

# How **healthy** do **you** feel?

*Your personalised wellness guide to help  
you achieve a healthier, more active life.*



# Live Healthier, Live Better



Good nutrition is vital to wellness and enhances your overall quality of life. Unfortunately, busy modern lifestyles don't support the healthy choices that may lead to the development of problems in later years. Today most people are not getting what science considers necessary for optimal health in terms of diet, exercise or lifestyle habits.

Although you may not be able to change your habits overnight, you can address these factors gradually. You can decide, for example, to discover how to eat healthier, get regular physical activity and drink enough water throughout the day.

This booklet will help you learn how to do that.  
I hope you will enjoy learning about steps you can take to achieve optimum wellness.

**Professor David Heber**

Ph.D., F.A.C.N.

Chairman, Herbalife Nutrition Institute and Nutrition Advisory Board  
Director, UCLA Center for Human Nutrition\*

## What does Wellness mean to you?

*"The condition of good physical and mental health, especially when maintained by proper diet, exercise and habits."*

**—American Heritage Dictionary**

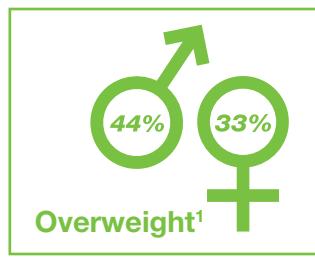
*"It's about feeling better and looking better."*  
**—Mark Hughes, Founder, Herbalife**

*"Wellness is about waking up every morning and having enough time, energy and freedom to live the life you want."*

**—Author Unknown**

# Why do we need better nutrition solutions?

"On the whole, we have increasingly poor nutrition and diet and we are unhealthier than ever," says David Heber Ph.D, Chairman of the Herbalife Nutrition Advisory Board. "This combined with other modern lifestyle factors such as stress and pollution could increase the risks of a variety of health problems."



Almost a quarter of adults are classed as obese (BMI >30)<sup>1</sup>

*According to the World Health Organisation, "the fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended."<sup>2</sup>*

## How did **this** happen?

The increase of technology and packaged foods; our dependence on motor transportation rather than walking; our sedentary lifestyles; and our busy schedules that leave us little time for exercise and to prepare healthy meals has led to an increase in weight gain across populations.

Our busy lifestyles don't support the healthy choices that may lead to the development of problems in later years. Today, many of us are not getting what experts consider essentials for optimal wellness in terms of diet, exercise or lifestyle habits.

## Factors impacting good health

- Fast food diets that are high in fat and low in nutrients
- Overly-processed, convenience foods
- Eating on the run
- Sedentary lifestyle
- Pollution
- Certain medications
- Lack of dietary fibre from fruits, vegetables and whole grains
- Not enough healthy sources of protein in our diets to support healthy muscle and bone
- Lack of proper rest
- Stress

<sup>1</sup> Source: Statistics on Obesity, Physical Activity and Diet: England, 2011

<sup>2</sup> [www.who.int/mediacentre/factsheets/fs311/en/index.html](http://www.who.int/mediacentre/factsheets/fs311/en/index.html)

## **Poor nutrition** choices can lead to increased health risks:

- Weakened immune system, leading to more frequent infections
- Weak bones
- Weakened muscles and poor skin tone, leading to premature aging
- Becoming overweight can lead to serious health conditions

## **Good Nutrition** can help keep **health** risks at bay

Advances in nutritional science have brought us important insights into what goes into a healthy diet:

1. Getting protein from soy, lean meats and fish is important to nourish your body and protect your muscles.
2. Fibre from fruits, vegetables and some whole grains is important to maintain balanced intestinal function.
3. Healthy fish-oil fats from ocean-caught fish can benefit your skin and may help to maintain a healthy heart.
4. Colourful fruits and vegetables provide unique plant nutrients that protect the health of the most important organs in your body.



# The Good News...

## You are in **control** of your weight.

You can manage your diet and activity levels and you have the power to improve your current and future health.

