

Herbalife Health and Fitness Products

Herbalife Health and Fitness products help you Fuel, Refuel, Repair and Recover simply and efficiently. Whether you're a regular marathon runner or an occasional golf enthusiast, you need peak nutrition to achieve the very best personal performance. With a simple personalised programme you can easily achieve optimum energy levels, improve the absorption of vital nutrients and repair and renew muscle tissue.

Take a closer look at the following meals, snacks and targeted nutrition products for the very best in sports nutrition:

Herbalife Formula 1 (ShapeWorks®; core product)

25 million customers around the world are using Formula 1 for balanced nutrition, weight control and sports fueling. Formula 1 has been scientifically formulated with advanced food technology to supply balanced protein, carbohydrates, fats, vitamins, minerals and fibre, to ensure the active body gets all the nutrients it needs for optimum performance. Now available in six delicious flavours: Vanilla, Chocolate, Strawberry, Tropical Fruit, Cookies and Cream and Cappuccino.

Herbalife Formula 2 (ShapeWorks®; core product)

Stress, a poor diet and exposure to pollutants can rob your body of essential nutrients and degrade your immune system. Formula 2 supplies a range of important vitamins, minerals, essential nutrients and antioxidants to help replenish the body's natural resources and promote long-term good health and vitality.

Herbalife Formula 3 Protein Powder (ShapeWorks®; core product)

Your body needs adequate protein daily to stay strong and healthy and achieve peak physical performance. Personalised Protein Powder is a convenient, fat-free way to supplement your diet with protein, helping you stay lean and fit. ShapeWorks® allows you to personalise your protein intake. By consuming the correct amount of protein for your body you can help maintain lean muscle mass which increases your metabolism and helps you burn more calories. Most importantly, protein can help curb hunger and maintain your energy level between meals. Formula 3 contains high-quality soy and whey protein.

Herbalife LiftOff Energy Drink

Herbalife proudly introduces a revolutionary new kind of energy drink! LiftOff® is an effervescent energy drink with an exclusive energy blend of taurine, guarana, caffeine, Panax ginseng and Ginkgo biloba. LiftOff® fights fatigue and improves mental performance. LiftOff® also contains 100% of your daily supply of antioxidant Vitamin C and more than 100% of your Vitamins B6 and B12 for enhanced energy production. Available in two refreshing flavours, Ignite-Me Orange and Lemon-Lime Blast. Just drop one tablet in eight ounces of cool water and start the countdown!

Herbalife NRG

Nature's Raw Guarana (NRG) tablets provide you with the benefits of one of nature's most energising herbs. Herbalife has captured the high-powered qualities of Guarana in NRG, to enhance performance and give you an invigorating lift during the day. An excellent addition to a busy lifestyle that will help keep you 'on top'.

Herbalife Schizandra Plus

Schizandra Plus is an antioxidant formula containing essential nutrients working in synergy. The key ingredient, Schizandra Berry, is a potent, nutrient-rich plant which has been highly revered by Chinese and Asian herbalists for centuries. Schizandra Plus has been developed to provide assistance in neutralising harmful free radicals. It helps to support the body's ability to use oxygen and can assist in sports recovery time. Every sports person needs this antioxidant formula!

Herbalife Herbalifeline

Many people used to take a cod liver oil capsule and felt they had covered one nutritional corner at least! Nowadays, our busy and often stressful lifestyles mean this may no longer be sufficient. Marine food is truly nutritious, a fact we cannot deny, but studies show that the European diet often does not take full advantage of this fabulous marine harvest. Herbalifeline® enables you to benefit from the fruits of the sea; formulated to help maintain supple joints, and to support the natural function of the heart and circulation.

Herbalife Protein Bars

You really will feel like you're cheating when you indulge in a delicious tasting Protein Bar! These bars are made with real chocolate, but contain less fat, less calories & 10g of protein per bar to help you stay energised. Its super-chewy texture also means it lasts longer than traditional snack bars. Enjoy this satisfying sweet treat as a snack or as a dessert. Available in Vanilla Almond, Chocolate Peanut and Citrus Lemon flavours.

For more information, call 01229 580220 or email info@wishingwellness.co.uk .