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.

Herbalife can help you achieve the...

BIG 3

DAILY NUTRITION

Balanced nutrition is made up of these 5 CRITICAL COMPONENTS:

- WATER
- FIBER
- PHYTONUTRIENTS
- MICRONUTRIENTS
- MACRONUTRIENTS

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...

- IDEAL BODY WEIGHT
- HEALTHY SKIN
- JOINT HEALTH
- BRAIN HEALTH
- GOOD DIGESTION
- BLOOD FAT
- BLOOD SUGAR
- BLOOD PRESSURE
- SUPPORT NORMAL LEVELS

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

**EAT THE RIGHT AMOUNT OF HEALTHY FOODS**

- **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.

**EXERCISE PLAYS A CRITICAL ROLE**

- **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.

**Body Composition**

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

**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

© 2015 Herbalife International of America, Inc. All rights reserved. USA. BUS24861-USEN-00 03/15