With the right information and a step-by-step programme, you can achieve success.

### Keys to wellness:

#### **1. Balance your diet**

You need to get enough of the right foods including colourful fruits and vegetables, protein, good carbohydrates and just enough good fats for the taste you want. You may also wish to consider vitamins, minerals and fibre from dietary supplements to provide the nutrition that may be missing from your diet that your cells need to maintain good health.

#### **2. Exercise regularly**

Regular exercise helps you look and feel your best. Exercise conditions your heart, relieves stress and makes it easier to achieve and maintain a healthy body weight.

#### **3. Drink plenty of water**

Your body is about two-thirds water. In an average day, you lose at least one pint of water even without excessive sweating. To feel your best, you should drink 6 to 8 glasses of water a day, more if you are exercising.

### **Steps to achieve a healthier, more active life**

- Define your goals
- Have a personal Wellness Evaluation
- Identify key areas you need to focus on in order to reach your wellness goals
- Get recommendations from your Personal Wellness Coach
- Make a plan of action and commit to it
- Stay on track to a healthier future, by utilising the on-going support of your Wellness Coach



# 1. Balance Your Diet

Balancing your **protein, carbs, fats** and everything in-between

## The power of protein

Protein is important for helping build and maintain lean muscle mass. The best protein-rich foods are those that are low in fat, such as high-protein shakes, chicken or turkey breast, egg whites, fish and shellfish, very lean cuts of red meat and low-fat dairy products.

Limit high-fat protein foods such as full-fat cheeses, high fat cuts of red meats, sausages and full-fat dairy products.

## Good Grains

Wherever possible choose whole grain, complex carbohydrates over sugary, starchy ones. Whole grains are made up of an outer shell of fibre, an inner portion rich in starch and a germ centre rich in protein.

Try to consume up to 3 servings per day of whole grain products such as 100% whole grain breads and pasta, brown rice and cereals such as rolled oats and shredded wheat. These supply more vitamins, minerals and fibre than refined grain products.

You should get 25 grams of fibre per day from a combination of whole grains, fruits and vegetables.

- Getting enough fibre is crucial for bowel regularity and normal colonic function

The inclusion of at least 25g of soy protein per day, as part of a diet low in saturated fat, can build and maintain lean muscle mass.

Did you know?



## Good fats

Healthy fats that naturally occur in nuts, avocados and olive oil are some of the healthiest fats you can consume.

Ocean-caught fish also provides healthy fats that may help to maintain a healthy heart when eaten three to four times per week as part of a healthy balanced diet.

Fats such as butter, margarine, oils, mayonnaise and foods rich in fats such as salad dressings, sauces and gravies should be limited. A few nuts or some slices of avocado can add a lot of flavour to vegetables or salads with less fat than rich sauces or dressings.

- Good fats are needed for the normal development and functioning of the brain
- Deficiency of essential fatty acids can lead to an impaired ability to learn and recall information

## Dairy products

Milk protein is a high-quality protein that can be helpful in balancing your diet for optimum wellness. If you are sensitive to the milk sugar lactose, you can find lactose-reduced dairy products. You can also substitute for soy products without losing any key nutrients. Look for low-fat and non-fat dairy products and stay away from full-fat dairy products. Dairy products also tend to be high in calcium and vitamin D.

- Calcium is needed for muscular growth and contraction and for the maintenance of healthy bones and teeth
- Lack of vitamin D is associated with an increased risk of a number of common ailments of aging



# Vitamins, minerals & trace elements

Vitamins, minerals and trace elements (or micronutrients) play a vital role in cell function and are essential for our growth, development and overall health.

**Vitamins** cannot be made by the body in sufficient amounts so must be obtained from a varied diet. There are 13 vitamins we must obtain from food to assist the growth and repair of skin, bone, muscle and many other body processes.

