

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 **Instant Herbal Beverage**
Helps boost your energy levels.
- **A Formula 1 Healthy Meal Shake**
Blend 2 scoops of Formula 1 Shake and 2 scoops of PDM (Protein Drink Mix) in 350ml of water
- One **Formula 2 Vitamin & Mineral Complex** tablet
- Two **Fibre and Herb** tablets
Or add 1 scoop of **Oat Apple Fibre** to your shake
To ensure you are getting enough fibre.

Iftari time (fast breaks)

- **A Formula 1 Healthy Meal Shake**
Blend 1 scoop of Formula 1 Shake with 1 scoop of PDM in 150ml of water
- Two **Fibre and Herb** tablets

After Maghrib (sunset) prayer

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