

How to use Herbalife products

Formula 1 Shake

With PDM: Mix two scoops* (or dessertspoons) of Formula 1 Shake powder and one to two* scoops of Protein Drink Mix (PDM) with 250ml of cold water. You can also add small banana, berries or other fruit. You can thicken it with 2 dessertspoons of yogurt (optional). For best results use a blender and add ice cubes.

Without PDM: Mix two scoops* (or dessertspoons) of Formula 1 Shake powder with 250ml of soya or lacto free milk (preferably).

Formula 1 Bar

A healthy meal in a bar. At 207 calories per bar, an ideal healthy fast meal.

Formula 2 Vitamin & Mineral Complex

Specially formulated to be used in conjunction with Formula 1. If you're having one shake a day, take two tablets (1 morning and 1 evening). With two shakes, take one a day with breakfast. Your body absorbs and utilises nutrients in small, frequent amounts, hence 'little and often' is better.

Oat Apple Fibre

Easy way to help increase your daily fibre intake. Add 1 scoop to your favourite shake or mix 1 scoop with 150ml water.

Formula 3 Protein Powder

Mix one or two scoops* in your shake. This controls hunger so it is really important when cutting back on food quantity. Each scoop = 5gm of protein.

Instant Herbal Beverage

Mix half a teaspoon in hot (not boiling water). Add sweetener or a dash of cordial if you like. If you like it cold, then chill it and serve it over ice and a dash of cordial. This is a healthy drink based on Chinese green tea. It is full of antioxidants and gives you increased energy and increases the 'fat burning' tendency.

Thermo Complete

Take one or two tablets mid morning and mid afternoon, between meals. They enhance your metabolic output so you start burning fat more quickly. They help to control your appetite and contain very healthy, powerful antioxidants.
* Scoop = Large end of measuring spoon

Accelerator Products

These products can be added to your programme:

Herbal Aloe Concentrate Drink

Mix two to three capfuls in 125ml of cold water for a truly refreshing and hugely beneficial drink. Helps to sooth the digestive system and cleanse the body from within.

Cell Activator

Take 1 to 3 capsules just before each meal or shake. These enhance the effectiveness of the digestive system as it gently cleanses and makes the cells more effective at absorbing nutrients which maximises the energy from your food intake.

Energy Boosters

NRG

Take two to four tablets a day to enhance performance and give you an invigorating lift during the day.

LiftOff

Just drop into water for a sparkling, calorie free, energy booster with vitamins.

Healthy Snacks

Protein Bars

Real chocolate tasty protein bars. Enjoy as a healthy snack.

Roasted Soy Beans

A healthy alternative to crisps or peanuts.

Gourmet Tomato Soup

A great warming snack with only 104 calories per serving. Mix 2½ tablespoons (32g) with 200ml hot water.

Protein Drink Mix (PDM)

Mix two scoops* with 250ml of cold water for a delicious protein rich snack.

High Protein Iced Coffee

Mix two scoops* with 250ml of cold water and pour over ice.