**Minerals and trace elements** are essential for the maintenance and control of many body functions, including the production of enzymes and hormones. There are 16 minerals that we need in order to keep us healthy. Antioxidants are substances that can help protect our cells from the effects of free radicals; which are molecules produced when your body breaks down food, and also from environmental damage such as pollution, smoking and some chemicals. Free radicals can negatively affect our health.

Phytonutrients are plant-based nutrients which give fruits and vegetables their colours. It's important to consume a variety of different coloured fruits and vegetables each day to benefit from their nutritional properties.

To get the most benefit out of your 5 A DAY, your five portions should include a variety of fruit and vegetables because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. You can use the colour chart below to ensure you have a good mix of fruits and vegetables.

5 A DAY is based on advice from the World Health Organisation, which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems.

Orange-yellow	Oranges, tangerines, peaches, papayas, nectarines
Orange	Carrots, mangos, apricots, pumpkin, sweet potatoes
Red-purple	Red grapes, fresh or dried plums, cranberries, raspberries, blackberries, blueberries, strawberries
Red	Tomatoes and tomato products, pink grapefruit, watermelon
Yellow-green	Spinach, avocado, honeydew melon, yellow corn, green peas
Green	Broccoli, brussel sprouts, cabbage, Chinese cabbage, bok choy
White-green	Garlic, chives, onions, celery, leeks, asparagus

## Getting the right nutrients

There are many types of vitamins, minerals and other types of nutrients that can be used to achieve excellent personal nutrition. Use this chart to help you identify some of the vitamins and minerals that you could benefit from or those that you may not be getting enough of in your diet.

Vitamin/Mineral	Contributes to	Food Sources
Vitamin A/Beta-carotene	Normal vision, skin, immune function	Spinach, leafy green vegetables, carrots, broccoli, apricots, milk and breakfast cereals
Vitamin D	Bone health	Milk and breakfast cereals, salmon, sardines
Vitamin E	Protects cells from oxidative stress	Vegetable oils, nuts, seeds, cereals
Vitamin K	Contributes to normal blood clotting	Green vegetables, milk
Vitamin B-1 (Thiamin)	Helps release energy from foods; healthy nervous system	Whole and enriched grain products, dried beans, meats
Vitamin B-2 (Riboflavin)	Helps release energy from foods	Milk, mushrooms, spinach, whole grains
Vitamin B-3 (Niacin)	Helps release energy from foods	Mushrooms, bran, fish, chicken, beef, peanuts, enriched grains
Vitamin B-6	Helps body to process proteins; healthy nervous system	Meats, fish, poultry, spinach, broccoli, bananas, sunflower seeds
Folic Acid	Normal blood formation and cell division	Green leafy vegetables, orange juice
Vitamin B-12	Healthy nervous system	Animal foods (not naturally in plants), cereals and other fortified foods
Vitamin C	Collagen formation for normal bones and cartilage	Citrus fruits, strawberries, green leafy vegetables, peppers, tomatoes, kiwi fruit
Potassium	Healthy nervous system	Spinach, squash, bananas, oranges, tomatoes, melons, dried beans, milk, whole grains
Calcium	Healthy nervous system; healthy bones and teeth	Milk, yogurt, cottage cheese, tofu, leafy vegetables and some fortified foods (such as orange juice)
Copper	Normal immune and nervous system	Beans, nuts, whole grains
Iron	'Normal red blood cells and immune system'	Meats, seafood, whole grains, broccoli, peas, bran
Magnesium	Normal muscle and nervous system function	Wheat bran, green vegetables, nuts, chocolate, beans
Selenium	Helps protect cells from oxidative stress	Meats, eggs, fish, whole grains
Zinc	Normal hair and nails	Seafood, meats, greens, whole grains



## 2. Exercise Regularly

### Get fit, get healthy

Regular exercise is vital for good health and wellness. Exercise has many health benefits including managing your weight, maintaining strong bones and muscles and helping to reduce stress.

Physical activity can be divided into two types: aerobic and anaerobic.

