



HERBALIFE®

Independent Distributor





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Nutrition is our mission!





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Mark Hughes – Founder

The man who made dreams come true for millions

One man's tragedy turned into passion when his mother struggled to lose 30 lbs and lost her life.

This man had a dream, he dreamed for himself and others as well.

His dream, he turned it into reality.

His mission was to take good nutrition around the world.

Mark loved people. He loved their stories, their successes, their hopes, and dreams.

“I approach everyone I meet with the same attitude that we are all winners and can make a huge difference in this world. By believing in someone else's unique qualities and encouraging them to strive for personal excellence, I am helping them to start their personal journey of success. I do not think you can ever be satisfied with your success unless you teach others how to accomplish it as well.

Teaching the gift of action is really teaching someone how to turn dreams into reality.

Our dreams weave the fabric that connects us all together.” – **Mark Hughes.**





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**MICHAEL O
Johnson**

Chief Executive Officer of Herbalife

Los Angeles, CA—USA

President of Walt Disney brings management and creative talents to weight loss and nutrition leader.



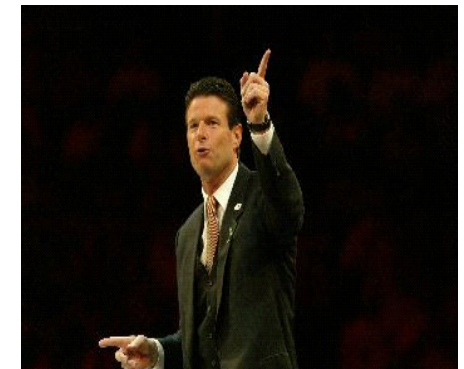
Johnson spent 17 years with the Walt Disney Corporation and brings to Herbalife a demonstrated track record of success as a proven leader and manager, including significant achievements in business building, global operations, sales leadership, marketing, and product innovation.

Herbalife is a 24 year-old company that is a significant global player in the weight loss and nutrition industry, offering science-based weight loss, nutritional supplements and personal care products to millions of customers around the world.

The Company maintains a Scientific and Medical Advisory Board comprised of renowned scientists, physicians and nutritionists from prestigious universities around the world to ensure that its products are incorporating the state-of-the-art in scientific research. As a further part of the Company's commitment to scientific research, Herbalife recently established the Mark Hughes Cellular and Molecular Lab at the University of California (UCLA).

During his career at Disney, Johnson engineered the expansion of the company's worldwide video presence from 34 markets in 1986 to more than 80 markets today, and the creation of the Disney subsidiaries in Europe, Asia, Africa, Latin America and the Middle East. Disney quickly became the number one home entertainment distribution organization under Johnson's helm, and has maintained that position for more than 15 years.

From 1986 he took control of a licensee operation and created subsidiaries worldwide, dramatically growing the unit to produce in excess of \$1 billion in revenue.





