



Product Training

Inner Nutrition

June 2021



**HERBALIFE
NUTRITION**

Independent Member

Objectives

With this presentation you will...

- Understand Herbalife Nutrition® Products.
- Learn why our products are unique, why you need them, and how they can greatly improve your wellness.
- Become a responsible ambassador of the Herbalife Nutrition Brand.
- Maximise your business opportunity through the knowledge of our products and offers.

Disclaimers

- Herbalife Nutrition products are not intended to diagnose, treat, cure or prevent any disease.
- Always read the label – use only as directed.
- Vitamins can only be of assistance if the dietary vitamin intake is inadequate.
- These results are not typical. Individual results will vary.
- Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight control programme.
- Herbalife Nutrition products are not to be promoted to under 15 years.

Formula 1 Nutritional Shake Mix

GI (Glycemic Index)

Glycemic Index (GI) is a measurement carried out on carbohydrate containing foods and their impact on our blood sugar. The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Low GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar.

Low GI Tested

Herbalife Nutrition Formula 1 Nutritional Shake Mix is tested as low GI*.



**FOR LONG
LASTING
ENERGY**

* GI Value is for powder only and the values are: French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21, Cookies n' Cream 15 and Mint Chocolate 22.

Formula 1 Nutritional Shake Mix

How does it work?

- Provides a healthy meal with balanced nutrition, including high quality soy protein to help you feel full and stay satisfied longer
- Formula 1 contains 9g of high-quality soy protein per serve

Why is it important?

- In Australia, 62% of men and 45% of women are classified as either overweight or obese¹
- In New Zealand, 40% of females and 30% of males are considered overweight²
- Western diets are low in fibre, high in fat and lacking nutritional value.

¹ ABS National Health Survey;

² New Zealand Ministry of Health

Contains milk, oat and soybean ingredients. Always read the label – use only as directed. (Vanilla, Chocolate, Berry, Cookies 'n Cream)

* GI value is for powder only and the values are; French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21, Cookies 'n Cream 15 and Mint Chocolate 22.

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme.

**When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.



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Formula 1 Nutritional Shake Mix

Key Message

- A core product for cellular nutrition and weight management.
- A nutritious meal replacement shake for weight management and overall good health.

Modern Diets	Formula 1
<ul style="list-style-type: none">– Low in fibre– High in fat– Lacking in nutritional value	<ul style="list-style-type: none">– Cellular Nutrition– Vitamins– Minerals– Essential nutrients

Directions For Use: Mix 28g with 300mL of skim or soy milk*.
(28g is equal to approx. 3 level 15mL Herbalife Nutrition measuring spoons)

Contains milk, oat and soybean ingredients. Always read the label – use only as directed. (Vanilla, Chocolate, Berry, Cookies 'n Cream)

* GI value is for powder only and the values are; French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21, Cookies 'n Cream 15 and Mint Chocolate 22.

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme.

**When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.



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Formula 1 – Mint Chocolate Flavour

Directions For Use: Mix 28g (approx. 2 scoops) of Formula 1 with **320mL** of skim or soy milk*. (Formula 1 Mint Chocolate flavour includes a scoop in the cannister.)

Note: All other flavours within the Formula1 Nutritional Shakes are to be mixed with 300mL of skim or soy milk.

Contains milk, wheat, oat and soybean ingredients. Always read the label – use only as directed. (Mint Chocolate)
Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme.

**When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.



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Formula 1 Select Nutritional Shake Mix

How does it work?

- A formulated meal replacement made with 20 essential vitamins and minerals to support overall well-being. Made with non-GM ingredients and not made with Dairy or Soy and nut free.

Why is it important?

- For those who wish to enjoy a Gluten Free alternative or/and suffer food allergies.



Always read the label – use only as directed.



Formula 1 Select Nutritional Shake Mix

Key Benefits

- Contains 20 vitamins and minerals
- Source of antioxidants of Vitamin C and E
- Sustains energy and satisfies hunger
- No artificial flavours or sweeteners
- Contains Stevia
- Made with non-GM ingredients
- Not made with Soy or Dairy
- Nut Free

Directions For Use: Gently shake the canister prior to each use as contents may settle. Blend or stir approx. 2 rounded scoops (30g) of Formula 1 Select with 320mL of your favourite protein beverage, skim milk or soy milk.

Always read the label – use only as directed.



Formula 2 Multivitamin Complex

Key ingredients

- Multivitamin Complex supplies the body with the following key ingredients: Vitamins B1, B2, B3, B5, B6, B12, C, D and E, Folic Acid, Biotin, Iodine, Chromium, Zinc, Selenium, Molybdenum and Betacarotene.

Why is it important?

- Minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body.
- Maintains a healthy immune system.
- Support strong bones and healthy skin.
- Contains essential nutrients and antioxidants for daily nutritional support.

Directions for Use

Take one tablet three times daily.

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate. Contains tableting aids.



