

Success Forum

Cheryl Wisdom Murphy, MS RN FAARFM
Herbalife Independent Distributor
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New Products!!!



New Achieve Protein Bars



LIFE I/O

bioniq

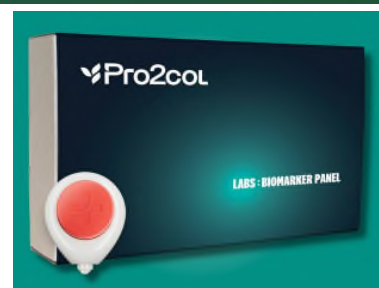
Pro2col

Extravaganza 2026, July 10 - 12 in Indianapolis was a blast!! Michael and I jumped in the car with Dorris and Pam and off we went. I rented a cute little house for us that was about 10 minutes away from Lucas Oil Stadium where we spent the weekend with about 10,000 other Herbalife Distributors. By Saturday afternoon, the four of us sat around our dining room table comparing notes, trying to get a handle on what just happened. The information came at us so fast and furious it was hard to keep up. What we witnessed that day was the launch of new products, but also the launch of the new direction our company is taking.

We do have a new CEO, Stephan Gratziani, who originally was a Distributor who has stepped into a corporate role to guide our company. Our company's founder, Mark Hughes, was the company's first distributor so it feels very comfortable for us to have a Distributor leading us again.

Earlier this year we launched I/O Baseline as a foray into a more "functional medicine" approach to nutrition. That line got expanded with Helio and Activate Energy but we also jumped in with both feet with Bioniq (which is pronounced bionic). I will of course expand on all of this in the following pages.

And then they also teased more about the future direction that we are taking. I'll explain more about Pro2col but this graphic says Labs: Biomarker Panel. That little white thing with the red center is a blood collection device! Bioniq takes the first step toward supplement personalization. Pro2col Labs will take the leap into total personalization. It's going to be a wild ride, so follow along and get ready!!



Let's talk about Bioniq, the daily supplement designed to support everyday wellness with ease. The only way to get Bioniq is by first completing an online Wellness Assessment that considers your age, sex, lifestyle, and your personal health goals. Bioniq then matches you to one of 40 curated supplement formulas based on your assessment and goals.

Each blend is built on your data – not guesswork – and features science-backed ingredients delivered through innovative Swiss granule technology. Every scoop provides high quality nutrients selected to help support your wellness goals, all in a single, convenient formula and the bag literally will have your name on it!

With easy to take granules, Bioniq simplifies your supplement routine and makes staying consistent effortless and stress free.

Key Benefits:

Unlike generic multivitamins that are often packed with fillers and have variable bioavailability, Bioniq GO delivers a nutritional-based, comprehensive formula designed for supporting absorption.

Up to 23 ingredients in 1 dose made with Swiss granule technology, designed to support absorption by mimicking how you get nutrients from fruit and vegetables.

No artificial coloring, sugar, sweeteners or gelatin. No pills to swallow. Preservative free and vegan friendly.

Take two scoops of granules per day with food. You can take both scoops at the same time, or split the dose. The granules can be swallowed with water, juice, or milk, or mixed into shakes, yogurt, or similar foods.

The granules should not be chewed and they are not intended to be consumed with hot beverages or added to a blender. Doing so can degrade certain micronutrients as well as change the texture, taste, and how the nutrients are delivered.

Who would benefit from Bioniq? Everyone? Let's explore that. This is all my personal opinion, based on my personal and professional experience.

There are a lot of you reading this who would benefit greatly. It's overwhelming to try to put together a nutrition program if you aren't working with a health care provider that understands nutrition. It's ideal to base decisions on comprehensive testing such as blood work and stool testing.

First, it's hard to find a practitioner who understands anything about nutrition. I literally had a family practice physician tell my client that she didn't need any supplements. The practitioner had NEVER asked my client what she eats, so how the heck would she even know if she would benefit from taking supplements?? Unbelievable to me.

This label is from Michael's bag. The ingredient list is different than mine, as it should be. Granted, it's hard to read, but some highlights are that the B-vitamins are the methylated form. Always a good thing. It contains iodine and vitamin K2. Excellent. Also some great trace minerals such as chromium, manganese and another one that's hard to pronounce, molybdenum.

I got the Bioniq so that I could experience it. I will take my Swiss granules, but because of my complicated health history and supplement recommendations based on lab work, my Bioniq formula doesn't add anything unique. That won't be true for most people.

Are you ready to check it out and see what Bioniq recommends for you? Scan the QR code! Retailing at \$119, it makes sense to first sign up as a Wellness Rewards VIP member so that you will get up to a 35% discount! Ask your distributor for more information about the Wellness Rewards program!