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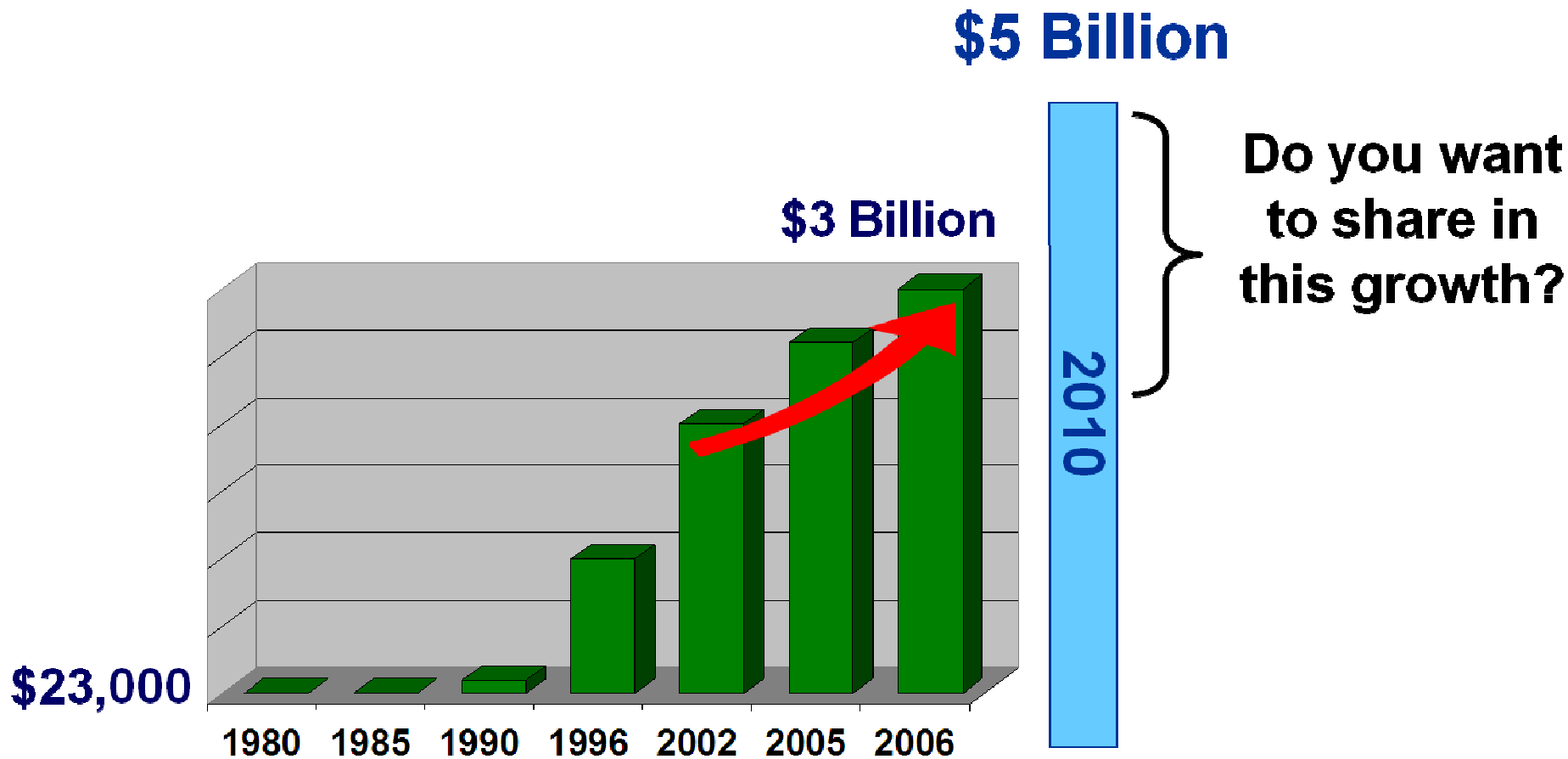
- 30 Years Nutritional Experience
- Over 60 million customers worldwide
- Operate in 73 Countries throughout the world
- 60 Doctors and Scientists
- \$4.2 Billion Sales in 2009
- Listed on the NYSE
- Member of Direct Selling Association





