

PRODUCT

GUIDE



Your handy guide on all Herbalife products:
including ingredients, nutritional information and
key benefits

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Formula 1

The world's #1 health shake*

Product Overview

- A nutritious healthy meal
- The ideal combination of all the nutrients your body needs: Protein, Carbohydrates, Fibre, Vitamins and Minerals in one tasty shake
- Formula 1 is the World's number 1 healthy shake¹
- Perfect for those looking to cut calories but not nutrients, a great approach to weight control
- Quick and convenient, easy to prepare, made in less than a minute
- A great alternative to common breakfast options, more nutrient-dense and less calories
- A huge range of delicious flavours, developed by global flavour experts
- Suitable for vegans, gluten free with no artificial colours, sweeteners or flavours²

Key Features and Benefits

- ✓ Rich in plant-based soy protein, which contains all the essential amino acids the body needs
- ✓ Contains 25 essential vitamins and minerals including vitamin D, which supports a healthy immune system and vitamin C which helps reduce tiredness and fatigue
- ✓ Around 220 calories per shake (may differ slightly by flavour)
- ✓ No artificial colours, sweeteners or flavours²

Consumption

For Weight control:

Replace two of your main daily meals with a Formula 1 shake.

For balanced nutrition support and weight maintenance:

Replace one daily meal with a Formula 1 shake.

Perfect for mixing with PDM or PDM Vegan for more protein and less sugar. Just add 2 scoops to Formula 1 and mix with water for an optimal healthy shake.



**HIGH IN
PROTEIN**

**COMPLETE
MEAL**

VEGAN

GLUTEN FREE

**25 VITAMINS
AND MINEALS**

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Formula 1

Product Pairing

Part of the Herbalife Breakfast bundle

Other Herbalife products that can be added to your Formula 1 Shake are:

PDM or PDM Vegan

To enhance your healthy meal. Just add 2 scoops to Formula 1 and mix with water for an optimal healthy shake



Immune Booster

To boost immune health



Oat Apple Fibre

To help increase your daily fibre content



Collagen Skin Booster

For improved skin elasticity, reduced eye wrinkles and cellulite



Microbiotic Max

To help support a healthy gut

Protein Drink Mix Vegan

Perfect partner for Formula 1

Product Overview

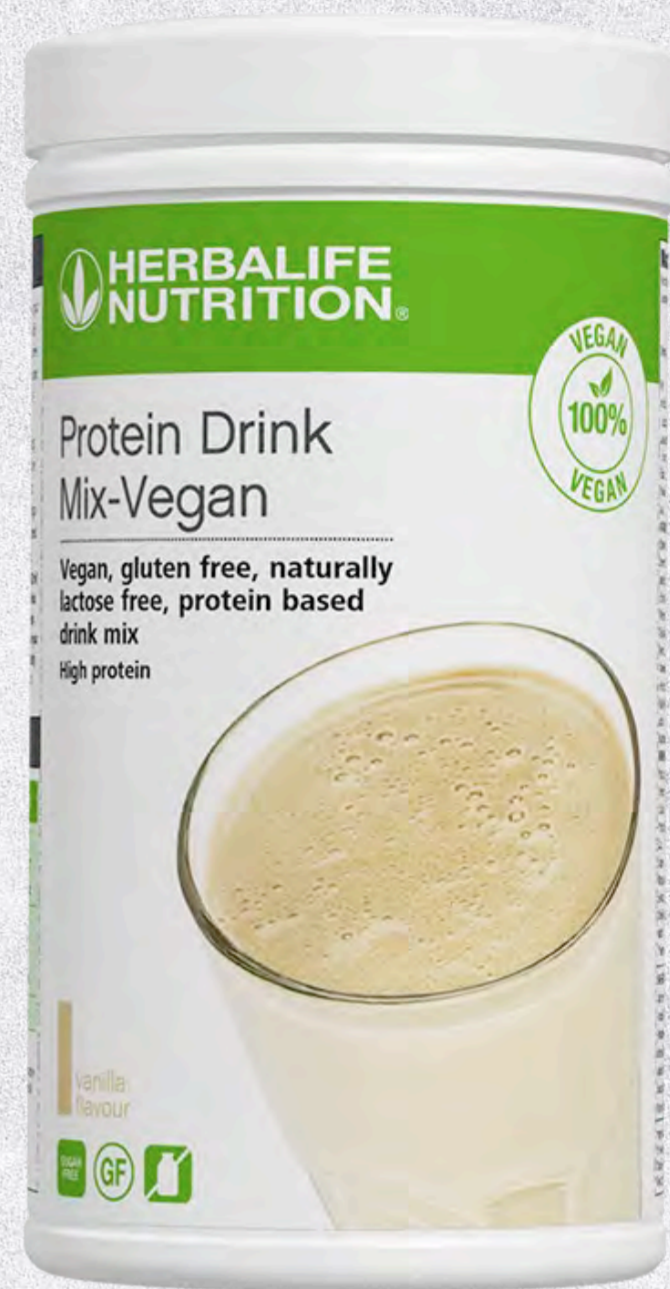
- Formula 1 + PDM Vegan delivers a high protein, low sugar, gluten-free and lactose-free healthy shake that is 100% vegan
- Combine with Formula 1 and water for a healthy meal with more protein, more fibre and less sugar than Formula 1 with milk
- PDM also helps boost both texture and flavour, enhancing your Formula 1 shake in every way
- Those following a vegan diet may often struggle to obtain enough protein, calcium and certain vitamins in their diet (e.g. vitamin D and B12), all of which can be found in PDM Vegan
- The optimal healthy shake

Key Features and Benefits

- ✓ 100% Vegan
- ✓ Naturally sweetened with Stevia
- ✓ Lactose-free
- ✓ Gluten-free
- ✓ Contains no artificial colours or flavours
- ✓ Delivers 15 g protein (2 scoops) or 23 g protein (3 scoops) per serving when consumed alone
- ✓ Contains a complete protein with all essential amino acids.
- ✓ Contains 22 vitamins and minerals.

Consumption with Formula 1

Mix 2 scoops of PDM Vegan with 2 scoops of Formula 1 to 300 ml water for a healthy meal shake with 24 g protein, 26 vitamins and minerals, 6 g fibre and only 212 calories.



**HIGH IN
PROTEIN**

SUGAR FREE

VEGAN

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Protein Drink Mix

Perfect partner for Formula 1

Product Overview

- Combine with Formula 1 and water for a healthy meal with more protein, more fibre and less sugar than Formula 1 with milk
- PDM helps to improve both texture and flavour, enhancing your Formula 1 shake in every way
- The optimal healthy shake

Key Features and Benefits

- ✓ Delicious, creamy vanilla flavour
- ✓ Contains no artificial colours or flavours
- ✓ Delivers 15 g protein (2 scoops) or 23 g protein (3 scoops) per serving
- ✓ Contains 22 vitamins and minerals

Consumption with Formula 1

Mix 2 scoops of PDM Vegan with 2 scoops of Formula 1 to 300 ml water for a healthy meal shake with 24 g protein, 26 vitamins and minerals, 6 g fibre and only 212 calories.



**HIGH IN
PROTEIN**

SUGAR FREE

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Tri Blend Select

Banana or Coffee Caramel Flavours

Product Overview

- A premium wellness protein shake that is 100% uncompromising: carefully sourced, natural ingredients delivering optimal nutrition and delicious flavours
- Made with a high quality blend of pea, quinoa and flaxseed to deliver a complete protein source, alongside a number of other natural and organic ingredients providing fibre, vitamin C and selected minerals
- Ideal post-workout drink for vegans, or anyone looking for a low carb, high protein shake

Key Features and Benefits

- ✓ Provides all of the essential amino acids that our body needs to form protein, which supports the maintenance of muscle mass
- ✓ Made up of natural and organic ingredients
- ✓ Contains naturally sourced vitamin C which helps reduce tiredness and fatigue, improves energy levels and protects cells from oxidative stress
- ✓ Contains naturally sourced zinc helps maintain cognitive function such as memory and concentration
- ✓ Contains naturally sourced iron helps maintain a normal immune system
- ✓ 100% Vegan
- ✓ High in protein (20g) and fibre (6g)
- ✓ Low in sugar
- ✓ No artificial colours, flavours or sweeteners
- ✓ Soy, dairy & gluten free

Consumption

Enjoy Tri Blend Select at anytime during the day. Gently shake the pouch prior to each use as content may settle. Mix 3 scoops (40 g) of powder with 250 ml of water or your favourite alternative milk or fruit juice

Enjoy after exercise as a post-workout recovery drink and as a delicious reward for your efforts

A protein shake to accompany your lunch-time salad. Ideal for baking
Visit myherbalifeshake.com for recipe ideas



HIGH IN PROTEIN

Vegan

Low in Sugar

Soy, Dairy & Gluten free

Contains all-natural ingredients

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High Protein Iced Coffee



Mocha or Latte Macchiato Flavours

Product Overview

- Contains more protein and less sugar than regular iced coffee
- More caffeine than a shot of espresso. caffeine can help improve alertness and concentration¹
- The ideal energy + protein boost, either post-workout or as a snack between meals
- Combines 100% Robusta espresso coffee beans with the benefits of 15g quality protein per serving
- Has no added sugar and is suitable for vegetarians



15 g Protein

Vegetarian

No added Sugar

Key Features and Benefits

- ✓ 100% Robusta espresso coffee beans
- ✓ 80mg caffeine
- ✓ 15g whey protein
- ✓ Only 80 calories
- ✓ Less than 1g sugar
- ✓ Vegetarian
- ✓ No artificial colours, flavours or sweeteners

Consumption

Fill your shaker cup with 250 ml cold water. Add 2 scoops of High Protein Iced Coffee. Shake well and pour over ice. If you don't have a shaker cup, blend on low speed for 5 seconds. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

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Formula 1 Savoury Meal

Mushroom & Herb Flavour

Product Overview

- Healthy, warming and delicious; the ideal lunch time or evening meal
- With sumptuous taste of mushrooms, sweet onion, refreshing herb and garlic
- Formula 1 Savoury Meal Mushroom & Herb flavour is the ideal nutritional lunch or evening meal to eat while staying on track with your healthy and active lifestyle - wherever you are
- Enjoy all the benefits of Formula 1 in a savoury flavour that is healthy, warming and delicious

Key Features and Benefits

- ✓ Formula 1 Savoury is a delicious healthy meal, with the ideal blend of protein, carbohydrates, vitamins and minerals
- ✓ Enjoy as a health savoury lunch or evening meal.
- ✓ Ideal for use in savoury recipes e.g. healthy pasta sauce, tomato and mushroom salsa and more
- ✓ No artificial colours, flavours or sweeteners
- ✓ No added sugar
- ✓ Natural flavours

Consumption

Gently shake the canister before using, as its contents may have settled. Warm 250 ml of semi-skimmed milk in a pan or a microwave for 80 seconds. Add 2 scoops (26 g) of Formula 1 Savoury Meal, blend (or shake) carefully until smooth and enjoy!

For a vegan and dairy free option, add 2 scoops (26 g) of powder to 250 ml of warm, fortified soya beverage. Blend (or shake) carefully until smooth and enjoy!

Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.



**HIGH IN
PROTEIN**

**COMPLETE
MEAL**

VEGAN

GLUTEN FREE

**25 VITAMINS
AND MINERALS**

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Formula 3 Personalised Protein Powder

Perfect for a protein boost

Product Overview

- Formula 3 Personalised Protein Powder is a rich source of soy and whey protein, which can help build lean body mass and maintain healthy bones
- Formula 3 is an easy way to personalise your protein intake to suit your weight management or fitness needs

Key Features and Benefits

- ✓ 5 g protein per serving
- ✓ 23 kcal

Consumption

Personalised Protein Powder can be stirred into foods and beverages, including sauces, soups and smoothies. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.



**HIGH IN
PROTEIN**

Vegetarian

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Formula 1 Express Bar

Dark Chocolate Flavour

Product Overview

- Never miss a meal again with Formula 1 Express Bars, your ideal healthy meal on-the-go
- Offering both great nutrition and convenience in one delicious bar
- Perfect alternative to a Formula 1 shake, whenever you need something to chew
- Contains only 207 calories per bar
- Contain a delicious combination of crispies and chocolate chips, dipped in dark chocolate
- Available in a box of 7 and individually wrapped

Key Features and Benefits

- ✓ Nutritionally complete meal
- ✓ High in Protein with 13 g per bar
- ✓ High in Fibre with 7 g per bar, accounting for 28% of the recommended daily intake of fibre
- ✓ Contains Promitor[®] fibre
- ✓ A delicious bar with an improved flavour and texture versus the previous Express Bars
- ✓ Perfect for when you are on-the-go, with no time to spare
- ✓ No artificial colours or sweeteners

Consumption

Enjoy Formula 1 Express bar(s) every day as a nutritious meal. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



**HIGH IN
PROTEIN**

**COMPLETE
MEAL**

**25 VITAMINS
AND MINERALS**

VEGETARIAN

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Protein Bars

Citrus Lemon, Chocolate Peanut & Vanilla Almond flavour

Product Overview

- Curb the chocolate cravings with a delicious, high-protein snack, or enjoy this healthy treat pre- or post-exercise

Key Features and Benefits

- ✓ Around 140 calories per bar, less calories and more protein (10g) than regular chocolate bars
- ✓ 10g of milk protein to help you build lean body mass. Increasing your body's lean body mass can contribute to an increased metabolic rate.
- ✓ High in vitamins B1, B2, B6, vitamin E and pantothenic acid
- ✓ Available in three delicious flavours: Chocolate Peanut, Vanilla Almond and Citrus Lemon

Consumption

Enjoy one or two bars per day as a healthy snack.



**HIGH IN
PROTEIN**

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Protein Chips

Barbecue Flavour



Product Overview

- Protein Chips are a delicious and nutritious savoury snack
- Unlike regular potato chips, Protein Chips are never fried and always popped
- The 'popping process' happens as the protein pellet is exposed to high pressure & high temperatures which makes the product explode/expand (popped), like popcorn or rice cakes
- 50% less fat compared to fried potato chips, meaning less empty calories and a delicious snacking option
- 5 x More Protein compared to fried potato chips
- High in pea protein
- The perfect alternative to potato chips, or whenever you need a tasty savoury snack



HIGH IN PROTEIN

GLUTEN-FREE

VEGAN

Key Features and Benefits

- ✓ Delivers 11 g protein per pack
- ✓ Vegan friendly
- ✓ A convenient, nutritious snack to take on-the-go and enjoy anytime
- ✓ 134 kcal per serving

Consumption with Formula 1

Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

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Protein Chips

Sour Cream & Onion Flavour



Product Overview

- Protein Chips are a delicious and nutritious savoury snack
- Unlike regular potato chips, Protein Chips are never fried and always popped
- The 'popping process' happens as the protein pellet is exposed to high pressure & high temperatures which makes the product explode/expand (popped), like popcorn or rice cakes
- 50% less fat compared to fried potato chips, meaning less empty calories and a delicious snacking option
- 5 x More Protein compared to fried potato chips
- High in pea protein
- The perfect alternative to potato chips, or whenever you need a tasty savoury snack



HIGH IN PROTEIN

GLUTEN-FREE

VEGETERIAN

Key Features and Benefits

- ✓ Delivers 12 g protein
- ✓ Vegetarian
- ✓ A convenient, nutritious snack to take on-the-go and enjoy anytime
- ✓ 135 kcal per serving

Consumption with Formula 1

Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

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Formula 2 Men & Women

Take with your Formula 1

Product Overview

- Obtaining all the vitamins and minerals¹ your body needs from the average diet can be challenging
- Formula 2 helps you achieve optimal nutrition and has been carefully formulated in partnership with a leading expert in biological chemistry
- Tailored specifically to the individual nutritional needs of men and women
- Formulated to work effectively in conjunction with Formula 1
- Free from preservatives

Key Features and Benefits

- ✓ Formula 2 provides the optimal amount of 24 key nutrients that your body needs
- ✓ Each serving delivers 71 different health benefits, ranging from immunity² to healthy hair, skin & nails⁴

Consumption

For weight control:

Take one to two tablets a day with food. If you are consuming two shakes a day, take one tablet. If you are consuming one shake a day, take two tablets.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.



24 KEY
NUTRIENTS

71 DIFFERENT
HEALTH
BENEFITS

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[Men's
Product
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[Women's
Product
Details](#)

Microbiotic Max

Vanilla flavoured

Product Overview

- There is a lot more to our digestive system than we may think. Gut health has been proven to directly impact immunity, skin health¹, sleep²⁻⁴, stress levels⁵, weight management⁶⁻⁷ and brain health⁸⁻¹⁰
- Contains Probiotics which are living 'good bacteria' that when consumed in adequate amounts support our health including gut health¹¹⁻¹²

Key Features and Benefits

- ✓ Microbiotic Max is specially formulated to deliver BOTH prebiotics and probiotics in one product, to help deliver optimal gut health.
- ✓ Most competitor gut health products contain only pre or probiotics
- ✓ Also contains Bimuno® GOS Prebiotics which are clinically proven to support immune health, stress relief, brain health and gut health¹³⁻²²
- ✓ No added sugar or sweeteners
- ✓ No added colours or preservatives
- ✓ High in Fibre

Consumption

- Convenient individually packaged sachets make it easy to carry around and consume without need for refrigerating
- Quick and easy to take, just mix with 100 ml of water (under 25°C)
- Or add to your F1 shake after blending²³
- Also perfect for mixing with Collagen Skin Booster for wellness from the inside out



2 BILLION LIVE BACTERIA

FORMULATED TO DELIVER BOTH PREBIOTICS AND PROBIOTICS

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Immune Booster

Berry Flavour



Product Overview

- A specially formulated immune health solution supplement
- Immune Booster contains EpiCor[®], a natural yeast fermentate that is scientifically proven to support a strong immune system¹⁻⁶ and deliver gut health benefits⁷
- When taken daily, studies show that EpiCor[®] helps to boost and strengthen the immune health⁽¹⁻⁶⁾ as well as support nasal comfort^{4,8} and the gut microbiome⁷
- Immune Booster also contains a carefully selected mix of key nutrients like vitamin D, vitamin C, selenium and zinc⁹ that support the immune system

Key Features and Benefits

- ✓ Immune Booster also contains a carefully selected mix of key nutrients like vitamin D, vitamin C, selenium and zinc⁹ that support the immune system

Consumption

Convenient, quick and easy to take, just mix a sachet with 150 ml of water or add to your favourite Formula 1 shake¹⁰



GLUTEN FREE

VEGAN

EpiCor[®] helps to boost and strengthen the immune health¹⁻⁶ and support nasal comfort^{4,8} and the gut microbiome⁷

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Immune Booster

Product Pairing

Immune Booster can also be consumed with your other favourite Herbalife products¹¹ such as Herbal Tea Concentrate¹² or Microbiotic Max



**Herbal Tea
Concentrate / Instant
Herbal Beverage**



Microbiotic Max

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Collagen Skin Booster



Strawberry and Lemon Flavour

Product Overview

- Collagen accounts for up to 30% of the total protein mass in our body¹. It also makes up for 75% of our skin and gives it structure and firmness²
- Our body begins to produce less collagen as we age³. Over time, our skin gets thinner, drier, and less elastic⁴. It also becomes less able to heal or repair³
- Collagen Skin Booster is a beauty supplement containing Verisol® P which is scientifically proven to improve skin elasticity, reduce eye wrinkles in 4 weeks and was also shown to decrease visible signs of cellulite after 3 months of regular usage⁸
- Verisol® P contains some of the most powerful bioactive collagen peptides on the market

Key Features and Benefits

- ✓ Reduces eye wrinkles and improves skin elasticity after 4 weeks
- ✓ Shown to decrease visible signs of cellulite after 3 months of regular usage⁸
- ✓ Verisol® P is a mixture of bioactive collagen peptides naturally sourced from collagen type I and III, some of the most scientifically backed collagen peptide sources on the market⁶⁻⁸
- ✓ Collagen Skin Booster is also high in 9 Key vitamins and minerals, to support wellness from within
- ✓ Gluten Free
- ✓ Strawberry & Lemon Natural Flavours

Consumption

Just mix one scoop with 250 ml of water and consume daily
Also perfect for adding to your favourite Formula 1 shake



REDUCE EYE WRINKLES

IMPROVE SKIN ELASTICITY

DECREASE VISIBLE SIGNS OF CELLULITE

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Active Mind Complex

Smart nutrition for brain health

Product Overview

- Active Mind Complex is made with a natural nootropic from spearmint extract, plus a carefully selected b-vitamin complex
- Scientifically proven to help improve focus, concentration, working memory and reaction times
- Over 50% of people regularly have problems focusing and concentrating
- Under 35s are twice as likely to be affected than over 55s
- Attention spans are decreasing globally, impacting our ability to take in and retain information
- Emerging science around the link between reaction times and success in sports like football, tennis, rugby, squash, boxing etc

Key Features and Benefits

- ✓ Contains a scientifically proven patented spearmint ingredient to promote cognitive and mental performance²
- ✓ Improves focus², concentration², reaction time² and working memory³ without disrupting sleep at night³
- ✓ Contains vitamins C, B6, B12 and folic acid, contributing to normal psychological function
- ✓ Vitamins C, B6 and B12 also contribute to the normal function of the nervous system
- ✓ Contains pantothenic acid contributing to normal mental performance

Consumption

Take 2 capsules per day with meals. Use this product within a balanced and varied diet as part of a healthy, active lifestyle.



