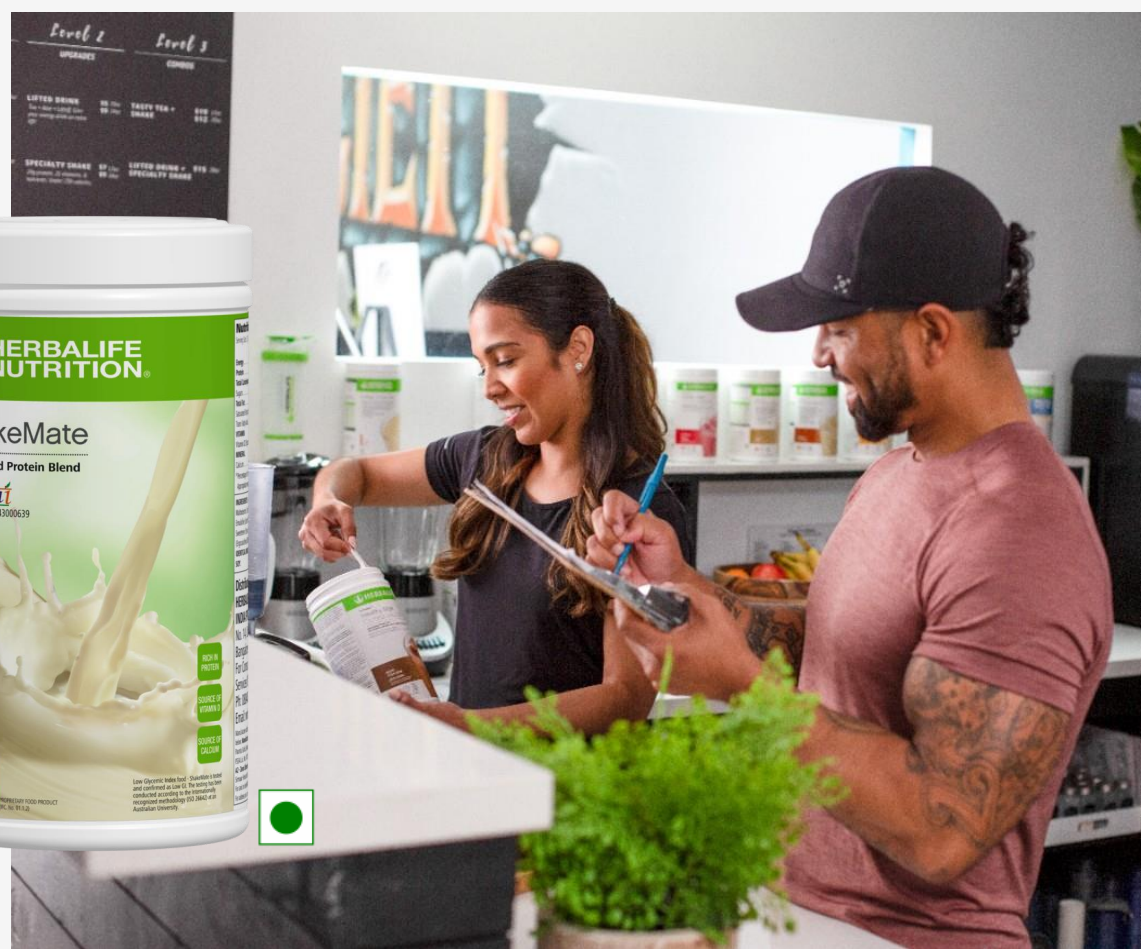
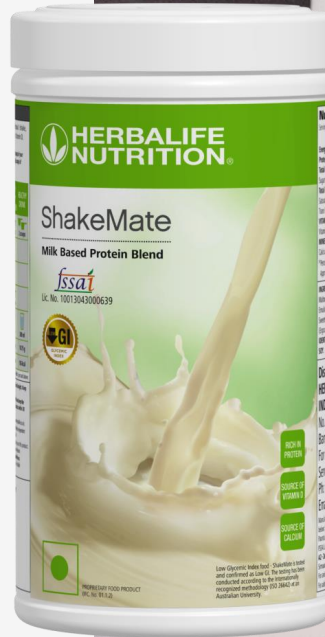
Herbalife

ShakeMate

Recommended Usage :

ShakeMate : Consume 1 – 2 servings a day as given on label

ShakeMate with Dinoshake :
For children of age 2 years and above, take 1 serving a day
Net weight- 500g



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	SHAKEMATE	SKIMMED MILK	SOY MILK
LACTOSE	1/3 rd of Skimmed Milk	Contains more Lactose	No Lactose
CONVENIENCE	√	x	x
QUALITY	High Quality Protein with PDCAAS 1*	Not Sure	Not Sure
VITAMIN D	1.65 mcg	x	x
VOLUME POINT	√	x	x

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Roles of Micronutrients in General Health



Oxidative Stress and Immunity

Vitamins A, C, E,
Selenium, Zinc



Heart Health

Vitamin C, E, K,
Potassium



Eye Health

Lutein, Vitamin A
(beta carotene), Zinc



Bone and Joint Health

Calcium + Vitamin D

Formula 2 Multivitamin Mineral and Herbal Tablets Plus

Provides a unique blend of 22 vitamins & minerals

Provides antioxidant vitamins, C, E & Beta Carotene

Provides nutritional support to your body.



Recommended usage :

- This product is for adult use only.
- Take one tablet three times a day with meals. Not to exceed the recommended daily usage.
 - Net Quantity: 90N

Cell Activator

A select blend of botanicals and nutrients..

Contains Alpha lipoic acid (ALA), a known antioxidant

Antioxidants helps support general well-being & healthy ageing.



The key ingredients are ALA (Alpha lipoic acid), pomegranate extract powder and aloe vera leaf extract.

Recommended usage:
Take two tablets a day with shakes or meals

Net Quantity- 60N

Contains Corn Silk
scientifically known
as Zea Mays

Promote fluid
balance and
improve the urine
output



Cell-U-Loss

Cell-u-loss is formulated with Corn silk.
It is traditionally used to support healthy
Fluid Balance.

Recommended usage:
Take 1 tablet 3 times a day with meals
Net Quantity: 90N



Herbal Control

Contains 82mg
caffeine per tablet

Stimulates metabolism
providing more energy

Improves alertness



Herbal Control is a blend of green, black and oolong teas, ginger, pomegranate extracts and contains caffeine that stimulates your metabolism, provides an energetic sensation

Recommended usage:
Take one tablet two times a day with meals
Net Quantity: 90N

CONTAINS CAFFEINE. Not recommended for children, Pregnant or lactating women persons sensitive to caffeine. This product is not intended to diagnose, treat, cure, or prevent any disease. Each tablet contains 82 mg of caffeine, which is approximately the amount in a single cup of coffee. Caffeine up to 300 mg per day [i.e., 3 mg per kg of body weight (mg/kg bw)] is permitted for consumption for normal adults. People sensitive to caffeine and anyone with a medical condition should consult with a physician before using this product.