Personalised Protein Powder

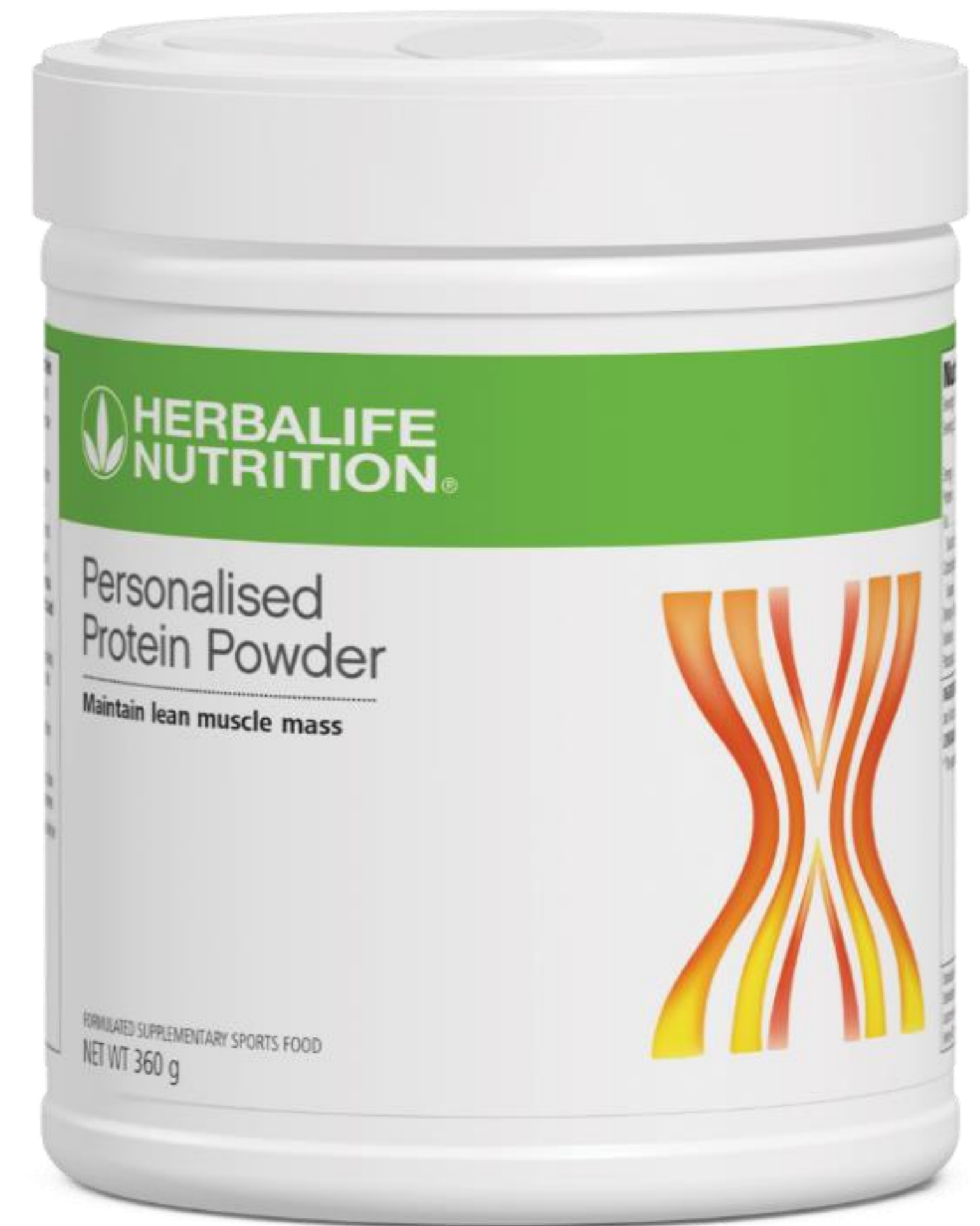
How does it work?

- Soy protein helps control hunger by maintaining a sense of fullness between meals.
- Whey protein helps build and maintain lean muscle mass.

Why is it important?

- The body needs adequate protein to maintain lean muscle mass and control hunger.
- Many dietary protein sources, such as meats and cheese, are high in unwanted fats and calories.
- The combination of soy and whey proteins provides good nutrition and helps fight hunger.

Contains milk and soybean ingredients. Always read the label – use only as directed.

