

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 250/300ml 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 Savoury Meal Mushroom and Herb

Fancy a warm shake? This is great for your lunch or evening 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. Neutral taste and helps control hunger levels.

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.

* Scoop = Large end of measuring spoon

Accelerator Products

These products can be added to your programme:

Active Mind Complex

Helps improve focus, reaction time and working memory. Take 2 capsules per day with meals.

Herbal Aloe Concentrate Drink

Mix two to three capsules in a glass of cold water for a truly refreshing and hugely beneficial drink.

Helps to soothe the digestive system and cleanse the body from within.

Phyto Complete

A great inch loss product with scientifically proven ingredients to burn fat, hydrate and energise your day. Take 2 capsules per day with meals.

Energy Boosters

LiftOff

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

Healthy Snacks

Achieve and regular Protein Bars

Real chocolate tasty protein bars. Enjoy as a healthy snack or after exercise.

Protein Chips

Tasty alternative to crisps. Low in fat and high in protein to fill you up.

Gourmet Tomato

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

This is a coffee drink with only 80 calories that combines 100% Robusta coffee beans with the benefits of 15g quality protein per serving.

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