

Formula 2 Multivitamin Complex



For weight-management and improved health

Whether you're looking to lose weight or simply want to live at the peak of good health, your body needs good nutrition to function at its best. In today's fast-paced world, many factors can upset your body's nutritional balance, such as exposure to environmental pollutants, stress and poor diet. Even if one essential nutrient is missing in your diet, your health and vitality can suffer. As a result, you may look and feel tired, get sick easily or have difficulty losing excess weight.

Simply put, vitamins are organic nutrients that the body needs to regulate metabolism, assist in converting fat and carbohydrates into energy, and the development of bone and tissue. Every body needs vitamins to function and since the body can't make most vitamins, we must rely on getting vitamins from food and supplements.

Herbalife knows how hard it is to get proper nutrition and that's why we have created ShapeWorks™ Formula 2 Multivitamin Complex. These tablets, which should be taken three times daily with each meal, are formulated with essential vitamins and nutrients.

Formula 2 Multivitamin Complex contain a blend of vitamins and minerals with health-supporting herbs. * These elements work synergistically to create a foundation for long-term good health. * Taken daily, Formula 2 Multivitamin Complex can help you achieve your health and weight-management goals.*

Formula 2 contains vitamins and nutrients such as vitamin C, vitamin D, vitamin B12, vitamin E, vitamin B6, calcium, iron, and many other complex vitamins and nutrients. The body needs these vitamins just as it needs protein, fats, carbohydrates and water. Be sure you get the nutrition your body needs with ShapeWorks™ Formula 2 Multivitamin Complex.

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 90

	Amount Per Serving	%DV**
Vitamin A	1667 IU	33%
(50% as retinyl acetate and 50% as beta carotene)		
Vitamin C (as ascorbic acid)	50mg	83%
Vitamin D (as cholecalciferol)	133 IU	33%
Vitamin E (as dl-alpha tocopheryl acetate)	10 IU	33%
Thiamin (as thiamine hydrochloride)	6.7mg	445%
Riboflavin	8.3mg	488%
Niacin (as niacinamide)	33.3mg	166%
Vitamin B6 (as pyridoxine hydrochloride)	10mg	500%
and pyridoxal-5-phosphate		
Folate (as folic acid)	133mcg	33%
Vitamin B12 (as cyanocobalamin)	2mcg	33%
Biotin	100mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	6.7mg	67%
Calcium (as calcium carbonate)	167mg	17%
Iron (as ferrous fumarate)	2mg	11%
Iodine (as potassium iodide)	50mcg	33%
Magnesium (as magnesium oxide)	67mg	17%
Zinc (as zinc gluconate)	5mg	33%
Selenium (as selenomethionine)	17mcg	24%
Copper (as copper gluconate)	0.5mg	25%
Manganese (as manganese gluconate)	1.7mg	85%
Chromium (as chromium GTF, nicotinate and picolinate)	33mcg	28%
Potassium (as potassium gluconate and Glycerophosphate)	30mg	<1%
Vanadium (as vanadium amino acid chelate)	2mcg	†
Herbal Blend	16mg	†
Choline Bitartrate, Inositol, Bee Pollen, Broccoli, Cabbage		
Carrot, Cauliflower, Citrus Bioflavonoids, Fungal Enzymes,		
Garlic, Licorice (root), Limonene, Polyoids*, and Spinach.		

Discussion Points

- **All systems go:** Every system in your body depends on vitamin and minerals for health. Formula 2 Multivitamin Complex supply the nutrients you need to maintain healthy skin, bones, teeth and hair and to support a healthy immune system.*
- Evidence from published studies now document the beneficial role of vitamin supplementation in promoting good health. Calcium, magnesium and vitamin D have been shown to slow bone loss; folic acid taken in supplement form significantly promotes colon health; and supplement with selenium promotes breast, prostate and colon health.

Fast Facts

- Includes a range of vitamins and minerals, plus an exclusive blend of natural herbs that work synergistically to create a foundation for long-term good health.*
- Contains antioxidant factors beta carotene, vitamin C and E, and selenium, to protect the body from free-radical damage.
- Include chromium, a mineral necessary for energy metabolism.*
- For complete Cellular Nutrition, combine with ShapeWorks™ Formula 1 Nutritional Shake Mix, Formula 3 Personalized Protein Powder and Cell Activator™.

Other Ingredients: Stearic acid, silicon dioxide, croscarmellose sodium, magnesium stearate, cellulose, microcrystalline cellulose, betaine hydrochloride, para amino, benzoic acid, carnuba wax, shellac and ethyl cellulose.

Suggested Serving: Take one tablets three times a day with meal.

For Maximum Results: Use this product in conjunction with other Herbalife products.

** Percent Daily Values are based on a 2,000 calorie diet (U.S. FDA Guidelines)

† Daily Value (DV) not established

*This product is not intended to diagnose, treat, cure, or prevent any diseases.