

How does Herbalife work?

Weight-loss products:

PRODUCT	HOW MUCH	WHAT DOES IT DO?
Formula 1 Shake	2 OR 3 TABLESPOONS POWDER WITH 8 FL. OZ. SOY MILK, NONFAT MILK, JUICE OR YOUR FAVORITE BEVERAGE. REPLACE TWO MEALS A DAY	Meal replacement, all the benefits of a nutritious complete meal.—satisfies your hunger and your for easy, healthy weight-loss
Formula 3 Protein Powder	WOMEN: 1-2 TABLESPOONS WITH SHAKE MEN: 2-3 TABLESPOONS WITH SHAKE	Boosts protein intake, fights hunger keeping you satisfied, helps maintain lean muscle mass.
Formula 2 Multivitamin Complex	TAKE 1 TABLET 3 TIMES A DAY WITH MEALS	Supplies important vitamins and minerals, plus select herbs, to promote overall well-being
Cell Activator	TAKE 2 THE 1ST WEEK THEN 1 OR 2 THERE AFTER THREE TIMES A DAY	Better absorption of essential nutrients. Supports cellular energy and stamina. It improves nutrient transport.
Herbal Concentrate	1/2 TEASPOON OR MORE TO TASTE, DISOLVE IN 8OZ GLASS OF WATER. HOT OR COLD	A natural energy lift, it is a tasty and healthy alternative to coffee and sodas. All the antioxidant benefits of green tea.
Cell-U-Loss	TAKE 1 EACH MEAL	Reduces excess fluids in fatty tissues for improved skin appearance.
Total Control	TAKE 1 TO 3 A DAY	Boosts metabolism to burn fat, builds energy and soothes digestion. Promotes easier weight loss.
Snack Defense	TAKE 1 ANYTIME 2 OR 3 TIMES A DAY	Reduces desire for sweets and snacking between meals. Supports transport of glucose into cells to reduce snacking urges.
Thermo-Bond	TAKE 2 WHENEVER YOU EAT	Speeds passage of food through the digestive system to reduce fat absorption when you eat. Help create feeling of fullness.
Aminogen	TAKE 1 THREE TIMES A DAY	Improve protein assimilation. Reduces bloating and make weight loss less challenging.
Protein Snacks (Protein Bars, Drinks, Soups, Soy Nuts)	TAKE 1 OR 2 A DAY	Excellent guilt-free snacking alternatives. Controls hunger between meals or after workout.

Have a lean and colorful meal! Once a day.

DRINK WATER - 1 in every 3 can experience headaches, this is a good sign, and your body is ridding itself of toxins and not getting enough water. Drinking water will accelerate your weight loss.

This chart represents one suggested weight management program. Individuals may choose to customize their shakes, snacks & meals, as well as personalize their supplement program following recommendations on the Herbalife's product labels.

Herbalife Supplement Products

PRODUCT	HOW MUCH	WHAT DOES IT DO?
Florafiber	TAKE 1 EACH MEAL	Reduces gas, bloating and constipation in digestion, improves elimination and enhances nutrient absorption.
Herbal Aloe	TAKE 4 OUNCES A DAY (1OZ. CONCENTRATE WITH WATER)	Support digestive health naturally. Assists the body's self-cleansing action. Includes premium-quality aloe.
N-R-G Tea	TAKE 1 UP TO 4 TIMES A DAY	Invigorating and refreshing drink. Provides natural energy lift.
Xtra-Cal	TAKE 1 THREE TIMES A DAY	Build strong bones. Protect bone density. Supplement your diet with calcium, vitamins and herbs.
Joint Support – Glucosamine with Herbs	TAKE 1 THREE TIMES A DAY	Builds healthy cartilage to cushion joints. Eases joint and muscle discomfort.
Rose Ox	TAKE 1 THREE TIMES A DAY	Provides prolonged antioxidant protection. Enhances Vitamin E effectiveness. Reduces oxidative stress from exercising.
Schizandra Plus	TAKE 1 THREE TIMES A DAY	Antioxidants protect against free-radical damage, reduce stress, and promote stamina. Works against premature aging. Protects tissues and cells.
Tang Kuei Plus (women only)	TAKE 1 THREE TIMES A DAY	Relieves PMS symptoms, promotes restful sleep, and reduces stress and tension.
Women's Choice (women only)	TAKE 1 TWO TIMES A DAY	Reduce symptoms of premenopausal and menopause. Support hormone balance.
Triple Berry Complex (Women Only)	TAKE ONE OR TWO A DAY	Support urinary tract health. Super-powered antioxidant support. Harness the power of cranberries.
Prelox Blue (Men Only)	TAKE 2 TABLETS TWICE A DAY FOR 2 WEEKS, ONE THEREAFTER	Help promote sexual intimacy and pleasure* Protect blood vessel and circulatory health* Nutritional support for male sexual health.
Male Factor (Men Only)	TAKE 1 TWO TIMES A DAY	Supporting vitality and a healthy, active lifestyle Includes vitamin C and calcium.
Prostate Plus (Men Only)	TAKE ONE DAILY	Protect prostate and urinary function. Boost antioxidant protection. Potent soft gel formula.