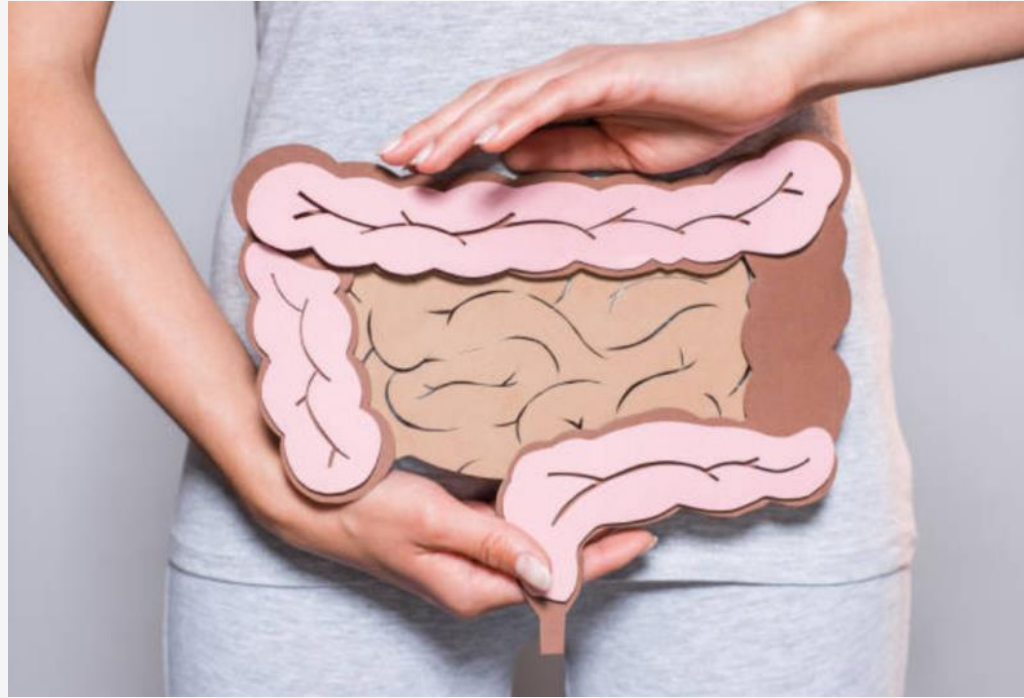
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Herbalife

ARE YOU WHAT YOU **EAT** ?
OR
ARE YOU WHAT YOU **ABSORB** ?

For Optimal Nutrition
Absorption we need to have
a healthy digestive system
that can break down the food
and release the nutrients.



All About Fiber



Soluble

- Helps keep blood sugar levels even
- Swells up in the watery environment of your stomach

Aim to eat
30g
of fiber a day



Insoluble

- Doesn't dissolve in water
- Helps speed the passage of waste through your digestive system

Fiber Sources



Bajra

11.3g of total fiber
9.1g of Insoluble fiber
2.2g of Soluble fiber

361calories



Soybean

23g of total fiber
17.9g of Insoluble fiber
5.1g of Soluble fiber

432 calories



Lentils

10.3g of total fiber
8.3g of Insoluble fiber
2.0g of Soluble fiber

343 calories



Wheat

12.5g of total fiber
9.6g of Insoluble fiber
2.9g of Soluble fiber

346 calories



Groundnut

11.0g of total fiber
8.5g of Insoluble fiber
2.5g of Soluble fiber

567 calories

Per 100 g serving

Provides a good blend of different soluble and insoluble fiber

Helps improve intestinal regularity

Support regular bowel function



Active Fiber Complex

AFC includes citrus fiber, cellulose powder, inulin, soy fiber and maltodextrin

- 5 g of balanced soluble and insoluble fiber
- 12.80 calories per serving

Recommended usage:

1 scoop in 240 ml of water/Formula 1 shake/Juice, 2 times daily .

Net Quantity- 200g+1N Scoop

Balanced soluble and insoluble fiber

Easy to use on the go format

Helps to fulfill fiber requirement in daily diet



Activated Fiber

Activated Fibre includes fiber from oats and pea to increase your fiber intake

Recommended usage:
Take 1 to 2 tablets with a meal, 3 times per day
Net Quantity- 90N

Soothes the stomach

Supports nutrient
absorption

Supports intestinal
health



Herbal Aloe Concentrate

Herbal Aloe Concentrate is formulated with premium quality Aloe vera. It can be used as a refreshing drink when mixed with water on a daily basis and can serve as a healthy replacement for soft drinks or high sugar juices (as HAC is low in calories).

Recommended usage:

- Mix 15ml (1½ cap full) with 120 ml of water. 1-2 servings per day.
- Net Quantity- 500ml

Soothes the stomach

Supports nutrient
absorption

Supports intestinal
health



Aloe Plus

Aloe Plus contains high-quality purified aloe vera leaf concentrate. Aloe vera has been used traditionally in India since many years for general well-being

Recommended usage:
Take one capsule twice a day
Net Quantity- 60N Capsules



What Is a Microbiome?

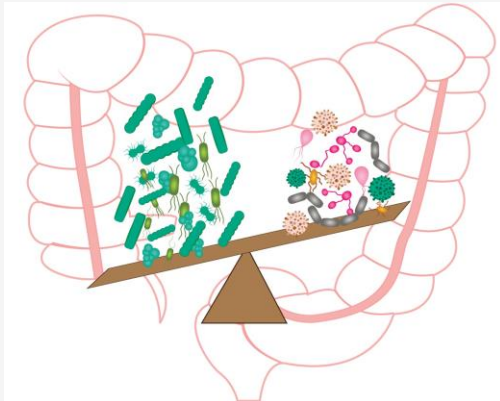
- All the microbes (bacteria, viruses, fungi) in or on the body
- Gut microbiome refers to microbes in the large intestine
- 1,000 different species
- Total weight: 1-2 kg
- Diet and lifestyle affect health of the microbiome



When you don't eat right, don't get enough time to rest, sleep or exercise or have too much stress in your life?



The bacteria in your digestive system can become imbalanced



Images are for representation purpose only

Blanco Martín, E. (2018). Role of gut microbiota in obesity.



Net Quantity- 1g x 30N Sachets

Product is required to be stored out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. Not recommended for children below 5 years. This product is not intended to diagnose, treat, cure or prevent any disease. This product is not to be used as a substitute for varied diet

Herbalife

Helps promote the growth of friendly bacteria in your system

Fits easily into your daily routine

Has no added flavors, colors, sugars or artificial sweeteners

No refrigeration needed



Simply Probiotic

Patented IS2 Bacillus Coagulans cultures. Survives stomach acid, reaching intestines. Promotes friendly bacteria growth for balanced microbiome, enhancing overall well-being.

Recommended usage:

Mix content of one sachet (1 g) with 350 ml of water or your Favorite Herbalife Nutrition shake, tea or aloe drink.
Net Quantity- 1g x 30N Sachets



Avoiding all fats is
necessary for a
healthy diet???



There are healthy fats
(monounsaturated and
polyunsaturated fats)
essential for heart
health and overall well-
being.

What are healthy fats?



Omega-3 Fatty Acids

Up to
30%

Healthy Fats
from food and supplements



Omega-6 Fatty Acids

Essential Fatty Acids

OMEGA-3

- Found mostly in seafood
- Some plant sources



Balance Essential Fatty Acids for Good Health

OMEGA-6



OMEGA-3



Herbalife®: NOT FOR MEDICINAL USE. Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.

Images are for representation purpose only

Blend of highly purified
Fish oil

Contains Omega-3 fatty acids,
such as Eicosapentaenoic
Acid (EPA) and
Docosahexaenoic Acid (DHA)



Herbalifeline

Omega-3 fatty acids help to maintain a healthy cardiovascular system by maintaining blood triglycerides levels within normal range

Recommended usage:
1 Soft gel, 2 times per day
Net Quantity- 60N Softgels

Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure, or prevent any disease. Product is required to be stored out of reach of children. This product is not to be used as a substitute for a varied diet.

