

JOHN McGowan

BODYBUILDER, USA



“I began bodybuilding at the age of 41, on a dare from one of my gym buddies. As a result of using Herbalife’s products, I was able to lose 20 pounds of body fat and six inches from my stomach in only five weeks. My body became sculpted, hard and vascular. When I stepped out on stage for the first time, I was competing with 13 other guys that were half my age and I won the Novice class! I went on to win an unprecedented triple-win, again against men that were half my age. I received the coveted Pro-status Card in the Natural Body Building world—all within a 12-month period! Herbalife gave me that edge. If I can do this naturally, without using steroids and such, anyone can! Now at the age of 43, I still continue to train hard and get amazing results! I plan to do this for many years to come!”

How I Did It

- ★ Aminogen® and Cell-U-Loss® are key for building muscle strength and definition.
- ★ To lose body fat, try increasing your cardiovascular activities with cycling or running.
- ★ To gain mass, work on weight training one-body-part-per-week and make sure you give your muscles time to recover.

PRODUCT MUSTS

- Niteworks™
- Cell-U-Loss®
- Total Control®
- Joint Support—Glucosamine with Herbs*
- N-R-G Nature’s Raw Guarana Tablets and Peach Herbal Concentrate



*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.