

US Product Reference Guide

Remember, **Herbalife products are not intended to cure any ailment.** However, when the body gets the complete nutrition it needs at the cellular level, amazing results occur. Product users have documented the following areas, and some guidelines are offered for specific product use. For more specialized information, see the “Nutrition Product Information Hotline Menu” or order the “Herbal Product Reference Guide”

ANEMIA

Formulas 1, 2, Cell Activator
RoseOx,
Schizandra
Cell Activator
Herbal Aloe
Tang Kuei
Cell-u-Loss
High Protein Diet

ANTI-AGING

Formula 1, 2, Cell Activator
Niteworks
Herbalifeline
Schizandra
Herbal Aloe Concentrate
NRG
Nourifusion Cleanser, Toner,
Moisturizer
Radiant C Skin Booster
Skin Activator

ARTHRITIS

Formulas 1, 2, Cell Activator
Niteworks
Herbalifeline
RoseOx
Herbal Aloe
Tang Kuei
Joint Support

ASTHMA

Formulas 1, 2, Cell Activator
RoseOx
Schizandra Plus
NRG
Herbal Aloe
Niteworks

ATTENTION DEFICIT DISORDER (ADD), A.D.H.D.

Adults:

Formulas 1, 2, Cell Activator
NRG
Xtra-Cal
Tang Kuei
Herbal Aloe
Herbalifeline

Children:

Formulas 1, 2, Cell Activator
(shake for breakfast & after
school snack)
NRG
Xtra-Cal
Tang Kuei
Herbal Aloe
Herbalifeline

*** AVOID ALL JUNK FOOD ***

CHRONIC FATIGUE SYNDROME

Formulas 1, 2, Cell Activator
Niteworks
NRG
Herbal Concentrate
RoseOx
Schizandra Plus
Herbalifeline

CONSTIPATION

Formulas 1, 2, Cell Activator
21-Day Cleanse
Herbal Aloe, Florafiber
(No Dairy products or bananas. Avoid
taking
Thermobond or Activated Fiber)

DEPRESSION

Formulas 1,2, Cell Activator
 Niteworks
 Rose Ox
 Schizandra Plus
 NRG
 21-Day Cleanse
 Herbalifeline
 Snack Defense

DIABETES

Formulas 1, 2, Cell Activator
 Niteworks
 Snack Defense (2 tabs 3xday)
 RoseOx, Florafiber
 Xtra-Cal
 NRG

DIGESTIVE DISORDERS

Formulas 1, 2, Cell Activator
 Herbal Aloe
 Aminogen
 Flora Fiber
 21-Day Cleanse

HAIR GROWTH

Formulas 1, 2, Cell Activator
 Male Factor
 Xtra-Cal

HEARTBURN

Formulas 1, 2, Cell Activator
 Herbal Aloe Drink / Concentrate
 Florafiber

HIGH BLOOD PRESSURE

Formulas 1, 2, Cell Activator
 Niteworks
 Herbalifeline
 Schizandra
 RoseOx
 Core Complex
 Herbal Aloe
 Mega Garlic Plus
 Male Factor

HIGH CHOLESTEROL

Formulas 1, 2, Cell Activator
 Niteworks
 Herbalifeline
 Mega Garlic Plus
 Core Complex
 ThermoBond
 Rose Ox

LACTATING or PREGNANT WOMEN

Formulas 1, 2, Cell Activator
 Rose Ox
 Schizandra Plus
 Herbalifeline
 Xtra-Cal
 Lots of liquids

**LUPUS, MONO, POST
CHEMOTHERAPY, LYME DISEASE**

Bulk & Muscle Shake 2xday
 Formulas 2, Cell Activator
 RoseOx
 Schizandra Plus
 Tang Kuei
 Herbal Aloe

MENOPAUSE

Formulas 1, 2, Cell Activator
 Tang Kuei
 Woman's Choice
 Male Factor
 Xtra-Cal
 RoseOx

MIGRAINES/HEADACHES

Formulas 1, 2, Cell Activator
 Herbalifeline
 Schizandra Plus
 RoseOx
 Tang Kuei
 21-Day Cleanse
 Snack Defense
 Herbal Aloe