Niteworks

Exclusive blend of two amino acids, L-Arginine & L-Taurine

L-Arginine boost the production of Nitric Oxide

Contains vitamin C, E and Folic acid



Research* indicates that the L-Arginine helps produce nitric oxide, which can help your cardiovascular and circulatory system to stay healthy

Recommended usage:

- Mix 1 scoop (10 grams) of Niteworks in 240ml of cold water or juice.
- Net Quantity- 300g +1N Scoop

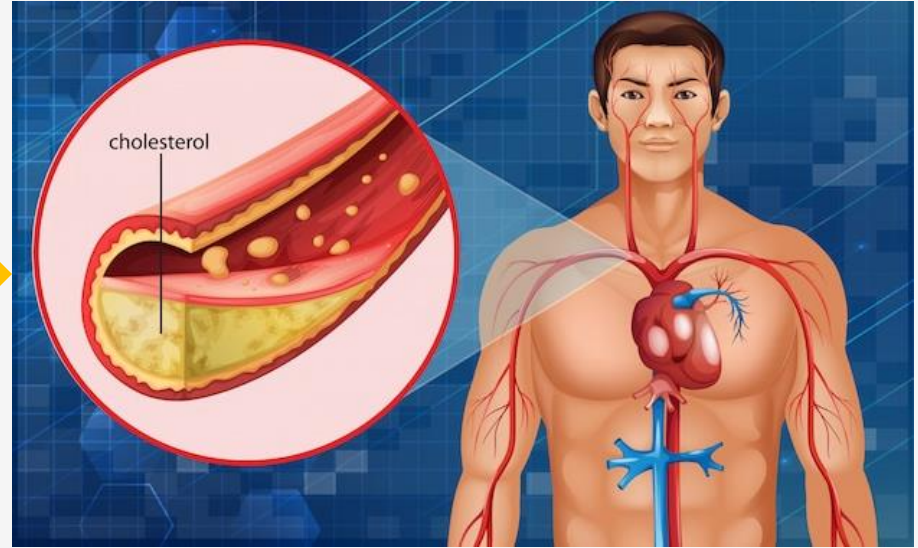


This contains Sucralose. CONTAIN NON-CALORIC SWEETENER. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure, or prevent any disease. Product is required to be stored out of reach of children. This product is not to be used as a substitute for a varied diet.

*Chen et al. J Int Soc Sports Nutr. 2010;23;7:13
<https://jissn.biomedcentral.com/articles/10.1186/1550-2783-7-13>.
Images are for representation purpose only

Cholesterol

Whatever your age, lifestyle factors can play a big part in raising your cholesterol, so take control of your health with a balanced nutrition and exercise plan



- Fat-like substance in the body.
- 75% of the cholesterol in your body is produced by your liver

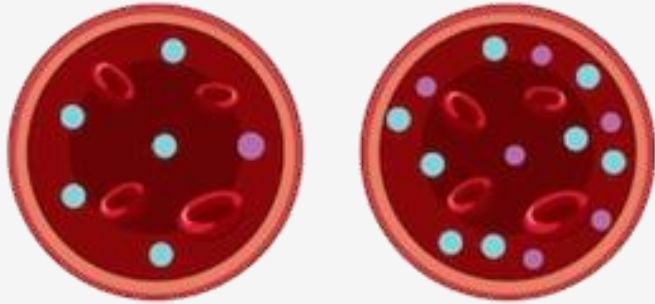
Images are for representation purpose only

Source: Tulenko TN and Sumner AE. The physiology of lipoproteins. J Nucl Cardiol. 2002;9:638
<https://link.springer.com/article/10.1067/mnc.2002.128959>

Why is high cholesterol bad for health?

The extra **LDL- cholesterol** builds up in the walls of the arteries, forming plaques. Plaques can block your arteries, making it harder for blood to flow through.

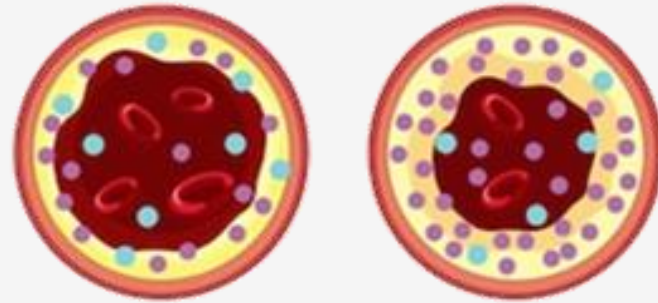
Normal Artery



Low

Normal

Narrowed Artery



Moderate

High



Good
Cholesterol



Bad
Cholesterol

High cholesterol is a risk factor in the development of coronary heart disease**

Images are for representation purpose only

**Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3732343/>)



Scientific evidence suggested that **oat beta-glucan** help to lower blood cholesterol*

Daily intake of 3g of oat Beta glucan helps maintain healthy blood cholesterol levels *

Images are for representation purpose only

*Whitehead et al. Am J Clin Nutr. 2014;100(6):1413-21
(<https://www.ncbi.nlm.nih.gov/pubmed/25411276>)

Herbalife

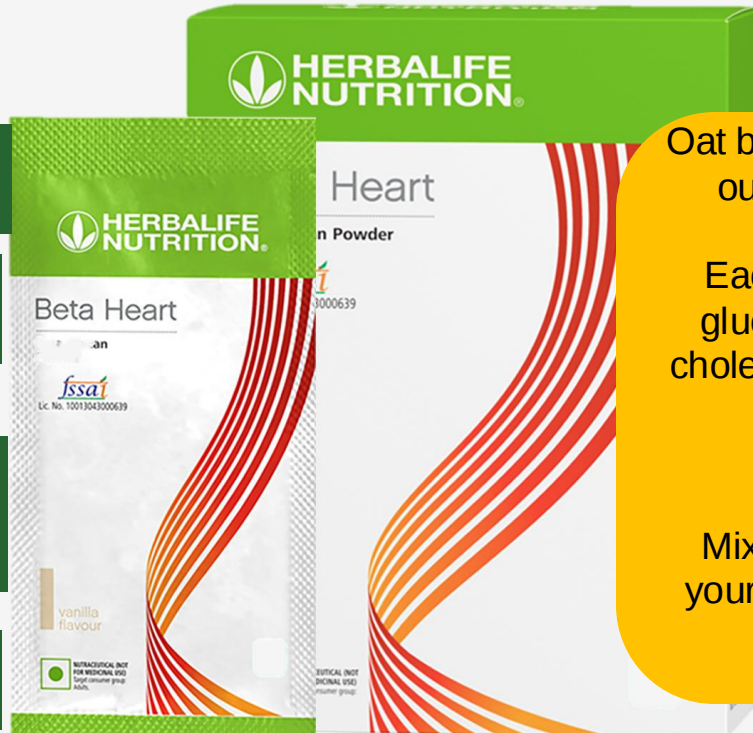
Beta Heart

Perfect to customize
your favorite Formula 1

Consume anytime of
the day or night

Has no added colors,
sugars or artificial
sweeteners

On the go format, Single
serve sachet



Oat beta glucan, a natural soluble fiber in
outer layer of 'oat grains' is the key
ingredient.

Each serving contains 3g of oat beta
glucan, which supports healthy blood
cholesterol levels* when 3g is consumed
daily.

Recommended usage:

Mix the content of 1 sachet(15g) with
your favorite F1 or with 250ml of water.
Use 1 serving per day.



Product is required to be stored out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, cure, treat or prevent any disease. This product is not to be used as a substitute for a varied diet.

Source : Whitehead et al. Am J Clin Nutr. 2014;100(6):1413-21

Herbalife

Do you think Only elderly need to worry about their bone and joint health?

Bone and joint health matters at every age. An active lifestyle now can prevent issues later.