VEGAN

GLUTEN FREE

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Niteworks®

Lemon Flavour

Product Overview

- Niteworks® is a night-time food supplement composed of amino acids L-arginine, L-citrulline and vitamins
- Nitric oxide is a natural molecule manufactured by the body to promote normal blood and vascular circulation
- Our natural levels of Nitric Oxide are lower at night and after the age of 30 they begin to decline
- Nitric Oxide acts as a signalling molecule in the body, regulating a variety of physiological functions and the lack of it can lead to:
- Cardiovascular Effects: Nitric Oxide plays a key role in regulating blood pressure, promoting vasodilation, and improving blood flow¹
- Respiratory Effects: Nitric oxide helps to regulate the function of the respiratory system, including the airways and lungs²
- Sexual Health Effects: Nitric oxide is also involved in the regulation of sexual function, including erection in males³
- Immune System Effects: Nitric oxide is produced by immune cells and plays a key role in the body's defence against infections⁴
- Cognitive Effects: A lack of nitric oxide may contribute to cognitive decline and memory impairment⁵

Key Features and Benefits

- ✓ Both nutrients L-arginine, L-citrulline contribute to nitric oxide production. Research indicates that Nitric Oxide levels in our bodies are lowest at night
- ✓ Niteworks® has high contents of Vitamin C & E that contribute to the protection of cells from oxidative stress. Moreover, Vitamin C helps with collagen formation for the normal function of blood vessels
- ✓ High in folic acid which supports the normal physiological functions and assists in the reduction of tiredness and fatigue

Consumption

Mix two scoops (10g) of Niteworks® powder with 250ml of water or juice. Drink at night before bedtime.

Niteworks® is night-time nutrition particularly designed for those above the age of 30. Not recommended for children, pregnant or lactating women.



**NIGHT-TIME FOOD
SUPPLEMENT**

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Xtra-Cal

Calcium supplement

Product Overview

- Your daily calcium requirement depends on your age and a variety of other factors. For example, teens need more calcium than adults. Older adults, particularly post-menopausal women, need extra calcium to help prevent osteoporosis
- Xtra-Cal is a daily calcium supplement, providing over 100% of your RDA of calcium required for the maintenance of healthy bones and teeth

Key Features and Benefits

- ✓ Helps maintain healthy bones and teeth
- ✓ Rich in vitamin D, essential for calcium absorption and needed for proper muscle function
- ✓ Also contains magnesium, copper, manganese and zinc

Consumption

One tablet three times daily preferably with meals.



Vitamin D

Calcium & Magnesium

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Herbalifeline Max

Omega 3

Product Overview

- Omega 3 is widely recognised as a key nutrient for good health¹⁻²
- Our body uses Omega 3 on a daily basis^{3,4}, and it is highly concentrated in the brain^{5,6}
- Our body also does not produce sufficient quantities of some Omega 3 fatty acids⁴⁻⁷ so intake through daily diet is key⁸
- Our fish oil is sustainably sourced and accredited by Friends of the Sea[©]
- Peppermint and thyme essential oils are included in our unique gel capsule to remove any fishy aftertaste

Key Features and Benefits

- ✓ Herbalifeline Max is a premium Omega 3 supplement with high amounts of EPA (375 mg) and DHA (250 mg) per capsule, delivering heart⁹, vision¹⁰ and brain health¹⁰ benefits
- ✓ EPA and DHA also contribute to the normal function of the heart⁹ as well as to the maintenance of normal blood triglyceride levels¹¹ and maintenance of normal blood pressure¹²

Consumption

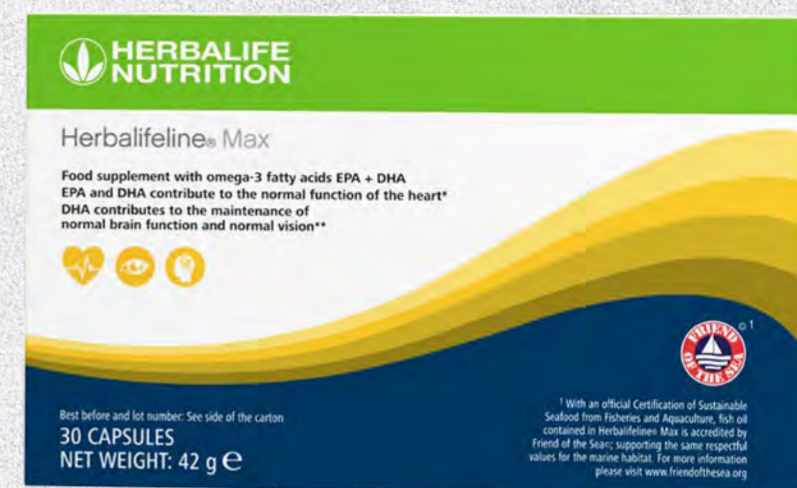
Take 1, 4 or 5 capsules per day with water (depending on the beneficial effect you want to achieve) preferably with meals spaced through the day¹³

One Capsule contains levels of DHA and EPA which contribute to:

- Normal function of the heart⁹
- Maintenance of normal vision¹⁰
- Maintenance of normal brain function¹⁰

Four Capsules contains levels of DHA and EPA which contribute to all above benefits, plus the maintenance of normal blood triglyceride levels¹¹

Five Capsules contains levels of DHA and EPA which contribute to all above benefits, plus the maintenance of normal blood pressure¹²



PREMIUM
OMEGA 3

HEART, VISION
AND BRAIN
HEALTH BENEFITS

SUSTAINABLY
SOURCED

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Oat Apple Fibre

Apple Flavour

Product Overview

- Oat Apple Fibre is a delicious and convenient way of increasing your fibre intake which supports our gut and a healthy digestion¹
- Fibre is a type of carbohydrate found in plants that isn't digested or absorbed by our bodies. It can affect how our gut works, including how long it takes for food to pass through, the bacteria in our large intestine, and how well we absorb nutrients
- Fibre can also help with weight management by making us feel full and reducing hunger¹¹⁻¹³. It can also aid in digestion and regular bowel movements¹
- Some fibres, like beta-glucans found in barley, can help lower cholesterol and regulate blood sugar levels⁴⁻⁸. They do this by making our food bolus "thicker," which slows down the absorption of sugars and fats⁹
- Eating more fibre, especially over 25 grams per day, has also been shown to lower the risk of heart disease and type 2 diabetes^{1,10}

Key Features and Benefits

- ✓ Contains 5 g of fibre (both soluble and insoluble) from 6 different sources
- ✓ 18 calories
- ✓ No artificial sweeteners

Consumption

Just add Oat Apple Fibre to your daily Formula 1 shake, PDM/PDM Vegan or Personalised Protein Powder⁴

Alternatively, mix with hot water to prepare a "Fibre Tea"⁵ or add to your Herbal Tea Concentrate beverage



5 G OF FIBRE

SUGAR FREE

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Oat Apple Fibre

Product Pairing

Just add Oat Apple Fibre to your daily Formula 1 shake, PDM/PDM Vegan or Personalised Protein Powder⁴ Or mix with hot water to prepare a “Fibre Tea”⁵ or add to your Herbal Tea Concentrate beverage



Formula 1



PDM / PDM Vegan



F3 – Personalised Protein Powder



Herbal Tea Concentrate / Instant Herbal Beverage

Beta heart®

Vanilla Flavour

Product Overview

- Beta heart® is a supplement containing beta-glucan, a type of fibre that has been scientifically proven to reduce⁵ and maintain⁶ normal cholesterol levels⁴ as well as control blood sugar spikes⁷
- High cholesterol is a risk factor when it comes to developing coronary heart disease¹
- Consumption of beta-glucans as part of a meal also contributes to the reduction of the blood sugar spikes post-meal⁷
- A clinical trial* carried out by leading researchers in Italy has confirmed that the beta-glucans can reduce your blood cholesterol levels
- By including three grams of oat beta-glucans in their diets every day, trial participants reduced their LDL (low-density lipoprotein) cholesterol levels by an average of 12% after only four weeks, further reducing to 15% after only eight weeks
- Often referred to as 'bad cholesterol', LDLs make up most of the body's cholesterol and, if high, can increase the risk of coronary heart disease**
- Overall, the trial, conducted using Beta-Heart®, showed an average reduction in total cholesterol of 6.5% after four weeks and 9% after eight weeks. It was also found that participants' cholesterol levels returned to their original levels once they'd stopped taking Beta Heart®

Key Features and Benefits

- ✓ 2 scoops of Beta heart® per day (3 g of oat beta glucans) contributes to the reduction of blood cholesterol levels⁵
- ✓ 1 scoop of Beta heart® (1.5 g of oat beta-glucans) per day helps to maintain normal blood cholesterol levels⁶
- ✓ Beta Heart® is high in fibre (3 g per scoop) and is a source of protein
- ✓ Vanilla flavoured, only 25 calories per serving and sugar-free
- ✓ No artificial sweeteners

Consumption

Mix 2 scoops of Beta heart® with a glass of water or juice (250 ml) once a day, or mix 1 scoop with a glass of water twice a day⁸

Perfect for adding to your Formula 1 shake!



SUGAR FREE

HIGH IN FIBRE

[HOME](#)

[Full
Product
Details](#)

Phyto Complete

Rooted in nature, backed by science

Product Overview

- Phyto Complete works hard while you get on with your day
- Carefully formulated with Fiit-NS™, a scientifically studied ingredient shown to support the reduction in waist circumference, abdominal fat and improve vitality and energy*
- This phytonutrient rich capsule contains natural caffeine and is packed with vitamin C, vitamin B3, chromium and botanical extracts including guarana, green tea, grapefruit, grape and black carrot
- Support your everyday routine with your daily dose of Phyto Complete - rooted in nature and backed by science
- Vitamin B3 and vitamin C contribute to normal energy-yielding metabolism and a reduction of tiredness and fatigue, whilst Chromium supports normal macronutrient metabolism
- Support your everyday routine with your daily dose of Phyto Complete - rooted in nature and backed by science

Key Features and Benefits

- ✓ Formulated with the scientifically studied ingredient Fiit-NS™
- ✓ Fiit-NS™ contains a combination of vitamin B3 and phytonutrients from botanical extracts including guarana, green tea, grapefruit, grape and black carrot
- ✓ Contains natural caffeine from guarana
- ✓ Contains Chromium which supports normal macronutrient metabolism and maintenance of normal blood glucose levels
- ✓ Contains vitamins C and B3 (Niacin) contributing to normal energy-yielding metabolism and a reduction of tiredness and fatigue

Consumption

Take 2 capsules per day with meals. Use this product within a balanced and varied diet as part of a healthy, active lifestyle.



**FAT LOSS +
VITALITY**

VEGAN

GLUTEN-FREE

[HOME](#)

[Full
Product
Details](#)

Herbal Aloe Concentrate

Mango Flavour

Product Overview

- Aloe is an ancient plant originating from Egypt over 6000 years ago and it has been used throughout history due to its many health benefits⁵
- We source our aloe vera from expert farmers in Mexico where the plants are farmed and cultivated in excellent growing conditions
- Many adults struggle to achieve the recommended daily water intake of 2-2.5 litres¹⁻³ per day
- This amount is even higher during periods of increased physical activity or hot weather¹
- Water contributes to the maintenance of normal physical and cognitive functions⁴
- Liven up your water with the refreshing taste of Herbal Aloe Concentrate Drink Mango Flavour to help you achieve optimum hydration levels for the day
- Aloe Ale Concentrate is certified by the International Aloe Science Council (IASC), ensuring that we exceed industry quality standards when it comes to quality, purity as well as integrity and honesty

Key Features and Benefits

- ✓ Each aloe leaf is hand-picked to avoid any damage to the leaf
- ✓ Our aloe is then extracted using cold-pressing techniques to achieve a high-quality aloe juice
- ✓ Herbal Aloe Concentrate contains 40% aloe vera juice, which is derived from the whole aloe vera leaf
- ✓ A great way to boost your daily water intake

Consumption

Enjoy Herbal Aloe Concentrate Mango daily. Mix three capfuls (15ml) with 120ml water. For one litre of water, mix eight capfuls (120ml) and enjoy!



**NO ARTIFICIAL
COLOURS
OR FLAVOURS**

SUGAR FREE

VEGAN

LOW CALORIES

[HOME](#)

[Full
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Details](#)

Herbal Aloe Concentrate, Mango Flavour

Product Pairing

A key part of your ideal Breakfast



Refresh

With a glass of Herbalife Aloe Concentrate



Energise

With a cup of Instant herbal Beverage/ Herbal Tea Concentrate



Nourish

Yourselves with a Formula 1 shake, high in protein, fibre
and key vitamins and minerals

Aloe Max

Original Flavour

Product Overview

- Aloe is an ancient plant originating from Egypt over 6000 years ago and it has been used throughout history due to its many health benefits⁵
- Aloe Max is our purest aloe vera concentrate drink, containing 97% whole leaf aloe vera juice
- Aloe Max is produced from organic aloe plants, undergoing an advanced filtering process for a smooth, great tasting Aloe drink
- Aloe Max is certified by the International Aloe Science Council (IASC), ensuring that we exceed industry quality standards when it comes to quality, purity as well as integrity and honesty
- Many adults struggle to achieve the recommended daily water intake of 2-2.5 Litres¹⁻³ per day. This amount is even higher during periods of increased physical activity or hot weather
- Water contributes to the maintenance of normal physical and cognitive functions⁴
- Liven up your water with the refreshing taste of Aloe Max to help you achieve optimal hydration levels for the day

Key Features and Benefits

- ✓ We source our aloe vera from expert farmers in Mexico where the plants are farmed and cultivated in exceptional growing conditions
- ✓ Each aloe leaf is hand-picked to avoid any damage to the leaf
- ✓ Our aloe is then extracted using cold-pressing techniques to achieve a high-quality aloe juice
- ✓ No added sugar or sweeteners
- ✓ No added colours or flavours

Consumption

Enjoy the refreshing taste of Aloe Max in the morning or throughout the day.

Shake well before use and mix 3 capfuls of Aloe Max (15 ml) with 120 ml of water.

To enjoy with a litre of water, mix 120 ml of Aloe Max with 1 litre of water.



**A HEALTHY
ALTERNATIVE TO
SUGARY FRUIT
CONCENTRATE
DRINKS**

**ONLY 2 CALORIES
PER SERVE**

VEGAN

[HOME](#)

[Full
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Details](#)

Herbal Tea Concentrate / Instant Herbal Beverage

Original, Lemon, Raspberry and Peach

Product Overview

- Wake up to a refreshing herbal drink containing 85 mg caffeine² per serving, giving you a morning pick-me-up or helping you get over the mid-afternoon slump
- Contains a unique blend of orange pekoe – a traditional black tea and green tea with extracts of malva flower, hibiscus flower and cardamom seed extracts
- Our green tea is water-extracted, to help deliver the full spectrum of compounds found in it

Key Features and Benefits

- ✓ Contains caffeine which helps improve alertness and concentration¹
- ✓ HTC can be enjoyed either hot or cold and help contribute towards your daily hydration levels

Consumption

Mix ½ teaspoon (1.7 g) with 200-240 ml of hot or cold water.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Drink one or two glasses per day.



**6 CALORIES
PER SERVING**

**CONTAINS
CAFFEINE**

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H24

Sports Nutrition

- Whether it's before, during, or after a workout, we've created a line of products that help active individuals fuel their lives and perform at the level they want.
- The Herbalife24 line consists of premium active lifestyle and sports nutrition products that can be used for daily nutrition, performance and recovery for people who need specific nutrients to fuel their lifestyle.
- Since no person or activity plan is the same, the combination of products and intake for each can be tailored to fit your activity levels, training, and performance needs.
- H24 products can help you perform at your best during before, during and after exercise
- Unlike most competitor brands, H24 products do not contain any artificial colours or flavours
- All products are Informed Sport certified, making them ideal for competing athletes. Every product in the H24 range is 'Informed Sport' accredited, which means every product batch is tested before it is released in the market. Athletes can visit [informed-sport.com](https://www.informed-sport.com) to confirm tests and certifications on specific batches
- More than 190 sporting teams, athletes and events around the world use H24 products to help them perform at their best.

H24 Formula 1 Sport



Vanilla Flavour

Product Overview

- A delicious, balanced meal for active customers ideal to consume at breakfast, lunch or dinner⁵
- Formula 1 Sport contains both casein and whey protein. Both casein and whey are digested well and contain all essential amino acids needed, but the way they are being digested differs^{1,2}
- Whey is a “quickly digestible” protein – its amino acids, including valuable leucine, appear in the bloodstream relatively quickly after consumption³. Casein, on the other hand, is digested more slowly, so the amino acids appear in the blood over a longer period of time causing a sustained elevation³. Whey proteins are soluble and are released more rapidly in the intestines to be absorbed. If you consume a combination of protein sources like casein and whey in milk protein, your body can get a slow and steady supply of the all-important amino acids over a long period of time¹⁻³

Key Features and Benefits

- ✓ Rich in protein (19 g per serve) Formula 1 Sport is made from high-quality milk protein to supply all of the essential amino acids our body needs
- ✓ Formula 1 Sport also contains 5 g of fibre and 25 vitamins & minerals. Our bodies cannot produce the majority of vitamins and minerals we need on a daily basis therefore, inadequate levels can impair exercise performance, recovery and muscle growth. When we exercise, our body also consumes more oxygen, increasing the so-called oxidative stress⁴. Antioxidants found in vitamins and minerals are widely known to counteract the effects of oxidative damage which can be an effect of intense exercise.

Consumption

For weight control, replace breakfast and lunch with a H24 Formula 1 Sport shake.

For healthy weight maintenance, replace one meal a day with a H24 Formula 1 Sport shake.



HIGH IN PROTEIN

COMPLETE MEAL

CONTAINS CASEIN AND WHEY PROTEIN

25 VITAMINS AND MINERALS

[HOME](#)

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H24 Achieve Protein Bars



Dark Chocolate Or Chocolate Chip Cookie Dough

Product Overview

- H24 Achieve Protein Bars are a convenient way to consume protein on the go. Either take after your workout or as a snack in-between meals
- Whether you are looking to lose fat or build and maintain muscle to improve your performance, protein is key in helping you achieve your goals¹⁻²
- Protein consumption post exercise is also a key factor that contributes to muscle recovery³
- Suitable for vegetarians and they taste amazing!
- H24 Achieve Protein Bars are also a healthier alternative to chocolate bars: less sugar, more protein, all of the taste
- Available in dark chocolate and cookie dough flavours



**HIGH-PROTEIN
BAR**

Key Features and Benefits

- ✓ High in whey protein (21 g per bar)
- ✓ Low in sugar
- ✓ Naturally sweetened with stevia

Consumption

Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



[Full
Product
Details](#)

H24 Rebuild Strength

Chocolate Flavour

Product Overview

- A high-protein post-recovery shake perfect for building or maintaining lean muscle
- Contains a unique combination of protein and carbohydrates to support muscle building, muscle damage and soreness¹⁻⁵
- H24 Rebuild Strength contains several minerals and vitamins which are body cannot produce on its own and are needed for vital functions around the body such as energy-yielding functions
- H24 Rebuild Strength also contains a complete/high-quality protein source, which means it contains all the essential amino acids, including the branched-chain amino acids leucine, isoleucine, and valine

Key Features and Benefits

- ✓ 190 calories per serve with no artificial colours, flavours or sweeteners
- ✓ Delicious, creamy chocolate flavour
- ✓ Just add water and consume after your workout

Consumption

Add 5 scoops (50 g) to 250 ml water and shake vigorously. Consume within 30 minutes following anaerobic activity.