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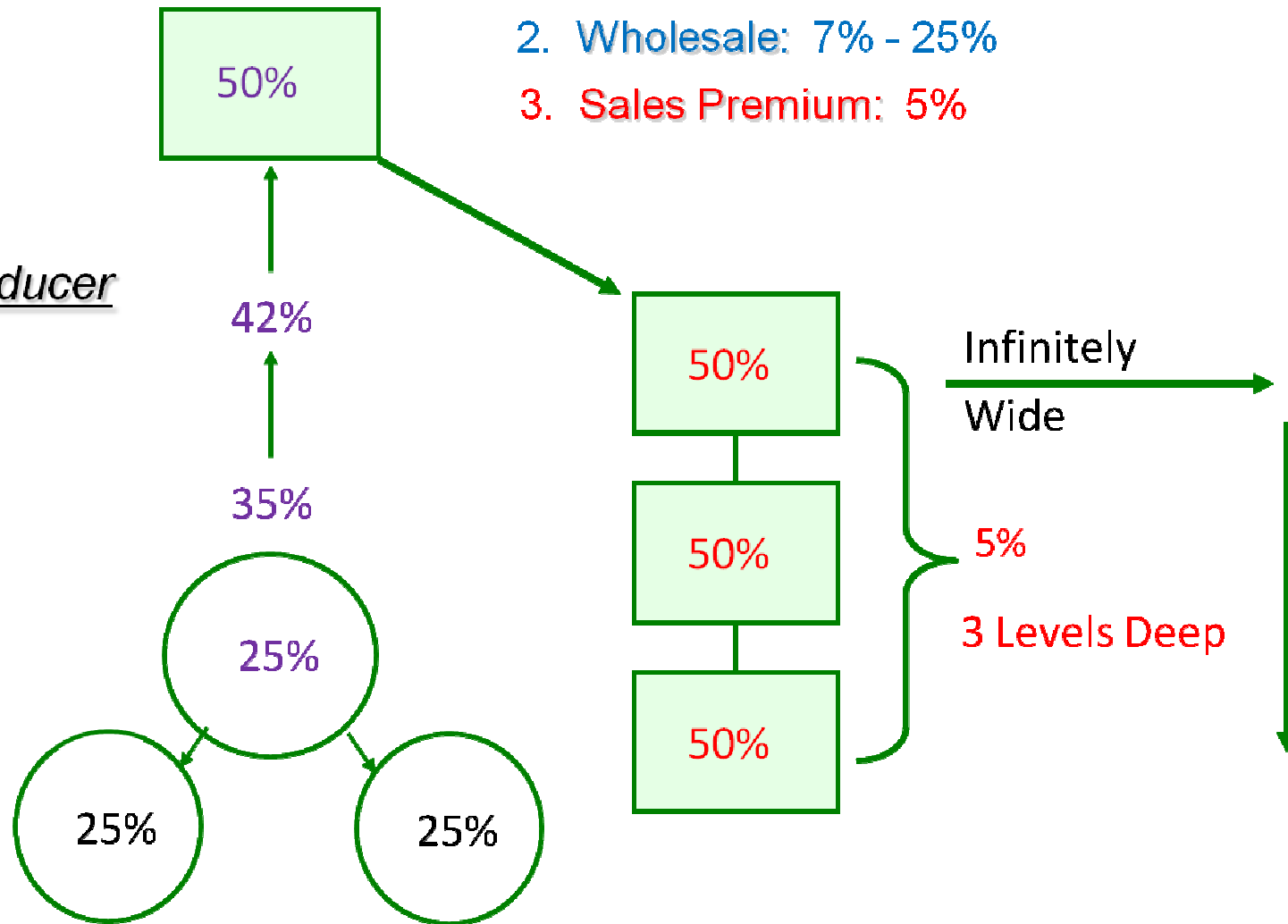
Independent Distributor

Supervisor
8% - 25%

Qualified Producer
7% - 17%

Distributor
0%

1. Retail Profit: 25% - 50%
2. Wholesale: 7% - 25%
3. Sales Premium: 5%



Business Testimonials



feel the difference!

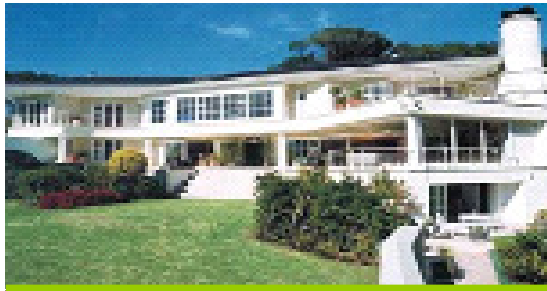
BUSINESS TESTIMONIAL

CHRIS & JEAN Thompson

Executive Presidents Team Member

Cape Town – South Africa

“Our financial success has been outstanding and the bonus has been the satisfaction of helping others.”