Supplement Facts		
Serving Size: 2 scoops (4.6 g)		
Servings Per Container: 30		
	Amount per serving	%DV*
Calories	5 kcal	
Dietary Fiber	1 g	5%
Vitamin A (from Retinyl Palmitate)	280 mcg RAE	31%
Vitamin C (as Ascorbic Acid)	141 mg	157%
Vitamin D3 (as Cholecalciferol)	48.3 mcg	242%
Vitamin E (from D-Alpha-Tocopherol)	28.1 mg	187%
Vitamin B1 (from Thiamine Hydrochloride)	1.97 mg	164%
Riboflavin (Vitamin B2)	1.97 mg	152%
Niacin (Vitamin B3)	110 mg NE	688%
Vitamin B6 (from Pyridoxine Hydrochloride)	3.94 mg	232%
Folate (as Folic Acid and Methyl Folate)	525 mcg DFE	131%
Vitamin B12 (from Methylcobalamin)	35.7 mcg	1488%
Biotin	9.9 mcg	33%
Pantothenic Acid	3.9 mg	78%
Calcium	190 mg	15%
Iodine	23 mcg	15%
Magnesium	130 mg	31%
Zinc	7.1 mg	65%
Selenium	15 mcg	27%
Copper	1.18 mg	131%
Manganese	2.96 mg	129%
Chromium	29.6 mcg	85%
Molybdenum	29.6 mcg	66%
Vitamin K2 (Menaquinone)	59 mcg	†



Introducing Life I/O HELIO

Herbalife has always been known for our great protein shakes and now ... LIFE I/O Helio! This shake is beneficial for everyday wellness enthusiasts who want a premium, all-in-one daily nourishment protein shake. It's ideal for those looking for high-quality macro- and micronutrients to support daily nutrition, fuel healthy living and support a healthy lifespan. While technically this is NOT a weight loss product or a meal replacement shake, it does contain 30 grams of whey and pea protein and a whole host of other amazing ingredients!

In addition to vitamins (the B's are methylated) and minerals, check this out. I tried for an image, but none of them, including my camera, are clear. So here it is:

Superfood Blend (1,250 mg) Spinach, Apple Fiber, Kale, Carrot, Purslane, Spirulina, Sweet Potato, Beet, Tomato, Blueberry, Cranberry, Raspberry, Strawberry, Quinoa Sprout, Amaranth Sprout, Millet Sprout, Garbanzo Bean Sprout, Adzuki Sprout, Alfalfa Sprout, Broccoli Sprout, Buckwheat Sprout, Flax Sprout, Lentil Sprout, Pumpkin Sprout and Sunflower Sprout. Then the list continues ...

Pomegranate Fiber	1,000 mg
Lion's Mane Mushroom Powder	1,000 mg
Rosemary Leaf Extract	450 mg
Grape Seed Extract (85% polyphenols)	176 mg
Ashwagandha Root Extract 10:1	100 mg
Green Tea Leaf Extract	100 mg
Turmeric Root Extract 4:1	50 mg

WOW!!! I was really impressed with that list. It only comes in chocolate at this point. It's very creamy when you mix it in cold water, but it's also really good mixed in cold milk. Some folks have said that it has an "earthy" smell and taste. That's probably the mushroom and some of the sprouts. It does contain 4 grams of healthy fats: Coconut Oil, MCT (medium chain triglyceride) Oil and Avocado Oil. Healthy, Saturated fats!! If you don't understand why saturated fats are healthy for you, the next Nutrition Workshop begins September 17!

Give this shake a try. (Do proceed with caution if you are oxalate sensitive.) Combine it with Bioniq and you've got a power-packed combo!!



And now a quick note about Pro2col, which is an app that in the future will be used to drive personalization of our products to truly fit your needs. Right now you can download the Pro2col app at the App Store and start using it to track your food, your steps, your workouts, your sleep, your you name it! You may have heard that Cristiano Ronaldo has retired from football / soccer and look at who he chose as his business partner! Herbalife!! As I said, things are going fast into the future and we're excited about it. Would you like to join us???



Introducing LIFE I/O Activate ENERGY!



Key Ingredients & Benefits:

95mg Caffeine: Promotes mental alertness and focus.

BHB Ketones: Supplies an alternative energy source for muscles and the brain.

Electrolytes: Assists with overall hydration and fluid balance.

Vitamins B6 & B12: Supports normal energy metabolism and helps reduce fatigue.

Flavors: Berry Lemonade and Limeade. Sweetened with allulose, stevia and monk fruit.