It's not only about exercise. Nutrition plays a vital role in Bone and joint health too."

A balanced diet rich in vitamins (like C and D) and minerals like calcium, magnesium contributes to maintenance of bones and helps in supporting bone-joints and overall health.



Bone and Joint Health should also be everyone's priority, So supplement with adequate necessary nutrients. .

A collection of various food items known to be rich in calcium, arranged on a light-colored surface. The items include a glass pitcher of white milk, several blocks of yellow cheese, three brown eggs, a halved orange, a head of broccoli, a small bowl of almonds, a small bowl of chia seeds, and a small bowl of sesame seeds. The background is a soft, out-of-focus white.

Why is Calcium essential ?

- Calcium is needed for strong and healthy bones.
- Magnesium and Vitamin D are essential for calcium absorption in body.

Images are for representation purpose only

Source: Heaney, R. P., Recker, R. R., Stegman, M. R., & Moy, A. J. (1989). Calcium absorption in women: relationships to calcium intake, estrogen status, and age. *Journal of bone and mineral research*, 4(4), 469-475.

Keep out of reach of children. Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.

Bone and Joint Health



- Contains Calcium, Vitamin D and Magnesium.
- Calcium is needed for strong and healthy bones.
- Magnesium and Vitamin D are essential for calcium absorption in the body
- Recommended dosage: One tablet per day
- Net Quantity- 60N Tablets

- Unique formula of Glucosamine, Scutellaria root extract and minerals such as manganese and copper to help maintain healthy joint function and comfort.
- Recommended dosage: 1 tablet 3 times with meals
- Net Quantity – 90N



- Women – they care for the whole family; often neglect their own health/discomforts.
- Unlike men; women's health involves a variety of gender-specific issues.
- The reproductive cycle greatly affects many stages of a woman's life.
- Women go through various physical and psychological changes as their reproductive systems go through changes leading to variety of health concerns throughout the lifespan.



Hormonal changes can challenge a woman's well-being and impact quality of life.

Pre-Menstrual Syndrome (PMS)

Refers to the changes in female's mood along with certain physical symptoms relating to her menstrual cycle that are significant enough to affect her day-to-day functions and quality of life¹.

Risk factors



- A healthy lifestyle consisting of healthy diet and proper physical exercise is the first step to preventing and managing PMS¹.

Menopause

- Stage of life that follows the end of the menstrual cycles.
- Each person may experience menopause differently¹.

It can last for several years, and there are three stages:



Pre-Menopause

Transitional time that starts before menopause and includes the 12 months that follow a person's last period.



Menopause

Starts either 12 months after the last period or when menstruation has stopped for a clinical reason, such as the removal of the ovaries.



Post-Menopause

Refers to the years after menopause, although it can be difficult to know when menopause is finished and post-menopause starts.



Women's Health

- Women can take care of their health by following healthy diet and maintaining a healthy lifestyle.
- Women often spend so much time helping others that they don't take time for themselves.
- In current busy lifestyle of women, healthy living may take back seat.
- Here is a product to help women to support overall wellbeing and quality of life.

Images are for representation purpose only

Woman's Choice



Woman's Choice includes plant-derived ingredients, and these ingredients help women to find their natural balance and enjoy their life

Formulated with a special blend of Soy isoflavones and Chasteberry (Vitex agnus-castus L)

Helps manage irritability, and mental fatigue associated with monthly hormonal fluctuation

Helps manage menopause-related mental fatigue, stress and irritability

Recommended dosage:
Consume one Tablet a day
Net Quantity- 30N Tablets

Women's Choice: Product is required to be stored out of reach of children. This product is not recommended for woman who are pregnant, lactating or have an Estrogen – sensitive condition. This product is not intended to diagnose, treat, cure, or prevent any disease. This product is not to be used as a substitute for a varied diet. This product is for adult woman only.

MALE FACTOR+

Male Factor+ is designed to support men's health

Contains a Blend of standardized fenugreek extract, Pine bark (*Pinus gerardiana*) extract, and L-Citrulline

Recommended usage:
Take 2 tablet a day. Not to exceed the stated recommended daily usage.
Net Quantity – 60N Tablets



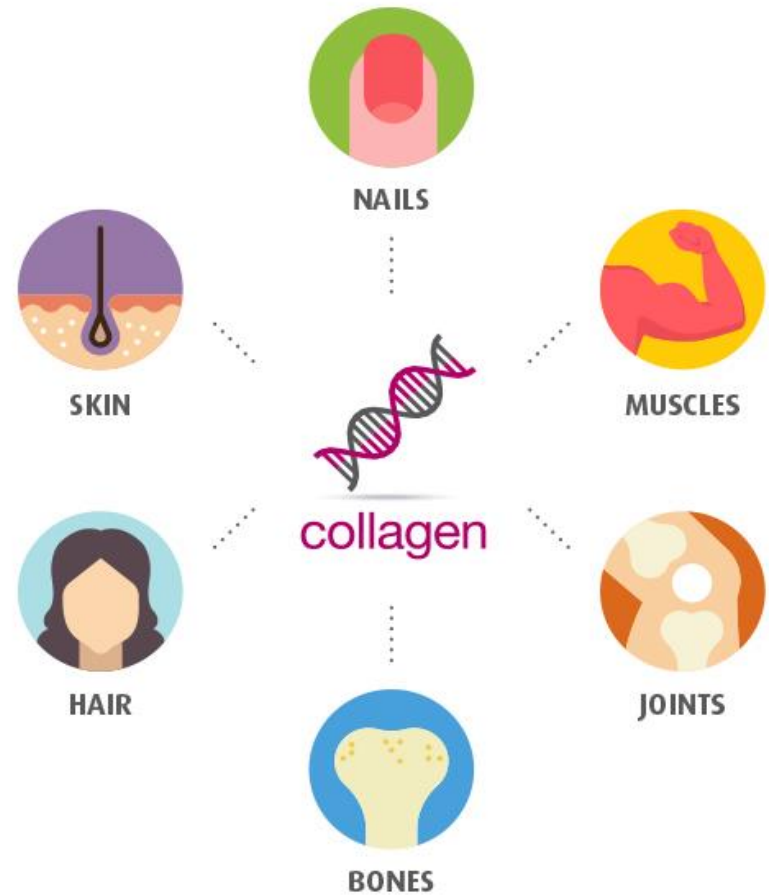
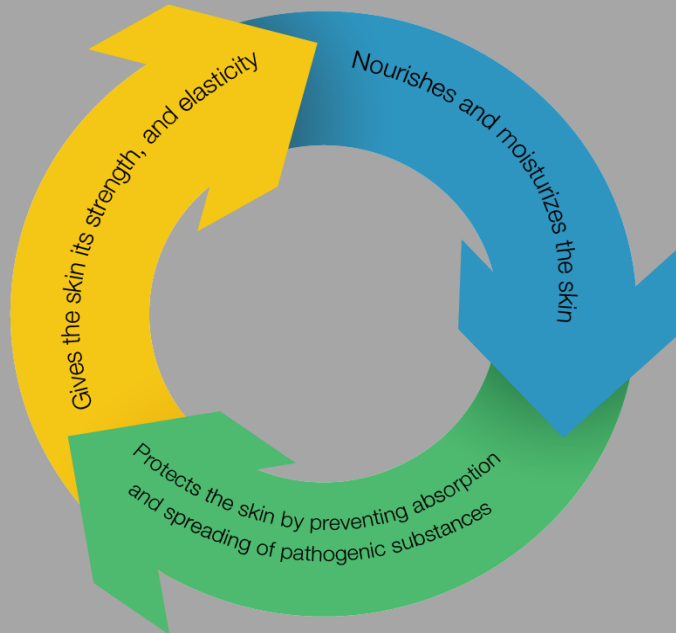
Images are for representation purpose only

This product is not intended to diagnose, treat, cure, or prevent any disease. Product is required to be stored out of reach of children.
This product is not to be used as a substitute for a varied diet.