Chris and Jean had been co-owners of a very profitable chain of large health and fitness centres that had been part of a successful stock exchange listing and had chosen to retire.

After a short time they felt the need to get involved in a new project. With Jean’s background being that of a nursing sister and midwife and Chris’s passion and background being in the Martial Arts, their business experience came from the Health & Fitness industry. They were introduced to the Herbalife opportunity by their financial advisor. Jean was most impressed with the products when she lost 7KG in her 1st month and gained a valuable 3 hours in her day. Chris also experienced great results with the products but was intrigued with Herbalife’s marketing plan. After discussing the principles behind the business system they decided to join. What appealed to them was the fact that they had very

little financial exposure or risk with our business, whereas in their other businesses they were involved to the tune of several millions in equipment, premises, overheads etc. They work from their home around their family with their daughter Lauren and son Chris Jnr working the family business with them.



feel the difference!

BUSINESS TESTIMONIAL

ELIZABETH

Lekganyane

Presidents Team Member

Polokwane – South Africa

“I love Herbalife. I love the products and I love the results they give. I love meeting people and helping them with their Health!”

I can hardly believe that I now have my own successful work-from-home business where I can choose the hours I want to work and the people I want to work with. I especially love my new lifestyle and the exciting places I have had the good fortune to visit as a result of Herbalife. I was a yo-yo dieter, constantly struggling to lose weight. One day a friend who was a Herbalife Supervisor suggested that I try Herbalife and I had amazing results on the products as did my family and friends. Without realizing it I was in business. Initially I felt quite intimidated as I had never done anything like this before. I had very little education, and virtually no background in selling, but I soon felt knowledgeable enough about all the products to be able to recommend them with conviction. My own results on the products and those of my family and friends gave me confidence. Today I realise that one will never know what you are capable of until you try it. I've always been shy and at first I found it difficult to talk to strangers. I just attended every Success Training Seminar that Herbalife offered and soon I actually began to enjoy talking to everybody I knew about the products. People could sense that I spoke from a firm personal belief in the products that I recommended, and my retail business literally exploded. When I began to taste success, my two daughters joined me in the business and we have never missed a training since. My sponsor taught me to qualify for everything in Herbalife. This has often taken me to overseas events where I really saw the Big Picture. I was in the World Team for five years, and the growth of my business was so gradual that I hardly realised it was happening. I simply kept on believing in the business and taking more and more people to every possible event both locally and overseas. In 2003 I took a large group to Paris and a larger group to Barcelona in 2004. There I really set myself the goal and was promised that Herbalife would take me to President's Team. The value of setting goals proved itself to me and my team. The power of duplication kicked in, my team members became incredibly committed and my business gathered momentum. It was the most amazing ride. In nine consecutive months I reached GET Team and went to Millionaire Team and President's Team without a break. I am deeply grateful for the dedication and commitment of my team without whose help this was impossible. I thank God for giving Mark Hughes the vision to change people's lives.



feel the difference!

BUSINESS TESTIMONIAL

ANTHONY & MARY

Larter

Millionaires Team Member

Port Elizabeth – South Africa

“We still cannot believe how a little flyer changed the course of our lives”

