

How to use Herbalife products

Formula 1 Shake

To lose weight, replace two meals with the Herbalife shake and eat sensibly for the third. For maintenance and for good energy, replace one meal. To gain weight, take three times a day after normal meals. Mix two scoops* (or dessert spoon) of Formula 1 with 250ml of liquid. We recommend using soya milk rather than cow's milk to avoid lactose intolerance. You can also use fruit juices. You can optionally add fruit and yoghurt. For best results use a blender.

Formula 1 Bar

A healthy meal in a bar. At 207 calories per bar, an ideal healthy fast meal.

Formula 2 Multivitamin Complex

Take one tablet three times daily with your shake or meal. Your body absorbs and utilises nutrients in small, frequent amounts, hence 'little and often' is better.

Fibre and Herb Tablets

Take two tablets three times daily with your shake or meal.

Formula 3 Protein Powder

Mix one or two scoops* in your shake. This controls hunger so it is really important when cutting back on food quantity. Each scoop = 5gm of protein.

Thermojectic Beverage

Mix half a teaspoon in hot (not boiling water). Add sweetener or a dash of cordial if you like. If you like it cold, then chill it and serve it over ice and a dash of cordial. This is a healthy drink based on Chinese green tea. It is full of antioxidants and gives you increased energy and increases the 'fat burning' tendency.

Thermo Complete

Take one or two tablets mid morning and mid afternoon, between meals. They enhance your metabolic output so you start burning fat more quickly. They help to control your appetite and contain very healthy, powerful antioxidants.

* Scoop = Large end of measuring spoon

Accelerator Products

These products can be added to your programmes.

Cell Activator

Take 1 to 3 capsules just before each meal or shake. These enhance the effectiveness of the digestive system as it gently cleanses and makes the cells more effective at absorbing nutrients which maximises the energy from your food intake.

Fibrebond

Ideally take one or two tablets 30 minutes before a meal. Absorbs a significant amount of saturated fats in the food you eat. They act like a sponge on fat, so drink lots of water with them.

Herbal Aloe Concentrate Drink

Mix two to three capsules in 125ml of cold water for a truly refreshing and hugely beneficial drink. Helps to soothe the digestive system and cleanse the body from within.

Energy Boosters

NRG

Take two to four tablets a day to enhance performance and give you an invigorating lift during the day. Provides you with the benefits of one of nature's oldest and most energising herbs, Guarana.

LiftOff

Just drop into water for a sparkling, calorie free, energy booster with vitamins.

QuickSpark

Great to use when you need extra energy or to improve concentration. Dissolve 2 lozenges under the tongue for a fast acting natural energy boost.

Healthy Snacks

Protein Bars

Real chocolate tasty protein bars. Enjoy as a healthy snack.

Gourmet Tomato Soup

A great warming snack with only 104 calories per serving. Mix 2½ tablespoons (32g) with 200ml hot water.