COLLAGEN

Is the human body's most important building block, makes up anywhere from 25% to 30% of the total proteins in your body, and as much as 70% to 80% of the protein in your skin, in terms of dry weight.



Sources:

1. Ganceviciene R, et al. *Dermatoendocrinol.* 2012;4(3):308–319.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3583892/>.
2. Proksch E, et al. *Skin Pharmacol Physiol.* 2014;27(1):47-55.
<https://www.ncbi.nlm.nih.gov/pubmed/23949208>

Formulated with
hydrolyzed fish collagen

Collagen helps support
skin health

Rich source of vitamin C,
B2,B6, Niacin and biotin

Delicious orange flavored



Skin Booster

Designed to nourish your skin from within
and provides the nutrients to maintain
healthy skin

Recommended usage:
Mix the content of one sachet (10 g=1
serving) with 240 ml of water.
Net Quantity- 10g x 30N = 300g



Product is required to be stored out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. Contains fish collagen. This product is not intended to diagnose, cure, treat or prevent any disease. This product is not to be used as a substitute for a varied diet. Individuals who are using anticoagulant medication (Warfarin) should consult with their physician before using this product. If you experience any allergy or unexpected responses after using this product, please stop the consumption and consult your physician.



TRUE or FALSE

Do you think Kids need to finish everything on their plate at every meal?



Encourage kids to eat balanced meals but avoid forcing them to finish everything on their plate. Offer other nutritious foods and let them decide when they are full

Good nutrition is like fuel for kids to grow, learn, and be their best selves!

Images are for representation purpose only

Source: Indian Academy of pediatrics, nutrition for children between 5-12 years

Herbalife

Contains a blend of whey casein and soy proteins

Provides 6 grams protein and essential amino acid

Packed with protein, essential vitamins and minerals.

Low in fat



Dinoshake

A great tasting shake especially designed for kids with essential vitamins & minerals kids need every day

Recommended usage:

Mix 2 scoops of DinoShake with 240ml of milk or water. Alternatively, blend 2 scoops of Dinoshake with 2 scoops of

Shakemate and 240ml of water.

Net Quantity- 200g+1N Scoop

Take one shake per day for children two years and above.

Herbalife products are not intended to diagnose, treat, prevent or cure any disease. Pregnant or lactating women should consult their physician prior to use of this product. Please see individual product label for detailed information. Images are for representation purposes only.

Herbalife

Provides 40 mg of
caffeine per serving

Provides less than 4 kcal
of energy per serving

Replace your Tea/Coffee
with Afresh



Afresh

Afresh is an energy drink, It contains Natural caffeine powder

- Caffeine provides a gentle boost
- Caffeine increases mental alertness and concentration

Recommended usage:

Mix 1 g of Afresh Energy Drink Mix with 160 ml hot or cold water for a refreshing drink.

Not to consume more than three servings per day.

Net Quantity- 50g X1N Scoop

For the eyes that are always working

We bring you Ocular Defense

A scientifically designed formula, which contains ingredients that supports eye health[^]



Net Quantity- 30N

[^]Maintenance of normal vision and helps improve macular pigment optical density (MPOD)

Disclaimer: Not For Medicinal Use. Pregnant or lactating women should consult their physician prior to use of this product. This product is not to be used as a substitute for a varied diet. This product is not intended to diagnose, treat, prevent, or cure any disease. Please see individual product label for detailed information. Herbalife Nutrition products are exclusively available through its network of independent associates and not through any unauthorized sellers selling on e-commerce platforms. Herbalife Nutrition recommends to buy products and avail services only from authorized independent associates. Herbalife Nutrition shall not offer 30 days money back guarantee or any guarantee on quality and authenticity of products purchased from any unauthorized sales channels.

Herbalife[®]

OCULAR DEFENSE

A combination of
**Lutein and
Zeaxanthin***

Support macular
Health

Lutein helps
filter blue light

Improves
Macular Pigment
Optical Density
(MPOD)



**Vitamins C, E and
minerals like
Copper and Zinc**
that have antioxidant
properties

**Vitamin A and
mineral Zinc** that
helps maintain
normal vision

Ocular Defense is a scientifically designed formula; developed to support eye health

Recommended Dosage:

Take 1 capsule a day with meal. Not to exceed the recommended daily usage.

Net Quantity- 30N

Disclaimer: Not For Medicinal Use. Pregnant or lactating women should consult their physician prior to use of this product. This product is not to be used as a substitute for a varied diet. This product is not intended to diagnose, treat, prevent, or cure any disease. Please see individual product label for detailed information. Herbalife Nutrition products are exclusively available through its network of independent associates and not through any unauthorized sellers selling on e-commerce platforms. Herbalife Nutrition recommends to buy products and avil services only from authorized independent associates. Herbalife Nutrition shall not offer 30 days money back guarantee or any guarantee on quality and authenticity of products purchased from any unauthorized sales channels.



Fuel Your Active Body with the Right Nutrition

Images are for representation purpose only

Product is required to be stored out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, cure, treat or prevent any disease. This product is not to be used as a substitute for a varied diet.

Herbalife 

Protein After Exercise



After exercise, muscle is ready to take up protein



20+ grams within 30-45 minutes



Carbohydrates help amino acids enter the muscle



Amino acids build new muscle fiber proteins



SUPPLEMENT FOR RECOVERY

Herbalife24 Rebuild Strength

24 g of whey and casein proteins per serving create a rapid and sustained protein-building state.

18 gm of rapid releasing carbohydrate per serve.

Protein and carbohydrate in a ratio of 1.5:1.



Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement not to be used as a substitute for varied diet. Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit www.informed-sport.com. Keep out of reach of children.

Images are for representation purpose only

Herbalife

Herbalife24 Rebuild Strength

- Provides a blend of fast-digesting (Whey) and slower-digesting (Casein) proteins, BCAAs, L – Glutamine
 - certified with Informed-Sport*.
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild fatigued muscle.
 - L-Glutamine help support muscle recovery.
- Carbohydrate helps enhance muscle-recovery by supporting the delivery of Branch Chain Amino Acids (BCCAs) for muscle synthesis.
 - Tested for Banned substances*.
 - Developed by experts in Sports Nutrition.
 - Net Quantity- 50g+10N= 500g



Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement not to be used as a substitute for varied diet. Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit www.informed-sport.com. Keep out of reach of children.

Herbalife24 Rebuild Strength

Use 1 serving per day. Not to exceed the recommended daily usage.