POST-RECOVERY SHAKE

HIGH IN PROTEIN

[HOME](#)

[Full Product Details](#)

H24 LiftOff Max

Grapefruit Flavour

Product Overview

- A delicious, balanced meal for active customers ideal to consume at breakfast, lunch or dinner⁵
- H24 LiftOff Max is an effervescent energy drink that contains 180 mg of caffeine per serve, perfect before workouts or whenever you need to get back on track¹
- It has been scientifically designed to contain an optimal amount of caffeine to support physical and mental performance¹
- A healthier alternative to sugary energy drinks
- The effervescent powder delivers the same fizz as regular LiftOff
- Best consumed when freshly prepared and in its entirety

Key Features and Benefits

- ✓ H24 Lift Off Max is high in vitamins C, B6 and B12 which contribute to the reduction of tiredness and fatigue
- ✓ It has been especially formulated with Vitamin B5 which contributes to normal mental performance²⁻⁴
- ✓ H24 Liftoff Max is low in calories, sugar-free, grapefruit flavoured and suitable for vegans

Consumption

Just mix 1 sachet per day with 250 ml of water either before a workout or whenever you need to get back on track with a caffeine boost.⁵



**EFFERVESCENT
ENERGY DRINK**

SUGAR FREE

**LOW IN
CALORIES**

VEGAN

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H24 Restore

Night-time Food Supplement

Product Overview

- H24 Restore is a unique night-time food supplement for those that push to the extremes
- Intense exercise and lack of sleep can affect immune health and post-workout recovery¹
- Intense physical activity may also increase blood cortisol levels, which has been shown to be elevated when you over-train²
- High-intensity exercise may also cause increased oxidative stress on our bodies³

Key Features and Benefits

- ✓ H24 Restore contains 150 mg of Lactium, a unique bioactive peptide derived from casein protein
- ✓ It also includes 100% RI of vitamin E which helps to protect cells from oxidative stress

Consumption

Just take one capsule at night before bed.



**150 MG OF
LACTIUM**

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H24 Hydrate

Orange Flavour

Product Overview

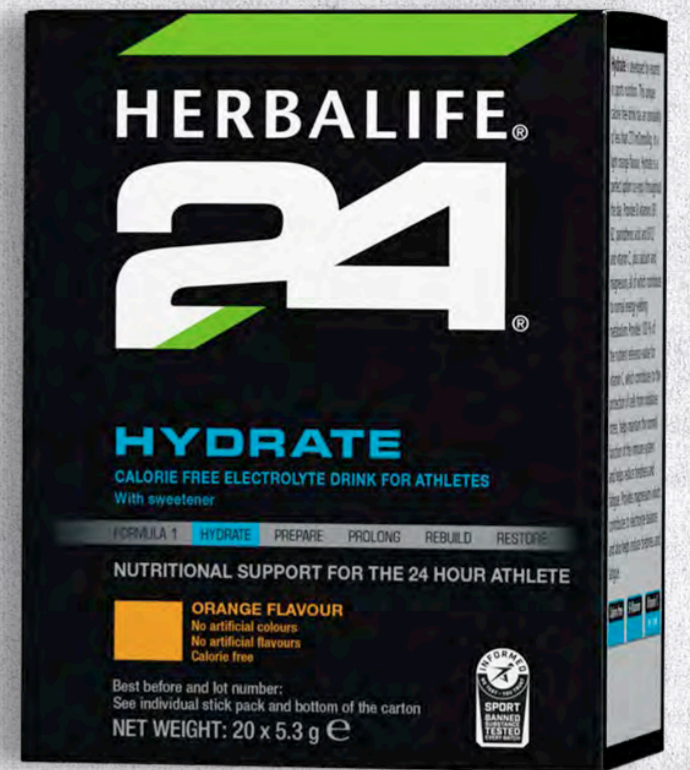
- H24 Hydrate is calorie-free electrolyte drink to encourage fluid consumption throughout the day and during exercise
- Hydration is key for optimum performance¹
- Many adults struggle to achieve the recommended daily water intake
2-2.5 Litres^{2,3} per day. This amount may be even higher during periods of increased physical activity⁴
- When we exercise, we lose fluids and electrolytes through sweat which need to be replaced⁴

Key Features and Benefits

- ✓ H24 Hydrate contains a blend of Magnesium, B vitamins⁵ and Vitamin C to help reduce tiredness and fatigue and help protect cells from oxidative stress
- ✓ Specifically designed to be consumed throughout the day
- ✓ Convenient and delicious orange flavour

Consumption

Mix one sachet with 500 ml of water.



**CALORIE-FREE
ELECTROLYTE
DRINK**

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H24 CR7 Drive



Acai Berry Flavour

Product Overview

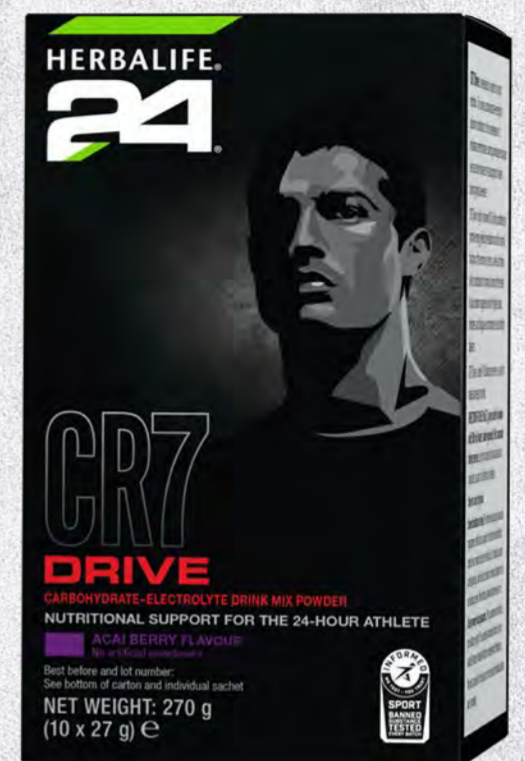
- CR7 Drive is a carbohydrate-electrolyte drink to help fuel intense workouts and enhance hydration¹⁻⁵
- Fuel your workouts like an athlete: Extra energy and hydration⁵
- It also enhance the absorption of water during physical exercise²⁻⁵
- It promotes the absorption of water in the small intestine¹⁻⁴ whilst carbohydrates contribute to the maintenance of performance during prolonged endurance exercise¹⁻⁴

Key Features and Benefits

- ✓ CR7 Drive provides the right types of carbohydrates (high GI) and minerals, in particular sodium, in the right amounts

Consumption

Available in both tub or a sachet format – just add water and consume during prolonged endurance exercise



LIGHT ACAI BERRY FLAVOUR

CARBOHYDRATE-ELECTROLYTE DRINK

NO ARTIFICIAL COLOURS, FLAVOURS OR SWEETENERS

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H24 Prolong

Citrus Flavour

Product Overview

- A carbohydrate-protein drink, perfect for prolonged exercise as well as intense exercise or workouts that are longer than 2 hours^{1,2,7}
- When exercising intensively for more than 60 minutes, you may suffer depleted levels of carbohydrates and fluids. Therefore, a carbohydrate-protein drink is recommended for these sports activities, especially in hot conditions
- Carbohydrates are important during training and the electrolytes help absorb fluids^{3,6}

Key Features and Benefits

- ✓ H24 Prolong contains a dual-source of carbohydrates plus a selected blend of vitamins like B and C for sustained energy³⁻⁹
- ✓ It also contains a multivitamin blend, maltodextrin and fructose to help you go further³⁻⁵
- ✓ No artificial colours, flavours or sweeteners

Consumption

Available in a light Citrus flavour. Just add water



**PROLONGED
EXERCISE**

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H24 Rebuild Endurance

Vanilla Flavour

Product Overview

- A recovery drink for consuming after endurance exercise with a dual-source carbohydrate-protein blend in each serve⁸
- We need both a combination of carbohydrates⁸ and protein⁹ to recover effectively after exercise^{1,2}

Key Features and Benefits

- ✓ H24 Rebuild Endurance includes 36g of carbohydrates per serve in the form of maltodextrin, fructose and sucrose. Each of these type of carbohydrates are absorbed and digested differently in the body. For example, maltodextrin is rapidly released, whilst fructose is absorbed more slowly. Together they provide glucose in both a fast and sustained manner for effective replenishment of glycogen stores⁴⁻⁷
- ✓ It also contains 10g of protein per serve which contributes to the growth and maintenance of muscle mass
- ✓ H24 Rebuild Endurance includes vitamins B1, B2 and C which contribute to a normal energy-yielding metabolism. High-intensity exercise can contribute to the increased release of oxygen which leads to oxidative stress³.
- ✓ H24 Rebuild Endurance contains vitamin E and C which contribute to the protection of cells from oxidative stress. In addition, vitamin C contributes to a normal function of the immune system¹⁰
- ✓ H24 Rebuild Endurance also contains Iron which helps combat tiredness and fatigue

Consumption

Easy to drink during your workout or whilst on the move, just add water and consume after exercising



RECOVERY
DRINK

CALORIE
FREE

[Full
Product
Details](#)

FULL PRODUCT DETAILS



Your guide on all our top product's their key benefits,
and how to Overview them to your customers.

Formula 1

Full Product Details

FORMULA 1 BANANA CREAM



SKU #4462

Ingredients: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soy lecithin), natural flavourings, organic flaxseed powder, thickeners (xanthan gum, guar gum), colour (beta-caroten e), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), phylloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), sodium chloride, sweetener (steviol glycosides), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). **Allergy advice:** for allergens, see ingredients in bold.

¹2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

Nutritional Information

Serving size: 26 g (2 tablespoons) Servings per container: 21				
	Per 100 g		Per 250 ml of made up product*	
Energy	1579 kJ 377 kcal	-	931 kJ 222 kcal	-
Fat	10 g	-	7 g	-
of which:	-	-	-	-
saturates	1.7 g	-	2.8 g	-
mono-unsaturates	1.9 g	-	1.6 g	-
polyunsaturates	5.5 g	-	1.5 g	-
Carbohydrate	32 g	-	20 g	-
of which: sugars	30 g	-	20 g	-
Fibre	17 g	-	4 g	-
Protein	35 g	-	18 g	-
Salt	1.2 g	-	0.6 g	-
VITAMINS		%R**		%R**
Vitamin A	1080 µg RE	148%	343 µg RE	43%
Vitamin D	7.3 µg	146%	2.0 µg	40%
Vitamin E	17 mg α-TE	142%	4.6 mg α-TE	38%
Vitamin K	110 µg	147%	29 µg	39%
Vitamin C	104 mg	130%	31 mg	39%
Thiamin	1.2 mg	109%	0.42 mg	38%
Ribofavin	0.35 mg	25%	0.55 mg	39%
Niacin	23 mg NE	144%	6.1 mg NE	38%
Vitamin B6	1.6 mg	114%	0.53 mg	38%
Folic Acid	250 µg	125%	76.0 µg	38%
Vitamin B12	1.00 µg	40%	1.3 µg	52%
Biotin	38 µg	76%	19 µg	38%
Pantothenic Acid	6.0 mg	100%	2.5 mg	42%
MINERALS				
Potassium	1420 mg	71%	768 mg	38%
Calcium	390 mg	49%	405 mg	51%
Phosphorus	890 mg	127%	465 mg	66%
Magnesium	431 mg	115%	143 mg	38%
Iron	21 mg	150%	5.6 mg	40%
Zinc	11 mg	110%	3.9 mg	39%
Copper	1.7 mg	170%	0.47 mg	47%
Manganese	3.1 mg	155%	0.82 mg	41%
Selenium	81 µg	147%	21 µg	38%
Chromium	58 µg	145%	15 µg	38%
Molybdenum	77 µg	154%	31 µg	62%
Iodine	192 µg	128%	58.0 µg	39%

* Per made up product = 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)

**Reference intakes

Core Nutrition

Formula 1 offers convenience, taste and nutrition all in one shake.

Featuring a perfect blend of high quality protein, fibre, and vitamins & minerals you no longer have to choose between healthy meals and convenience - the Formula 1 shake is quick and easy to prepare!

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. F1 Banana Cream is made of ingredients that are vegan sourced, gluten free and contains no artificial colours or flavours.
- High in protein contributing to a growth in muscle mass, Formula 1 is a meal replacement that contains key micro and macro nutrients and added botanicals and herbs.
- Enjoy Formula 1 as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management* goals.
- It contains 25 vitamins and minerals, including vitamin D which contributes to the normal function of the immune system, and vitamin C which contributes to the reduction of tiredness and fatigue.

*For weight control: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. Replace two meals per day with a delicious Formula 1 drink and take a balanced meal.

For balanced nutrition support and weight maintenance: Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Replace one meal per day with a delicious Formula 1 drink and eat two balanced meals. Meet your daily caloric goals by also consuming nutritious snacks.

KEY BENEFITS:

- 222 kcal per serving
- 18 g protein per serving, contributing to the growth of muscle mass
- 4 g of fibre per serving
- Minimum 38% of the daily recommended intake for 25 vitamins and minerals per serving, including Chromium which helps maintain normal blood sugar levels
- Vegan ingredients, gluten free, no artificial colour and natural flavouring

USAGE

- Enjoy a Formula 1 Banana Cream shake every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. Mix two tablespoons (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5 % fat)

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out myherbalifeshake.com for additional shake recipes and serving suggestions

To find out more, contact me today:

Protein Drink Mix Vegan

Full Product Details

PROTEIN DRINK MIX-VEGAN

VANILLA FLAVOUR



Protein Drink Mix

Full Product Details

PROTEIN DRINK MIX



SKU #2600

Nutritional information

Serving Size: 28 g (2 tablespoons) Servings per Container: 21				
	Per 100 g		Per 250 ml of made up product*	
Energy	457 kJ		1633 kJ	
	108 kcal		387 kcal	
Fat	8.2 g		2.3 g	
of which: saturates	1.1 g		0.3 g	
Carbohydrate	24 g		7 g	
of which: sugars	0.9 g		0.3 g	
Fibre	1.3 g		0.4 g	
Protein	53 g		15 g	
Salt	2.6 g		0.7 g	
VITAMINS	%RI**		%RI**	
Vitamin A	1086 µg RE	136 %	304 µg RE	38 %
Vitamin D	6.8 µg	136 %	1.9 µg	38 %
Vitamin E	12 mg α-TE	100 %	3.4 mg α-TE	28 %
Vitamin C	109 mg	136 %	30 mg	38 %
Thiamin	1.5 mg	136 %	0.42 mg	38 %
Riboflavin	1.9 mg	136 %	0.53 mg	38 %
Niacin	22 mg NE	138 %	6.1 mg NE	38 %
Vitamin B6	1.9 mg	136 %	0.53 mg	38 %
Folic Acid	271 µg	136 %	76.0 µg	38 %
Vitamin B12	3.4 µg	136 %	0.95 µg	38 %
Biotin	68 µg	136 %	19 µg	38 %
Pantothenic Acid	8.1 mg	135 %	2.3 mg	38 %
MINERALS				
Chloride	1591 mg	199 %	445 mg	56 %
Calcium	746 mg	93 %	209 mg	26 %
Phosphorus	1018 mg	145 %	285 mg	41 %
Magnesium	509 mg	136 %	143 mg	38 %
Zinc	14 mg	140 %	3.8 mg	38 %
Copper	1.4 mg	140 %	0.38 mg	38 %
Manganese	2.7 mg	135 %	0.76 mg	38 %
Selenium	75 µg	136 %	21 µg	38 %
Molybdenum	151 µg	302 %	42 µg	84 %
Iodine	204 µg	136 %	57.0 µg	38 %

* Per made up product = 28 g serving with 250 ml water

**RI = Reference intake

Ingredients:

Soya protein isolate (47 %), maltodextrin, calcium caseinate (milk), creamer (sunflower oil, maltodextrin, sodium caseinate (milk)), flavourings, magnesium phosphate, emulsifier (soya lecithin), sodium chloride, potassium chloride, thickeners (guar gum, xanthan gum), calcium phosphate, magnesium oxide, sweetener (sucralose), L-ascorbic acid, beta-carotene, DL-alpha-tocopheryl acetate, nicotinamide, zinc oxide, calcium D-pantothenate, manganese carbonate, anti-caking agent (silicon dioxide), cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cupric citrate, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin. Allergy advice: for allergens, see ingredients in bold.

Core Nutrition

Protein drink mix is a vanilla flavoured sugar free drink, ready in seconds. Delivering 15g of high-quality protein and 22 vitamins & minerals per serving.

Great on its own, even better with your favourite Formula 1 shake.

KEY BENEFITS

- 15 g of high quality protein
- 7 g of carbohydrates
- Sugar Free
- Suitable for vegetarians
- It provides 22 vitamins and minerals
- It contains B Vitamins (thiamin, riboflavin, and vitamin B12) and copper to support normal energy-yielding metabolism

HOW CAN IT HELP YOU?

Protein drink mix is a great way to help you reach your daily protein intake. Protein contributes to a maintenance and a growth in muscle mass, as well as to the maintenance of normal bones.

USAGE

- Great on its own as a protein snack: Mix two tablespoons (28g) of Protein drink mix with 250 ml of cold water and shake it.
- Even better with your favourite Formula 1 shake: Mix two tablespoons (28 g) of Protein drink mix with two tablespoons (26 g) of your favourite Formula 1 shake and 300 ml of cold water.
- Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

To find out more, contact me today.

Protein Chips

Barbecue Flavour

Full Product Details

Protein Chips

Never Fried, Always Popped

BARBECUE FLAVOUR



SKU: 141K

Nutritional Information

Serving Size: 1 pack (30 g)

Servings Per Box: 10

	Per 100 g	Per 30 g (1 pack)
Energy	1872 kJ 445 kcal	562 kJ 134 kcal
Fat	15 g	4 g
of which: saturates	1.2 g	0.4 g
Carbohydrate	38 g	11 g
of which: sugars	4.4 g	1.3 g
Fibre	3.6 g	1.1 g
Protein	38 g	11 g
Salt	3.2 g	1.0 g

INGREDIENTS:

pea base (pea protein isolate 40 %, lentil flour, potato starch, corn flour), seasoning (sugar, salt, tomato powder, yeast extract, paprika, acid (lactic acid), onion powder, smoke flavouring, onion extract, colour (paprika extract), herbs and spices), sunflower oil, antioxidant (rosemary extract).

MAY CONTAIN SOYBEANS.

Enjoy the subtle heat and smoky undertones of our barbecue flavour Protein Chips. They are a deliciously popped and nutritious savoury snack, that contain 11 g of plant-based protein per pack and 50 % less fat than fried potato chips.

Treat yourself while staying on track with your nutrition goals wherever you are.