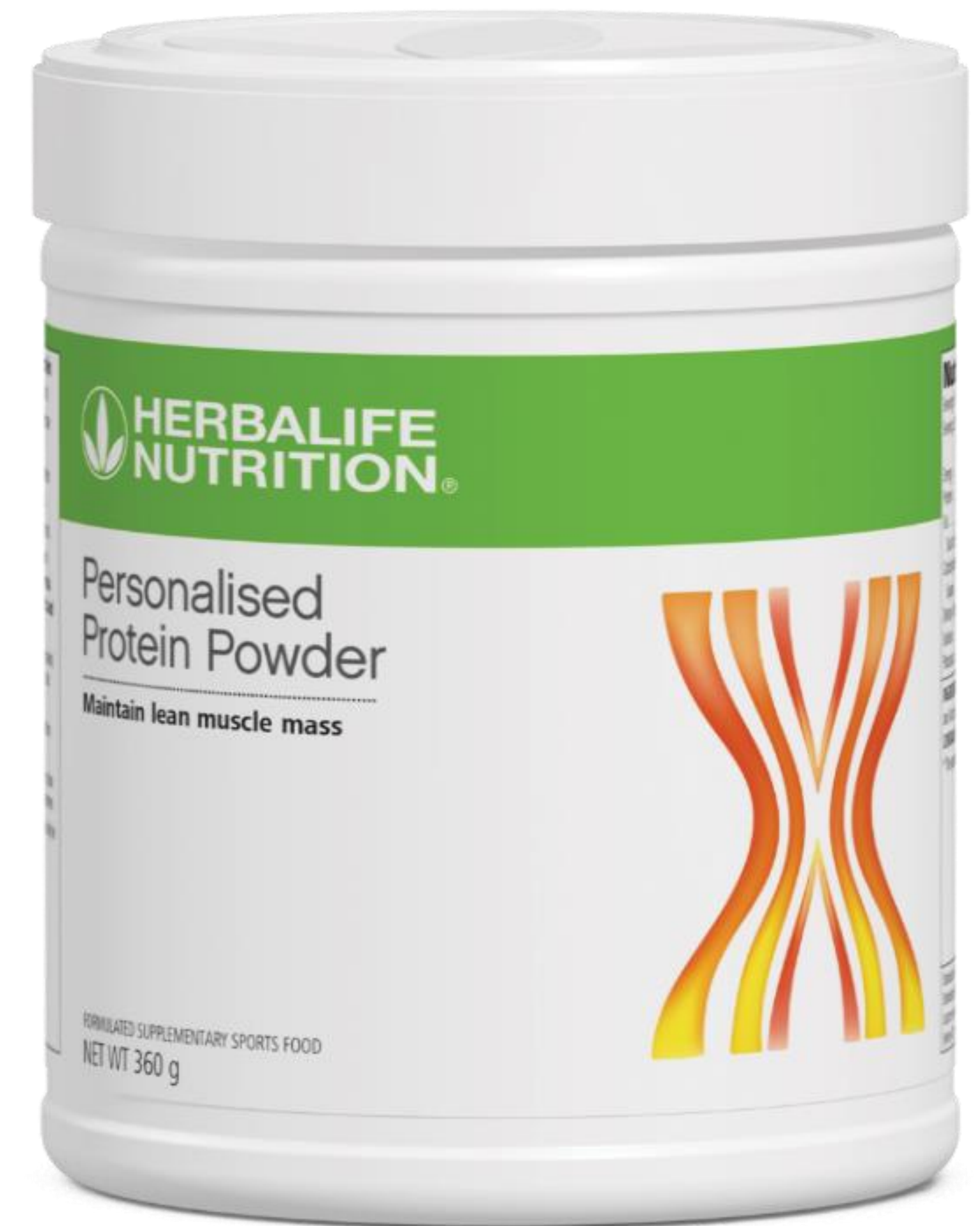


Personalised Protein Powder

Key Message

- Proprietary blend of protein for personalised weight management and hunger control.
- Helps to supplement your protein intake.
- Mixes easily in any beverage, hot or cold, is unflavoured and can be sprinkled onto food.

Directions for Use: One dessertspoon (one serving) supplies 5g of protein. Take 1 to 4 servings daily.



Contains milk and soybean ingredients. Always read the label – use only as directed.

Protein Bar

How does it work?

- Provides more than 9g of protein per bar, to sustain your energy and satisfy your appetite.
- Great for on-the-go snacking!
- Available in Vanilla Almond, Chocolate Peanut and Citrus Lemon Flavour

Why is it important?

- Decadent low-calorie snacks that are also rich in protein are difficult to find.
- Protein Bars are a satisfying, protein-rich alternative to unhealthy, high-calorie snacks.



1Contains milk, soy and nuts (almonds) ingredients. May contain traces of peanuts, other nuts and gluten.

2Contains milk, soy and peanuts ingredients. May contain traces of nuts and gluten.

3Contains milk, soy and egg ingredients. May contain traces of nuts (including peanuts) and gluten.

Always read the label – use only as directed. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

Protein Bar

Key Message

- Chewy protein bar that helps sustain energy.
- No artificial sweeteners or trans fats.
- Assists in the development and maintenance of lean muscle mass.
- Available in three delicious chocolate covered flavours.
- Ideal for an on-the-go lifestyle!

Directions for Use: Enjoy one or two bars per day.



1Contains milk, soy and nuts (almonds) ingredients. May contain traces of peanuts, other nuts and gluten.

2Contains milk, soy and peanuts ingredients. May contain traces of nuts and gluten.

3Contains milk, soy and egg ingredients. May contain traces of nuts (including peanuts) and gluten.

Always read the label – use only as directed. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

Tri Blend Select

How does it work?

- Good source of protein and dietary fibre, with Vitamin C to help reduce tiredness
- and fatigue, maintain normal function of the immune system and a normal energy-yielding metabolism.
- Low in sugar, full in flavour.
- Available in Coffee Caramel and Banana Flavour.

Why is it important?

A great vegan snack with complete protein source that contains all the essential amino acids. Made with no artificial colours, flavours or sweeteners and free of soy, dairy and gluten.

Directions for Use:

Mix approx. 3 scoops (40g) with 250ml of water or your favourite milk. Adjust the liquid amount for the consistency you require. Enjoy this product once a day as part of a healthy lifestyle.

Always read the label – use only as directed. Coffee Caramel flavour contains no caffeine.



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High Protein Iced Coffee

How does it work?

High Protein Iced Coffee! It's expertly blended with 100% Robusta espresso coffee beans with the benefits of 15g whey protein. It has no added sugar, no colours or preservatives, suitable for vegetarians and is only 80 Cal per serving. Perfect for those who want an early morning and afternoon pick-me-up. It is available in two great tasting flavours, Latte Macchiato and Mocha.

Why is it important?

- Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.
- Coffee Powder sourced from Robusta Espresso Coffee Beans. Robusta beans are sourced from Brazil.

Directions for Use:

Mix approx. 2 scoops with 320ml of water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Always read the label – use only as directed.

Formulated Caffeinated Beverage, contains caffeine and is not recommended for children, pregnant or lactating women and individuals sensitive to caffeine. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet.



Cell-U-Loss

How does it work?

- Supports individuals with mild fluid retention.
- Contains Corn Silk that is traditionally used in Western Herbal medicine to support fluid balance and regulate body water.

Why is it important?