+



=



One Sachet (50 g)

Water (240 ml)

One serving per day

Consume one serving per day within 30 minutes following physical activity

24 g
Whey &
Casein



Protein



Support

BCAAs



Recover



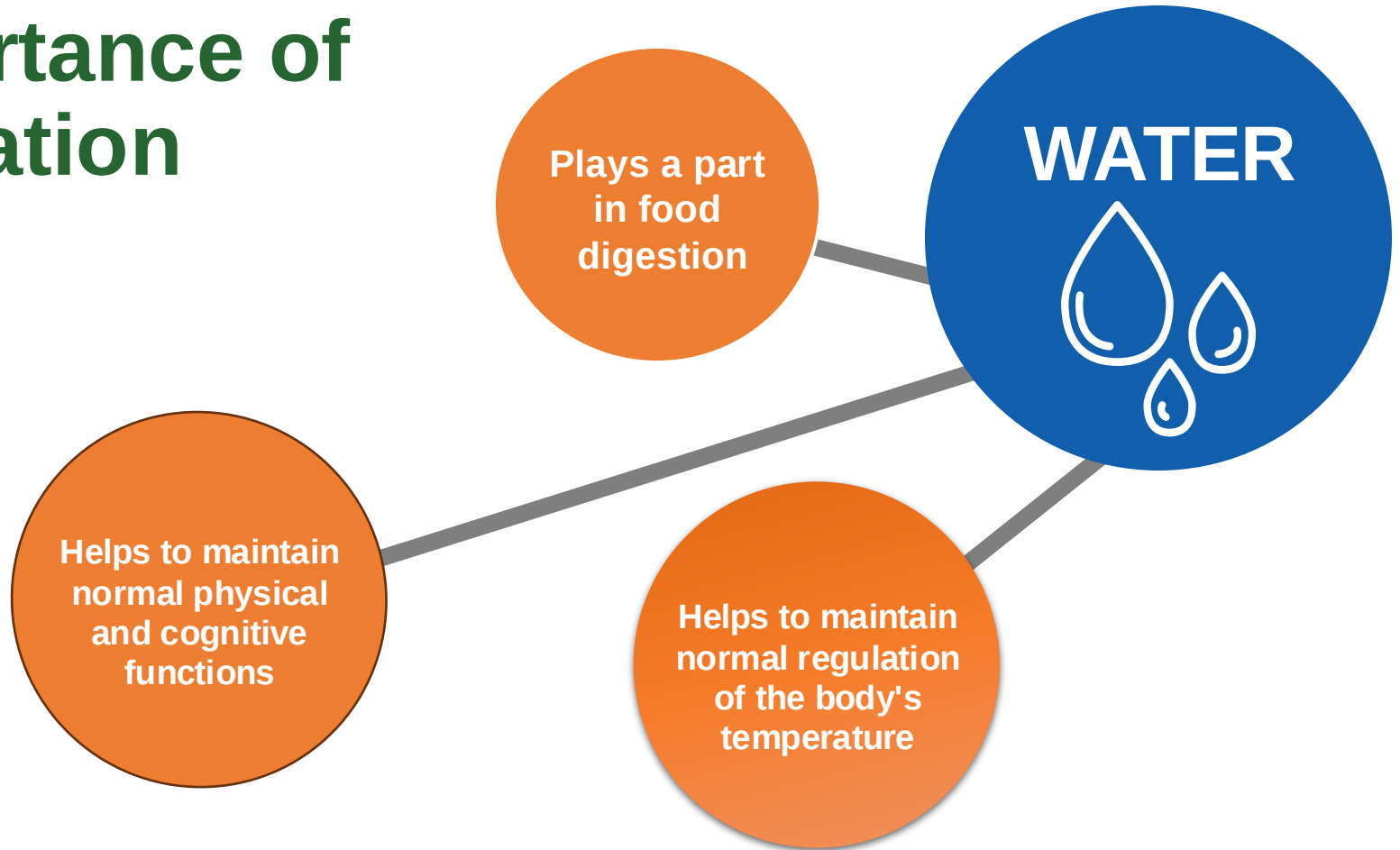
Repair

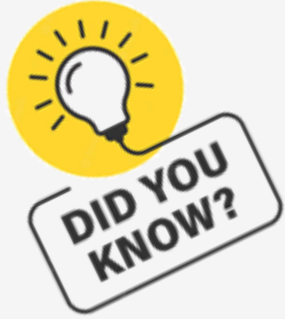
Tri-core
protein
amino blend

L -
Glutamine

Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement not to be used as a substitute for varied diet. Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme. For more information please visit www.informed-sport.com. Keep out of reach of children.

Importance of Hydration

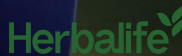
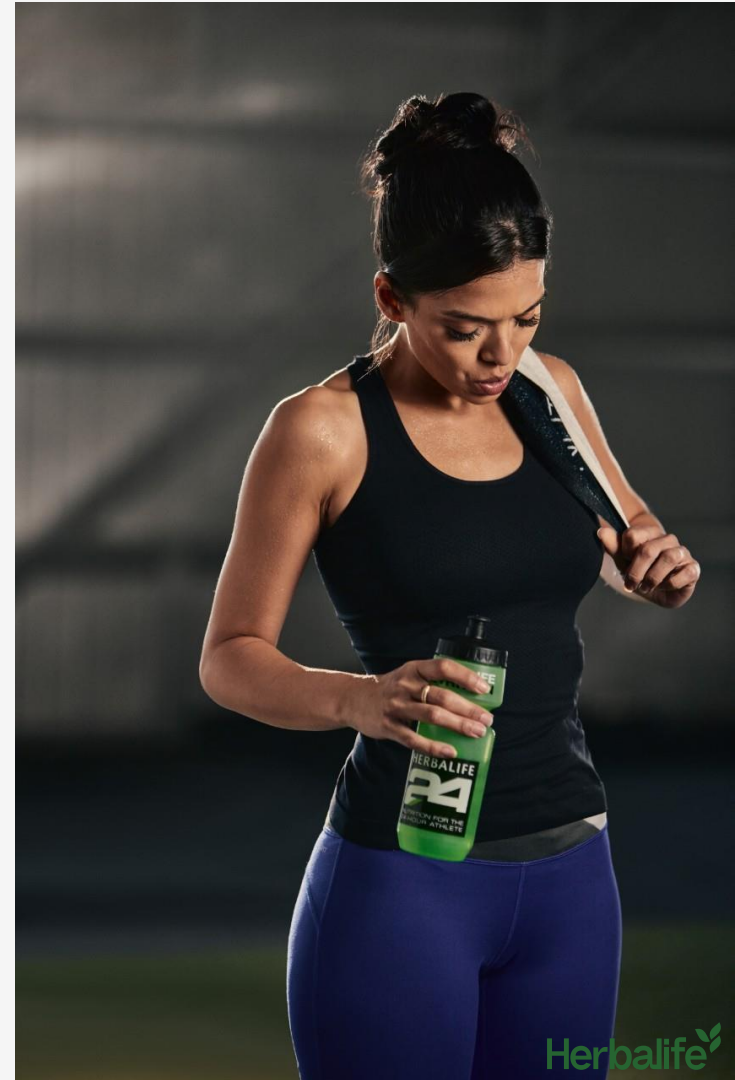




During exercise, you lose water and electrolytes through sweat. Replenishing these after a workout are important

Hydration directly impacts your overall performance, it's even more important for you to keep fluid levels topped off.

As dehydration increases, there is a reduction in physical and mental performance





Herbalife24 Hydrate



Net Quantity- 5g X 20 sachets

Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, cure, treat or prevent any disease. This contains Sucralose. CONTAIN NON-CALORIC SWEETENER. Banned substance tested. This product is certified with Informed-Sport. The Informed-Sport programme provides assurance that products have been tested for a wide range of substances prohibited in sport. Every batch of this product is tested for banned substances under the Informed-Sport programme.

Herbalife

Herbalife with the purpose of making the world healthier and happier shares a very close ideology with ancient Ayurveda which states:

To rejuvenate and preserve the health of the healthy*



*Acharya Agnivesha, Charaka Samhita, Sutra Sthana, Chapter 30, Verse no 26, edited by Vaidya Yadavji Trikamji Acharya, Chaukamba Surabharati Prakashana, Varanasi 2019,187.

Phytonutrients



What are phytonutrients?

Phytonutrients, also called phytochemicals, are chemicals produced by plants.

These chemicals are then used by the plants to stay healthy.

