



Welcome to our monthly newsletter, Herbalife News.

May 2010 Issue

Try a Herbalife Healthy Breakfast Today!

We've all heard that breakfast is the meal that you should not skip! So, you ask yourself why? It's due to the fact that when you wake up, your body needs nutrients to kick start the day the right way. It has just spent many hours without anything so you need to hydrate your body and provide it with balanced nutrition.

Even though it may look like less than your typical breakfast, if you take **Formula 1** for breakfast it's packed with protein and important macro and micronutrients for sustained energy, keeping you feeling fuller for longer. With less than 220 calories, **Formula 1** shakes are a balanced and healthy meal in a glass. Plus, Formula 1 has been scientifically proven to be an effective way to control and manage weight when combined with a healthy active lifestyle.

Choose from six delicious flavours, this is a world class product with over one million shakes consumed around the world everyday.



Tang Kuei, a formula designed to support women's health..

As women, throughout life, your body goes through incredible changes. Hormonal shifts, pregnancy, mood swings, loss in bone density and weight fluctuations, to name a few. Add this to a busy life with family and a career, there's usually little time to take care of yourself. While we realise that we can't replace your lack of rest and relaxation, we can replace your nutrients.



Tang Kuei supplements can help invigorate the body and maintain the body's functions by helping increase the body's adaptation in extreme and stressful situations. **Tang Kuei** combines Angelica sinensis and Chamomile, providing a superior nutritional tonic, to assist in balancing the body's systems.

NouriFusion® Exfoliating Scrub avoids the hurdle of red raw skin..

It's time to kick start your summer, exfoliate that dead skin and refresh your face for the summer season, **NouriFusion® Exfoliating Scrub** will help you to say good bye to those traditional facial scrubs which cause red raw skin forever.

NouriFusion® Exfoliating Scrub is formulated with jojoba beeswax and raspberry and strawberry seeds it gently scrubs away dead skin cells. making skin feel clean, soft and smooth. Use 1-3 times a week to reveal vibrant and renewed skin after every use.



To place your order, contact your Herbalife Independent Distributor: