



ARTURO

Castillo

BODYBUILDER, USA



“I’d always been thin and have heard all the jokes over the years. Sometimes they hurt, but I eventually turned them into a source of motivation. I started using the ShapeWorks™ products to give my body the protein it needed to build muscle. I weight train four days a week and run or bicycle twice a week. I have so much energy that I only take one day off from working out! Within two years, I filled out with an extra 30 pounds. Other programs contained too much sugar. Herbalife’s products are built on protein, which made it easy to bulk up without losing muscle definition. I started competing in 1998 and, as an Herbalife Distributor Relations Representative, I share my product knowledge and success with Distributors so that we can make Herbalife the best company in the world.”

How I Did It

- ★ For energy and resistance, take N-R-G tea or tablets and antioxidants like RoseOx®, Schizandra Plus and Herbalifeline®.*
- ★ Find someone inspiring to keep you motivated and help you achieve your goal.
- ★ Be sure to incorporate a diverse workout routine and give yourself rest days.

PRODUCT MUSTS

- Bulk & Muscle Formula Protein Drink Mix
- Male Factor 1000®
- Aminogen®
- Herbalifeline®
- Xtra-Cal®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.