**5 HERBALIFE PRODUCTS**

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

* **Multi-fibre**

**Multifibre Drink**

**R 238.09**

|  |
| --- |
| Multifibre is a delicious and easy way to help increase your daily fiber 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.

1. **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.*

1. **Muscle builder**

**Rebuild Strength: R 792.65**

|  |
| --- |
| **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.

1. Tea