We had been farming in Molteno for 20 years, and although we loved farming and the way of life, it was very tough trying to make a decent living. In order to make a bigger profit margin, we opened a dairy in town and processed all the milk we produced into cheese, yogurt and packaged fruit juices, supplying the Pick ‘n Pay’s in Queenstown and East London areas. This worked well until we entered a partnership, which turned horribly sour. The problem was compounded even more by a prolonged 5-year drought, which cost us dearly, landing us in a debt spiral that we could not seem to get out of. We had to do something, so we started looking for something that could give us some extra cash—fast!! This all changed when we received a flyer in Queenstown and were introduced to this amazing opportunity. By sharing our results on the products and the business opportunity with friends and family, we were able to generate a profit in excess of R15, 000.00 in our first 6 weeks of business. In April 1997 (4 months after we started Herbalife), Mary and I decided we were wasting our time, destroying our health and losing our family by continuing with what we were doing. So, we closed the doors of the dairy, sold the farm, paid off what we could of the debts, and became full-time Herbalife Distributors. We pride ourselves in that, in spite of the fact that we were in debt to the tune of R750, 000.00 at the time of closing our businesses, we were able to meet our monthly commitments through our Herbalife business. Since then, I have been overseas 18 times with the company. Mary and I have been on two wonderful cruises in the Caribbean in 1998 as well as in 2005 and have just returned from the most wonderful holiday at Porto Caras in Greece, fully paid for by the company. We have since moved to Port Elizabeth, into a lovely home, enjoying the kind of lifestyles and incomes most corporate executives only dream of, while working from home, around the family, enjoying an above average income. We truly love what we do because of the incredible impact we have on people’s lives through the products and the life-changing business opportunity.



feel the difference!

BUSINESS TESTIMONIAL

Steve

Artman

Millionaires Team Member

Pretoria – South Africa

“At first I didn’t think that this business was for me as I had no previous experience in sales. This all changed after experiencing great results on the products.”

I am from Pretoria - South Africa, and the proud father of 2 beautiful daughters, Cayleigh and Megan. Before Herbalife I served as the Commanding Officer of one of the main operational warships of the South African Navy. Although it was a very challenging and rewarding career, I felt that I was not earning what I was worth. I was also very concerned about the rather limited prospects that the future held, and began looking out for other opportunities. It was at this time that a very good friend introduced me to the Herbalife opportunity. I am from Pretoria - South Africa, and the proud father of 2 beautiful daughters, Cayleigh and Megan. At first I didn’t think that this business was for me as I had no previous experience in sales. This all changed after experiencing great results on the products. I lost 4 kilograms in a very short space of time and my energy levels soared. As a squash player I found myself beating players that I had struggled against before. This really felt great and my self-confidence improved dramatically. By simply sharing these results with family and friends I made R4000,00 profit in my first month in business, and soon started to believe that maybe this opportunity could work for me. The Herbalife Extravaganza in Barcelona in 1998 opened my eyes to the enormity of the Herbalife Opportunity and changed everything for me. I immediately resigned from the Navy to pursue the Herbalife dream on a full time basis. It felt great to have discovered a new-found purpose in life as well as a vehicle that could assist me to achieve my dreams. I recently qualified to the Millionaire Team, and my next goal is to achieve the 10 Diamond, First Line Active Supervisor Pin and then to qualify onto the prestigious Presidents Team by the end of the year (2004). I have just taken delivery of a new top of the range BMW, and last month (Feb 2004), I earned an incredible R48 000. My thanks go to my incredible organization. Their friendship and support is very precious to me, and I look forward to contributing to their success and building the Herbalife business around the world.



feel the difference!

BUSINESS TESTIMONIAL

Dan & Yaffa Leffler

Executive Presidents Team

Australia / Israel

“We belong to the best health club in the world—Herbalife!”



In 1993 Yaffa and Dan lost their home, savings and dreams in a property deal that went wrong. “Today, thanks to the Herbalife opportunity and our hard work we are living our dreams and beyond”. Dan and Yaffa LEFFLER

Dan and Yaffa attribute their success to:

- Results achieved with Herbalife products
- The rewarding business plan
- On-going skills development
- Simple and effective tools provided by Herbalife
- Understanding that temporary inconveniences and action taken are part of the deal.

