

EXPERIENCE THE HERBALIFE

# 3-DAY TRIAL PACK!



A GREAT INTRODUCTION TO HERBALIFE NUTRITION



**HERBALIFE**  
Independent Herbalife Member

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Consumers who use Herbalife® Formula 1 twice per day as part of a healthy lifestyle can generally expect to lose around 0.5 to 1 pound per week. Participants in a 12-week, single-blind study used Formula 1 twice per day (once as a meal and once as a snack) with a reduced-calorie diet and a goal of 30 minutes of exercise per day. Participants followed either a high-protein diet or a standard protein diet. Participants in both groups lost about 8.5 pounds.

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