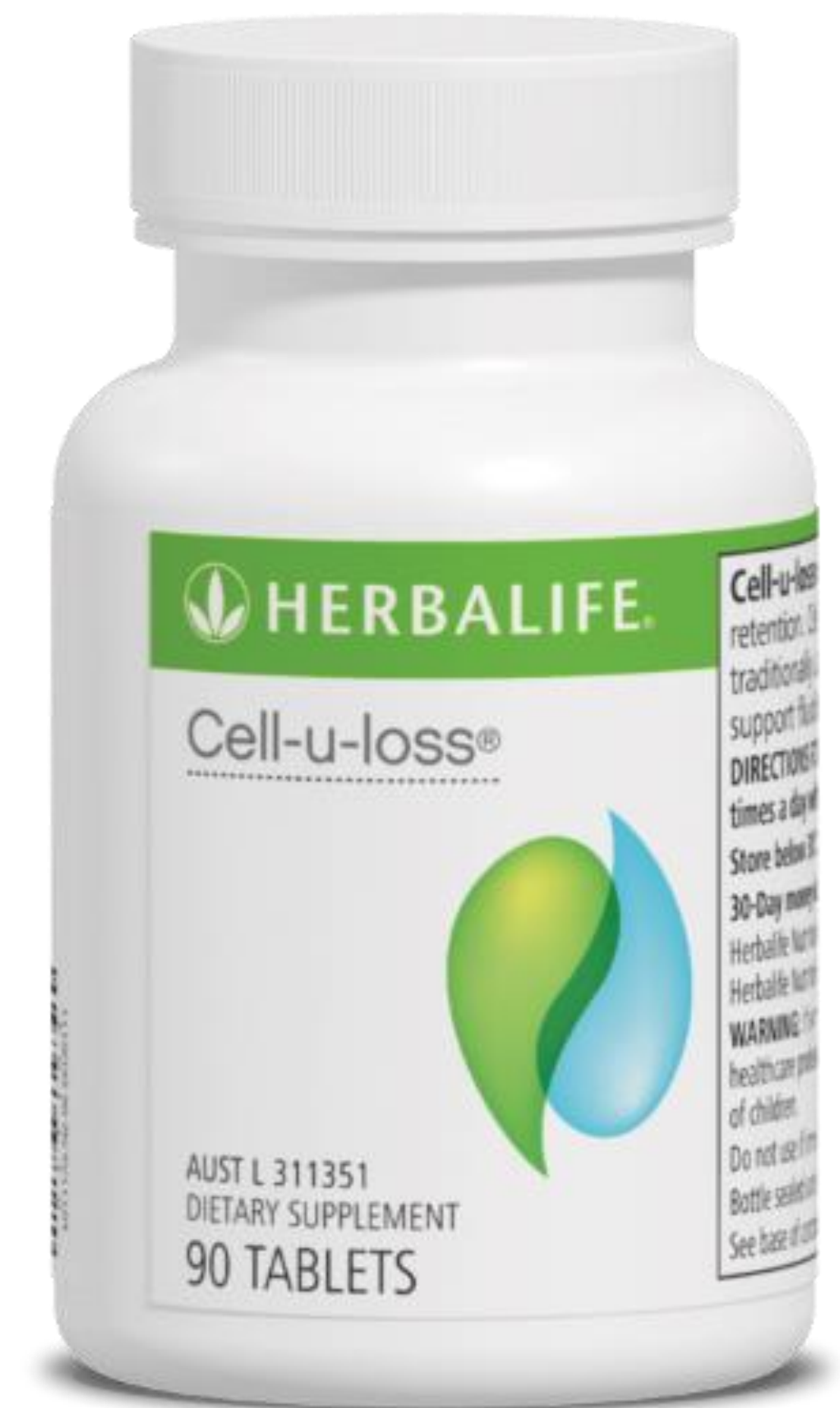
- The elimination of excess body fluid is important for maintaining the electrolyte balance in your body.
- Low levels of electrolytes have been added to replace any that may be lost with any increased urinary output.

Directions for Use

Take one tablet with a meal three times a day.

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate.

WARNING: Contains Sulfites. If symptoms persist, seek the advice of a healthcare professional. Keep out of reach of children.



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Instant Herbal Beverage

How does it work?

- Includes the health benefits of green tea, making it an ideal part of a nutritious weight management programme.
- Can be enjoyed throughout the day for a natural lift.

Why is it important?

- Busy lifestyles and stress contribute to fatigue.
- Instant Herbal Beverage can be savoured throughout the day for a natural lift.
- Drinking Instant Herbal Beverage regularly can help increase water consumption.

Directions for Use:

Mix 1/2 teaspoon (approx. 1.7g) with 200-250mL of hot or cold water.

*Contains caffeine. Green tea is known for its natural antioxidant properties.

**Natural sweetener only available in Peach and Cinnamon.



Relaxation Tea

How does it work?

- Specially formulated herbal blend of Lemon Balm, Passionflower, Lavender and Chamomile to help support relaxation. Lemon Balm is traditionally used to help cope with occasional stress, maintain a healthy mood and support restful sleep.

Why is it important?

- Lemon Balm is traditionally used to help cope with occasional stress, maintain a healthy mood and support restful sleep. Rest and rejuvenate with a cup of this calming tea with no caffeine.
- Made with non-GM ingredients and no artificial flavours or sweeteners
- Gluten free

Directions for Use:

Mix a rounded ¼ teaspoon (0.8g) with 180- 350 mL of hot water Can be enjoyed hot or warm at any time of the day.



Chitosan Fibre Complex

How does it work?

- Fibre supports good health and healthy digestion.
- Each capsule of Chitosan Fibre Complex provides Chitosan 330mg and Trigonella Foenum graecum (Fenugreek) powder 110mg.

Why is it important?

A good intake of dietary fibre reduces the amount of time food spends in the intestinal tract, and so assists in the removal of toxins and wastes from the body. Nutritional experts recommend a daily intake of 25-30g of fibre each day, but the average diet contains just 20-25g.

Chitosan Fibre Complex provides 1.9g of dietary fibre per day when consumed as directed.

Directions for Use

5 Capsules per day taken over 3 meals. Drink plenty of water.

Chitosan is derived from seafood. Always read the label – use only as directed.

WARNING: Poliglusam (chitosan) should be taken at least one hour after any other medication as it may reduce the effect of other medication. Contains crustacea or crustacean products.



Weight Management Programs

QUICKSTART Program

The QUICKSTART Program is designed to help you quickly and safely dispense of poor eating habits and move onto a healthier lifestyle.

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Active Fibre Complex - Apple
- Cell-U-Loss®
- NRG



Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Weight Management Programs

ADVANCED Program

The ADVANCED Program includes all the components of the QUICKSTART Program PLUS Instant Herbal Beverage.

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Active Fibre Complex - Apple
- Cell-U-Loss®
- NRG
- Instant Herbal Beverage (Original)



Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Weight Management Programs

Ultimate Program

Builds on the benefits of our Advanced Program with enhancers to help rev up your energy and supports good digestion.

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Active Fibre Complex - Apple
- Cell-U-Loss®
- NRG
- Instant Herbal Beverage (Original)
- Herbal Aloe Concentrate (Original)
- Probiotic Complex



Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Introduction Program

Trial Pack

- The Trial pack is a sales tool empowering you to provide an alternative at a lower cost to your prospects, there has never been a better time to introduce people to Herbalife Nutrition.



Includes:

- 6 x Formula 1 Nutritional Shake Mix - Vanilla
- 3 x Instant Herbal Beverage - Original (9 x servings)
- Zippered case branded with Herbalife Nutrition
- Information flyer

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Herbal Aloe Concentrate

How does it work?

Herbal Aloe's soothing properties support good digestion with nutrients found in the Aloe Vera plant in a refreshing digestive beverage.

Why is it important?

- Contains the goodness of the Aloe Vera plant to maintain a good digestive system.
- Supports healthy digestion.
- Soothes the stomach.
- Contains natural flavours.
- Supports absorption of micronutrients.
- Supports intestinal health.
- Supports to ease occasional indigestion.