Activate Energy! You can see the ingredients. I discuss caffeine on the next page, so check that out. The one you most likely are not familiar with is BHB Ketones. I wasn't either. You've probably heard the word "ketosis." When you heavily restrict carbohydrates, your body switches from creating energy from glucose to using ketone metabolism for energy. And your body can do well with just using ketones, for a time. Restrict carbs long enough and you start raising cortisol and that's not a good thing.

So how about if we continue eating carbs but then add extra ketones? I believe that's the goal here. Herbalife created a super good tasting drink with a boost of caffeine and a nice dose of additional ketone energy molecules, along with B vitamins! How can you go wrong? I asked BrightAnswers.ai about BHB ketones. It's a long answer, so I will share this much:

"For those seeking to achieve ketosis more quickly, exogenous ketone supplements, which are ketones not made by the body, can be an option. These supplements, often in the form of D-BHB salts or esters, can "potentially increase the primary ketone called D-beta-hydroxybutyrate or BHB without strictly adhering to a keto diet." While they can help with weight loss, enhanced

energy, and improved performance, it is important to note that relying solely on supplements is not a substitute for the foundational practices of a healthy diet, exercise, and intermittent fasting. Fasting itself is a powerful tool to stimulate autophagy, the body's self-healing process where cells repair themselves and get rid of dysfunctional mitochondria, which occurs when insulin levels are low."

"In conclusion, the benefits of D-BHB are multifaceted, ranging from providing a clean energy source and improving cognitive function to modulating gene expression and promoting longevity."

The flavors really are delicious. It's hard to get a good lime flavor. I love that one. Mix in cold water and enjoy, or mix with other Herbalife products! I can only imagine the combos that are going to be created! Protein Beverage Mix. SKIN Collage Beauty Booster! Herbal Aloe, of course. Just remember that when you start adding it to Herbal Tea Concentrate and LiftOff, you will be pushing hard on the upper limit of caffeine that is recommended.

Let me know which combo is your favorite and
* Enjoy the Energy!!!
* *
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Let's talk **CAFFEINE!**

When talking about the Activate Energy, people have been questioning the fact that it contains 95 mg of caffeine. So let's talk about that.

Is caffeine bad for me? This is from the American Medical Association. "Caffeine is not bad for most people when consumed in moderation, but too much can cause sleep issues, anxiety, and a fast heart rate. The U.S. Food and Drug Administration (FDA) considers up to 400 milligrams of caffeine a day safe for healthy adults. This is about four 8-ounce cups of brewed coffee." Are there benefits?

Potential Benefits:

Alertness: Blocks sleep-promoting chemicals in the brain to help you feel awake.

Focus: Can improve concentration and daily work performance.

Antioxidants: Coffee and tea contain healthy compounds linked to lower risks of type 2 diabetes and heart disease.

How does your body metabolize caffeine? There is an enzyme in your liver that breaks it down, however about 50% of people have a defect in the enzyme that leads to **slow** processing of caffeine. If you have the enzyme, you are considered a fast metabolizer. If your enzyme is defective, you are a slow metabolizers such that consuming caffeine can be associated with:

- a higher risk of heart disease,
- a higher risk of hypertension,
- impaired fasting glucose, and
- may not have the protective effects against some cancers that it appears to for "fast metabolizers."

chriskresser.com/coffee-is-good-for-you-unless-its-not/

You know yourself. Can't have caffeine after noon because you know you won't sleep? You are a slow metabolizer. Approach caffeine with caution.

Activate Energy has 95 milligrams of caffeine. Is that a lot? Let's make a few comparisons! A 16 ounce Starbucks Dark Roast contains 260 mg of caffeine! And the Starbucks Blonde Roast has 310!!! And how do people order it? Black? I suspect it's loaded with sweeteners.

Now let's take a look at how the other Herbalife products stack up!

Herbal Tea Concentrate
85 mg per serving



Total Control
82 mg per tablet

High Protein Iced Coffee
80 mg per serving



LiftOff 75 mg per serving



NRG Tea
40 mg per serving

Green Tea
25 mg per serving



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Some quick hits here for you. Dorris and I were recognized on stage at Extravaganza for being in the business for 30 years!!! We must have started the business when we were 20! But seriously, it was an honor to be recognized.

I mentioned Stephan Gratziani earlier. Herbalife was recognized by Time Magazine as one of America's Best Companies!!!

And I can't wrap up without mentioning our new, updated, re-imagined Herbalife 24 Achieve Protein Bars!!! These are amazing. Soft and yummy with 20 grams of protein to fuel your day. The Chocolate Peanut Caramel is really peanutty. My favorite is the Chocolate Chip Cookie Dough, of which I'm not usually a fan, but this one is great! Enjoy!



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