Aerobic exercise involves large muscle movements over a sustained period of time and includes activities such as:

- Running
- Fast walking
- Aerobic exercise classes

The Government recommends 30 minutes of moderate activity five times a week.  
Do you achieve this?



When you make aerobic activity a part of your regular routine, your heart and cardiovascular system become much healthier. In addition, your mood improves, because exercise relieves stress and tension.

Anaerobic exercise builds new muscle and includes activities like:

- Lifting weights
- Resistance training

Only 20 minutes of anaerobic exercise per day can make a dramatic change in your body's shape and condition. Muscle mass helps protect bone mass, which is especially important for women.

Examples of moderate amounts of physical activity to integrate into your daily life:

Common Chores	Sporting Activities
Washing and waxing a car for 45-60 minutes	Playing volleyball for 45-60 minutes
Washing windows or floors for 45-60 minutes	Playing football leisurely for 45 minutes
Gardening for 30-45 minutes	Walking 1.75 miles in 35 minutes (20 min/mile)
Raking leaves for 30 minutes	Bicycling 5 miles in 30 minutes
Walking 2 miles in 30 minutes (15 min/mile)	Dancing fast for 30 minutes
Shovelling snow for 15 minutes	Swimming laps for 20 minutes
Stair walking for 15 minutes	Running 1.5 miles in 15 minutes

Less Vigorous,  
More Time  
↑  
↓  
More Vigorous,  
Less Time

(Adapted from The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Heart Lung and Blood Institute.)



## Powering your muscles

The more muscle mass you have, the more calories you can burn – even when you're not exercising.

- Each pound of lean body mass burns about 14 calories a day
- Each pound of fat tissue burns about 2 calories a day

The rate at which you burn calories depends on your resting metabolic rate, or it is often referred to as your 'metabolism'. Increasing your metabolism through exercise makes the process of maintaining weight easier.

Building lean muscle mass through exercise can help to reshape your body in the way you choose.

Consuming low-fat protein daily can help you build lean muscle mass. Without adequate protein intake, your body will take protein from existing muscle.

Eating protein after each workout will help your muscles repair and recover.

Did you know?



## Getting started

If you haven't exercised before, or have been out of shape for a while, the key is to start slowly, and work your way to longer, more active workouts. Overtraining or doing too much, too soon can lead to strains and injury.

When you're limited for time or not a fan of the gym:

- Try parking your car further away from your workplace and get a brisk walk in each day
- Take the stairs, not the lift
- You can count the exercise you get which is a normal part of your day e.g. gardening or chores around the home.
- Join a local sports team or group fitness class – exercising with others makes it more fun and you forget you're doing it!

**Remember:** it's best to check with your doctor before starting an exercise programme.



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### 3. Drink Plenty of Water



Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

#### How Much Water is Enough?

As a general guideline, try to drink 2 litres of water a day and when you exercise, you'll need to drink more to replace water lost through sweat. Try keeping a sports bottle with you to help you stay hydrated while you exercise.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you've had in a day, can help you to keep your body hydrated.

Because of their calorie content, soft drinks and fruit juice are not good choices for replacing lost fluids if you are trying to lose or manage your weight. Try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don't like the taste of plain water.

Did you know?  
Most of the chemical reactions that happen in our cells need water. We also need water to enable our blood to carry nutrients around the body.

### Sleep

Getting a good night's sleep should be one of the easiest and most natural things to do. But busy lives and hectic schedules make us less likely to eat properly, and bad food habits can prevent us from getting good quality sleep.

Try to get at least 7 hours of quality sleep each night. By ensuring you get enough rest and relaxation, you're allowing your body to recover from the day and prepare itself for another day ahead.



# Herbalife Healthy Active Life Programme



Herbalife promotes and supports a healthy active life and believes that the foundation for this is good nutrition, together with regular exercise and relaxation.

