

Ramadan Guide

Using **Herbalife** products whilst fasting

This is a quick guide to help you with your Herbalife programme during Ramadan.

Sehri time (breakfast)

- One cup of **Herbalife Beverage Green Tea**
Boosting your energy levels
- **A 350ml Formula 1 Healthy Meal shake**
Mix **3 scoops** of Formula 1 in **350ml of liquid of the your choice**
- One **Formula 2** Multivitamin tablet
- Two **Fibre and Herb** tablets

Iftari time (fast breaks)

- **A 150ml Formula 1 Healthy Meal shake**
Mix **1 scoop** of Formula 1 in **150ml of liquid of the your choice**
- One **Formula 2** Multivitamin tablet
- Two **Fibre and Herb** tablets

After Maghrib (sunset) prayer

- Normal Meal
- One cup of **Herbalife Beverage Green Tea**
*Taking the Herbal Tea straight after your meal may help improve your digestion and boost energy levels.
It also adds to your water intake.*
- One **Formula 2** Multivitamin tablet
- Two **Fibre and Herb** tablets
- As much **water** as possible
Try to drink at least 2-3 glasses before Isha (night) prayer time.