Directions for Use:

Mix 3 capfuls (15ml) in 120ml of water and enjoy one to two times per day.

This product is not intended to treat medical conditions. Always use the label. Use as directed.



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Active Fibre Complex

How does it work?

- A balanced formula of soluble and insoluble fibres for digestive health
- One serving provides 5g of the recommended 25g daily intake of fibre
- Contributes to regular laxation.
- Support your daily fibre needs.
- Delicious apple flavour.

Why is it important?

- Fibre is important for digestive health. Most people do not get the recommended daily allowance of fibre.
- Women need 25g while men need 30g of fibre per day.

Directions for Use:

Mix 1 scoop with 240ml of water. Take 1 to 2 times per day.

Contains soybean ingredients. Always read the label. Use as directed.



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Collagen Drink

How does it work?

- Contains antioxidant vitamins, Biotin, Selenium and Zinc.
- Provides at least 30% RDI of Vitamin C, Niacin, Iodine, Selenium and Zinc.
- Provides at least 20% RDI of Biotin and Copper.
- No artificial flavours or sweeteners.
- Gluten free.
- Low in calories.*
- Strawberry Lemonade flavour.

Why is it important?

- Collagen Drink Formulated with Bioactive Verisol® collagen.

Directions for Use:

Mix 1 scoop with 5.7g with 240ml of water. Take once per day.



Verisol® is a registered trademark of Gelita AG and uses collagen obtained from porcine Always read the label. Use as directed.

*Contains energy 35 kJ/100ml

Probiotic Complex

How does it work?

Probiotic Complex has 4 billion probiotic organisms per capsule. Probiotics are micro-organisms that are a good form of bacteria. The digestive system usually includes both 'good' as well as 'bad' bacteria, which needs to be balanced to maintain optimal health.

Why is it important?

When using Probiotic Complex once a day, you are provided with friendly bacteria to help maintain healthy digestive function.

Herbalife Nutrition Unique Solution

Lactobacillus acidophilus (13.5mg)

– equivalent to 1.7 billion organisms.

Bifidobacterium longum (38.5mg)

– equivalent to 2.3 billion organisms.

Both probiotic strains work together in the gut to ensure the growth of good bacteria.

Directions for Use:

Adults take one capsule with water once a day.



This product is not intended to treat medical conditions. Always use the label. Use as directed.
Contains Sulfites.

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Herbalifeline®

How does it work?

In the human body, essential fatty acids play a multifunctional role:

- Key component in the membranes of all cells.
- Essential for normal health and development.
- Important for fat transport and metabolism.

Why is it important?

- Whether you're in your 20s, 40s, or 60s, maintaining good heart health is important because we all want to keep a youthful and active lifestyle.
- Ensure an adequate intake of healthy Omega-3 fatty acids for cardiovascular and joint health.
- Omega-3 fatty acids are building blocks of all cells in the human body.



Always read the label - use only as directed. If symptoms persist, seek medical advice. Contains fish and soybean.

Herbalifeline®

Key Message

Herbalifeline supports:

- Heart health
- Eye health
- Cognitive function
- Brain health.

Directions for Use: Take one to two softgel capsules three times a day, preferably with meals.



Always read the label - use only as directed. If symptoms persist, seek medical advice. Contains fish and soybean.

Xtra-Cal

How does it work?

- Calcium may help prevent osteoporosis when dietary intake is inadequate. A diet deficient in calcium can lead to osteoporosis in later life.
- Includes Vitamin D and Magnesium for better Calcium absorption and utilisation.
- Can[†] provide the Calcium needed for strong and healthy bones.

Why is it important?

- As we age, bones lose density and can become weak
- Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones.

Directions for Use:

Take one tablet three times daily, with meals.

Always read the label – use only as directed.

[†] Vitamins can only be of assistance if the dietary vitamin intake is inadequate.



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Joint Support Advanced

How does it work?

Support joint health with a specially formulated blend of Glucosamine Hydrochloride, Selenium, Manganese and Copper.

Why is it important?

- Age and athletic activity can affect the health of your joints. As we age, the body's ability to produce glucosamine decreases.
- According to leading researcher Access Economics, current trends suggest that, by 2050, 7 million Australians will suffer from some form of arthritis.

Directions for Use:

Take one tablet before each meal with water three times a day.

Always read the label – use only as directed. If symptoms persist, seek medical advice.



Calming Complex

How does it work?

Chamomile has been traditionally used in Western herbal medicine to relieve nervous tension. Chamomile also supports a restful sleep.

Why is it important?

- Stress has been linked to lowered immunity, insomnia, fatigue and weight management issues.
- PMS challenges may include cramping, stress, and trouble sleeping.

Directions for Use:

Take one tablet three times daily.

Always read the label - use only as directed. If symptoms persist consult your healthcare practitioner.



RoseGuard®

How does it work?

Keep your immune system strong and stay healthy all year long with our immune solutions.

Why is it important?

- Antioxidant activity-free radical scavenger.
- RoseGuard® is beneficial for those who may not receive adequate intake of antioxidants through the daily diet.
- Support a healthy immune system

Directions for Use:

Take two tablets daily.

Always read the label - use only as directed. **WARNING:** Vitamin supplements should not replace a balanced diet.