KEY BENEFITS

- 50% less fat than fried potato chips
- Never fried, always popped
- 11 g of protein
- Suitable for Vegans
- Gluten-free
- Contains Pea Protein

KEY CLAIMS

- 50% less fat than fried potato chips
- 11 g of protein
- Suitable for Vegans
- Gluten-free
- Contains Pea Protein

Protein Chips

Sour Cream & Onion Flavour

Full Product Details

Protein Chips

Never Fried, Always Popped

SOUR CREAM & ONION FLAVOUR



SKU: 142K

Nutritional Information

Serving Size: 1 pack (30 g)

Servings Per Box: 10

	Per 100 g	Per 30 g (1 pack)
Energy	1885 kJ 448 kcal	566 kJ 135 kcal
Fat	15 g	5 g
of which: saturates	1.4 g	0.4 g
Carbohydrate	37 g	11 g
of which: sugars	2.8 g	0.9 g
Fibre	3.3 g	1.0 g
Protein	39 g	12 g
Salt	2.6 g	0.8 g

INGREDIENTS:

pea base (pea protein isolate 41 %, lentil flour, potato starch, corn flour), sunflower oil, seasoning [onion powder, whey powder (**milk**), salt, sour cream powder (**milk**), cheese powder (cheese (**milk**), **milk** solids, emulsifier (disodium phosphate)), dextrose, yeast extract, natural flavouring, parsley herb flakes, acidity regulator (citric acid)], antioxidant (rosemary extract).

Allergy advice: for allergens, see ingredients in **bold**. **MAY CONTAIN SOYBEANS**.

Treat your taste buds to the tangy taste of sour cream and onion flavour Protein Chips. They are a deliciously popped and nutritious savoury snack that contain 12 g of protein per pack and 50 % less fat than fried potato chips.

They are perfect to have when you're on-the-go and a great way to stay on track with your nutrition goals.

KEY BENEFITS

- 50% less fat than fried potato chips
- Never fried, always popped
- 12 g of protein
- Natural flavouring
- Suitable for Vegetarians
- Gluten-free
- Contains Pea Protein

KEY CLAIMS

- 50% less fat than fried potato chips**
- 12 g of protein**
- Natural Flavouring**
- Suitable for Vegetarians**
- Gluten-free**
- Contains Pea Protein**

Formula 1 Express Healthy Meal Bars Full Product Details

FORMULA 1

EXPRESS HEALTHY MEAL BARS
DARK CHOCOLATE FLAVOUR



SKU: 4472

Ingredients:

soy crisps (24.2 %) (soy protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (soy lecithin)), Promitor® fibre, soy granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (soy lecithin), natural flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, D-biotin, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, phyloquinone, riboflavin, pterylmonoglutamic acid), natural flavouring, acidity regulator (citric acid).

Allergy advice: for allergens see ingredients in bold.

MAY CONTAIN MILK, EGGS, CEREALS CONTAINING GLUTEN, NUTS, PEANUTS & SESAME

Nutritional Information Serving Size: 1 bar (56 g) Servings Per Box: 7

	Per 100 g		Per 1 bar (56 g)	
Energy	1547 kJ 370 kcal	—	866 kJ 207 kcal	—
Fat	12 g	—	6 g	—
of which:	—	—	—	—
saturates	4.8 g	—	2.7 g	—
monounsaturates	3.0 g	—	1.7 g	—
polyunsaturates	2.1 g	—	1.2 g	—
Carbohydrate	38 g	—	21 g	—
of which: sugars	15 g	—	8 g	—
Fibre	12 g	—	7 g	—
Protein	24 g	—	13 g	—
Salt	0.68 g	—	0.55 g	—
VITAMINS		%RDI*		%RDI*
Vitamin A	614 µg RE	77 %	344 µg RE	43 %
Vitamin D	2.7 µg	54 %	1.5 µg	30 %
Vitamin E	8.0 mg α-TE	67 %	4.5 mg α-TE	38 %
Vitamin K	45 µg	60 %	25 µg	33 %
Vitamin C	57 mg	71 %	32 mg	40 %
Thiamin	0.59 mg	54 %	0.33 mg	30 %
Riboflavin	0.66 mg	61 %	0.48 mg	34 %
Niacin	2.6 mg NE	60 %	1.4 mg NE	34 %
Vitamin B6	0.60 mg	57 %	0.45 mg	32 %
Folic Acid	134 µg	67 %	75.0 µg	38 %
Vitamin B12	2.0 µg	80 %	1.1 µg	44 %
Biotin	27 µg	54 %	15 µg	30 %
Panicothanic Acid	3.2 mg	53 %	1.8 mg	30 %
MINERALS				
Potassium	641 mg	47 %	327 mg	26 %
Calcium	652 mg	82 %	365 mg	46 %
Phosphorus	447 mg	64 %	250 mg	36 %
Magnesium	241 mg	64 %	135 mg	36 %
Iron	12 mg	88 %	6.6 mg	47 %
Zinc	7.0 mg	70 %	3.9 mg	39 %
Copper	0.90 mg	90 %	0.50 mg	50 %
Manganese	1.5 mg	75 %	0.86 mg	43 %
Selenium	45 µg	82 %	25 µg	45 %
Chromium	43 µg	108 %	24 µg	60 %
Molybdenum	55 µg	110 %	31 µg	62 %
Iodine	80.4 µg	54 %	45.0 µg	30 %

*Reference intake

Never miss a meal again with Formula 1 Express Healthy Meal Bars, your ideal healthy meal on-the-go. Offering both great nutrition and convenience in one delicious bar, Formula 1 Express Bars contain the perfect blend of high quality protein, fibre, vitamins and minerals.

Perfect for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 207 kcal. Formula 1 Express Bars contain a delicious combination of crisps and chocolate chips, dipped in chocolate and all in a healthy meal bar.

KEY BENEFITS AND FEATURES

- Nutritionally complete meal
- Contains 25 vitamins and minerals
- High in Protein with 13 g per bar, to help build muscle mass
- High in Fibre with 7 g per bar, accounting for 28% of the recommended daily intake of fibre*
- Contains Promitor® fibre
- Suitable for Vegetarians
- Contains no artificial colours or sweeteners
- A delicious bar with an improved flavour and texture
- Perfect for when you are on-the-go

USAGE

Enjoy Formula 1 Express Bar(s) every day as a healthy meal option:

For weight loss, replace two main meals per day with a delicious Formula 1 Express Bar and eat one balanced meal.

For nutrition support and weight maintenance, replace one main meal per day with a delicious Formula 1 Express Bar and eat two balanced meals.

*EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) EFSA Journal 2010; 8(3): 1462

Tri Blend Select Full Product Details

TRI BLEND SELECT COFFEE CARAMEL FLAVOUR



INGREDIENTS: Tri Blend Protein™ (pea protein isolate (50%), organic¹ flax seed powder (11%), quinoa powder (5%)), organic² coconut blossom sugar powder, inulin (chicory), rice protein isolate, natural flavourings, gluten free oat fibre, organic³ acerola cherry extract, sweetener (steviol glycosides), organic⁴ rice fibre.

1, 2, 3, 4 24% of the agricultural ingredients derive from organic agriculture

*NL-BIO-01 *DE-ÖKO-003 *FR-BIO-01 *IT-BIO-003

SKU #052K

Nutritional Information

Serving size: 40 g Servings per pouch: 15				
	Per 100 g		Per 250 ml of ready up product*	
Energy	1585 kJ 378 kcal	-	834 kJ 197 kcal	-
Fat	5.5 g	-	2.2 g	-
of which:	-	-	-	-
saturates	1.0 g	-	0.4 g	-
mono-unsaturates	1.0 g	-	0.4 g	-
polyunsaturates	3.5 g	-	1.4 g	-
Carbohydrate	24 g	-	9 g	-
of which: sugars	19 g	-	5 g	-
Fibre	15 g	-	8 g	-
Protein	51 g	-	20 g	-
Salt	2.1 g	-	0.8 g	-
VITAMINS		%R¹**		%R¹**
Vitamin C	45 mg	58%	18 mg	23%
MINERALS				
Phosphorus	567 mg	51%	227 mg	32%
Iron	8.8 mg	83%	3.5 mg	25%
Zinc	5.0 mg	50%	2.0 mg	20%
Copper	0.95 mg	95%	0.38 mg	38%
Manganese	1.0 mg	50%	0.40 mg	20%
Chromium	25 µg	83%	10 µg	25%
Molybdenum	55 µg	112%	23 µg	48%

* Per ready up product = 40 g serving with 250 ml of water

**Reference Intake

Care Nutrition

Tri Blend Select is a deliciously creamy protein shake offering you naturally sourced nutrition and great taste. With a unique combination of high quality wholefood ingredients, Tri Blend Select is also high in fibre and low in sugar. We have carefully selected a premium vegan blend to deliver a complete protein source providing all essential amino acids, vitamin C and 7 key minerals from natural sources.

Nourish your body and delight your taste buds!

- Vegan blend of Pea Protein, Quinoa and organic Flax Seed
- High in protein, fibre and with vitamin C to help reduce tiredness and fatigue, maintain a normal function of the immune system and normal energy-yielding metabolism.
- Naturally sourced wholesome vegan ingredients for your evolving nutritional needs.
- Low in sugar full in flavour.

KEY BENEFITS:

- 20 g protein per serving, contributing to the maintenance of muscle mass.
- Only 151 kcal per serving.
- 8 g of fibre per serving.
- Gluten and dairy free, naturally sourced sweetener, no colours and natural flavours.

USAGE

- Enjoy Tri Blend Select at anytime during the day. Gently shake the pouch prior to each use as content may settle. Mix 3 scoops (40g) of powder with 250ml of water or your favourite alternative milk or fruit juice ***.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

Adjust the liquid amount for the consistency you require.

Check out myherballifeshake.com for additional shake recipes.

*** If mixed with juice or other beverage or adjusting the amount of liquid, nutritional values will differ

To find out more, contact me today.

High Protein Iced Coffee

Full Product Details

High Protein Iced Coffee

Mocha Flavour



Nutritional Information

Serving size: 23 g Servings per pouch: 14				
	Per 100 g		Per 250 ml of made up product*	
Energy	1461 kJ 348 kcal	-	338 kJ 80 kcal	-
Fat	4.3 g	-	1.0 g	-
of which:	-	-	-	-
saturated	3.0 g	-	0.7 g	-
Carbohydrate	1.0 g	-	2 g	-
of which sugars**	3.0 g	-	0.7 g	-
Fibre	0.8 g	-	2.2 g	-
Protein	65 g	-	15 g	-
Salt	1.0 g	-	0.2 g	-
Caffeine	384 mg	-	80 mg	-

* Per made up product = 23 g serving with 250 ml of water

** Contains naturally occurring sugars

INGREDIENTS: whey protein concentrate (**milk**) (81%), soluble coffee powder (11%), fat reduced cocoa powder, flavourings, sea salt, thickener (xanthan gum), sweetener (steviol glycosides).

Allergy advice: for allergens, see ingredients in bold.

SKU #011K

Whether you are on-the-go, or just need a caffeine boost, enjoy our refreshing High Protein Iced Coffee! It's expertly blended with 100% Robusta espresso coffee beans with the benefits of 15g whey protein.* It has no added sugar, no colours or preservatives and is only 80kcal per serving. Add cold water, ice and enjoy!

KEY BENEFITS (per serving):

- 100% Robusta espresso coffee beans
- 80mg caffeine
- 15g whey protein
- Only 80kcal
- No added sugar
- Vegetarian
- No added colours and preservatives

USAGE

High Protein Iced Coffee can be enjoyed at home or on-the-go as a treat when you need it most. It's perfect as a mid-morning or mid-afternoon drink.

Fill your shaker cup with 250ml cold water. Add 2 scoops of High Protein Iced Coffee. Shake well and pour over ice. If you don't have a shaker cup, blend on low speed for 5 seconds.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

*Protein contributes to a growth in muscle mass.

To find out more, contact me today:

Formula 1 Savoury Meal Full Product Details

FORMULA 1 SAVOURY MEAL MUSHROOM & HERB FLAVOUR



SKU #092K

Ingredients: Soy protein isolate, potato starch, Frontinell® fibre, inulin (chicory), gluten-free oat fibre, soy oil, natural flavourings, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soy lecithin), sodium chloride, organic flaxseed powder, thickener (xanthan gum), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-panthothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), parsley herb flakes (0.12%), anti-caking agent (silicon dioxide).

Allergy advice: for allergies see ingredients in bold.

* 1.2% of the agricultural ingredients derive from organic agriculture

ML-BIO-01

Nutritional Information

Serving size: 26 g (2 scoops) Servings per container: 21						
	Per 100 g		For 26 g serving with 250 ml semi-skimmed milk (1.5% fat)		For 26 g serving with 250 ml soy beverage (fortified)	
Energy	1481 kJ 354 kcal	-	906 kJ 216 kcal	-	820 kJ 202 kcal	-
Fat	10 g	-	7 g	-	8 g	-
of which:	-	-	-	-	-	-
saturated	1.8 g	-	3.0 g	-	1.0 g	-
mono-unsaturated	1.9 g	-	1.9 g	-	1.5 g	-
polyunsaturated	3.5 g	-	1.5 g	-	3.8 g	-
Carbohydrate	18 g	-	17 g	-	17 g	-
of which: sugars	2.5 g	-	10.4 g (from milk) 13.0 g	-	0.4 g (from soy beverage) 10.0 g	-
Fibre	20 g	-	5 g	-	8 g	-
Protein	36 g	-	10 g	-	17 g	-
Salt	4.3 g	-	1.9 g	-	1.5 g	-
VITAMINS						
		%RP*		%RP*		%RP*
Vitamin A	1180 µg RE	148 %	340 µg RE	40 %	448 µg RE	56 %
Vitamin D	7.0 µg	158 %	2.1 µg	42 %	4.0 µg	88 %
Vitamin E	19 mg α-TE	158 %	5.1 mg α-TE	40 %	5.2 mg α-TE	44 %
Vitamin K	118 µg	157 %	31 µg	41 %	39 µg	51 %
Vitamin C	110 mg	140 %	35 mg	44 %	31 mg	39 %
Thiamin	1.2 mg	100 %	0.42 mg	38 %	0.30 mg	28 %
Riboflavin	0.25 mg	25 %	0.25 mg	30 %	0.28 mg	40 %
Niacin	24 mg NE	150 %	6.5 mg NE	41 %	7.3 mg NE	48 %
Vitamin B6	1.7 mg	121 %	0.58 mg	40 %	0.53 mg	37 %
Folic Acid	250 µg	125 %	75.8 µg	38 %	85.0 µg	33 %
Vitamin B12	1.0 µg	40 %	1.3 µg	52 %	2.4 µg	96 %
Biotin	73 µg	146 %	28 µg	58 %	10 µg	38 %
Pantothenic Acid	6.8 mg	113 %	2.7 mg	45 %	2.0 mg	33 %
MINERALS						
		%RP*		%RP*		%RP*
Potassium	1420 mg	71 %	768 mg	38 %	682 mg	34 %
Calcium	480 mg	58 %	423 mg	53 %	435 mg	54 %
Phosphorus	800 mg	127 %	468 mg	67 %	342 mg	49 %
Magnesium	431 mg	115 %	143 mg	38 %	151 mg	40 %
Iron	22 mg	157 %	5.8 mg	41 %	6.3 mg	49 %
Zinc	12 mg	120 %	3.0 mg	30 %	3.7 mg	37 %
Copper	1.7 mg	170 %	0.47 mg	47 %	0.27 mg	67 %
Manganese	3.3 mg	165 %	0.88 mg	43 %	1.0 mg	50 %
Selenium	70 µg	140 %	21 µg	38 %	20 µg	47 %
Chromium	58 µg	145 %	15 µg	38 %	15 µg	38 %
Molybdenum	77 µg	154 %	31 µg	62 %	20 µg	40 %
Iodine	230 µg	153 %	68.3 µg	48 %	56.8 µg	40 %

*Reference Intake

Give Nutrition

Formula 1 is a tasty and nutritional meal.

With a perfect blend of high-quality soy protein, fibre, vitamins and minerals, it is suitable for vegans** and is gluten-free.

- Get the nutrients your body needs while staying committed to your preferences or diet requirements. F1 Mushroom & Herb is made of ingredients that are vegan sourced, gluten and dairy free. It contains no artificial colours.
- A rich and creamy meal that is quick to make with an excellent balance of high-quality soy protein, key macro and micronutrients.
- Enjoy Formula 1 as a nutritional lunch or evening meal to support your active lifestyle and weight management goals.

For weight control, replace two meals per day with a delicious and balanced.

Formula 1: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss.

For balanced nutrition and weight maintenance, replace one meal per day with a delicious Formula 1. Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.

** when mixed with 250 ml of fortified soy beverage

This product is intended for use as part of an energy-restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

KEY BENEFITS:

- High in protein
- F1 Mushroom & Herb contains no artificial colours, no added sugar and is gluten-free.
- Even when enjoyed as a vegan mix, F1 delivers more than a third of your daily recommended intake of 25 vitamins and minerals.

USAGE

- Enjoy a Formula 1 Mushroom & Herb soup every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. Mix two scoops (26 g) of powder with 250 ml of hot, semi-skimmed milk (1.5% fat). Or for a vegan friendly and dairy free shake, mix two scoops (26 g) of powder with 250 ml hot fortified soy beverage.

Enjoy this product with a balanced and varied diet, as part of a healthy, active lifestyle. Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

To find out more, contact me today:

Protein Bars

Full Product Details

CHOCOLATE PEANUT PROTEIN BAR



Nutritional Information

Serving Size: 1 Bar (35 g). Servings Per Carton: 14

	Per 35 g (1 bar)	Per 100 g	% RDA*
Energy	139 kcal (580 kJ)	397 kcal (1663 kJ)	-
Protein	10.0 g	28.0 g	-
Carbohydrate	15.0 g	44.0 g	-
of which: sugar	10.5 g	30.3 g	-
Fat	4.0 g	12.0 g	-
of which: saturated	1.6 g	5.1 g	-
Fibre	0.3 g	1.0 g	-
Sodium	0.018 g	0.051 g	-
VITAMINS			
Vitamin E	5.0 mg	14.2 mg	118 %
Thiamin	0.7 mg	2.0 mg	167 %
Riboflavin	0.8 mg	2.3 mg	164 %
Niacin	4.5 mg	12.9 mg	81 %
Vitamin B6	1.0 mg	2.9 mg	207 %
Vitamin B12	0.5 µg	1.43 µg	57 %
Pantothenic acid	3.0 mg	8.5 mg	142 %

* % Recommended Daily Allowance

Ingredients:

Milk protein concentrate, glucose syrup, fructose syrup, milk chocolate coating (16.7 %) (sugar, cocoa butter, milk powder, cocoa liquor, emulsifier (soya lecithin), flavouring), peanut paste (10.3 %), gelatin, crisped rice, cocoa powder (0.7 %), caramel (glucose syrup, sugar), flavouring, DL-alpha-tocopherol, nicotinamide, D-calcium pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cyanocobalamin. CONTAINS MILK, SOYA AND PEANUTS. MAY CONTAIN TRACES OF NUTS, GLUTEN AND EGG.

For up to date Ingredient & nutritional values please refer to the label on the product.

Weight Management

Delicious high protein snack, a perfect healthy treat for a sweet tooth.

KEY BENEFITS

- A140* kcal per bar, which is less than many conventional chocolate bars
- A balanced combination of 10g of protein and 15g of carbohydrates
- 10g protein to help you build lean muscle mass
- High in vitamins B1, B2, Pantothenic acid, B6 and vitamin E

HOW CAN IT HELP YOU?

Proteins from foods like soy and dairy are termed 'complete' proteins because they contain a balance of all the essential amino acids (or building blocks) for the growth and maintenance of muscle.

USAGE

One or two bars per day as a healthy snack.

To find out more, contact me today:

Formula 2 Men

Full Product Details

FORMULA 2 VITAMIN & MINERAL COMPLEX MEN



SKU #1800

NUTRITIONAL INFORMATION

Daily serving: 2 tablets

Servings per container: 30

VITAMINS	2 tablets provide	% NRV*
Vitamin A	1000 µg RE	125%
Vitamin D	20 µg	400%
Vitamin E	30 mg α-TE	250%
Vitamin K	75 µg	100%
Vitamin C	250 mg	313%
Thiamin (vitamin B1)	1.6 mg	145%
Riboflavin (vitamin B2)	5 mg	357%
Niacin (vitamin B3)	14 mg NE	88%
Vitamin B6	2 mg	143%
Folic acid	174 µg	87%
Vitamin B12	1.9 µg	76%
Biotin	100 µg	200%
Pantothenic acid (vitamin B5)	5.7 mg	95%
MINERALS		
Calcium	250 mg	31%
Phosphorus	250 mg	36%
Magnesium	113 mg	30%
Iron	6 mg	43%
Zinc	8.7 mg	87%
Copper	0.50 mg	50%
Manganese	1 mg	50%
Selenium	79 µg	144%
Chromium	40 µg	100%
Iodine	93 µg	62%
OTHER SUBSTANCES		
Choline	82.5 mg	

Core Nutrition

Are you looking to optimise your daily vitamin and mineral intake?