- Good nutrition gained from a varied and balanced diet which includes the right balance of macro and micronutrients to suit an individual's needs and lifestyle (age, gender, life stage, weight, body composition, activity levels and metabolic rate)
- Reasonably balanced and nutritious meals and snacks throughout the day to help regulate energy levels and replenish depleted nutrients
- At least five, preferably seven, portions of colourful fresh fruit and vegetables per day
- Regular exercise, rest and relaxation including 30 minutes of moderate to intense exercise a day (5 days a week) and at least 7 hours of quality sleep a night
- Adequate hydration – at least 2 litres of water a day

*If this sounds like a big change to your lifestyle – start by slowly introducing each step, week by week, and you'll soon be on your way to reaching your goals.*



# ENERGY IN = ENERGY OUT

**To maintain a healthy weight**, you need to ensure your energy in (calories) is only as much as the calories out (what you burn or use each day).

**To control weight**, you need to cut back on the calories you take in and burn more calories with exercise.

**To gain weight**, you need to take in more calories than you burn each day.

Whether you're interested in losing, gaining or maintaining your weight, setting a personal goal for yourself and writing it down can help. It's important to set a realistic goal that can be achieved in a safe manner.

Each person has a best personal weight and shape based on their muscle to fat ratio.

## Body Mass Index (BMI)

Calculate your BMI

\_\_\_\_\_ Height (m) x \_\_\_\_\_ Height (m) = \_\_\_\_\_ A

\_\_\_\_\_ Weight (kg) / \_\_\_\_\_ (A) = \_\_\_\_\_ Your BMI

### Results:

The Body Mass Index is one way to determine whether your weight is healthy or not. It is considered a more useful measurement than weight alone.

The Body Mass Index is determined through an individual calculation. It can provide many useful pieces of information that you can use to maintain or achieve a healthy body weight.

Less than 18.5

Underweight

18.5 - 25

Healthy weight

25 - 30

Overweight

30+

Obese



# Insurance for Your Diet

Given today's busy schedules, it's not always possible for us to get the right balance of all the nutrients we need from our daily diet. Supplements may help to ensure that you receive the essential vitamins, minerals and other vital nutrients.

## Food Supplements

Taking a multivitamin daily is a great way to make sure you receive the minimum amounts of a variety of nutrients. It's also an excellent foundation on which to build a personalised supplementation programme.

Many people do not receive the government-recommended RDA (Recommended Daily Allowance) of nutrients in their diet. The RDA is based on the minimum amounts required to avoid nutritional deficiency. Dieters in particular often fail to consume adequate levels of nutrients.

By using supplements, you can bring your consumption of vitamins and minerals up to the recommended levels. Choose supplements made from quality ingredients that are right for your personal needs.

## Lose weight in a healthy way

Many of us would love to shed a few kilos – not only for health reasons, but also to feel better in ourselves.

Controlling your weight can be done in a healthy way with Herbalife.

Start with our number 1 selling Formula 1 shakes – they're nutritious and taste good.

It's a simple yet effective way to approach lasting weight loss. But don't forget - always work from a foundation of a balanced and varied diet and regular physical activity.

*Talk to the Herbalife Independent Distributor who gave you this booklet today about how you can reach your goals*



# Simple Balanced Meals

Stay **healthy** around the clock.

## Breakfast

- Omelette made with salsa, tomato and spinach
- 1 slice whole grain toast
- $\frac{1}{2}$  grapefruit

Or

- Protein Shake with added fresh fruit

*Hint: Keep it fresh and low in fat*

## Lunch

- 2 grilled chicken breasts with condiments on multi-grain bread
- Green salad with tomato and carrots and low-fat dressing
- 1 cup fresh fruit

*Hint: Switch from white to multi-grain breads.*



Avoid overeating by keeping portions to the size of your open palm or closed fist.

## Dinner

- 225 grams grilled fish topped with grilled peppers, onion and aubergine
- Steamed broccoli and cauliflower
- $\frac{1}{2}$  cup brown rice
- 1 baked apple

*Hint: When serving meat, fish, or chicken, use the grill instead of the frying pan.*



# Your Personal Wellness Coach

Want to start making **healthy choices** for yourself but not sure **where to begin?**

Even when you commit to making the right choices, often you need extra support to follow through and reach your goals. And that's where your Personal Wellness Coach comes in.