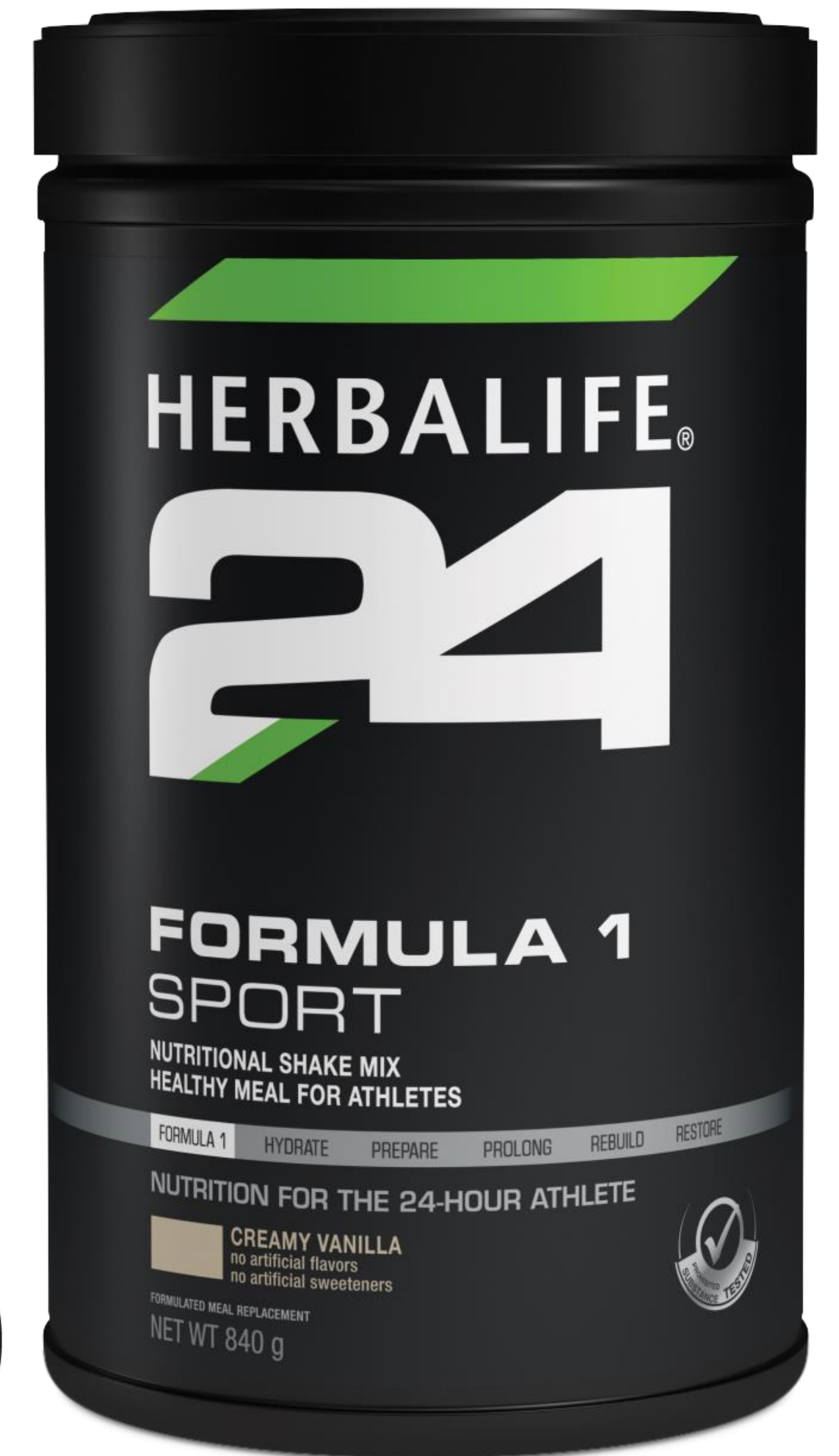
Herbalife24 Formula 1 Sport

How does it work?

Formula 1 Sport is specifically formulated to cater for every athlete's daily dietary needs. Provides a good source of quality protein derived from Milk Protein Isolate to help in the development of lean body mass and recovery.

Why is it important?

- Milk protein supports lean muscle mass.
- Carbohydrate blend provides immediate and sustained energy.
- Antioxidant support.



Always read the label – use only as directed. Contains milk and soybean ingredients.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.