Discover Formula 2 Vitamin & Mineral Complex Men, your easy route to 24 nutrients to support what your body needs. It contains essential vitamins and minerals in just the right amounts to target the daily health needs of men.



IMMUNE SYSTEM: Contains vitamins A and C which contribute to the normal function of the immune system.



MUSCLE FUNCTION: Includes magnesium to contribute to normal muscle function.



ENERGY METABOLISM: Contains riboflavin which contributes to normal energy-yielding metabolism.



MENTAL PERFORMANCE: Includes pantothenic acid to contribute to normal mental performance.

*Nutrient Reference Value.

KEY BENEFITS:

- Tailored to the individual health needs of men.
- Provides the optimal amount of key nutrients that your body needs.
- Delivers 71 individual EU authorised claims.
- Developed by experts in nutrition and backed by proven science.

USAGE

- Take 2 tablets daily with food.
- For the ultimate in daily nutrition use this product in conjunction with Herbalife Formula 1 Nutritional Shake Mix. Take 1 tablet a day if you are taking 2 shakes a day, and 2 tablets a day if you are taking 1 shake a day.

To find out more, contact me today:

Formula 2 Women Full Product Details

FORMULA 2 VITAMIN & MINERAL COMPLEX WOMEN



SKU #1819

NUTRITIONAL INFORMATION

Daily serving: 2 tablets Servings per container: 30		
VITAMINS	2 tablets provide	% NRV*
Vitamin A	800 µg RE	100%
Vitamin D	20 µg	400%
Vitamin E	30 mg α-TE	250%
Vitamin K	90 µg	120%
Vitamin C	250 mg	313%
Thiamin (vitamin B1)	1.6 mg	145%
Riboflavin (vitamin B2)	5 mg	357%
Niacin (vitamin B3)	14 mg NE	88%
Vitamin B6	2 mg	143%
Folic acid	324 µg	162%
Vitamin B12	1.9 µg	76%
Biotin	100 µg	200%
Pantothenic acid (vitamin B5)	5.7 mg	95%
MINERALS		
Calcium	300 mg	38%
Phosphorus	250 mg	36%
Magnesium	113 mg	30%
Iron	13 mg	93%
Zinc	8.7 mg	87%
Copper	0.50 mg	50%
Manganese	1 mg	50%
Selenium	79 µg	144%
Chromium	40 µg	100%
Iodine	93 µg	62%
OTHER SUBSTANCES		
Choline	82.5 mg	

Core Nutrition

Are you looking to optimise your daily vitamin and mineral intake?

Discover Formula 2 Vitamin & Mineral Complex Women, your easy route to 24 nutrients to support what your body needs. It contains essential vitamins and minerals in just the right amounts to nourish and care for the specific health needs of women.



HORMONAL ACTIVITY: Contains vitamin B6 which contributes to the regulation of hormonal activity.



ENERGY METABOLISM: Includes vitamin B12 to contribute to normal energy-yielding metabolism.



BONE HEALTH: Contains calcium which is needed for the maintenance of normal bones.



SKIN, HAIR & NAIL HEALTH: Includes zinc to contribute to the maintenance of normal skin, hair and nails.

*Nutrient Reference Value.

KEY BENEFITS:

- Tailored to the individual health needs of women.
- Provides the optimal amount of key nutrients that your body needs.
- Delivers 71 individual EU authorised claims.
- Developed by experts in nutrition and backed by proven science.

USAGE

- Take 2 tablets daily with food.
- For the ultimate in daily nutrition use this product in conjunction with Herbalife Formula 1 Nutritional Shake Mix. Take 1 tablet a day if you are taking 2 shakes a day, and 2 tablets a day if you are taking 1 shake a day.

To find out more, contact me today:

Formula 2 Women Full Product Details

FORMULA 2 VITAMIN & MINERAL COMPLEX WOMEN



SKU #1819

NUTRITIONAL INFORMATION

Daily serving: 2 tablets Servings per container: 30		
VITAMINS	2 tablets provide	% NRV*
Vitamin A	800 µg RE	100%
Vitamin D	20 µg	400%
Vitamin E	30 mg a-TE	250%
Vitamin K	90 µg	120%
Vitamin C	250 mg	313%
Thiamin (vitamin B1)	1.6 mg	145%
Riboflavin (vitamin B2)	5 mg	357%
Niacin (vitamin B3)	14 mg NE	88%
Vitamin B6	2 mg	143%
Folic acid	324 µg	162%
Vitamin B12	1.9 µg	76%
Biotin	100 µg	200%
Pantothenic acid (vitamin B5)	5.7 mg	95%
MINERALS		
Calcium	300 mg	38%
Phosphorus	250 mg	36%
Magnesium	113 mg	30%
Iron	13 mg	93%
Zinc	8.7 mg	87%
Copper	0.50 mg	50%
Manganese	1 mg	50%
Selenium	79 µg	144%
Chromium	40 µg	100%
Iodine	93 µg	62%
OTHER SUBSTANCES		
Choline	82.5 mg	

Core Nutrition

Are you looking to optimise your daily vitamin and mineral intake?

Discover Formula 2 Vitamin & Mineral Complex Women, your easy route to 24 nutrients to support what your body needs. It contains essential vitamins and minerals in just the right amounts to nourish and care for the specific health needs of women.



HORMONAL ACTIVITY: Contains vitamin B6 which contributes to the regulation of hormonal activity.



ENERGY METABOLISM: Includes vitamin B12 to contribute to normal energy-yielding metabolism.



BONE HEALTH: Contains calcium which is needed for the maintenance of normal bones.



SKIN, HAIR & NAIL HEALTH: Includes zinc to contribute to the maintenance of normal skin, hair and nails.

*Nutrient Reference Value.

KEY BENEFITS:

- Tailored to the individual health needs of women.
- Provides the optimal amount of key nutrients that your body needs.
- Delivers 71 individual EU authorised claims.
- Developed by experts in nutrition and backed by proven science.

USAGE

- Take 2 tablets daily with food.
- For the ultimate in daily nutrition use this product in conjunction with Herbalife Formula 1 Nutritional Shake Mix. Take 1 tablet a day if you are taking 2 shakes a day, and 2 tablets a day if you are taking 1 shake a day.

To find out more, contact me today:

Microbiotic Max

Full Product Details

MICROBIOTIC MAX

VANILLA FLAVOUR



Nutritional Information

Serving Size: 1 sachet (2 g)
Servings Per Container: 20 sachets

	Per 100 ml of made up product*
Fibre	2 g
Total live cells:	
<i>Lactobacillus helveticus</i> R52	1 billion CFU
<i>Bifidobacterium lactis</i> HND19	1 billion CFU

¹ Colony Forming Unit

* 1 sachet (2 g of powder) dissolved in about 100 ml water

SKU: 173K
VP: 27.10

Ingredients:

galactodigosaccharides powder (galactodigosaccharides (milk), lactose (milk), glucose (milk), galactose (milk)), maltodextrin, *Lactobacillus helveticus* R52, *Bifidobacterium lactis* HND19, flavouring, anti-caking agent (silicon dioxide). Allergy advice: for allergens, see ingredients in bold.

MAY CONTAIN SOYBEANS.

Microbiotic Max has been formulated to offer you a combination of probiotics and prebiotic fibre, that work together in harmony to help support your nutrition goals. Each serving contains 2 billion live bacteria from strains of *Bifidobacterium lactis* and *Lactobacillus helveticus*.

This product is high in fibre and available in powdered sachets, making it perfect for you to take wherever you are. With a subtle vanilla flavour, enjoy Microbiotic Max with water or your favourite Formula 1 shake.

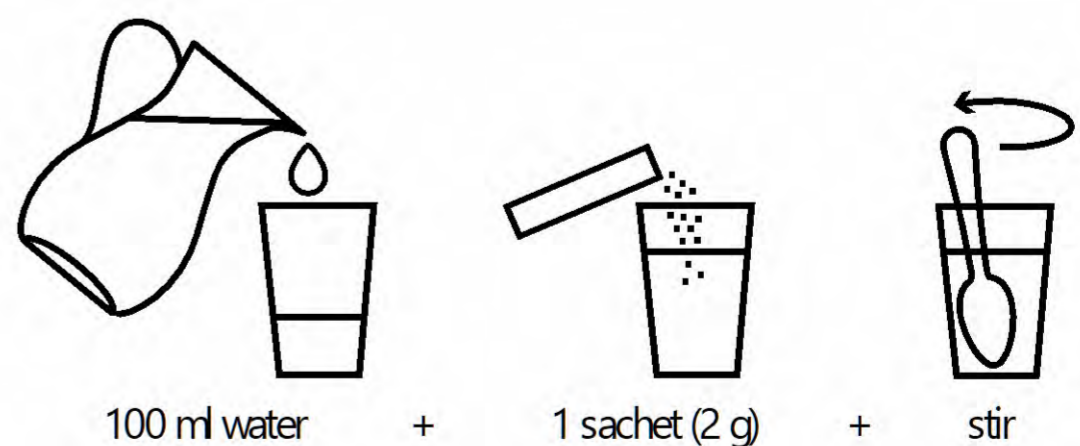
KEY BENEFITS

- Contains a combination of both Probiotics and Prebiotic Fibre
- Delivering 2 billion live bacteria (CFU) per serving
- Gluten-free
- High in fibre
- No added sugar
- Contains no sweeteners, colours or preservatives
- Vanilla flavour
- No need for refrigeration
- Available as a box of 20 individual sachets
- Perfect for when you are on-the-go

USAGE

Add 1 sachet to half a glass of water (about 100 ml), stir until dissolved and enjoy. Drink on its own or add to your favourite Formula 1 shake. Please add after blending, and use liquids at a temperature below 25°C, to avoid affecting product efficacy.

Enjoy once a day. Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.



100 ml water

+

1 sachet (2 g)

+

stir

Immune Booster

Full Product Details

Immune Booster

BERRY FLAVOUR



Nutritional Information
Serving Size: 1 sachet (3.7g)
Servings Per Container: 21 sachets

	Per 150 ml of made up product*	% R**
VITAMINS		
Vitamin C	80 mg	100 %
Vitamin D	10 µg	200 %
MINERALS		
Zinc	3.0 mg	30 %
Selenium	55 µg	100 %
EpiCor® (dried yeast fermentate)	500 mg	-

* Per made up product = 3.7 g serving with 150 ml water
** Reference intake

SKU 233K

Ingredients:

Maltodextrin, dried yeast fermentate EpiCor® (made using *Saccharomyces cerevisiae*), elderberry fruit juice powder, acidity regulator (citric acid), thickeners (acacia gum, xanthan gum), L-ascorbic acid, natural flavouring, colour (beetroot red), sweetener (steviol glycosides from stevia), zinc citrate, cholecalciferol, anti-caking agent (silicon dioxide), sodium selenite.

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

Immune Booster is formulated with the scientifically proven ingredient EpiCor® and a blend of key vitamins and minerals. The results of over a dozen clinical trials¹ show that EpiCor® has been proven to help deliver both immunity and gut health benefits.

Available as a box of 21 sachets, Immune Booster is a great way to take care of your immune system when you're on the go.

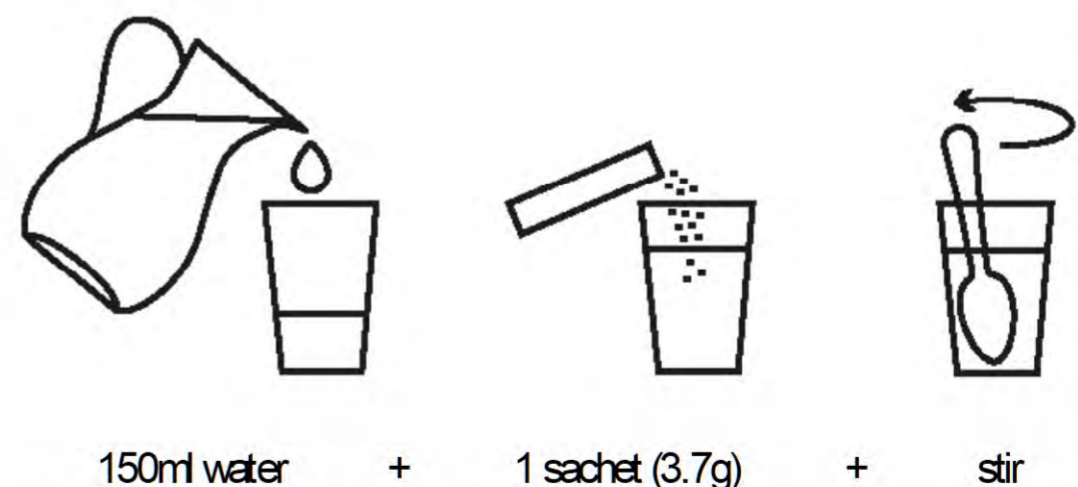
KEY BENEFITS

- Over a dozen clinical studies¹ prove EpiCor® helps to deliver both immune and gut health benefits
- High in Vitamin C, Vitamin D, Selenium and Zinc which contribute to maintain the normal function of the immune system
- Vitamin C, Selenium and Zinc also contribute to the protection of cells from oxidative stress
- Suitable for vegans
- Gluten-free
- Contains no artificial colours or flavours
- Available in a tasty berry flavour
- Sweetened with a naturally sourced sweetener from stevia leaves
- Available in 21 individual sachets, as maximum efficacy typically seen after 2-3 weeks.

USAGE

Enjoy Immune Booster daily by adding one sachet (3.7 g) to 150 ml of water and stir until dissolved. Consume one glass per day with meals.

Use this product within a balanced and varied diet, as part of a healthy active lifestyle.



¹ Seven published preclinical studies. Eight published human clinical trials

Collagen Skin Booster

Full Product Details

COLLAGEN SKIN BOOSTER

Expert Nutrition For Your Skin

STRAWBERRY AND LEMON FLAVOUR



SKU 076K

Nutritional Information
Serving Size: 1 scoop (5.7 g)
Servings Per Container: 30

	Per 250 ml of made up product*	% RI**
VITAMINS		
Vitamin A	400 µg RE	50 %
Vitamin E	6.0 mg α-TE	50 %
Vitamin C	40 mg	50 %
Niacin	8.0 mg NE	50 %
Biotin	25 µg	50 %
MINERALS		
Zinc	5.0 mg	50 %
Copper	0.50 mg	50 %
Selenium	28 µg	50 %
Iodine	75.0 µg	50 %
OTHER SUBSTANCE		
Collagen Hydrolysate	2.5 g	

* 1 scoop (5.7 g) of powder dissolved in 250 ml water

** Reference intake

Ingredients:

Verisol® P collagen hydrolysate, maltodextrin, natural flavouring, acidity regulator (citric acid), sweetener (steviol glycosides), L-ascorbic acid, DL-alpha-tocopheryl acetate, beta-carotene, zinc citrate, nicotinamide, cupric citrate, potassium iodide, sodium selenite, D-biotin.

Targeted Nutrition

Collagen Skin Booster is a refreshing strawberry and lemon-flavoured food supplement drink. It contains bioactive collagen peptides¹ called Verisol®¹ P, that are scientifically proven to reduce eye wrinkles and improve skin elasticity after 4 weeks. This product is high in key vitamins and minerals to support healthy skin, hair and nails².

KEY BENEFITS

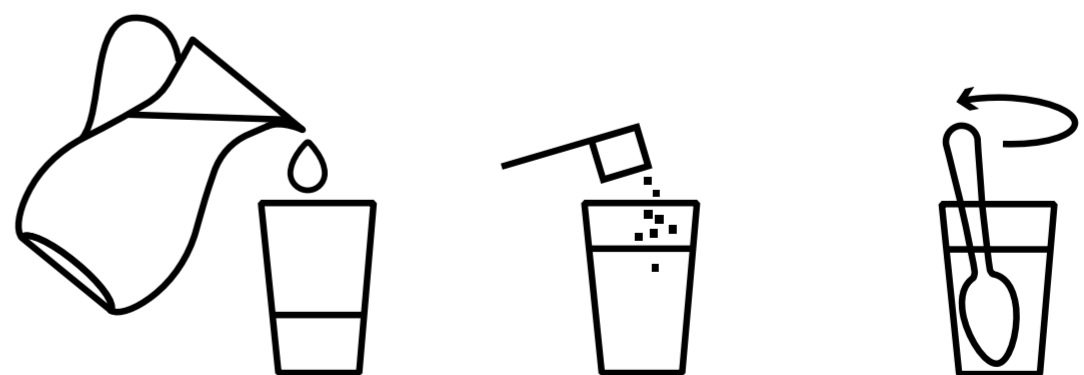
- Contains bioactive collagen peptides* called Verisol®¹ P
- Verisol®¹ P is scientifically proven to reduce eye wrinkles and improve skin elasticity after 4 weeks
- Vitamin C contributes to the normal collagen formation for the normal function of skin
- Vitamin A, Niacin, Zinc, Biotin and Iodine contributes to the maintenance of normal skin
- Zinc, Selenium and Biotin contributes to the maintenance of normal hair
- Zinc and Selenium contribute to the maintenance of normal nails
- Refreshing strawberry and lemon flavour
- This product includes a scoop and contains 30 servings

¹ Verisol® and bioactive collagen peptides are trademarks of Gelita AG

² Biotin, Iodine, Vitamin A, Niacin and Zinc contribute to the maintenance of normal skin. Biotin, Selenium and Zinc contribute to the maintenance of normal hair. Selenium and Zinc contribute to the maintenance of normal nails.

USAGE

Mix 1 scoop (5.7 g) of powder with 250 ml of water. Enjoy once a day with a meal. Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.



250 ml water + 1 scoop (5.7 g) + mix

To find out more, contact me today:

Active Mind Complex

Full Product Details

ACTIVE MIND COMPLEX

SMART NUTRITION FOR BRAIN HEALTH



Nutritional Information

One serving: 2 capsules		
Serving per container: 30		
	Per 2 capsules	% R*
VITAMINS		
Vitamin C	12 mg	15%
Vitamin B6	0.21 mg	15%
Folic acid	30.0 µg	15%
Vitamin B12	0.38 µg	15%
Pantothenic acid	0.90 mg	15%
OTHER SUBSTANCES		
Neumentix™	900 mg	
of which: Polyphenols	216 mg	
of which: Rosmarinic acid	131 mg	

* Reference intake

SKU: 243K

Ingredients:

Neumentix™ spearmint aerial parts extract (*Mentha spicata* L.), capsule shell (hydroxypropyl methyl cellulose, colour (copper complexes of chlorophyllins)), bulking agents (calcium phosphates, microcrystalline cellulose), Vitamin C (L-ascorbic acid), anti-caking agents (magnesium salts of fatty acids, silicon dioxide), Pantothenic acid (calcium D-pantothenate), Vitamin B12 (cyanocobalamin), Vitamin B6 (pyridoxine hydrochloride), Folic acid (pteroylmonoglutamic acid).

Neumentix™ is a trademark of Kerrin Industries, Inc.

Support your mental performance^{***} and stay in control over daily tasks, even on your most hectic days, with Active Mind Complex. Expertly developed with Neumentix™, a scientifically proven ingredient to improve focus, concentration, reaction time^{****} and working memory^{*****}.

Active Mind Complex also contains a blend of carefully selected vitamins, to support normal psychological function^{**}, mental performance^{***} and functioning of the nervous system^{****}.

Take care of your cognitive^{***} health everyday with Active Mind Complex - smart nutrition for brain health^{**}.

