

Herbalife Frequently Asked Questions

What products are available from Herbalife?

Herbalife offers a wide range of weight-management and nutritional products. These products combine science with nature's rich harvest and are changing the way people think about their health and well-being. Herbalife is at the forefront of nutritional technology and innovation and is committed to providing its customers with some of the best products available on the market today.

All of our products are detailed in this guide.

Are there any side effects from using Herbalife products?

Herbalife products provide a healthy balance of vitamins, mineral and herbs for good health and proper diet supplementation. Scientific research and epidemiological (population-base) studies continue to validate the connection between eating an unhealthy diet, being over-weight and failing ill frequently. Herbalife's philosophy is to bring products to the marketplace that help people manage their diets better while ensuring that they have proper nutrients.

There are no harmful side effects to using Herbalife products. Most people, though, will have an adjustment phase when they change their regular diet. Whether one stops drinking coffee, becomes a vegetarian or tries to eat more vegetables, the body has to adjust to that change. So when you and your customers begin incorporating Herbalife nutrition into the daily routine, you may experience minor discomforts such as bloating, changes in your bowel habits or even headaches. It is important to understand that the products do not cause these discomforts. Rather, it is the body adjusting to dietary change and calorie reduction. Most people feel great from the first day, but if you do experience some of these discomforts, they should resolve within a few days.

I'm diabetic. Can I still use all of Herbalife's products or are there some I should avoid?

When people say they have diabetic, it means many things. Diabetics can use Herbalife products. They should be under a doctor's supervision. For diabetics who are being treated (receiving insulin or oral medication to reduce blood sugar) Herbalife nutrition will generally result in weight loss and a drop in blood sugar. Low blood sugar or hypoglycemia can be dangerous. For diabetics taking prescription medication to reduce blood sugar, the treating physician must supervise the appropriate changes in the dosage of prescription medications.

For the majority of people who have been told they are diabetic but are not on medication, Herbalife weight-management products and increase exercise can be a much better and more natural approach to dealing with the problem of elevated blood sugar. For so many people who are told they are diabetic, based on an elevated blood sugar test, weight loss and increased exercise can improve and sometimes eliminate the problem. The key element of Herbalife nutrition, a healthy meal replacement with nutritional support from vitamins, minerals and herbs is an effective approach. None of the products are specifically contraindicated in diabetes because they do not contain high calories or large amounts of sugar. In general, diabetics require the same good nutrition and Herbalife's natural products provide that in a way that is healthy and most often beneficial.

I just found out I'm pregnant. Can I continue to use Herbalife products throughout my pregnancy?

Herbalife products have been found to be very healthy during pregnancy. However, please check with your physician and discuss this matter with him or her.

Some people have not lost weight on Herbalife's weight-management programmes as fast as they expected. Why is this?

In our more than 2 decades of experience helping people safely manage their weight, we've seen that most people lose about a pound or two in a week. However, because of various reasons including differing levels of metabolism in human bodies and varying habits of eating and exercising, the rate of weight loss resulting from Herbalife's weight-management programmes may differ from people to people. For the people who are losing weight at a slower pace than expected, the following approach is recommended:

- Be sure to correctly follow the programme. Not following it is the most common problem.
- Enjoy two shakes per day, made with skim milk, soy milk or juice
- Eat one balanced meal of protein, vegetables and bread of rice. This meal should be nutritionally sound, but also lower in the amount of fat content and calories than you ate before starting your weight-management programme.
- Use Formula 2 Multivitamin Complex, Formula 3 Personalized Protein Powder and Cell Activator with each shake and your meal.

Are there people who shouldn't use Herbalife products?

The question to ask is, "Has your doctor given you any dietary restriction?" If not, then Herbalife's products can be used, as directed, with the confidence that you are providing your body with the best balanced nutrition available. However, as stated on the labels of Herbalife's products, before using any weight-management programme it is advisable to consult a physician.

Can people with diabetes or kidney problems use Herbalife products?