“Qualifying for every event, providing top customer service and quality Distributor support certainly cemented our success. “We belong to the best health club in the world – Herbalife!” In January 1994, in her first month part-time in the business, Yaffa almost doubled her fulltime teaching salary. 18 months later, Dan and Yaffa earned \$65,000 in just one month. This became a turning point in their lives and they decided it was time to go full-time and make Herbalife their way of life. Dan, a businessman and engineer, admits that initially he had reserved feelings about the system, and was wondering how anyone could do this business on a daily basis. That was until Yaffa took him to his first Success Training Seminar. “It was the first time I had an opportunity to see how I could apply the simple and effective tools provided by Herbalife and turn them into a fortune,” said Dan. “I realised my wife was onto a winning formula and I wanted in! “With Herbalife, we have improved our health, wealth and personal development. We started dreaming again and have realised so many of our aspirations. “Nowadays we enjoy sharing our time between two countries - Australia and Israel, and enjoy travelling around the world, visiting our international Herbalife business and friends, and helping people along the way.”



feel the difference!

BUSINESS TESTIMONIAL

**MATEE
Phatela**

**Global Expansion Team Member
Lesotho**

“My lifestyle has completely changed for the better and I want to tell everybody about this unbelievable opportunity.”

My name is Matee Phatela from Lesotho. I came to Herbalife in 1998 as a customer. I was very fat and tired all the time. I never thought I could loose weight, so I actually did not try anything. I was forced to be a customer through the influence of my wife. I started using the products seriously.

When people noticed my good weight loss results I became so excited and joined the company and immediately became a supervisor. Up to now I have lost a total weight of 56kg, from cloth size 52 to 42. Even though I still have some more weight to loose, I feel like my life is back again. I encourage everybody to be on this product.

Before doing Herbalife my lifestyle was a very boring routine where I spent most weekends and my spare time bored and just drinking. I never thought I could ever go to overseas. But now through Herbalife I have been to Spain, France, Netherlands, and USA. And in August 2002 Herbalife took my wife and me to a fully paid for vacation to Mauritius islands. I associate with people I never thought I could ever associate with in my life.



feel the difference!

BUSINESS TESTIMONIAL

MASILONYANE

Ntabe

Global Expansion Team Member

Lesotho

“Thanks to Herbalife we have also been able to realise some of our dreams like buying a car and building the house of our dreams.”

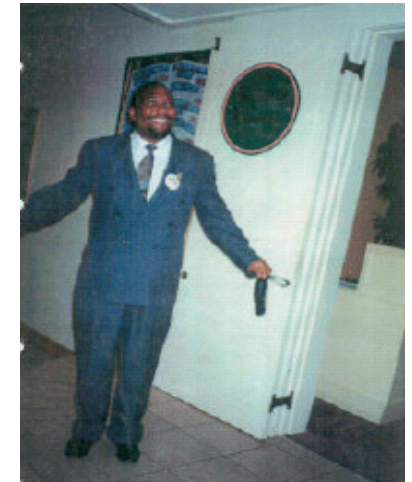
I am Masilonyane Ntabe from Lesotho and I am a pilot.

I joined Herbalife in 1998, first as a customer and later as a distributor. I was overweight, had high blood pressure and my doctor had already told me that if I did not loose weight he will be forced to declare me unfit fit to do my job as a pilot.

It was therefore critical for me to loose weight. I had tried every thing in the market in vein. But after using Herbalife products, I lost 12 kg in just 12 weeks, and I could do things I could not do before.

Most importantly my doctor certified me fit and healthy to do my job as a pilot. Just due to these results I found myself in Business and I went straight to Supervisor level. My wife, a dressmaker who used to earn R800.00 per month, is now really running this business. Even though I am a pilot, I could not take her anywhere overseas because I could not afford to. But now because of what we earn in Herbalife, she has been to France and the Netherlands. Thanks to Herbalife we have also been able to realise some of our dreams like buying a car and building the house of our dreams.

We are going to do this business for life!



feel the difference!

BUSINESS TESTIMONIAL

JOHNATHAN
Manko

30K Presidents Team Member
Spain

“If I can do it, so can you!”