KEY BENEFITS AND FEATURES

- Contains Neumentix™ - scientifically proven to promote cognitive and mental performance^{*****}
- Improvements with Neumentix™ included support with focus^{*****}, concentration^{*****}, reaction time^{*****} and working memory^{*****} without disrupting sleep at night. ^{*****}
- Contains Vitamin C, B6, B12 and Folic Acid, contributing to normal psychological function
- Vitamins C, B6 and B12 also contribute to the normal function of the nervous system
- Contains Pantothenic Acid contributing to normal mental performance
- Suitable for vegans
- Gluten-free

USAGE

Take 2 capsules per day with meals. Use this product within a balanced and varied diet as part of a healthy, active lifestyle.

For more information on Active Mind Complex and the science behind Neumentix™ follow the QR code.



** Active Mind Complex contains Folic acid, Vitamin B6, B12 and C which contribute to the normal psychological function.

*** Pantothenic acid

**** Vitamins B6, B12, C

***** Results shown in a group of adults with a mean age of 27 years old with following references:

1. Falcone FH et al. Nutr Res. 2019; 64: 24-38

2. Falcone FH et al. J Int Soc Sports Nutr. 2018; 15(1): 58

***** Result shown in a group of adults with a mean age of 59 years old with following references:

3. Herrlinger KA, et al. J Altern Complement Med. 2018; 15(1): 37-47

Niteworks

Full Product Details

Niteworks®



Average Contents

Vitamins	Per Daily Serving(10g)	%RI
Vitamin C	100 mg	125%
Vitamin E	20 mg α-TE	167%
Folic Acid	200 µg	100%
L-arginine	5,16 g	
L-taurine	0,30 g	
L-citrulline	0,21 g	
Melissa officinalis Extract	40 mg	

*Reference Intake

Ingredients:

L-arginine, flavour enhancer (citric acid), maltodextrin, flavouring, L-taurine, L-citrulline, calcium-L-ascorbate, DL-alpha-tocopheryl acetate, sweetener (sucralose), Melissa officinalis extract-leaf (Melissa officinalis L., 0.4 %), pteroylmonoglutamic acid, anti-caking agent (silicon dioxide).

Targeted Nutrition

Niteworks® is a night-time nutrition supplement with L-arginine, L-citrulline and vitamins.

KEY BENEFITS

- High in vitamins C & E to protect the cells from oxidative stress.
- Vitamin C contributes to normal collagen formation for the normal function of blood vessels.
- High in folic acid, which contributes to normal blood formation and homocysteine metabolism.
- Folate and Vitamin C contribute to the reduction of tiredness and fatigue.

HOW CAN IT HELP YOU?

Nitric oxide is a naturally occurring gas manufactured by the body to promote normal blood and vascular circulation. Our natural levels of nitric oxide are lower at night and after the age of 30 as nitric oxide levels begin to decline.

USAGE

Add two measuring scoops (10 g) in 250 ml of cold water. May also be mixed with sparkling water or juice. Niteworks® is night-time nutrition particularly designed for anyone but especially for those above the age of 30.

To find out more, contact me today:

Xtra-Cal

Full Product Details

CALCIUM SUPPLEMENT

Nutritional Information:

	Three tablets provide:	% RDA*
Calcium	999 mg	125 %
Vitamin D	2.25 µg	45 %
Magnesium	1.20 mg	32 %
Manganese	0.99 mg	50 %
Zinc	7.50 mg	75 %
Copper	0.99 mg	99 %

* Recommended Daily Allowance



Ingredients:

Calcium carbonate, bulking agents (microcrystalline cellulose, cross-linked sodium carboxy methyl cellulose), calcium citrate, magnesium oxide, anti-caking agents (fatty acids, silicon dioxide, calcium salts of fatty acids), corn starch, glazing agents (hydroxypropyl methylcellulose, glycerol), colour (titanium dioxide), zinc sulphate, cupric gluconate, manganese sulphate, cholecalciferol. **MAY CONTAIN SOYA.**

For up-to-date ingredient list & nutritional values please refer to the label on the product

Targeted Nutrition

Xtra-Cal is a daily calcium supplement, providing over 100% of your RDA of calcium required for the maintenance of healthy bones and teeth.

KEY BENEFITS

- Helps maintain healthy bones and teeth
- Contains over 100% of your calcium RDA per serving
- Rich in vitamin D, essential for calcium absorption and needed for proper muscle function
- Also contains magnesium, copper, manganese and zinc

HOW CAN IT HELP YOU?

Your daily calcium requirement depends on your age and a variety of other factors. For example, teens need more calcium than adults. Older adults, particularly post menopausal women, need extra calcium to help prevent osteoporosis.

DID YOU KNOW?

Milk provides a range of essential nutrients but to put things practically, a daily serving of Xtra-Cal provides you with 850 mg of calcium which is similar to the calcium provided by three glasses of milk.



ALSO TRY

Herbalifeline®, which contains 2 Omega-3 fatty acids, EPA and DHA, from fish oil, to help support a healthy heart.

Your Herbalife Independent Distributor is:

Herbalifeline Max

Full Product Details

HERBALIFELINE® MAX



For more information
please visit
friendofthesea.org

Food supplement with omega-3 fatty acids EPA + DHA
EPA and DHA contribute to the normal function of the heart*
DHA contributes to the maintenance of normal brain
function and normal vision**

Nutritional information

	Per 1 capsule	Per 4 capsule	Per 5 capsule
Energy	42 kJ 10 kcal	168 k 40 kcal	210 kJ 50 kcal
Fat	1 g	4 g	5 g
of which:			
Saturated fatty acids	0.1 g	0.4 g	0.5 g
Mono-unsaturated fatty acids	0.1 g	0.4 g	0.5 g
Poly-unsaturated fatty acids	0.8 g	3.2 g	4.0 g
Carbohydrate	0.4 g	1.6 g	2.0 g
of which: sugars	0 g	0 g	0 g
Fibre	0.1 g	0.4 g	0.5 g
Protein	0 g	0 g	0 g
Salt	0 g	0 g	0 g
OTHER SUBSTANCES			
Fish oil	1063 mg	4252 mg	5315 mg
of which: omega-3 fatty acids			
EPA	375 mg	1500 mg	1875 mg
DHA	250 mg	1000 mg	1250 mg

Ingredients:

Fish oil, capsule shell [stabiliser (hydroxypropyl starch), firming agent (glycerol), gelling agent (carrageenan), acidity regulator (disodium phosphate)], antioxidant (alpha-tocopherol), natural flavourings [thyme oil (0,14 %), peppermint oil (0,07 %)].
Allergy advice: for allergens, see ingredients in **bold**.

Targeted Nutrition

Herbalifeline® Max is an exclusive blend of sustainably sourced Omega-3 fish oils containing two fatty acids EPA (eicosapentaenoic acid) & DHA (docosahexaenoic acid).

- EPA and DHA contribute to the normal function of the heart* as well as to the maintenance of normal blood pressure**** and normal blood triglyceride levels***.
- DHA contributes to the maintenance of normal brain function** and normal vision**. Herbalifeline® Max's exclusive combination includes essential oils from thyme and peppermint to eliminate any aftertaste and is encapsulated in a unique gel capsule (which is suitable for vegetarians).

- **HIGHER** levels of EPA and DHA per capsule†, which deliver heart*, vision** and brain** benefits
- **NEW** formulation with 5 key claims
- **NEW** sustainably sourced fish oil accredited by friend of the sea
- **NEW** vegetarian gel capsule
- Contains essential oils from thyme and peppermint to freshen the taste
- All the ingredients of Herbalifeline® Max are encapsulated using a vegetarian gel capsule

RECOMMENDED USAGE

Take 1, 4 or 5 capsules per day (depending on beneficial effect you want to achieve) in conjunction with water preferably with meals spaced over the day.

To find out more, contact me today:

Oat Apple Fibre

Full Product Details

OAT APPLE FIBRE BASED POWDERED MIX FOR A FLAVOURED DRINK

WITH NO ARTIFICIAL SWEETENERS



*Per made up product = 6.8g serving with 150ml of water.

Nutritional information, average serving:

Serving Size: 6.8 g Servings per Container: 30		
	Per 100 g	Per 150 ml of made up product*
Energy	1101 kJ (268 kcal)	75 kJ (18 kcal)
Fat	0.7 g	0 g
of which: saturates	0 g	0 g
Carbohydrate	26 g	2 g
of which: sugars	1.6 g	0.1 g
Fibre	74 g	5 g
Protein	2.6 g	0.2 g
Salt	0.20 g	0.01 g

Ingredients:

Oat fibre (28 %), **apple** fibre (24 %), **maize** dextrin (24 %), **soya** fibre (9 %), citrus fibre (5 %), inulin (from chicory - 5 %), flavouring, thickener (acacia gum / xanthan gum), maltodextrin, anti-caking agent (silicon dioxide). Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.

Targeted Nutrition

Oat Apple Fibre Drink is a delicious and easy way to help increase your daily fibre intake.

A unique blend of soluble and insoluble fibres. Oat Apple Fibre Drink contains six fibre sources - apple, oat, maize, citrus, chicory and soya.

Each serving contains 5g of fibre and 18 calories.*

KEY BENEFITS

- No artificial sweeteners
- Sugar Free
- Increase your daily fibre intake with Oat Apple Fibre Drink
- 5g of fibre per serving
- 6 fibre sources
- Contains both soluble and insoluble fibre
- 18kcal per serving*

USAGE

- Mix 1 measuring spoon (6.8 g) with 150ml of water or add a scoop to your favourite shake mix and enjoy.

To find out more, contact me today:

*When made up with 150ml of water

Beta Heart

Full Product Details

Beta heart®



Ingredients:

Oat bran powder (89 %), creamer (sunflower oil, maltodextrin, sodium caseinate (**milk**)), flavouring. Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.

Nutritional information

Serving size: 1 scoop (7.625 g) Servings per container: 30			
	Per 100 g	Per 250 ml of made up product*	Per 250 ml of made up product**
Energy	1382 kJ (333 kcal)	105 kJ (25 Kcal)	211 kJ (51 kcal)
Fat	9.5 g	0.7 g	1.5 g
of which: saturates	1.2 g	0.1 g	0.2 g
Carbohydrate	24 g	2 g	4 g
of which: sugars	0 g	0 g	0 g
Oat beta-glucans	20 g	1.5 g	3 g
Protein	18 g	1 g	3 g
Salt	0.02 g	0 g	0 g
OTHER SUBSTANCES			
Beta-glucans ¹	20 g	1.5 g	3 g

¹Contribute to the total fibre amount.

* Per made up product = 1 scoop (7.625 g) of the product with 250 ml water.

** Per made up product = 2 scoops (15.25 g) of the product with 250 ml water.

Targeted Nutrition

Beta heart® contains the key ingredient OatWell™ oat beta-glucan.

Oat beta-glucan has been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Beta-glucans contribute to the maintenance of normal blood cholesterol levels.*

KEY BENEFITS

1 scoop provides:

- 1.5g oat beta-glucans
- High fibre (3g)
- Source of protein
- 25 kcals
- Sugar free

USAGE

Simply mix 1 or 2 scoops of Beta heart® with water, fruit juice or add it to your favourite Formula 1 shake once per day.

The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan.

To find out more, contact me today:

Phyto Complete

Full Product Details

PHYTO COMPLETE

ROOTED IN NATURE, BACKED BY SCIENCE



SKU: 236K

Ingredients:

Fiit-NS™ (63 %) (green tea leaf extract (*Camellia sinensis*) (20 %), guarana seed extract (*Paullinia cupana*) (20 %), grape seed and skin extract (*Vitis vinifera*) (16 %), grapefruit fruit extract (*Citrus paradisi*) (15 %), black carrot root extract (*Daucus carota*) (12 %), nicotinamide, bulking agents (calcium phosphates, microcrystalline cellulose), capsule shell (hydroxypropyl methyl cellulose, colour (copper complexes of chlorophyllins)), L-ascorbic acid, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), chromium (III) chloride.

Nutritional Information

Serving per container: 30		
	Per 2 capsules	% RI*
VITAMINS AND MINERALS		
Vitamin C	23 mg	29%
Niacin	18 mg NE**	113%
Chromium	6.6 µg	17%
OTHER SUBSTANCES		
Polyphenols	228 mg	

*Reference intake

**Niacin Equivalents

Phyto Complete works hard while you get on with your day. Carefully formulated with Fiit-NS™, a scientifically studied ingredient shown to support the reduction in waist circumference, abdominal fat and improve vitality and energy.*

This phytonutrient rich capsule contains natural caffeine and is packed with vitamin C, vitamin B3, chromium and botanical extracts including guarana, green tea, grapefruit, grape and black carrot.

Support your everyday routine with your daily dose of Phyto Complete - rooted in nature and backed by science.

KEY BENEFITS AND FEATURES

- Formulated with Fiit-NS™, scientifically studied to support the reduction in waist circumference, abdominal fat and improve vitality and energy*
- Fiit-NS™ contains a combination of vitamin B3 and phytonutrients from botanical extracts including guarana, green tea, grapefruit, grape and black carrot
- Contains natural caffeine from guarana
- Contains chromium which supports normal macronutrient metabolism and maintenance of normal blood glucose levels
- Contains vitamins C and high in B3 (Niacin) which contributes to a normal energy-yielding metabolism and a reduction of tiredness and fatigue
- Suitable for vegans
- Gluten-free

USAGE

Make Phyto Complete part of your daily routine. Take 2 capsules per day with meals.

For more information on Phyto Complete and the science behind Fiit-NS™ follow the QR code.



*Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improve vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+, results seen after 12 and/or 16 weeks.

Herbal Aloe Concentrate

Full Product Details

ALOE MANGO DRINK



Nutritional information, average serving:

	Per 100 ml	Per max daily dose (=45ml)
Energy Value	56 kJ	27 kJ
equivalent to	13 kcal	6 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	3,20 g	1,40 g
of which sugars	0 g	0 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0,08 g	0,03 g

Ingredients:

Water, purified aloe vera juice - whole leaf (Aloe barbadensis) 5:1(40 %), acidity regulator (citric acid), natural mango flavouring with other natural flavours, preservatives (potassium sorbate, sodium benzoate), sweetener (sucralose), chamomile flower extract (Matricaria chamomilla L.) 4:1.

Weight Management

Made from the soothing Aloe Vera leaf, Herbal Aloe Concentrate is now available in mango flavour. It's a refreshing drink which contains Aloe Vera juice and no added sugar to give your water a refreshing tropical taste.

KEY BENEFITS

- Contains 40% Aloe Vera juice derived from the Aloe Vera leaf
- Contains no added sugar and is low in calories
- Add Herbal Aloe Concentrate to water to provide a refreshing and soothing drink, which may stimulate you to drink more water thus helping you to achieve the required fluid intake of 2-2.5 litres per day

WHY DO YOU NEED IT?

Whether trying to control your weight or leading a busy and active lifestyle, it can sometimes be hard to ensure you give your body the required daily fluid intake of 2 – 2.5 litres each day. Herbal Aloe Concentrate mango flavour provides an ideal way to enjoy a healthy, refreshing and great tasting drink, to help increase your fluid intake.

USAGE

Mix 3 capsules (15 ml) with ½ a cup (120ml) of water.

To find out more, contact me today!

Aloe Max

Full Product Details

ALOEMAX



SKU #1196

NUTRITIONAL INFORMATION

Serving size per portion: 15 ml (3 capfuls)		
Portions per container: 31		
	Per 100 g	Per portion (15 ml)
Energy	56 kJ (13 kcal)	9 kJ (2 kcal)
Fat	0 g	0 g
of which: saturates	0 g	0 g
Carbohydrate	2,9 g	0,4 g
of which: sugar	2,2 g	0,3 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0,10 g	0,02 g

INGREDIENTS:

Purified aloe vera juice - whole leaf (*Aloe barbadensis*, 97 %), sugar, acidity regulator (citric acid), preservatives (potassium sorbate, sodium benzoate), chamomile extract (*Matricaria chamomilla*).

Hydration

AloeMax is made from 97% whole leaf Aloe Vera juice. This is extracted using cold pressing, achieving a high quality aloe juice. AloeMax contains no colours, sweeteners or flavours and meets the high standards set by the IASC (International Aloe Science Council). Stay refreshed and enjoy this drink in the morning or throughout your day.

KEY BENEFITS

- Contains 97% Aloe Vera juice
- Contains no colours, sweeteners or flavours
- Only 2 calories per serve
- Suitable for vegans
- Certified by the International Aloe Science Council (IASC)

USAGE

Shake well before use. Mix 3 capfuls of AloeMax (15 ml) with 120 ml of water. To enjoy with a litre of water, mix 120 ml of AloeMax with 1 litre of water.



shake well

+



15 ml (3 capfuls)

+



120 ml water

To find out more, contact me today:

Instant Herbal Beverage (Tea) Full Product Details

INSTANT HERBAL BEVERAGE

ORIGINAL FLAVOUR (51 g)

Also available in 102 g



Nutritional Information
Serving Size: 1.7 g
Servings Per Container: 30 or 60

	Per 100 g	Per 1.7 g
Energy	1483 kJ 354 kcal	25 kJ 6 kcal
Fat	0 g	0 g
of which:	-	-
saturates	0 g	0 g
Carbohydrate	82 g	1 g
of which: sugars	5.9 g	0.1 g
Protein	13 g	0 g
Salt	0.15 g	0 g

Contains naturally occurring sugar

SKU: 178K

Ingredients:

Maltodextrin, green tea leaf extracts (*Camellia sinensis* L., 17.7%), orange pekoe tea leaf extract (*Camellia sinensis* L., 4.7%), caffeine powder, natural flavouring, hibiscus flower powder, cardamom seed extract.

Instant Herbal Beverage is a low-calorie, refreshing herbal beverage infused with extracts of green tea leaf, orange pekoe tea leaf with added cardamom seed extract, and hibiscus flower powder.

KEY BENEFITS

- Only 6 kcal per serving
- No added sugar
- Gluten free
- Contains caffeine

Available in four delicious flavours: Original, Lemon, Peach and Raspberry.

USAGE

Mix ½ teaspoon (1.7g) with 200-240 ml of hot or cold water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Drink one or two glasses per day.

*It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).

A single dose of 200 mg caffeine should not be exceeded.

H24 Formula 1 Sport

Full Product Details

Formula 1 Sport



SKU: 4461

Ingredients:

Milk protein concentrate, fructose, inulin, gluten-free **oat** fibre, safflower oil, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, chromium (III) chloride, manganese carbonate, cupric citrate, potassium iodide), L-glutamine, flavouring, potassium phosphate, emulsifier (**soy** lecithin), organic flaxseed powder, thickeners (xanthan gum, guar gum), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, sweetener (steviol glycosides), colour (beta-carotene), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source. Allergy advice: for allergens, see ingredients in **bold**.

¹ 2% of the agricultural ingredients derive from organic agriculture, NL-BIO-01.

Nutritional Information

Serving Size: 2 scoops (26 g)
Servings Per Container: 20

	Per 100 g	% RI**	Per 250 ml of made up product*	% RI**
Energy	(1560 kJ) 382 kcal	-	(926 kJ) 223 kcal	-
Fat	8.7 g	-	6.4 g	-
of which: saturates	1.1 g	-	2.8 g	-
mono-unsaturates	1.2 g	-	1.4 g	-
polyunsaturates	6.0 g	-	1.7 g	-
Carbohydrate	26 g	-	19 g	-
of which: sugars	22 g	-	18 g	-
Fibre	18 g	-	5 g	-
Protein	42 g	-	19 g	-
Salt	0.6 g	-	0.5 g	-
VITAMINS				
Vitamin A	1200 µg RE	150 %	348 µg RE	44 %
Vitamin D	7.3 µg	146 %	2.0 µg	40 %
Vitamin E	24 mg α-TE	200 %	6.3 mg α-TE	53 %
Vitamin K	109 µg	145 %	29 µg	39 %
Vitamin C	104 mg	130 %	31 mg	39 %
Thiamin	1.2 mg	109 %	0.42 mg	38 %
Riboflavin	0.50 mg	36 %	0.59 mg	42 %
Niacin	23 mg NE	144 %	6.1 mg NE	38 %
Vitamin B6	1.6 mg	114 %	0.53 mg	38 %
Folic Acid	250 µg	125 %	75.8 µg	38 %
Vitamin B12	3.2 µg	128 %	1.9 µg	76 %
Biotin	38 µg	76 %	19 µg	38 %
Pantothenic Acid	7.0 mg	117 %	2.7 mg	45 %
MINERALS				
Potassium	1350 mg	68 %	750 mg	38 %
Calcium	1200 mg	150 %	616 mg	77 %
Phosphorus	950 mg	136 %	481 mg	69 %
Magnesium	470 mg	125 %	153 mg	41 %
Iron	18 mg	129 %	4.8 mg	34 %
Zinc	13 mg	130 %	4.3 mg	43 %
Copper	1.2 mg	120 %	0.34 mg	34 %
Manganese	2.8 mg	140 %	0.74 mg	37 %
Selenium	79 µg	144 %	21 µg	38 %
Chromium	60 µg	150 %	16 µg	40 %
Molybdenum	30 µg	60 %	19 µg	38 %
Iodine	230 µg	153 %	68.3 µg	46 %
AMINO ACID				
L-Glutamine	3269 mg		850 mg	-

* Per made up product = 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)
** Reference intake

Sports & Fitness

Treat your body to Formula 1 Sport. A convenient and balanced meal that helps to support your nutritional and fitness goals!

