**5 HERBALIFE PRODUCTS**

1. Multi-fibre
2. Thermo complete Tables
3. Muscle builder
4. Tea
5. Aloe drink
6. **Multi-fibre Drink**

**The price is R 238.09**

Multi-fibre is a delicious and easy way to help increase your daily fibre intake. It is also a unique sugar free\* blend, with no artificial sweeteners, of soluble and insoluble fibres. It contains 6 natural fibre sources - apple, oat, maize, citrus, chicory and soya

**KEY BENEFITS**

* 5g of fibre per serving when made up with 150 ml of water.
* 6 natural fibre sources
* 75 kJ per serving\*
* No added sugar
* No artificial sweeteners
* Contains both soluble and insoluble fibre
* Enjoy with water or mixed with your favourite Formula 1 shake

**USAGE**  
  
Mix 1 measuring spoon (6.8 g) with 150 ml of water or add a scoop to your favourite shake mix. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

**2. Thermo complete Tables**

**THERMO COMPLETE ORIGINAL 90 TABLETS: R 435.60**

**Product Overview**

Thermo complete is a unique blend of naturally sourced caffeine from green tea and yerba mate.

**Key Benefits**

• A unique blend of naturally sourced caffeine from green tea and yerba mate  
• Source of vitamin C  
• Contains 85 mg of caffeine per serving

**Usage**

Take one to two tablets twice daily, mid-morning and mid-afternoon.  
  
*Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.*

**3. Muscle builder**

**Rebuild Strength: R 792.65**

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| **Recovery high protein drink for use after strength training.** |

**KEY BENEFITS**

* For use after anaerobic exercise
* Contains 25g protein that contributes to the growth and maintenance of lean muscle mass, delivering protein to fatigued muscles
* Iron contributes to normal energy metabolism, the formation of red blood cells and oxygen transport in the body
* No artificial colours, flavours or sweeteners
* Casein and whey proteins are both high quality dairy proteins and are recognised for their excellent amino acid content.

**USAGE**

Mix 5 level scoops (50 g) with 250 ml of water. Shake vigorously. Consume within 30 minutes following intense physical activity. This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

**4. Tea is also called Instant Herbal Beverage**

**R 259.21**

ENJOY HOT OR COLD.

A low calorie refreshing drink infused with green and black tea.

Instant Herbal Beverage is a refreshing drink enjoyed hot or cold, and a great way to help you reach your required fluid intake each day.

Wake up to a refreshing herbal drink, containing 85mg Caffeine to help increase alertness whenever you need it. Low in kilojoules and infused with green and black tea, it is delicious enjoyed hot or cold.

**KEY BENEFITS**

* Low kilojoule with approx 26 kJ per serving.
* A unique blend of orange pekoe - a traditional black tea, and green tea with extracts of malvaflower, hibiscus flower and cardamom seed.
* Our green tea is water extracted to give you the full spectrum of compounds found in green tea.

**USAGE**

Mix ½ teaspoon (approx 1.7g) with 250ml of hot or cold water. Instant Herbal Beverage is a refreshing drink enjoyed alone or with meals and contains only 6.2 calories per serving. Drink one or two glasses per day.

NOTE: The 100 g size is only available in original flavour.

1. **Aloe drink**

**Herbal Aloe Concentrate Mango Flavour:** Made from the soothing Aloe Vera leaf, Herbal Aloe Concentrate is now available in mango flavour. It’s a refreshing drink which contains Aloe Vera juice and no added sugar to give your water a refreshing tropical taste.

**Key Benefits**

* Contains 40% Aloe vera juice which is derived from the whole Aloe vera leaf
* The Aloe vera leaf is carefully picked and hand filleted to ensure the highest level of purity
* The Aloe gel is extracted using cold processing which is the best way to achieve the highest quality of gel
* Liven up your water with a refreshing taste to help you to achieve adequate fluid intake of 2-2.5 litres per day
* Mango flavour with no artificial flavours or colours
* Original flavour gives your water a natural citrus twist, with no artificial sweeteners or colours (with added sugar)

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| Our 7 Day Results Kit is a great intro to our Herbalife SKIN range or a fantastic gift for a loved one! |

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| |  | | --- | | **INCLUDED**   * Mini Soothing Aloe Cleanser 50ml * Mini Daily Glow Moisturiser 15ml * Mini Replenishing Night Cream 15ml * Firming Eye Gel Packette – 2 x 2ml * Hydrating Eye Cream Packette – 2 x 2ml | |