“In 1986 I emigrated from Ghana to Spain” says Nii Manko, President’s Team. “I had just graduated from college and was traveling through Europe to the United States. When I arrived in Spain I fell in love with the country and decided to stay there. I was working as a DJ and also as a musician in a band. I loved what I was doing, but in reality I wasn’t earning much money. I was introduced to Herbalife and started doing the basics; using the products, wearing the button and talking to people.



In my first month I earned \$1500 and that was just working on a part-time basis. Hard work and total dedication helped me qualify for the Global Expansion Team after only eight months. At the beginning of 1997 I achieved the goal I set out to reach –President’s Team, with the help of the best leadership trainer’s and philosophers like Jim Rohn and of course Mark Hughes. Qualifying for the President’s Team has been a dream. My next goals were to be a 15K member, then a 20K member, all of which I have now accomplished.”



Product Testimonials



feel the difference!



Before, I was limping—no shoes

Mr Maphatsoe—My Story:
I had arthritis in the hip since April 2007 and on the left side of my body.

I immediately developed a bruised foot with blisters and could not fit into a normal shoe. I tried ever possible medical help to NO avail.

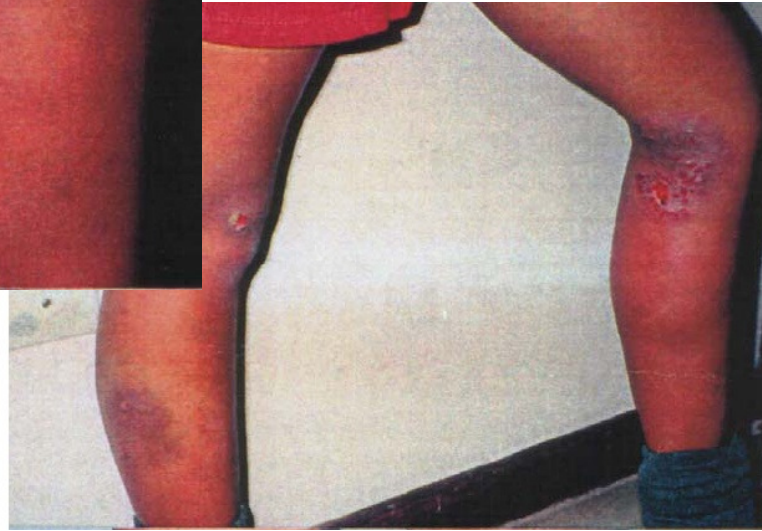
After visiting the club, I felt a difference in 3 days and after 20 days I could wear normal shoes. I am healed now!



After



feel the difference!



AFTER

**NOLAN VAN HEERDEN
9 Years Old. Cape Town,
South Africa.
Eczema totally cleared up after 14 days.
Products used: Shake, F & H plus
Herbalifeline.**



feel the difference!



BEFORE



AFTER

André (Jakkals) Van Heerden. 55 Year old retired farmer from Langebaan. Results after 6 weeks on Herbalife.



feel the difference!



BEFORE

Igama lam ndingu Nomsikelelo Masala. Ndihlala Kwa Zakhele Site & Service. Ndiyagula sisifo se IVpositive. Ndiyile ko Gqirha, ndizenzile zonke izinto ukuzama ukuphila kunye ne ARV. Bendinesisi esibuhlungu nenyawo ezindumbileyo ndingakwazi ukuhamba. Bendincediswa xa ndihambayo okanye ndisebenzise intonga. Bendinethrush emqaleni. Ndeva ngo Herbalife ndakhatshelwa eKlubini ndafumana amacebiso aphilileyo. Nda sebenzisz ne products zabo. Emva kweveki ezintatho nda fumana umahluko. Ndayiyeka intonga ne nyawo zayeka ukudumba. Ngoku ndiyazihambela ngenyawo zam.

My name is Nomsikelelo Masala. I stay in Kwa-Zakhele Site & Service. I am HIV positive. I went to many Doctors in search of good health and using ARV's. I had stomach aches, swollen feet and knees and I could not even walk by myself. I used a walking stick. I had thrush in my throat.

