

Protein & Personalization



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.



Formula 1 Shake—Personalized

ShapeWorks® is based on Herbalife's delicious, easy-to-use meal-replacement shakes, made with Formula 1 Nutritional Shake Mix and, as needed, Personalized Protein Powder. They taste so good, you'd never know how nutritious they are!

- Helps control hunger and boosts energy*
- Easily digestible
- Contains soy protein, which is good for your heart, as well as satisfies your hunger
- Includes a variety of flavors, so you'll never get bored
- Low in saturated fat, cholesterol and calories
- A good source of fiber

MAKE A MEAL IN TWO MINUTES

Try various Formula 1 shake flavors with your favorite fruits for flavor variety. A few minutes of preparation will build a lifetime of benefits.

ShapeWorks® Protein Snacks

ShapeWorks® helps you create a healthy lifestyle without making you feel hungry or deprived. You don't even have to give up snacks, thanks to these Herbalife alternatives.

Craving sweets? Treat yourself to one of the several flavors of chewy, delicious **Protein Bars** or tasty **Protein Drinks**. Either will satisfy your sweet tooth and provide a protein boost to help reduce your hunger and maintain your energy.

Do you have the urge for chips or nuts? Grab a packet of **Roasted Soy Nuts**. They're sprinkled with Cardia®* Salt, which contains 54% less sodium than regular salt. So, you can enjoy the crunch and taste that you want without falling off the wagon.

Instead of reaching for a soda, power up with a Peach Mango or Wild Berry **Beverage Mix** drink, iced **Herbal Concentrate** or **N-R-G Tea**.

Need a warm snack on-the-run? Use the **Soup Mix** to stir up a nutritious cup of **Creamy Chicken Soup** in minutes. Just add hot water and stir for a quick snack or as part of a nutritious meal.

Peach Mango and Wild Berry Beverage drink and Shapeworks soups are only available in the US. Herbal Concentrate or N-R-G Tea should be replaced by Thermojetics Instant Beverage in the UK

reality check

A 48-ounce cola contains about 500 calories—almost half of many people's daily limit.



Make a Shake

In a blender, combine:

- 1 cup of nonfat milk or soy milk
- 2 heaping tablespoons of Formula 1 Nutritional Shake Mix
- Personalized Protein Powder (as needed)
- 1 cup fruit

Blend well and enjoy. Consider using fresh or frozen blueberries, strawberries, mangoes or a combination for the cup of fruit, along with Herbal Aloe Drink. If you like your shakes thick and extra cold, add one-half cup of crushed ice to the blender and/or use frozen fruit. Add Personalized Protein Powder as needed. Or reach for ShapeWorks® protein snacks to meet your suggested protein needs.



*Cardia® is a registered trademark of Nutrition 21, Inc.