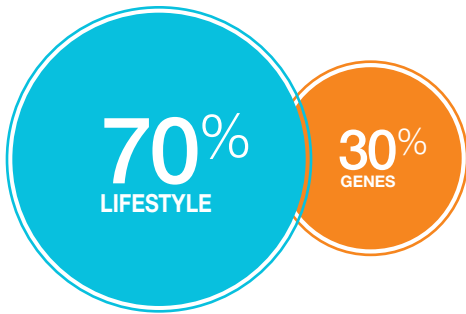


HERBALIFE®

GLOBAL NUTRITION PHILOSOPHY

At Herbalife, we believe that **balanced** and **personalized nutrition** supports a **healthy, active lifestyle**.
Eating the right foods, supplementing your healthy diet with dietary supplements and exercising regularly are key.

HEALTHY LIVING



According to experts, healthy aging is **70%** lifestyle and only **30%** genetics.

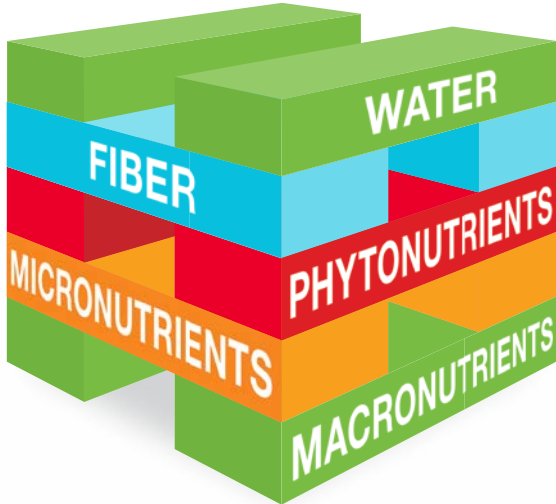
Source: United Nations Department of Economic and Social Affairs, Population Division. World Population Prospects. The 2004 Revision. New York: United Nations, 2005.

Herbalife can help you achieve the...
BIG 3



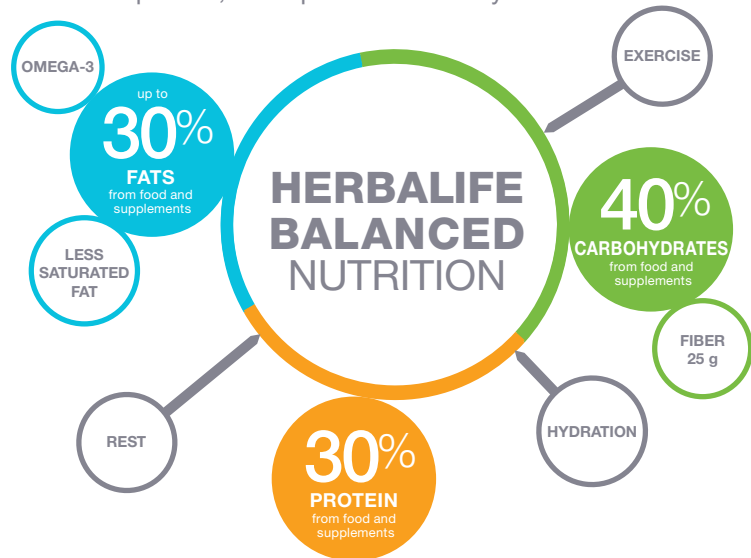
DAILY NUTRITION

Balanced nutrition is made up of these **5 CRITICAL COMPONENTS**:

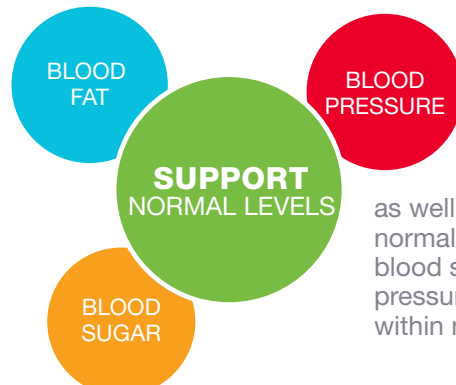


Do your numbers add up?

Your daily diet should consist of **40%** carbohydrates, **30%** protein, and up to **30%** healthy fats.



Getting **BALANCED NUTRITION** can have many positive benefits...



as well as supporting normal levels of blood fat, blood sugar and blood pressure (that already are within normal range).

NUTRITION BREAKDOWN

● MACRONUTRIENTS

■ MICRONUTRIENTS

Protein

● Feeling tired or weak? Your protein levels might be running low.

Carbohydrates

● Need more pep in your step? Make sure you're consuming healthy carbohydrates. They'll help you get through your busy day with energy and stamina.

Fat

● Healthy fats (Omega-3s) are important for your heart, brain, and joint functions.

Vitamins & Minerals

■ Vitamins and minerals aid in cell function, convert macronutrients into energy, and help support the immune system.

Phytonutrients

Produced by plants, phytonutrients protect us from oxidative stress.

Fiber

Fiber helps with regularity and helps maintain overall intestinal health.

Hydration

Replenishing the water you lose is critical. Dehydration can lead to fatigue, muscle cramps, constipation, migraines, and dry skin.

Aloe

There's a reason why generations of people have trusted aloe. It supports nutrient absorption, soothes the stomach, relieves occasional indigestion and supports healthy digestion.



BODY COMPOSITION

It's not just about counting calories, it's about getting...**BALANCED NUTRITION.**



HEALTHY HABITS

WATER

Hydrate! Eight glasses of water a day is the recommended amount for optimum health.

REST

Getting your zzz's isn't just a luxury – it's a critical piece of the feel-good/look-good puzzle.

EXERCISE

Put down that remote! Just 30 minutes of exercise a day can make a profound difference in your health and happiness.



HERBALIFE QUALITY



Through its **Seed to Feed** process, Herbalife ensures the effectiveness, safety, purity, and consistency of all its products.

With **HERBALIFE** you can find a balanced plan

Your Herbalife Wellness Coach has your back – providing answers to your questions, offering support and motivation, and helping to celebrate your success.