

# 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
- 1 scoop of **Oat Apple Fibre** in your shake or mixed in 150ml water  
*To ensure you are getting enough fibre.*
- One **Formula 2 Vitamin & Mineral Complex** tablet (Male/Female)

### 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
- $\frac{1}{2}$  scoop **Oat Apple Fibre**
- **One** tablet **Formula 2 Vitamin & Mineral Complex** (Male/Female)

### 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.*
- One **Formula 2 Vitamin & Mineral Complex** tablet (Male/Female)
- As much **water** as possible  
*Try to drink at least 2-3 glasses before Isha (night) prayer time.*