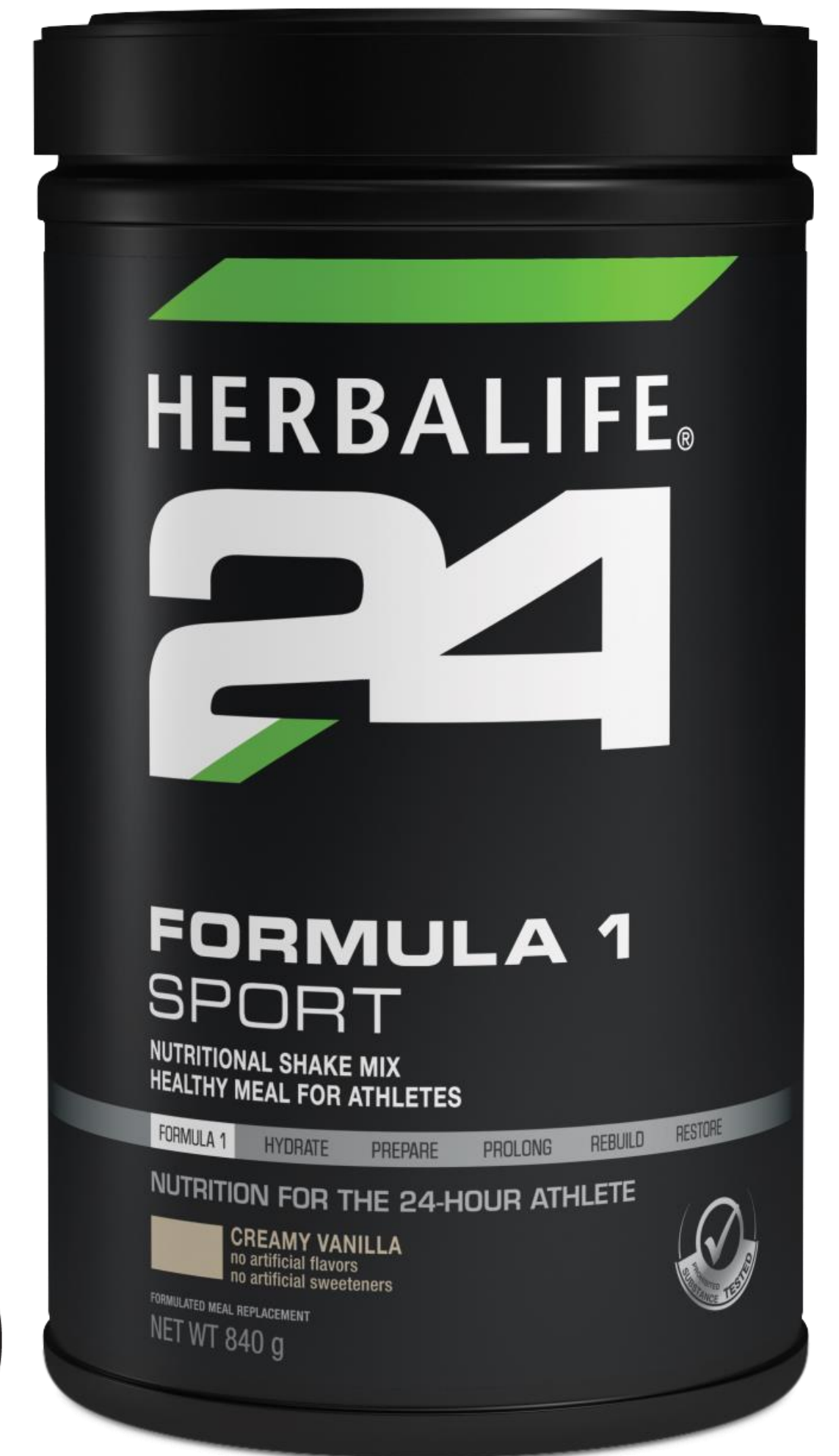
Herbalife24 Formula 1 Sport

Key Message

Gain confidence from your pre-workout nourishment. Balanced with carbohydrates, proteins, vitamins and minerals, Formula 1 Sport establishes a solid nutritional foundation for performance whilst tasting great.

Directions for Use

Blend or stir 28 grams (2 scoops) of Formula 1 Sport with 320 mL of skim milk or low-fat soy milk and enjoy!



Always read the label – use only as directed. Contains milk and soybean ingredients.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.



Herbalife24 Rebuild Strength

How does it work?

For immediate and sustained muscle recovery with a blend of Whey and Casein proteins that helps to rebuild muscles over a multi-period of exercises.

Why is it important?

- Stop breakdown. Start rebuilding.
- Immediate and sustained muscle recovery.

Directions for Use

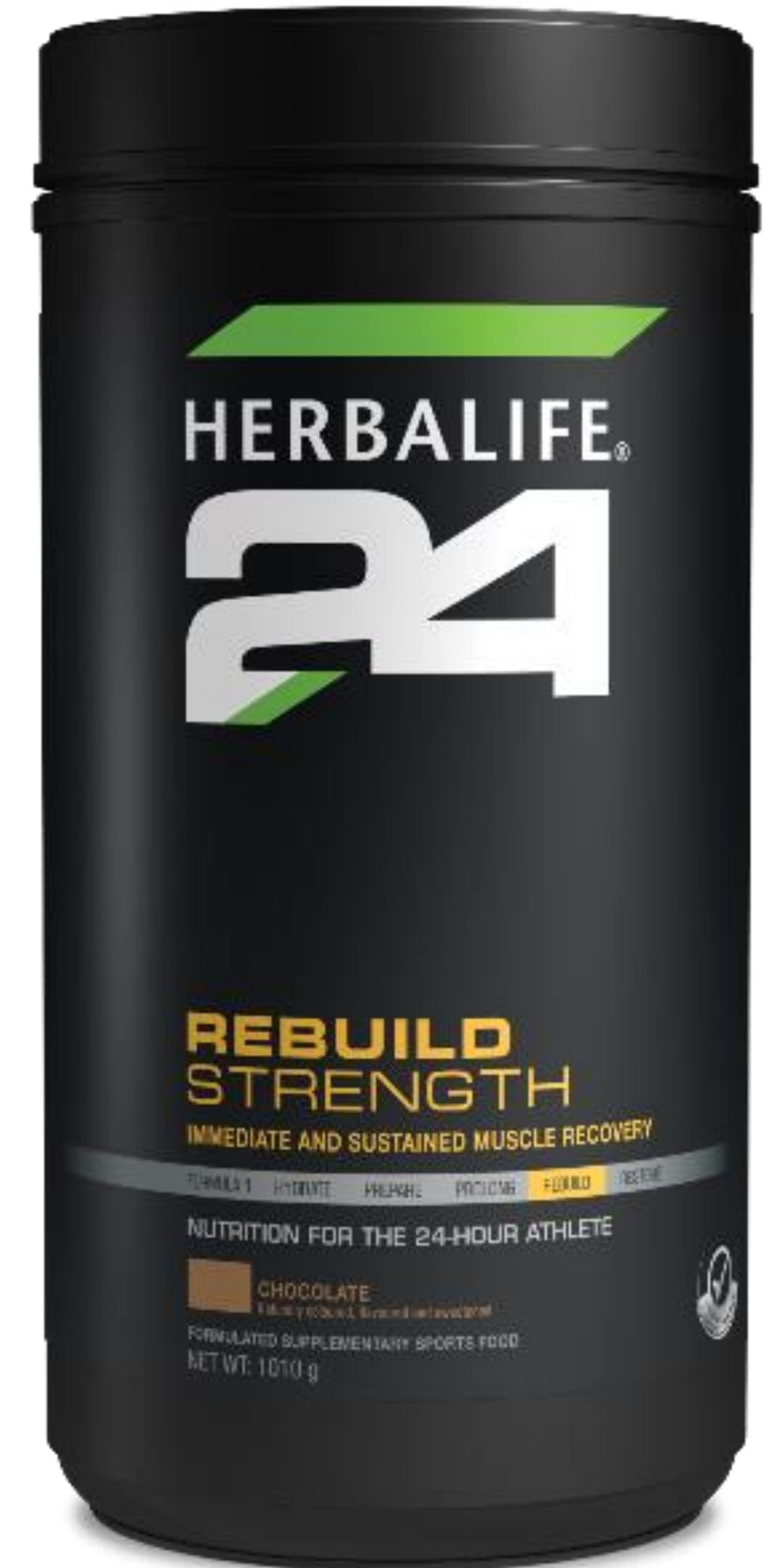
Mix two scoops (50.50g) with 280mL of water and shake vigorously*.

Always read the label – use only as directed.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

Consume one shake per day within 30 minutes following physical activity.