Everybody, including individuals who have health challenges, needs good nutrition. In fact, the body needs maximum nutrition when dealing with illness. For example, Type 2 diabetic are, in general, overweight. Many diabetics can be "diet-controlled," which means that their blood sugars can become normal with weight-management and good nutrition. Herbalife's products are safe for diabetics. However, it is strongly recommended and advised that all people with diabetes, especially insulin-dependent diabetes, consult and discuss the usage of Herbalife's products with their physician. It is also advised that individuals with kidney problems should consult with their physicians before use of Herbalife products. If the physician has not advised any dietary restrictions, individuals

with kidney problems can safely use Herbalife products. ShapeWorks™ Formula 1 Nutritional Shake Mix, consisting of soy protein, is an excellent choice for those who have been told to watch their protein intake, as soy is one of the easiest proteins for the body to digest, thereby leaving little waste for the kidneys to process.

I'm vegetarian. Can I still do the ShapeWorks™ programme?

Herbalife products are suitable for vegetarians. You'll need to be sure to eat adequate quantities of protein in the form of tofu, soy milk and soy cheese. You should also watch out for the carbohydrate content of these items. The programmes are not, however, suitable for vegans because many products contain dairy products.

Are some Herbalife products incompatible with prescription medication?

No, Herbalife products are not incompatible with prescription medication, but it's always good to check with your doctors.

How important is research and development?

Herbalife has a Medical Advisory Board in the USA, consisting of doctors, nutritionists, and scientists who play a key role in product development, testing, research and training of Distributors. Only after meeting the rigid standards of excellence is a product allowed to carry the Herbalife name. All of Herbalife's weight-management and nutritional products are classified as food products or nutritional supplements. They are not drugs and do not have therapeutic value or claims. Herbalife's products are balanced formulas which provide a convenient and safe way to supplement the diet. Every product label includes detailed information on the ingredients and recommended usage.

Can I take too much of the products?

Since Herbalife products are food, people could overindulge in them just as they might overeat. However, the labels on the products clearly stated the recommended usage, and using these recommendations, everyone can safely use Herbalife products unless their physician prescribes specific dietary restriction.

Are Herbalife products food?

Herbalife products are nutritional food and dietary supplements. Herbalife products can be used as food and drink for human consumption and therefore can be classified as food. Herbalife products, enriched with vitamins and minerals, are composed, categorised as proprietary nutritional food products. Herbalife products do not contain ingredients prohibited for use in food products.

How much weight can I expect to lose a week on the ShapeWorks™ Weight-Management Programme?

Weight loss results vary from person to person. Expected weight loss is the region for one to two pounds per week. That is the safe speed of weight loss that can be sustained and maintained. Many people initiating a weight-loss programme may experience a five, six or even an eight-pound loss the first week. Much of this loss is attributable to mobilisation of fluid and does not represent true fat loss. Following the initial burst of weight loss, one to two pound loss a week is all that can be realistically expected. However, for some very overweight people, weight loss may be somewhat more rapid.

Will I lose weight faster if I skip a meal or two?

Skipping meals on any weight-loss programme may actually slow down your metabolism and impede your results. By skipping meals, you also run the risk of overeating later. It is better for your body to eat smaller meals of healthy foods and ShapeWorks™ products throughout the day to avoid that 'empty-stomach' feeling.

I've read that drinking coffee and milk can impede the absorption of certain vitamins and minerals. Is it true?

No, it is not true. There is nothing that will impede the absorption of vitamins and minerals, except for a diseased gut.

Does drinking meal-replacement shakes cause your body to go into "starvation mode" and store fat?

With Herbalife products you do not go into "starvation mode" since the combination of all products have balanced all the necessary supplements, minerals and antioxidants that are necessary for healthy cellular nutrition.

What vitamins can help promote a healthy, clear complexion?

Vitamins A, C and D.

How long can I safely continue the ShapeWorks™ programmes?

As long as you supplement your eating plan with the Herbalife products and vitamin supplements, and as long as you ensure an adequate fiber intake, you can continue the programmes indefinitely until you achieve your weight-management goals.

Won't snacking between meals make me gain weight?

Eating small amounts frequently throughout the day actually helps speed up your metabolism so that you continue to burn calories without even trying.

If I take more than the recommended serving amount listed on the product label, will I get even more of the health benefits?

It is suggested that you take the recommended serving amounts that are shown on the product label.