

Herbalife Products for Children

Formula 1 Shake:

Age 2 to 4 = 1 level scoop of small end of Herbalife spoon

Age 5 to 7 = 1 level scoop of large end of Herbalife spoon

Age 8 to 11 = 1 1/2 level scoops

From age 12 (as adults) = 2 level scoops

Children can mix the shake with yoghurt, any desserts, porridge and sprinkle over any cereals. The above is a rough guide for daily use. As the products are classed as food, it doesn't matter if they have a lot more.

Formula 2 Multivitamins:

Age 5 to 7 = 1 tablet per day with meal

Age 8 to 11 = 1 tablet morning and evening with meals

From age 12 adult dose = 1 tablet 3 x daily with meals

Herbalifeline

The high quality fish oils in this are good for brain development and help with concentration. You can pierce the capsules with pin and squeeze oil on to foods if preferred:

Age 2 to 7 = 1 capsule with breakfast

Age 8 to 11 = 1 capsule morning and evening with meals

From age 12 adult dose = 3 capsules daily with meals

Snacks

Protein Bars and Roasted Soybeans are much better than most high fat and sugar snacks. Great for lunch boxes!

Herbal Aloe Concentrate

This is a good alternative to sugary drinks and for children who don't like the taste of water. A couple of capfuls in a glass of water taste great!

NRG Tablets

These contain organically grown Guarana which can help calm down hyperactive children:

Start with 1 tablet with breakfast and 1 tablet with lunchtime meal (can be crushed and mixed with food if preferred).

Aloe Vera Products

These gentle products are ideal for children, especially those with sensitive skins:

Body Wash

Bath Soap

Shampoo and Conditioner

Hand and Body Lotion

Soothing Gel (helps with eczema and other skin irritations)

Soothing Spray (especially good for burns as well as skin irritations)