Herbalife24 CR7 Drive

How does it work?

- It is a light tasting and formulated sports drink necessary for performance, enhanced hydration and energy.
- Our blend of vital electrolytes – 110 mg sodium and 62.5 mg magnesium – helps hydration
- Contains a high glucose: fructose ratio to ensure rapid fuel for peak performance
- No artificial flavours or sweeteners

Why is it important?

- Co-developed with Cristiano Ronaldo, supporting ideal hydration during physical activities

Directions for Use:

- Mix 1 scoop (13.5g) into 250mL of water.
- For moderate workouts consume 1-3 servings a day
- For endurance workouts consume 2-4 servings per day.

Always read the label – use only as directed.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.



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Herbalife24 Hydrate

How does it work?

- Hydrate contains 0.16mg Vitamin B1, 0.21mg B2, 0.37mcg B12 and 0.9mg B5.
- When mixing with water, it's the perfect drink to quench your thirst.

Why is it important?

- It's simple – performance is tied to hydration.
- Replenish your body with bioavailable electrolytes to enhance fluid absorption, ensuring you are ready to perform.

Directions for Use:

Mix one stick pack with 500mL of water.*



Always read the label – use only as directed.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

Consume no more than one serving per day.

Liftoff™

How does it work?

An exclusive blend of guarana, caffeine and taurine to give you the boost you need for body and mind.

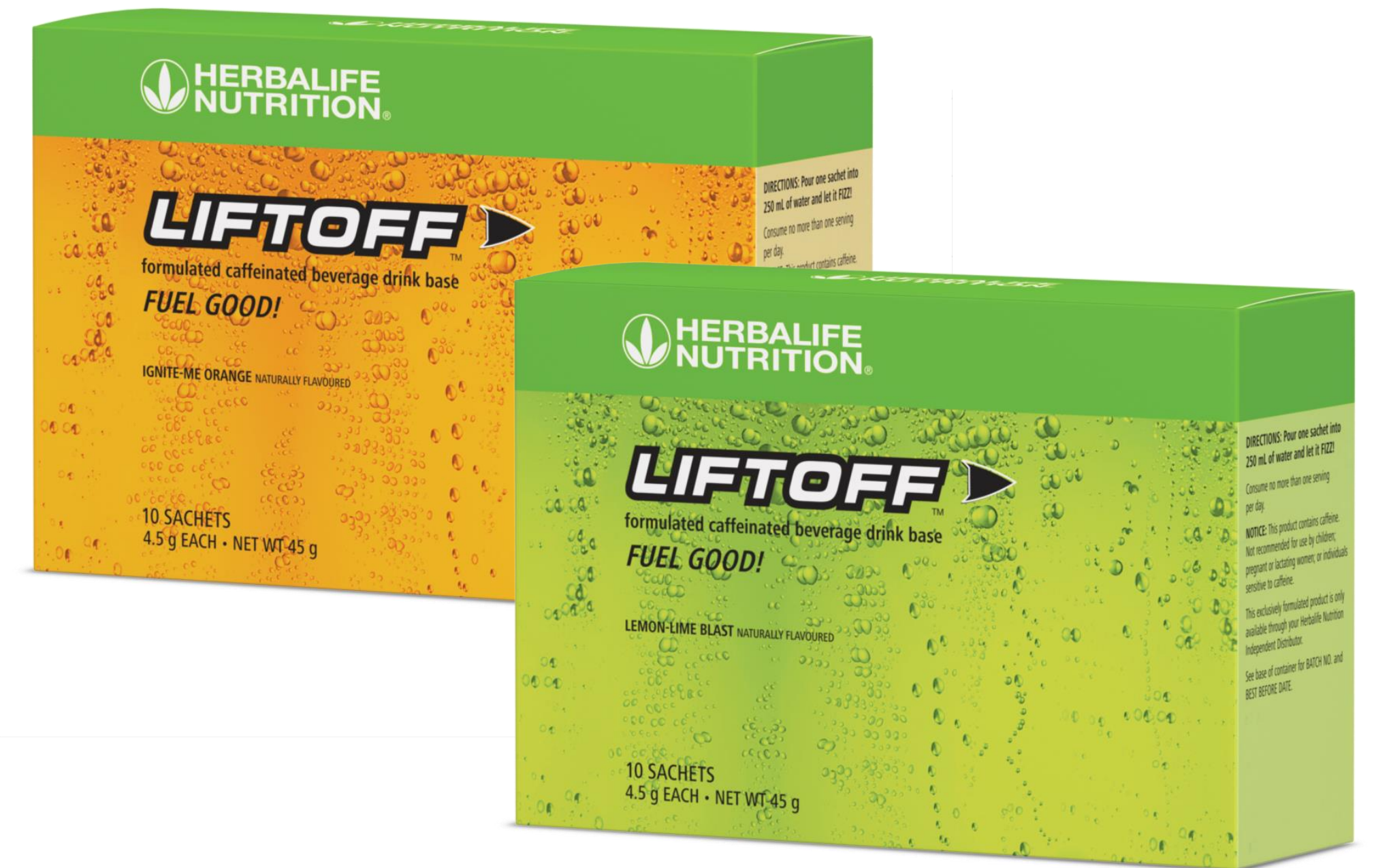
Why is it important?

- There are times throughout day when you need an additional boost.
- Less than 10 calories and no refined sugars, it is a healthy and refreshing beverage.
- Provides an instant kick when needed, without the calories.
- Fun, fizzy and works fast!

Directions for Use:

Pour one sachet into 250ml of water

*Contains caffeine. Always read the label. Use only as directed.



NRG

How does it work?

- NRG tablets provide a gentle energy lift to support alertness
- Benefits of one of nature's most energising herbs - Nature's Raw Guarana.

Why is it important?

- There are times throughout day when you lack energy.
- Helps maintain mental alertness and energy levels

Directions for Use:

- Take one tablet up to two times per day.

*Contains caffeine. **WARNING:** Adult only. Each tablet contains total 32 mg caffeine. A cup of instant coffee contains approximately 80 mg of caffeine. Caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding. Always read the label. Use only as directed.



Thank You

for completing the Herbalife Nutrition
Inner Nutrition Training