

LISA Sowle

Before: 160 lbs After: 115 lbs Lost: 45 lbs



Lisa Sowle had tried almost every diet in the book. And every time, she was disappointed with her results. After the birth of her second child, she was unable to squeeze into fashionable clothes. But, when her friend

dropped from a size 16 to a size 6 with the ShapeWorks™ Program, she immediately set out to do the same.

“I wanted to make a change in myself,” she recalls. “I was ready.” Using the line of delicious Herbalife products, she dropped from a size 14 to a 2—and she’s kept it off for three years now. “By taking the products, I had so much energy to keep up with my kids!”

Not only has her wardrobe changed, but also her eating habits. Even with her sweet tooth, Lisa feels completely satisfied.*

How I Did It

- * Formula 1 Nutritional Shake Mix, Formula 3 Personalized Protein Powder, Cell Activator, Aminogen®** tablets, Total Control® tablets, Thermo-Bond® capsules and Herbal Aloe Drink.
- * Drink Herbal Concentrate instead of sodas.
- * Use Snack Defense™ tablets to prevent overeating at parties and restaurants.*

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*These results are not typical. Individual results will vary.

**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.

I look better now than I did in high school.