Phytonutrient-rich foods include colorful fruits and vegetables, legumes, nuts, teas, whole grains, Herbs and many spices.



Images are for representation purpose only

Source: Gupta C and Prakash D. J Complement Integr Med 2014;11(3):151-169.
<https://www.ncbi.nlm.nih.gov/pubmed/25051278>

Herbalife

Known as
antioxidant.

Supports
digestive system

Helps in relieving
constipation.



vritilife Triphala

It contains polyphenols including more than 50% tannins of which 5-6% is gallic acid amongst others.

It is a combination of 5X concentrated Triphala extract and Triphala powder.

Recommended usage:
One tablet two times a day post your meals.

Net Quantity – 60N

vritilife Immune Health



Kalmegh, Tulsi are well known traditional Ayurvedic herbs and are been used from ages for enhancing immunity.

Kalmegh extract which helps to manage symptoms of common cold.

Tulsi support cellular defense and promote natural immunity.

Recommended usage:
One tablet two times a day.
Net Quantity – 60N

Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children..

Herbalife

vritilife Brain Health

Formulated with
extract of Brahmi

Designed to improve
the Brain performance



Vritilife Brain Health acts in most parts of the brain and helps in secretion of chemicals responsible for cognitive function like memory, concentration, attention, focus.

Recommended usage:

Take one tablet two times a day. Not to exceed the recommended daily usage

Net Quantity – 60N



Understand the Importance of a Routine

What is Nourished Skin ?

- **A nourished skin***
 - Is Hydrated
 - Feels Smooth
 - Has Radiance and glow

**Is nourished skin
a Beautiful* Skin ?**

Nourished skin can
be a beautiful* skin

*Visual brand language-discrete to consumers perception

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Why do you need a Skin Care Routine?



- Skin care* has been an important aspect of personal hygiene and beauty for centuries as mentioned in texts of Ayurveda^{1,2}.
- **Example:** Abhyanga³, a gentle oil massage is an ancient way of enhancing skin quality*

*Skin tone, complexion, elasticity, reduces dryness, removes the dirt

Following a Skin care ritual could:

- Make it easier to maintain
- Boost self-confidence - **look good - feel good**⁴
- Keep the skin healthy⁵
- Have a positive impact on physical appearance and personal hygiene⁴
- Slow down the signs of aging⁶

1. Hirudkar and Shivhare J. Drug Deliv. Ther.2022, 12, 204–206.
2. Datta and Paramesh. J. Ayurveda Integr. Med. 2010, 1, 110–113.
3. Bimhananda Tripathi, Astanga Hridayam, Suthrastana chapter 2/shloka 8-9, 2014
4. Zhang, L et al. Cosmetics 2020, 7, 59.
5. Hawkins SS et al., Dermatol Ther. 2004;17 Suppl. 1:63-8.
6. Sadowski G et al., J Clin Aesthet Dermatol. 2020 Jun;13(6):24-34.

vritilife® Facial Cleanser

Composition



Neem



Turmeric



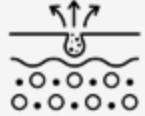
Camphor leaf oil



vritilife® Facial Cleanser – Benefits*



- Purifies & adds a natural glow to the complexion/ Radiance



- Gently deep cleanse the skin by removing impurities & making it refresh



- It leaves skin feeling soft & supple



- Rid face of dirt, oil, pollutants & oil soluble impurities

How to use: Take a 1-2 pumps of cleanser and apply on wet skin, lather up gently, rinse with water and pat dry. Can use 2-3 times a day



Feel Fresh on Every wash

*Clinically Proven

vritilife® Facial Toner

Composition



Aloevera



Cucumber



Potash Alum



vritilife® Facial Toner – Benefits*



➤ Instantly absorbs and boost Hydration



➤ Cools, Smoothens and Soothes Skin



➤ Makes skin feel clear and Supple



➤ Gently Conditions your skin



➤ Helps retain Moisture on skin

How to use: After Wash with Vritilife Facial cleanser and pat dry, spray the toner throughout the face or apply with the cotton ball. Follow with Serum/Moisturizer. Use it 2-3 times a day.



With a refreshing feel of Mandarin Splash

*Toner clinical study is in progress, all benefits are approved by AYUSH
Images are for illustration purpose only

vritilife® Facial Serum

Composition



Sesame
Oil



Olive
Oil



Almond
Oil



Kunkumadi
Oil



vritilife® Facial Serum – Benefits*



➤ Help smooth fine line/(&) Help reduce wrinkles



➤ Provides smooth and radiant/illuminating skin



➤ Reduces pigmentation



➤ Provides even skin tone



➤ Brightens dull skin



➤ Improves texture



➤ Has moisture retaining properties



How to use: After cleansing take a few drops of serum on your palm, give gentle massage throughout neck and face. Use twice daily.

*Clinically Proven

vritilife® Moisturizer

Composition



Aloevera



Almond Oil



Kanaka Oil



vrtilife® Moisturizer – Benefits*



➤ Hydrates skin without any stickiness



➤ Leaves skin soft and smooth



➤ Makes skin smoother & brighter



➤ Restores skin natural[^] glow



➤ Improves skin tone

How to use: Take a few pumps of moisturizer on your palm/fingertip and apply on the face with a gentle massage. Use twice daily for results.



Skin friendly pH

Images are for representation purpose only

*Clinically Proven

[^]perceptual feature of skin

vritilife® CTSM - Common Claims



- Botanical ingredients verified for quality and authenticity
- NO added Parabens and Sulfates
- NO added Phosphates
- NO Phthalates
- NO added synthetic dyes or colorants
- No mineral oil
- Dermatologically safe for **all skin types***
- Hypoallergenic*
- Clinically proven**

*normal, dry, oily and combination of oily & dry

**Applies to vritilife Cleanser, vritilife Serum, vritilife Moisturizer only

CTSM: **C**leanser, **T**oner, **S**erum and **M**oisturizer

PATCH TEST

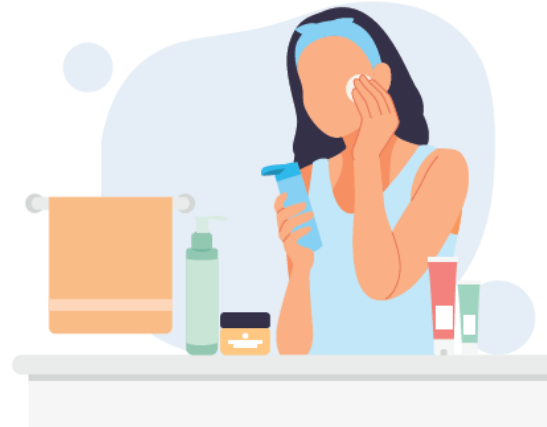
If an undesired reaction occurs, please let us know!
GCS@Herbalife.com, writetous@herbalife.com

vritilife Ayurvedic nutrition Products are approved by AYUSH licensing authority and so categorized as "Proprietary Ayurvedic Medicines". Review Composition, precautions, contraindications and instructions for use on the label carefully. Herbalife recommends performing a skin patch test before using any personal care product. In case of adverse reaction, discontinue use immediately and consult your doctor if necessary.

We Are Here **to Support You!**

Skin Patch Test When in doubt, test it out!

This test will help you determine your sensitivity to a new skincare product before fully applying a product to your face or body.



Steps to determine sensitivity to a new skincare product:



1

Read the composition on label.



2

Dab a small amount
onto your wrist.



3

Leave it on
for the recommended
amount of time*
(no more than 24 hours).



4

If there is no reaction,
use product as recommended.

