



Protein is a key success factor in weight loss because it can help keep your metabolism up and keep hunger at bay.

Protein intake helps to control appetite and maintain lean body mass.

The more lean body mass you have, the higher your metabolism and the more calories you'll burn. Eating the right amount of protein for your body helps control your appetite and build and maintain lean muscle mass, thus making weight loss easier.

Protein + healthy carbohydrates = success.

The right amount of protein combined with healthy fruits and vegetables result in less hunger and a more balanced approach to losing weight.

You need protein to stay strong and healthy.

If you don't eat enough of it every day, your body will steal protein from your muscles and organs.

Remember, not all protein is created equal.

15% to 35% of your diet should be lean protein. Some sources of protein also have a lot of fat and should be avoided.

The Herbalife Difference ShapeWorks helps you customize your protein intake and control hunger with delicious, meal-replacement shakes.

- Formula 1 Shake is loaded with heart-healthy soy protein. It offers you all the nutrition of a meal with a minimum of calories.

Protein Options

- Personalized Protein Powder is our own proprietary blend of whey and soy proteins. This soy/whey blend is pure protein. One tablespoon provides 5 grams protein, zero fat and just 20 calories. Add it to your Formula 1 shake to customize your protein with minimal calories and no fat.

- ShapeWorks® Protein Snacks offer variety. Protein Bars, Roasted Soy Nuts, Soup Mix, Beverage Mix and Protein Drink Mix are part of the selection of Herbalife's high-protein healthy snack options.

## Soy protein

Is the highest-quality plant protein available. It's an excellent source of the amino acids your body needs to help you maintain healthy cells. Soy protein is slowly metabolized.

## Whey protein

Provides different amino acids than soy. Whey protein is fast acting and quickly metabolized.

That's why Personalized Protein Powder provides a balance of both kinds of protein.