KEY BENEFITS

- With 19 g high-quality protein and 5 g fibre Formula 1 Sport can provide a solid nutritional foundation for your fitness aspirations
- Contains 25 vitamins and minerals, to help you obtain the optimal nutrition your body needs
- F1 Sport contains all essential amino acids, including leucine which is one of the BCAAs
- Contains vitamins C, E and Selenium which contributes to the protection of cells from oxidative stress

WHO CAN BENEFIT FROM FORMULA 1 SPORT?

Formula 1 Sport is an optimal meal replacement shake for fit and active individuals seeking a balance between their fitness goals, the right nutrition and a busy lifestyle.

USAGE

Mix two scoops (26 g) of Formula 1 Sport with 250 ml of cold semi-skimmed milk (1.5% fat)

***For weight control:** Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. Replace two meals per day with a delicious Formula 1 drink and take a balanced meal

***For balanced nutrition and weight maintenance:** Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Replace one meal per day with a delicious Formula 1 drink and eat two balanced meals

This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

This product is intended for use as part of an energy-restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch (from which this product was created) has been tested by LGC's world-class sports anti-doping lab and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

To find out more, contact me today:

H24 Achieve Bar

Full Product Details

H24 ACHIEVE PROTEIN BARS

CHOCOLATE CHIP COOKIE DOUGH FLAVOUR



SKU: 149K

Ingredients:

Milk proteins (**milk** protein isolate, calcium caseinate (from **milk**), whey protein concentrate (from **milk**)), sweetener (maltitol syrup), **milk** chocolate coating with sweetener (17 %, cocoa solids: 35 % minimum) (sweetener (maltitol), cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soy** lecithin), vanilla extract), humectant (glycerol), coconut oil, cocoa **soy** crispies (**soy** protein isolate, cocoa powder, tapioca starch), roasted cocoa beans, natural flavourings, colour (plain caramel), sunflower oil, sweetener (steviol glycosides). Allergy advice: for allergens, see ingredients in **bold**.

MAY CONTAIN GLUTEN, NUTS, EGGS AND PEANUTS.

Nutritional Information

Serving Size: 1 bar (60 g)

Servings Per Carton: 6

	Per 100 g	Per Bar (60 g)
Energy	1479 kJ 353 kcal	888 kJ 212 kcal
Fat	12 g	7 g
of which: saturates	8.9 g	5.4 g
Carbohydrate	38 g	23 g
of which: sugars	3.2 g	1.9 g
Protein	35 g	21 g
Salt	0.23 g	0.14 g

Stay on track with your healthy and active lifestyle, while enjoying the rich taste of H24 Achieve Protein Bars Chocolate Chip Cookie Dough flavour.

They are a convenient post-workout treat that contains 21 grams of protein per bar, which contributes towards the growth and maintenance of muscle mass, are low in sugar and available in a delicious Chocolate Chip Cookie Dough flavour, with no artificial flavours, colours and are suitable for vegetarians.

Enjoy H24 Achieve Protein Bars in between meals, after workouts or when you want a snack that won't compromise your nutrition goals.

H24 Achieve Protein Bars are Informed Sports certified. They've been tested and proven to be free of any athletic banned substances.**

KEY BENEFITS AND FEATURES

- 21 g of protein per bar
- Low in sugar
- Informed Sports certified
- No artificial colours or flavours
- Delicious Chocolate Chip Cookie Dough
- Suitable for vegetarians

DIRECTIONS FOR USE

Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Excessive consumption may produce laxative effects.

****Banned substance tested.** The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

H24 Rebuild Strength

Full Product Details

H24 REBUILD STRENGTH



Ingredients:

Milk protein concentrate, whey protein concentrate (from **milk**), fructose, sucrose, fat reduced cocoa powder, L-glutamine, whey protein isolate (from **milk**), maltodextrin, natural flavouring, sodium chloride, acidity regulator (tripotassium citrate), calcium caseinate (from **milk**), medium chain triglycerides, L-leucine, L-isoleucine, L-valine, sodium-L-ascorbate, thickener (guar gum), ferric (III) pyrophosphate, DL-alpha tocopherol, calcium-D- pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, D-biotin, cyanocobalamin. Allergy advice: for allergens, see ingredients in **bold**.

MAY CONTAIN SOYA AND EGG.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

Nutritional Information			
Serving Size: 5 scoops (50 g)			
Servings Per Container: 20			
	Per 100 g	Per 50 g in 250ml water	% NRV*
Energy	380 kcal (1609 kJ)	190 kcal (805 kJ)	-
Fat	3.0 g	1.5 g	-
of which: saturates	1.6 g	0.8 g	-
Carbohydrates	36 g	18 g	-
of which: sugars	34 g	17 g	-
Fibre	1.5 g	0.8 g	-
Protein	51 g	25 g	-
Salt	1.2 g	0.6 g	-
VITAMINS AND MINERALS			
Vitamin E	9.1 mg	4.6 mg	38 %
Vitamin C	160 mg	80 mg	100 %
Thiamin	0.84 mg	0.42 mg	38 %
Riboflavin	1.1 mg	0.53 mg	38 %
Vitamin B6	1.1 mg	0.53 mg	38 %
Vitamin B12	1.9 µg	0.95 µg	38 %
Biotin	38 µg	19 µg	38 %
Pantothenic Acid	4.6 mg	2.3 mg	38 %
Iron	13 mg	6.3 mg	45 %
AMINO ACID			
L-Leucine	4713 mg	2367 mg	-
L-Glutamine	3400 mg	1700 mg	-
L-Valine	2820 mg	1410 mg	-
L-Isoleucine	2754 mg	1377 mg	-

* Nutrient Reference Values

Energy, Sports & Fitness

Recovery high protein drink for use immediately after your workout.*

KEY BENEFITS

- For use after anaerobic exercise
- Contains 190 kcal per serving
- Contains 25g protein that contributes to the growth and maintenance of muscle mass, delivering protein to fatigued muscles
- Iron contributes to normal energy-yielding metabolism, the formation of red blood cells and oxygen transport in the body
- No artificial colours, flavours or sweeteners
- Casein and whey proteins are both high quality dairy proteins and are recognised for their excellent amino acid content¹

The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

Reference:

1. Jäger et al. International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition (2017)14:20.

* Contains 18 g carbohydrates that contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

WHO CAN BENEFIT FROM REBUILD STRENGTH?

- Anyone who lifts weights at the gym
- Crossfit athlete after a workout
- Football player looking to growth in muscle mass
- Anyone who needs high protein

USAGE

Add 5 level scoops (50g) to 250 ml of water. Shake vigorously. Consume within 30 minutes following anaerobic activity.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Your Herbalife Nutrition Independent Member is

H24 Liftoff Max

Full Product Details

H24 LIFTOFF MAX

GRAPEFRUIT TWIST FLAVOUR

Nutritional Information
 Serving Size: 1 sachet (4.2 g)
 Servings Per Carton: 10

	Per 100 g		Per 250 ml of made up product*	
Energy	1344 kJ 320 kcal	-	56 kJ 13 kcal	-
Fat	0 g	-	0 g	-
of which: saturates	0 g	-	0 g	-
Carbohydrate	70 g	-	3 g	-
of which: sugars	1.0 g	-	0 g	-
Protein	10 g	-	0 g	-
Salt	19.0 g	-	0.8 g	-
VITAMINS		% RI **		% RI **
Vitamin C	1905 mg	2381 %	80 mg	100 %
Thiamin	26 mg	2381 %	1.1 mg	100 %
Ribofavin	33 mg	2381 %	1.4 mg	100 %
Nacin	381 mg	2381 %	16 mg	100 %
Vitamin B6	33 mg	2381 %	1.4 mg	100 %
Vitamin B12	24 µg	952 %	1.0 µg	40 %
Biotin	1190 µg	2381 %	50 µg	100 %
Pantothenic acid	143 mg	2381 %	6.0 mg	100 %
OTHER SUBSTANCE				
Caf eine***	4286 mg	-	180 mg	-

*Per made up product = 1 sachet (4.2 g) dissolved in 250 ml water
 **Reference intake
 ***It is not recommended to exceed a daily intake of 400 mg caffeine from all sources.



Ingredients:

Acidity regulators (sodium bicarbonate, citric acid), maltodextrin, natural flavourings, caffeine powder, L-ascorbic acid (Vit. C), sweetener (steviol glycosides), colour (beetroot red), nicotinamide (Nacin), calcium D-pantothenate (Pantothenic acid), ribofavin (Vit. B2), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), cyanocobalamin (Vit. B12), D-biotin (Biotin).

H24 Liftoff Max is a delicious grapefruit flavoured energy drink that contains 180 mg of caffeine per serve, perfect before a workout or whenever you need to get back on track ***

It is high in vitamin C, vitamins B6 and B12 which contribute to reducing tiredness and fatigue. It is also specially formulated with pantothenic acid that contributes to normal mental performance.

H24 Liftoff Max comes in a box of 10 individual sachets and is great to have when you're on-the-go.

KEY BENEFITS AND FEATURES

- 180 mg of caffeine per serve***
- High in vitamin C, vitamins B6 and B12
- Sugar-free
- Vegan
- No artificial colours or flavours, contains naturally sourced sweetener
- Refreshing Grapefruit Twist flavour

DIRECTIONS FOR USE

For best results, we recommend 1 sachet per day dissolved in 250 ml water either before a workout or whenever you need to get back on track. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

***It is not recommended to exceed a daily intake of 400 mg caffeine from all sources (200 mg for pregnant or breast-feeding women).

H24 Restore

Full Product Details

RESTORE

NIGHT-TIME NUTRITIONAL SUPPORT FOR THOSE THAT PUSH TO EXTREMES

HERBALIFE
24

NUTRITION FOR THE
24-HOUR ATHLETE

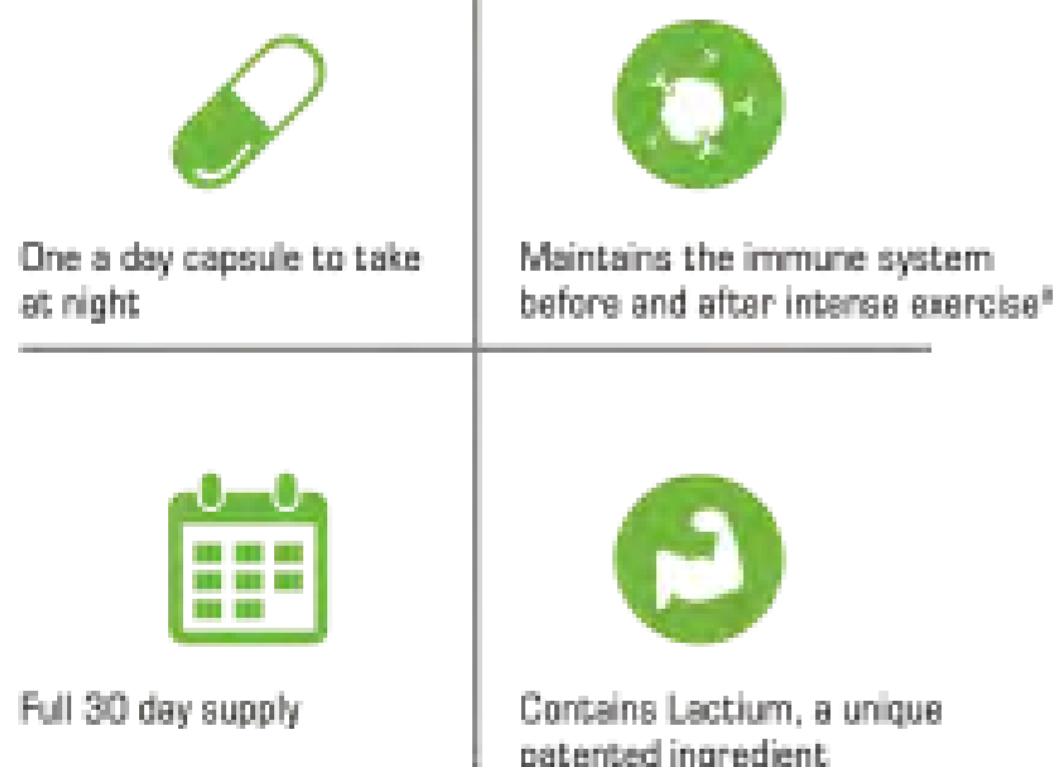
Restore has been specifically formulated with the needs of athletes in mind, with 200 mg of vitamin C added to maintain the normal function of the immune system during and after intense physical exercise. Restore contains 150 mg of Lactium®, a unique bioactive peptide with anti-stress properties, derived from casein protein.

FEATURES AND BENEFITS

- » Helps maximise rest and recovery – key to any training programme
- » Contains Lactium, a unique bioactive peptide - derived from casein protein. Visit www.lactium.com for more information
- » 200mg of Vitamin C, helping maintain the normal function of the immune system during and after intense physical exercise
- » 100% NRV for Vitamin E which works in combination with Vitamin C to protect the body from oxidative stress
- » Make it part of your bedtime routine along with good quality sleep to achieve your fitness and performance goals.



FACTS



NUTRITION FACTS

	Per capsule
Lactium® (Milk protein hydrolysate)	150 mg
Vitamin A	400 µg RE
Vitamin C	200 mg
Vitamin E	12 mg α-TE

INGREDIENTS:

L-ascorbic acid, Lactium® (milk protein hydrolysate), bulking agents (dicalcium phosphate, microcrystalline cellulose), capsule shell (hydroxypropyl methylcellulose, colour (copper complexes of chlorophylls)), DL-alpha-tocopheryl acetate, beta-carotene, anti-caking agent (magnesium salts of fatty acids).

USAGE:

Take one capsule at night before sleep.

Use this product within a balanced and varied diet, as part of a healthy active lifestyle.

Banned Substance Tested. The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com.

*Based on content of 200mg vitamin C

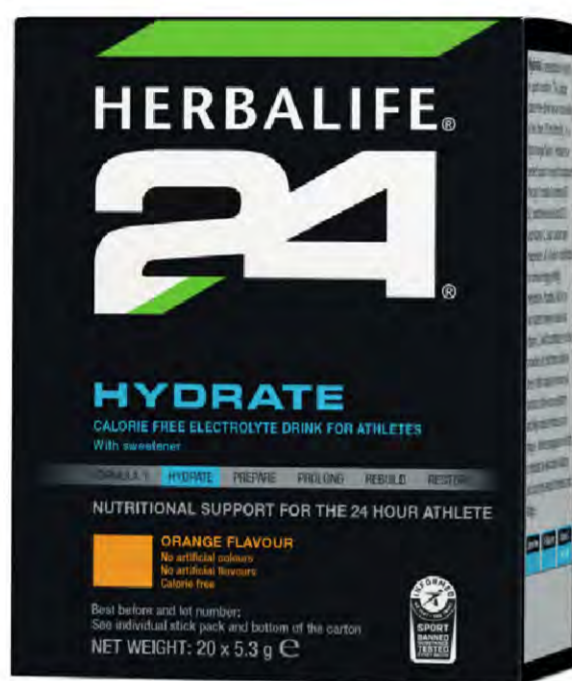
**Nutrient Reference Value



H24 Hydrate

Full Product Details

H24 HYDRATE



SKU: 1433



Ingredients:

Acidity regulators (citric acid, dipotassium phosphate), natural orange flavouring, calcium carbonate, trisodium citrate, sodium chloride, magnesium hydroxide, sodium L-ascorbate, flavour enhancer (potassium chloride), sweetener (sucralose), D-calcium pantothenate, thiamin hydrochloride, riboflavin, cyanocobalamin.

Nutritional Information

Serving Size: 1 portion (14 g)
Servings Per Container: 20

	Per 100 g	% R**	Per 1 stick pack in 500 ml of water*	% R**
Energy	(980 kJ) 228 kcal	-	(52 kJ) 12 kcal	-
Fat	0 g	-	0 g	-
of which: saturates	0 g	-	0 g	-
mono-unsaturates	0 g	-	0 g	-
polyunsaturates	0 g	-	0 g	-
Carbohydrate	13 g	-	1 g	-
of which: sugars	0 g	-	0 g	-
Fibre	2.7 g	-	0.2 g	-
Protein	0 g	-	0 g	-
Salt	10.9 g	-	0.6 g	-
VITAMINS AND MINERALS				
Vitamin C	1509 mg	1886 %	80 µg	100 %
Thiamin	3.0 mg	273 %	0.16 mg	15 %
Riboflavin	4.0 mg	286 %	0.21 mg	15 %
Vitamin B12	7.0 µg	280 %	0.37 µg	15 %
Pantothenic Acid	17 mg	283 %	0.90 mg	15 %
Calcium	4057 mg	507 %	215 mg	27 %
Magnesium	1774 mg	473 %	94.0 µg	25 %

* Per made up product = Per 1 stick pack (5.3g) in 500 ml water
** Reference intake

Sports & Fitness

Calorie-free Electrolyte drink to encourage fluid consumption during exercise!

Losing as little as 2% of body weight through sweat can have noticeable consequences. Studies have found that athletes who lose 2% or more of their body weight through sweating, may experience reduced aerobic performance and cognitive / mental performance, especially in warm weather.

Hydrate is a unique calorie free drink with an osmolality of less than 270 mOsmol/kg. In a light orange flavour, Hydrate is a perfect option to keep you hydrated before and during exercise.

Provides B vitamins (B1, B2, pantothenic acid and B12) and vitamin C, plus calcium and magnesium, all of which contribute to normal energy-yielding metabolism. Provides 100% of the nutrient reference value for vitamin C, which contributes to the protection of cells from oxidative stress, helps maintain the normal function of the immune system and helps reduce tiredness and fatigue. Provides magnesium which contributes to electrolyte balance and also helps reduce tiredness and fatigue.

FEATURES AND BENEFITS

- Has an osmolality of less than 270 mOsmol/kg
- Provides 100% of your NRV, for vitamin C which helps reduce tiredness and fatigue
- Provides B vitamins (B1, B2, pantothenic acid and B12) and calcium and magnesium, all contributing to normal energy-yielding metabolism
- No artificial colours or flavours
- Calorie free
- Convenient sachets
- Light orange flavour

USAGE

Mix 1 stick pack with 500 ml of water, shake vigorously.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

Store in a cool, dry place.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch (from which this product was created) has been tested by LGC's world-class sports anti-doping lab and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

Sawka, M. N., Burke, L.M., Eichner, ER, Maughan, R.J., Montain, S.J., & Stachenfeld, NS (2007). American College of Sports Medicine position stand. Exercise and fluid replacement. Med Sci Sports Exerc, 39(2), 377-390. doi:10.1249/mss.0b013e31802ca597

To find out more, contact me today.