MULTIPLE SCLEROSIS

Formulas 1, 2, Cell Activator
Male Factor
Xtra-Cal
RoseOx
Herbalifeline
Tang Kuei

21-Day Cleanse
Xtra-Cal
Relax Now

PENILE DYSFUNCTION

Formulas 1, 2, Cell Activator
Niteworks
Prelox Blue
Male Factor

PMS

Formulas 1, 2, Cell Activator
Tang Kuei
RoseOx
Xtra-Cal
Relax Now

SINUS/HAY FEVER

Formulas 1, 2, Cell Activator
Rose Ox
Schizandra Plus
Herbal Concentrate
Cell-u-loss

SKIN DISORDERS

Formulas 1, 2, Cell Activator
Nourifusion Cleanser, Toner,
Moisturizer
Radiant C Skin Booster
Skin Activator
RoseOx
21-Day Cleanse
Herbal Aloe
Herbal Aloe gel
Herbalifeline

SLEEP DISORDERS

Formulas 1, 2, Cell Activator
Niteworks
Sleep Now
Tang Kuei

SMOKING PROBLEMS

Formulas 1, 2, Cell Activator
Schizandra Plus
RoseOx
Herbalifeline
Herbal Aloe
Relax Now
21 Day Cleanse

STRESS

Formulas 1, 2, Cell Activator
RoseOx
Schizandra Plus
Herbalifeline
21-Day Cleanse
Menta-Balance
Tang Kuei
Herbal Aloe
Relax Now

STRONGER IMMUNE SYSTEM

Formulas 1, 2, Cell Activator
RoseOx
Schizandra
Extreme C
21-Day Cleanse
Niteworks
Herbalifeline
Florafiber
Herbal Aloe
Mega Garlic Plus

ULCERS

Formulas 1, 2, Cell Activator
Niteworks
Herbal Aloe Drink / Concentrate
Florafiber

WEIGHT GAIN, BODY BUILDING

Bulk and Muscle Formula
(1-3 Shakes per day after meals)
Formula 2
Formula 3 Personalized Protein Powder
NRG Tea or Capsules
Male Factor
Aminogen
RoseOx
Herbalifeline
Snacks

WEIGHT LOSS

Formulas 1, 2, Cell Activator
Personalizes Protein Powder
Total Control
Snack Defense
Thermojetics Herbal Concentrate Tea
Thermobond
Cell-u-loss
Aminogen,
Body Toning Crème and Body
Contouring Crème
21-Day Cleanse
Florafiber
Herbal Aloe
Snack Pack

GENERAL PRODUCT USE FOR CHILDREN

Herbal Aloe Concentrate to taste

Under 8 years:

Formula 1: 1 Tbsp/ shake

Other products: 1/3 the adult use

8-12 years:

Formula 1: 1-2 Tbsp/shake ***Note: If child is of adult weight, then use same as for adults***

Other products: 2/3 the adult use

12 years old + (same as for adults)

WEIGHT MANAGEMENT FOR CHILDREN

5-10 years old:

Remember:

Focus on nutrition first and then weight loss and health will follow.

- Breakfast:
Formula One as a partial meal replacement – if still hungry, whole wheat toast or cereal
- Lunch:
Healthy Lunch - for example, sandwich with meat and cheese, vegetable, fruit
- Afternoon Snack:
Formula One Shake
- Dinner:
Healthy Dinner
- If your child does not experience any results, you may add 1 Snack Defense a day, as well as some Activated Fiber with glass of water.
- THESE KIDS NEED TO GET MOVING – increased activity will improve heart and lung function, increase bone mass and decrease stress.

10 years old: Follow the same program but you may add the following:

Herbal Concentrate - drink throughout the day for appetite control

Snack Defense - 1 with breakfast, 1 with lunch, 2 at bedtime or dinner.

Herbalife Protein Bars, Herbalife Soup Mix, Herbalife Roasted Soy Nuts.

*** ALWAYS WORK WITH A PEDIATRICIAN ***