

LOUIS  
**D'Orsaneo**

MARTIAL ARTS, USA

“Using Herbalife products, I was able to see more definition in my muscles and experienced an increased level of endurance, enhanced flexibility and improved recovery time. I remember being tender and sore before I got on the products, but these days I never get joint or muscle injuries and I no longer have problems with lactic acid buildup. I'll be 45 this year, and I have an incredible level of endurance. If you have good endurance, you can really enjoy the sport—any sport!”

### How I Did It

- ★ Use all the Herbalife products to refuel, repair, and rejuvenate.
- ★ Try incorporating cross-training into your routine to work out your entire body.
- ★ Remember that you've got to apply what you know and do what you want!

### PRODUCT MUSTS

- ShapeWorks™ Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex
- Cell Activator
- Niteworks™
- RoseOx®
- Schizandra Plus