

## Product Recommendations for Wellness Evaluation

(Updated 9 December 2011)

1. Do you eat more meals with poultry, lean meat, fish and plant (soya) proteins rather than steaks, roasts and other red meats?
  - This question relates to protein. Try recommending:
  - **Formula 1 and Formula 3 Protein Powder**, which are based on high quality soya protein.
  
2. Do you eat a variety of colourful fruits and vegetables and do you eat at least five servings a day of these?
  - This question relates to vitamins. Try recommending:
  - **Formula 2 Multivitamins**, which contains Vitamins A, C, D and E, as well as folic acid, iron, chromium, potassium, zinc and selenium.
  
3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?
  - This question relates to fibre, protein and calories. Try recommending:
  - **Formulas 1, 2 and Fibre and Herb**. These core products are an excellent source of essential vitamins and minerals and offer balanced protein, carbohydrates and help increase your daily fibre intake to maintain a healthy digestive system.
  - **Fibrebond** helps flush out toxins, assists in digestion and helps prevent constipation. Insoluble fibre is known to maintain a healthy colon and soluble fibre may reduce cholesterol and helps regulate blood sugar levels.
  
4. Do you eat ocean caught fish at least three times a week?
  - This question relates to Omega 3. Try recommending:
  - **Herbalifeline** which is formulated to help maintain supple joints and a healthy heart, by being packed with marine Lipid Complex high in Omega 3 essential fatty acids (EFAs).
  
5. Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?
  - This question relates to sticking to a healthy diet and identifying hidden 'bad' fats. Try recommending:
  - **Fibrebond** which contains a blend of active fibres and sodium choleate and helps with the elimination of wastes from the body.

6. Is your digestive system free of indigestion or irregularity?
  - This question relates to digestion. Try recommending:
  - **Florafibre** contains lactobacillus acidophilus to help maintain the proper balance of friendly flora in your intestines. A healthy digestive tract may help to absorb and utilise nutrients.
  - **RoseOx** helps replenish nutrients that may be lost through poor diet, stress and environmental factors.
  - **Herbal Aloe Concentrate** can help soothe digestion and encourages a natural cleansing action of the body.
  
7. Do you get a minimum of 30 minutes of exercise three to five days a week?
  - This question relates to a healthy and active lifestyle. Try recommending:
  - **Herbalife24** is designed for everyone whether they're a gentle jogger, gym junkie or elite athlete. Product range of premium products for daily nutrition, performance and recovery.
  - **H30 Pro** is an isotonic drink which helps with hydration, energy and stamina and absorption with antioxidant protection.
  
8. Do you maintain a stable and appropriate weight?
  - This question relates to weight, providing you with an ideal platform to recommend our core products – **Formula 1 and Formula 1 Meal Bars, Formula 2 and Fibre and Herb** which can help maintain a stable and appropriate weight.
  
9. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?
  - This question relates to meals containing all the essential nutrients needed to ensure a healthy diet. Introduce your customer to **Formulas 1, 2 and Fibre and Herb**. The meal replacement shakes together with Multivitamin Complex are convenient and offer a good balance of essential nutrients. This is a healthier option than processed foods, yet does not take long to prepare. Great for people in a rush!
  - Also recommend: **RoseOx** helps replenish nutrients that may be lost through poor diet and rushed meals.

**10.** Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?

- This question relates to unhealthy snacking. Try introducing alternatives to fizzy drinks, which can be high in sugar, such as:
- **Thermojetics Instant Herbal Beverage** contains green tea to help with energy levels and is a good alternative to coffee.
- **Liftoff** could be a great alternative as due to its effervescence it may provide the same sense of 'fizziness', but is packed with healthy nutrients and antioxidising vitamin C!
- Unhealthy snacks, such as chocolate bars and crisps, may not provide sustained energy, so why not recommend: **Protein Bars** which are low in calories and fat, yet high in protein.

**11.** Are you free of water retention and bloating?

- This question relates to the body's natural water balance. Recommend:
- Drinking plenty of water can help with water retention. **Herbal Aloe Concentrate** is great for people who don't like taste of tap water.

**12.** Do you have the energy and focus you need to meet your daily challenges?

- If your customer has a low score on this question, then they are in desperate need of some energy! Try recommending:
- **Thermojetics Instant Herbal Beverage** contains green tea to help with energy levels and is a good alternative to coffee.
- **Liftoff** which can be enjoyed anytime anywhere!
- **N.R.G. – Nature's Raw Guarana** tablets can provide a long-lasting energetic feeling and boost your energy levels. Made from organically grown guarana, it is a naturally milder form of caffeine.

**13.** Do you drink at least eight glasses of water a day?

- **Herbal Aloe Concentrate** is great for people who don't like taste of tap water.

**14.** Are you getting your recommended daily allowance of Calcium?

- You should have a minimum of 800mg of calcium per day.
- This question relates to calcium. Try recommending:
- **Xtra-Cal** is loaded with calcium and can assist in the prevention of osteoporosis.

**15.** Do you snack throughout the day?

- **Thermo Complete** includes cinnamon bark which reputedly helps balance blood circulation and therefore assists in controlling cravings and appetite. Green tea and alfalfa leaf which contain antioxidants, parsley leaf which is thought to be beneficial to the circulation while also promoting the elimination of waste and cocoa extract!