*wash off products can be left in the skin for 30 seconds and up to 5 minutes



Product Solutions Tailored to Your Needs and Goals

Sample of Personalized Needs and Goals



**Healthy
Weight**

Anju



**Health and
Wellness**

Sonali



**Healthy
Aging**

Diksha and Lokesh



**Keep Fit
Look Good**

Jay



Healthy Weight

Anju, 38, is married, has a three-year-old and works part time.

- Wants to lose weight, get in shape
- Diet is unbalanced
- Not currently exercising
- Wants easy-to-prepare foods

Personalized Product Solutions For Anju: Healthy Weight

A Daily Guide

Breakfast



Mid-Morning



Lunch



Evening Snack



Dinner





Health and Wellness

Sonali, 45, is married and works full time.

- Stressful job with long days
- Knowledgeable about nutrition
- Exercises regularly
- Always busy and on-the-go

Personalized Product Solutions for Sonali: Health and Wellness

A Daily Guide

Breakfast



Mid-Morning



Lunch



Evening Snack



Dinner





Healthy Aging

Diksha and Lokesh are both in their early forties, working full time with three children who are growing up fast. They enjoy making healthy meals for the family and spend most of their time with their children. Family time is a high priority.

Both advocates for healthy aging. They believe they can decrease the negative effects of aging (like poor vision and fragile bones) by taking the right nutritional supplements. They're proactive in their goal to age in a healthy way.

Herbalife

Personalized Product Solutions for Diksha and Lokesh: Healthy Aging

A Daily Guide

Breakfast



Mid-Morning



Lunch



Evening Snack



Dinner





Keep Fit Look Good

Jay, 28, is single and works full time.

- Trying to keep weight down and get lean
- Wants best nutrition for workouts
- Doesn't like to cook, eats most meals out

Personalized Product Solutions for Jay: Keep Fit Look Good

A Daily Guide

Breakfast



Mid-Morning



Lunch



Pre workout



During workout



Post workout

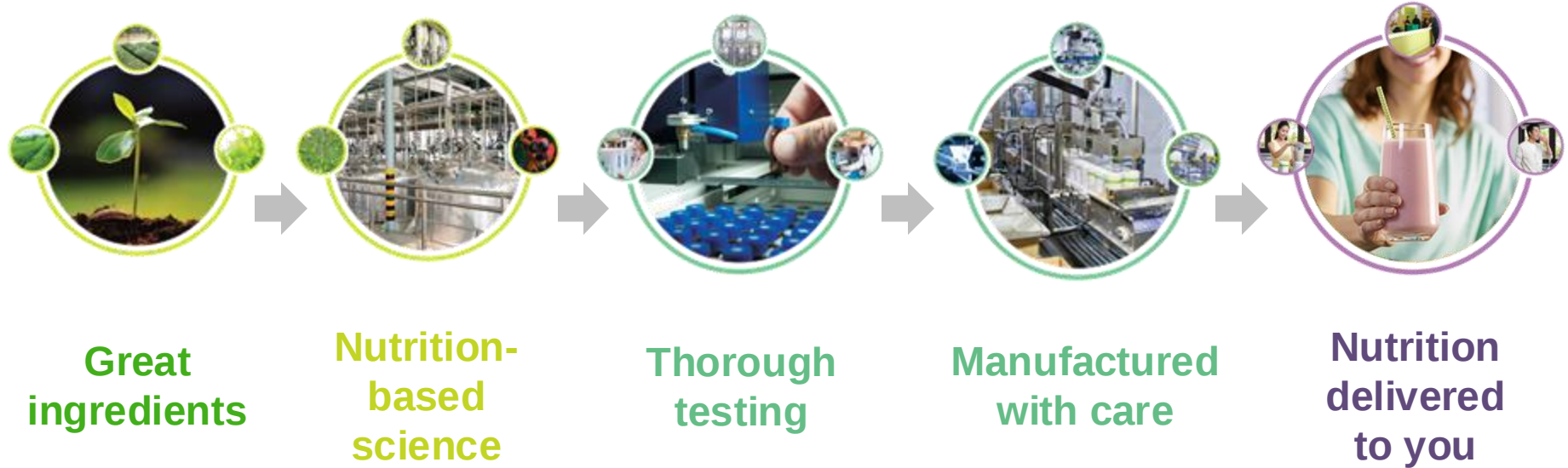


Dinner



Cellular Science: Seed to Feed

Ensuring High-Quality Ingredient Sources and Testing Processes



Personalization



Your genes

+



**Your environment
& lifestyle**

=



YOU!



The modern diet may be low in these key nutrients. That's why Herbalife Nutrition endorses a nutrition philosophy that encompasses both food, supplements, and an active lifestyle to help maintain optimal nutrition.



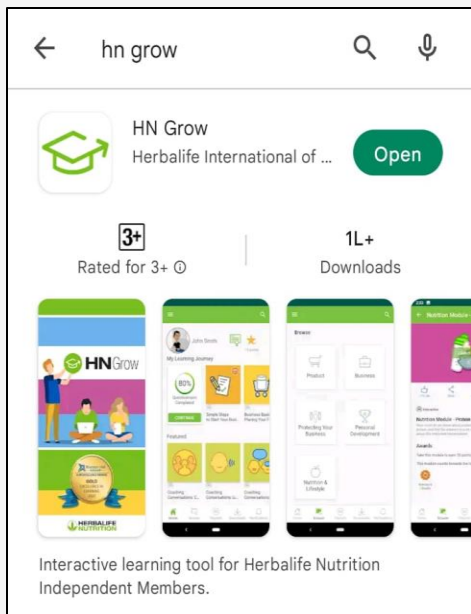
**WANT TO KNOW MORE ABOUT NUTRITION &
LIFESTYLE?**



DOWNLOAD THE HN GROW APP?

SIMPLE STEPS TO ACCESS MODULES OVER HN GROW APP

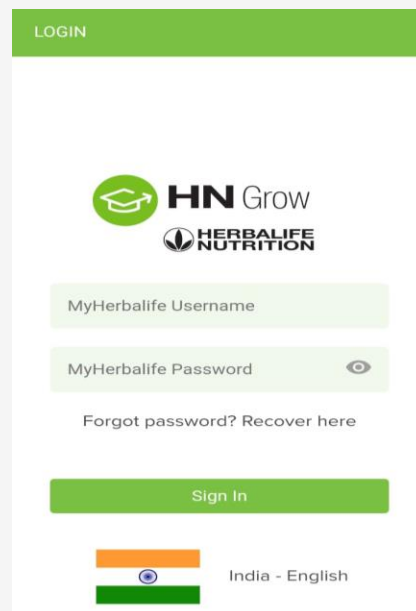
Step 1



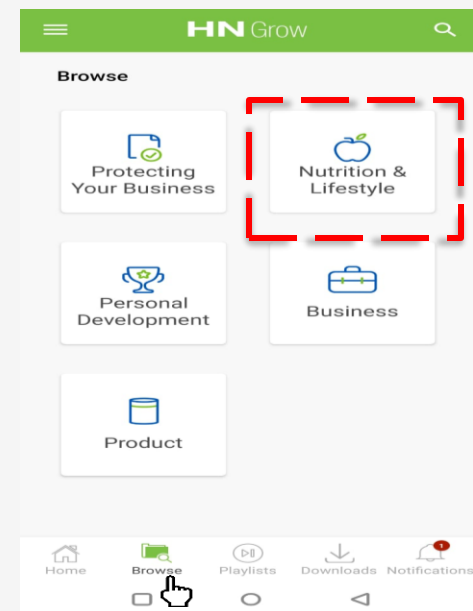
Step 2



Step 3



Step 4



Live your best life

Herbalife[®]