Your Personal Wellness Coach can help you, whatever your goal:

- Balance Your Diet
- Weight Management
- Regular Exercise
- Better Hydration
- Personal Nutrition



# Achieving Your Wellness Goals

By completing your personal Wellness Evaluation, you are one step closer to achieving your desired goals. The key now is to put what you've learned into action and make steady progress.

## Steps for achieving optimum health:

- Define your wellness goals
- Have an evaluation of your personal wellness
- Identify key areas you need to change to reach your wellness goals
- Get recommendations from your Personal Wellness Coach
- Make a plan of action that you can commit to
- Get on-going support to stay on track to a healthier future





# Answers to Personal Wellness Questionnaire

**1. Do you eat more meals with poultry, lean meat, fish and plant proteins (beans and pulses including soy) rather than steaks, roasts and other red meats?**

White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these "better-for-you" meats rather than high-fat meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day.

**2. Do you eat a variety of colourful fruits and vegetables and do you eat at least 5 servings a day of these?**

It is important to eat at least five servings per day of fruits and vegetables to get the fibre, vitamins and minerals these foods contain. Eat a wide range of different coloured fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy.

**3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?**

Processed and refined grains provide mainly starch as empty calories. It is important to get whole grain baked goods so that you get all the goodness from whole grains including the vitamins, fibre, and protein found in these important foods.

**4. Do you eat oily fish (such as salmon, mackerel, sardines, trout) at least 3 times a week?**

Oily fish provide the healthy 'good oils' that may help to maintain a healthy heart when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.

**5. Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?**

Fried foods, dressings, gravies, sauces, butter and margarine add lots of calories and saturated fat to your diet even when eaten in small amounts. Since it is difficult to control the portions you eat, it is best to avoid these foods as much as possible.

**6. Is your digestive system free of indigestion or irregularity?**

Indigestion or irregularity can be reduced by eating 25 grams of fibre per day from fruits, vegetables and whole grains, drinking 6 to 8 glasses of water per day and reducing stress through exercise or meditation.

**7. Do you get a minimum of 30 minutes of exercise 3-5 days a week?**

Getting exercise that stimulates your heart at least 3-5 times per week for at least 30 minutes will help keep your cardiovascular system healthy, help maintain a healthy body weight and can help reduce stress.

**8. Do you maintain a stable and appropriate weight?**

Maintaining a healthy and appropriate weight can be achieved with regular exercise and following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate.

**9. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?**

With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. There are many convenience items, such as prewashed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry portions that make healthy meals quick to put together.

**10. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?**

Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relieve stress.

**11. Are you free of water retention and bloating?**

Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance.

**12. Do you have the energy and focus you need to meet your daily challenges?**

We all want to perform at our best during the day. Regular exercise and stress management can help you sleep better and feel rested and energised for the day.

**13. Do you drink at least eight glasses of water a day?**

If you wait until you are thirsty before you drink water, you may already be dehydrated. Your body requires water for many functions, and being well hydrated helps keep your skin and other tissues healthy.

**14. Are you getting your recommended daily allowance of Calcium?**

You should have a minimum of 800mg of calcium per day.

Calcium is important for bone health, and also helps to keep blood pressure in check. The best dietary sources are non-fat dairy products and calcium-fortified foods. Since most people don't eat enough servings of dairy products daily, a combination of foods and supplements is often needed.

**15. Do you snack throughout the day?**

Snacks can help keep your energy levels balanced throughout the day, but only when they provide the right nutrients. Avoid high sugar, high fat snacks – which not only are unhealthy choices, but lead to energy highs and then energy low – causing you to want to snack again. Choose healthier snack options that are high in protein, fibre and low in sugar and fats.

## Notes



***"The goal of wellness is simple: to live healthier and feel better every day."***



Herbalife Independent Distributor

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