H24 CR7 Drive

Full Product Details

CR7 DRIVE

Nutritional information

Serving size: 27 g

Servings per canister: 20

Servings per box: 10 Sachets

	Per 100g	Per 500 ml made up product*	
Energy	1524 kJ 358 kcal	411 kJ 97 kcal	
Fat	0 g	0 g	
of which: saturates	0 g	0 g	
Carbohydrate	86 g	23 g	
of which: sugars	66 g	18 g	
Fibre	2.2 g	0.6 g	
Protein	0 g	0 g	
Salt	2.3 g	0.6 g	
VITAMINS AND MINERAL		% NRV**	% NRV**
Thiamin	4.1 mg	373 %	1.1 mg 100 %
Vitamin B12	9.3 µg	372 %	2.5 µg 100 %
Magnesium	526 mg	140 %	142 mg 38 %

* Per made up product = 27 g serving (2 scoops or 1 sachet) with 500 ml water

** Nutrient reference values

INGREDIENTS:

Dextrose, sugar, maltodextrin, trisodium citrate, isomaltulose***, acidity regulator (citric acid), magnesium salts of citric acid, potassium citrate, flavourings, colours (anthocyanins), cyanocobalamin, thiamin mononitrate.

*** Isomaltulose is a source of glucose and fructose.

Sports & Fitness

CR7 Drive is a carbohydrate-electrolyte drink for maintaining endurance performance during prolonged exercise, perfect for taking during exercise or sports.

It is a carbohydrate-electrolyte solution that is proven to enhance the absorption of water during physical activity and help maintain endurance performance*, whether it be an intense game of football or you are hitting the treadmill.

CR7 Drive also contains vitamin B12 which helps maintain energy-yielding metabolism as well as the normal function of the immune system, as well as magnesium which helps reduce tiredness and fatigue and contributes to electrolyte balance.

Each serve contains under 100kcal per serving and is easy to drink while on the move, with a light Acai Berry flavour.

* Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged exercise.

** Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

KEY BENEFITS

- Delicious and refreshing carbohydrate-electrolyte drink to take during exercise.
- Developed in conjunction with Cristiano Ronaldo, one of the elite players of world football.
- Carbohydrate-electrolyte solution that is proven to help sustain endurance performance*.
- Also enhances the absorption of water during exercise**.
- Under 100kcal per serving to help manage your calorie intake.

USAGE

- Sachets: Mix 27g (one sachet) of powder with 500ml of water, shake vigorously. Best consumed during exercise.
- Canister: Mix 27g (2 scoops) of powder with 500ml of water, shake vigorously. Best consumed during exercise.

To find out more, contact me today:

H24 Prolong

Full Product Details

PROLONG



Ingredients:

Maltodextrin, fructose, whey protein isolate (from milk) (12.5 %), acidity regulators (trisodium citrate, citric acid, tricalcium citrate, tripotassium citrate, magnesium hydroxide), flavour enhancer (potassium chloride), sodium-L-ascorbate, sodium chloride, medium chain triglycerides, nicotinamide, natural lime flavouring, calcium-D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, D-biotin, cyanocobalamin. Allergy advice: for allergens see ingredients in **bold**. **MAY CONTAIN SOYA AND EGG.**

For up-to-date ingredient list & nutritional values please refer to the label on the product.

Nutritional Information

Serving Size: 4 scoops (60 g),
Servings Per Container: 15

	Per 100 g	Per 500 ml of made up product*	% NRV**
Energy	375 kcal (1595 kJ)	225 kcal (957 kJ)	-
Fat	0.3 g	0.2 g	-
of which: saturates	0.2 g	0.1 g	-
Carbohydrates	80 g	48 g	-
of which: sugars	29 g	18 g	-
Fibre	0 g	0 g	-
Protein	11 g	7 g	-
Salt	1.8 g	1.1 g	-
VITAMINS			
Vitamin C	134 mg	80 mg	100 %
Thiamin	1.4 mg	0.83 mg	75 %
Niacin	20 mg NE	12 mg NE	75 %
Vitamin B6	1.8 mg	1.1 mg	79 %
Vitamin B12	3.1 µg	1.9 µg	76 %
Biotin	63 µg	38 µg	76 %
Pantothenic Acid	7.5 mg	4.5 mg	75 %

* Per made up product = 60 g serving with 500 ml of water

** Nutrient Reference Values

Energy, Sports & Fitness

Carbohydrate-protein drink mix with added vitamins for athletes. Prolong is easy to drink with a light, subtle flavour.

KEY BENEFITS

- Dual-source blend of carbohydrates, protein and sodium to use during prolonged exercise
- Contains 7 g of protein per serving, which contributes to the maintenance and a growth of muscle mass
- Isotonic formula for efficient carbohydrate and fluid uptake
- Provides 225 kcal per serving, great for endurance sports
- B vitamins, including B1 and B12, contribute to normal energy-yielding metabolism
- 100% NRV of vitamin C contributes to the protection of cells from oxidative stress, helps maintain the normal function of the immune system and helps reduce tiredness and fatigue
- No artificial colours, preservatives or sweeteners

WHO CAN BENEFIT FROM PROLONG?

- Triathlete completing a combined bike-to-run workout or on race day
- Cyclist on a 4-hour training ride
- Swimmer completing a morning workout
- Football player during training or competition
- Working professional with physically-demanding job requirements

USAGE

Add 4 level scoops (60 g) of Prolong to 250 ml of water, shake vigorously, then add a further 250 ml to make a 500 ml serving.

Drink one bottle (500 ml) per hour during physical activity.

Consume one portion of 500 ml per day, as needed.

This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com.

To find out more, contact me today:

H24 Rebuild Endurance

Full Product Details

HERBALIFE

H24

NUTRITION FOR THE 24-HOUR ATHLETE

REBUILD ENDURANCE

RECOVERY CARB-PROTEIN DRINK FOR ENDURANCE SPORTS.

Recharge and replenish with Rebuild Endurance. Recovery is one of the most important aspects of an athlete's regime. Inadequate recovery will impact on performance during the next training session or competition. Athletes are recommended to consume 1.0 - 1.5g per kg of body weight of carbohydrate in the first 3 minutes after exercise to replace glycogen stores following prolonged endurance exercise, as well as adequate protein to ensure that training gains are optimised.

FEATURES AND BENEFITS

- » Contains 36g specially selected carbohydrate and high quality dairy protein in each serving
- » Protein contributes to the growth and maintenance of lean muscle mass
- » Vitamins C and E help to protect the body's cells from oxidative stress.
- » Vitamin C and iron help reduce tiredness and fatigue.
- » Iron and vitamins C, B1 and B2 contribute to normal energy-yielding metabolism.

FACTS



10 g high quality dairy proteins, Casein and Whey



188 kcal per serving



Delicious vanilla flavour



No artificial colours, flavours or sweeteners



NUTRITION FACTS

Serving Size: 4 scoops (50 g)
Servings Per Container: 20

	Per portion (50 g) with 250 ml water
Calories	188
Protein	10.0g
Total Carbohydrate	36.0 g
of which sugars	17.1 g
Fat	0.38 g
of which saturates	0.25 g
Fibre	0 g
Salt	0.23 g

VITAMINS AND MINERALS

Vitamin E	4.6 mg
Vitamin C	80 mg
Thiamin	0.42 mg
Riboflavin	0.53 mg
Vitamin B6	0.53 mg
Vitamin B12	0.95 µg
Biotin	19 µg
Pantothenic Acid	2.3 mg
Iron	6.3 mg

OTHER SUBSTANCES

L-glutamine	3500 mg
L-carnitine	500 mg
L-isoleucine	280 mg
L-leucine	250 mg
L-valine	250 mg

USAGE:

Add 4 level scoops (50 g) to 250 ml of water, shake vigorously.

Consume within 30 minutes following aerobic activity.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

Banned Substance Tested. The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com.



INGREDIENTS:

Maltodextrin, fructose, sucrose, milk protein concentrate, L-glutamine, whey protein isolate (from milk), natural flavourings, acidity regulator (tripotassium citrate), L-carnitine, sodium chloride, L-isoleucine, L-leucine, L-valine, medium chain triglycerides, sodium-L-ascorbate, thickener (guar gum), anti-caking agent (silicon dioxide), ferric (III) pyrophosphate, DL-alpha tocopherol, calcium-D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, D-biotin, cyanocobalamin.

CONTAINS MILK. MAY CONTAIN SOYA AND EGG.



HERBALIFE.

References

Formula 1

1. Euromonitor International Limited; per Consumer Health 2022ed, Health Shake as per sports protein powder, sports protein RTDs, meal replacement, supplement nutrition drinks and protein supplements, combined % RSP share GBO, 2021 data. May not be applicable to all flavours
2. F1 Cookie Crunch flavour contains sucralose

PDM / PDM Vegan

1. Bakaloudi DR, et al. Clin Nutr. 2021;40(5):3503-21
2. Values might vary slightly depending on Formula 1 flavour

Formula 2

1. NHS. Do I need vitamin supplements? Retrieved from: <https://www.nhs.uk/common-health-questions/food-and-diet/do-i-need-vitamin-supplements/> on Aug 11, 2022.
2. Contains Vitamin C which contributes to the normal function of the immune system
3. Contains Pantothenic acid which contributes to normal mental performance
4. Contains Biotin, Iodine, Vitamin A and Zinc which contribute to the maintenance of normal skin. Biotin, Selenium and Zinc contribute to the maintenance of normal hair. Selenium and Zinc contribute to the maintenance of normal nails.

Herbal Aloe Concentrate – Mango

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
2. Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
3. Beck AM, et al. Nutr. 2021;13(9):3142.
4. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
5. Salehi B, et al. Int J Mol Sci. 2018;19(9):2843.

Aloe Max

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
2. Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
3. Beck AM, et al. Nutr. 2021;13(9):3142.
4. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
5. Salehi B, et al. Int J Mol Sci. 2018;19(9):2843.

Instant Herbal Beverage

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2011;9(4):2054.
2. It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women)

Oat Apple Fibre

1. EFSA. EFSA Journal. 2010;8(3):1462.
2. Grundy MM-L, et al. BJN. 2016;116(5):816-33.
3. Lovegrove A, et al. Crit Rev Food Sci Nutr. 2017;57(2):237-53.
4. EFSA. EFSA Journal. 2010;8(12):1885-n/a.
5. EFSA. EFSA Journal. 2011;9(12):2470.
6. Cicero AF, et al. Nutrients. 2020;12(3):686.
7. EFSA. EFSA Journal. 2010;8(10):1747.
8. EFSA. EFSA Journal. 2011;9(6):2207-n/a.
9. Shen XL, et al. Nutrients. 2016;8(1):39.
10. Reynolds AN, et al. PLOS Med. 2020;17(3):e1003053.
11. Koh A, et al. Cell. 2016;165(6):1332-45.
12. Fetissov SO. Nat. Rev. Endocrinol. 2017;13(1):11.
13. Stribiřcaia E, et al. Sci. Rep. 2020;10(1):12929.

Herbalifeline Max

1. Zárte R, et al. Clin Transl Med. 2017;6(1):25.
2. Shahidi F, et al. J Med Food. 2005;8(2):133-48.
3. Simopoulos AP, et al. Open Heart. 2016;3(2):e000385.
4. Arterburn LM, et al. Am J Clin Nutr. 2006;83(6):1467-76.
5. Cartier C, et al. Prenatal Omega-3 Fatty Acid Intake and Visual Function. 2014. p. 253-61.
6. O'Donovan F, et al. BMJ Open. 2019;9(6):e027167.
7. Burdge GC, et al. Reprod Nutr Dev. 2005;45(5):581-97.
8. Surette ME. Can Med Assoc J. 2008;178(2):177-80.
9. EPA and DHA contribute to the normal function of the heart (the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA)
10. DHA contributes to the maintenance of normal brain function and normal vision (the beneficial effects are obtained with a daily intake of 250 mg of DHA)
11. DHA and EPA contribute to the maintenance of normal blood triglyceride levels (the beneficial effect is obtained with a daily intake of 2g of EPA and DHA)
12. DHA and EPA contribute to the maintenance of normal blood pressure (the beneficial effect is obtained with a daily intake of 3g of EPA and DHA)
13. It is not recommended to exceed a supplemental daily intake of 5 g of EPA and DHA combined

References

Immune Booster

1. Jensen GS, et al. Open Nutr J. 2008;2:68-75.
2. Moyad MA, et al. J Altern Complement Med. 2010;16(2):213-8.
3. Moyad MA, et al. Urol Nurs. 2008;28(1):50-5.
4. Moyad MA, et al. Adv Ther. 2009;26(8):795-804.
5. Jensen GS, et al. J Med Food. 2015;18(3):378-84.
6. Jensen GS, et al. J Med Food. 2011;14(9):1002-10.
7. Pinheiro I, et al. BMC Complement Med Ther. 2017;17(1):441.
8. Robinson L, et al. FASEB J. 2009;23(1):422.
9. Zinc, Selenium, Vitamin C and Vitamin D which contribute to the normal function of the immune system. Consume with a meal for best results.
10. When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label
11. Do not exceed the recommended daily dose. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store out of reach of young children.
12. If consuming with Tea, please note that if prepared hot, this can affect the vitamin and mineral content and the efficacy of EpiCor®

Collagen Skin Booster

1. Smith K, et al. Curr Opin Clin Nutr Metab Care. 2007;10(5):582-90.
2. Reilly DM, et al. Plastic and Aesthetic Res. 2021;8:2.
3. Marcos-Garcés V, et al. J Anat. 2014;225(1):98-108.
4. Bonté F, et al. Subcell Biochem. 2019;91:249-80.
5. Verisol® and bioactive collagen peptides are trademarks of Gelita AG
6. Proksch E, et al. Skin Pharmacol Physiol. 2014;27(3):113-9.
7. Proksch E, et al. Skin Pharmacol Physiol. 2014;27(1):47-55.
8. Schunck M, et al. J Med Food. 2015;18(12):1340-8.

Beta heart

1. Ahmed M, et al. J Nutr Health Aging. 2007;11(1):26-31.
2. El Khoury D, et al. J Nutr Metab. 2012;2012:851362.
3. Theuwissen E, et al. Mol Nutr Food Res. 2009;53(3):370-6.
4. Whitehead A, et al. Am J Clin Nutr. 2014;100(6):1413-21.
5. Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have beneficial effect.
6. Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.
7. Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal. This is applicable for food which contains at least 4 g of beta-glucans from oats for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats as part of the meal
8. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan.

**The trial was carried out by researchers at Bologna's Sant'Orsola-Malpighi University Hospital, on behalf of the Nutrition Foundation of Italy, and comprised 83 participants (48 women and 35 men) and was one of the first clinical trials in a southern European population. At the start of the trial, each participant had moderately high levels of cholesterol, low cardiovascular risk and consumed a typical Mediterranean diet.*

***Oat beta-glucan has been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect. Beta Heart is not intended to diagnose, treat, cure or prevent any disease.*

References

Active Mind Complex

* . Pantothenic acid

1. Active Mind Complex contains folic acid, vitamins C, B6 and B12 which contribute to the normal psychological function. It also contains pantothenic acid to support normal mental performance. Vitamins C, B6 and B12 contribute to normal functioning of the nervous system.
2. Results shown in a group of adults with a mean age of 27 years old with following references:
 - Falcone PH, et al. Nutr Res. 2019; 64: 24-38
 - Falcone PH, et al. J Int Soc Sports Nutr. 2018; 15(1): 58
3. Result shown in a group of adults with a mean age of 59 years old with following references:
 - Herrlinger KA, et al. J Altern Complement Med. 2018; 15(1): 37-47

Formula 1 Express Bar

- . EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) EFSA Journal 2010; 8(3), 1462.

Phyto Complete

- . Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improve vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+, results seen after 12 and/or 16 weeks.

Niteworks

1. Taddei, S., Viridis, A., Ghiadoni, L., & Salvetti, A. (2000). Endothelial dysfunction in hypertension. *Journal of hypertension*, 18(6), 719-726.
2. Ricciardolo, F. L. (2003). Multiple roles of nitric oxide in the airways. *Thorax*, 58(2), 175-182.
3. Burnett, A. L. (1997). Nitric oxide in the penis: physiology and pathology. *Journal of Urology*, 157(3), 320-324.
4. Bogdan, C. (2001). Nitric oxide and the immune response. *Nature immunology*, 2(10), 907-916.
5. Dawson, T. M., & Dawson, V. L. (2014). Nitric oxide signaling in neurodegeneration and cell death. *Advances in pharmacology (San Diego, Calif.)*, 71, 75-97.

*Silva C., Tamura, E.K, Macedo, S.M., Cecon, E., Buenos-Alves, L., Farsky, S.H., Ferreira, Z.S. and Markus R.P. (2007); Melatonin inhibits nitric oxide production by microvasculat endothelial cells in vivo and in vitro. *British Journal of Pharmacology*, 151, 195-205

H24 References

H24 Formula 1 Sport

- 1.Mathai JK, et al. Br J Nutr. 2017;117(4):490-9
- 2.Mathai JK, et al. Br J Nutr. 2017;117(4):490-9.
- 3.Hoffman JR, et al. J Sports Sci Med. 2004;3(3):118-30.
- 4.Soop M, et al. Am J Physiol Endocrinol Metab. 2012;303(1):E152-62.
- 5.Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.
- 6.For weight control: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. For balanced nutrition support and weight maintenance: Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss

H24 Achieve Protein Bars

- 1.Protein contributes to the maintenance of muscle mass/ Protein contributes to a growth in muscle mass
- 2.Stokes T, et al. Nutrients. 2018;10(2):180.
- 3.Kerksick CM, et al. International society of sports nutrition position stand: nutrient timing. J Int Soc Sports Nutr. 2017 Aug 29;14:33.

H24 Rebuild Strength

- 1.Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
- 2.Vitale K, et al. Nutrients. 2019;11(6):1289.
- 3.Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38.
- 4.Protein contributes to the growth and maintenance of muscle mass
- 5.Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle

H24 Liftoff Max

- 1.It is not recommended to exceed a daily intake of 400 mg caffeine from all sources (200 mg for pregnant or breast-feeding women).
- 2.Contains Vitamin C which -contributes to normal energy-yielding metabolism
- 3.Vit C, B6, B12 contribute to reducing tiredness and fatigue
- 4.Contains Pantothenic acid which contributes to normal mental performance
- 5.Enjoy this product within a balanced and varied diet, as part of a healthy and active lifestyle

H24 Restore

- 1.Powers SK, et al. J Sport Health Sci. 2020;9(5):415-25.
- 2.Clemente FM, et al. J Clin Med. 2021;10(23):5576.
- 3.Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.

H24 Hydrate

- 1.Water contributes to the maintenance of normal regulation of the body's temperature and normal physical and cognitive functions. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
- 2.Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
- 3.EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
- 4.ACSM. Med Sci Sports Exerc. 2016;48(3):543-68.
- 5.B-vitamins (B1, B2, Pantothenic Acid and B12) and magnesium all contribute to normal energy-yielding metabolism

H24 CR7 Drive

- 1.EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2018;16(3):e05191.
- 2.EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2011;9(6):2211.
- 3.Rowlands DS, et al. Int J Sport Nutr Exerc Metab 2011;21 (6):480-91.
- 4.Baker LB, et al. Compr Physiol 2014;4(2):575-620.
- 5.Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise

H24 References

H24 Prolong

1. Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
2. Vitale K, et al. Nutrients. 2019;11(6):1289.
3. Jeukendrup A. Sports Med. 2014;44 (1):25-33.
4. Jeukendrup AE. Curr Opin Clin Nutr Metab Care. 2010;13(4):452-7.
5. Stellingwerff T, et al. Appl Physiol Nutr Metab. 2014;39(9):998-1011.
6. Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38.
7. Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle
8. B vitamins contribute to normal energy-yielding metabolism
9. Vitamin C, which contributes to the protection of cells from oxidative stress, helps maintain the normal function of the immune system and helps reduce tiredness and fatigue

H24 Rebuild Endurance

1. Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38
2. Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
3. Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.
4. Foster-Powell K, et al. Am J Clin Nutr. 2002;76(1):5-56.
5. Peters HP, et al. Eur J Clin Nutr. 2011;65(1):47-54.
6. Shi X, et al. Med Sci Sports Exerc. 1995;27(12):1607-15.
7. Wallis GA, et al. Med Sci Sports Exerc. 2005;37(3):426-32.
8. Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle
9. Protein contributes to the growth and maintenance of muscle mass
10. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.