I heard about Herbalife and was given good advice that will improve my health situation. I used the products they gave me at the club. After 3days I was able to walk without my stick and in 3 weeks I saw a big difference.



**AFTER 3
WEEKS**



feel the difference!

Nontsikelelo Fako, my story...Deaf ear for 30 years



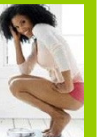
Before at 92kg's



After at 78 kg's

At 92kg's, I was very stressed, had neck tensions, low focus, no concentration, very short tempered, uncontrolled food cravings, fatigued, constant headaches, digestion problems, constipation, troubled by poor sleep and I had poor skin. I could hardly read and finish a paragraph. After losing 14kg's with the products, I got amazing results! I now weigh 78kg's, with stacks of energy, very happy, high concentration, more patient and my headaches are gone! An added bonus, my skin is looking great.

BONUS—after 30 years with my right ear deaf, after being in the club for 2 months, my right ear is fully functional.



feel the difference!



Before—Size 44—112.8kg's

At the beginning of my journey, I did not realise how much damage I had actually done to my body with previous yo-yo dieting. If there was a new diet out I was on it—desperately seeking that quick fix and never finding it. I was very sceptical about taking Herbalife as I had tried so many other things and was so disappointed. It took me another 18 months of disappointment with other diets before I started using Herbalife. This has been the best thing that I have ever done for my body. The most significant changes in the beginning was not the weight - but my shape transformed dramatically. I just love my new life and new body. Thank you Herbalife!



After—Size 36—92kg's



feel the difference!

Shenica January

Cape Town, South Africa – LOST 37 KG'S



Before I was introduced to Herbalife I was extremely fat. I'm a mother of 3 and after each pregnancy I gained more weight. I never thought it would be this easy to lose the weight. I use to weigh a whopping 144kg. I was always short of breath. I was on chronic medication for high blood pressure that cost a fortune. I remember not being able to do the simplest things for myself like tying my own shoe laces for which I needed my husband or children to come and help me out. Being on Herbalife for the last 5 months has changed my life completely; I can now do things for myself and even take long walks. I have joined the gym which I never thought I would be able to do. I now weigh 107kg I still cannot believe I have lost 37kgs in only 5 months! I feel really healthy and no longer require my medication for high blood pressure. The most rewarding feeling is when I go shopping and I now can take a size 38 instead of a 46-48, I now refuse to go back. I have so much energy it's unbelievable and I am really motivated and motivating other people.



feel the difference!



BEFORE

MY NAME IS GEORGE MEIRING AND I'M FROM PRETORIA.

Before I retired I was the Chief of the South African National Defence force. My career demanded me to be away from home for lengthy periods of time. This meant that I spent very little time with my wife Annchen and our 5 children. When I retired I was able to enjoy my time at home with my family. The comfortable home life and the absence of all my previous work commitments caused me to gain weight. To prevent ourselves from getting bored my wife and I kept ourselves busy with odds and ends. We started looking for something more meaningful that we could be involved with. It was at this time that Herbalife found us. We immediately started on the products. I lost 10kg in a



AFTER

short space of time. To my surprise all my aches and pains cleared up. Annchen lost 7kg. We both gained extra energy and felt better than we had in years. Our results led to the business opportunity. In our first month we made R1000.00 profit. We were excited because we had never sold anything before. We now average R10 000.00 per month and that for a retired couple has made our life much easier.



feel the difference!



Mamokatja Makara
Weight and Bruised left Side of the
HEART!

At 145 kilos I had several health problems such as: **Bruised left side of the heart**; painful knees, and an ongoing clot right foot and it was progressing upwards; an irritating continuous cough.

I sought all the medical attention I could and was advised to lose weight which I tried and dropped from 145 to 121 kilos and then started on Herbalife products!

After being in the club; I am slim, the clots are disappearing, bruised heart is much under control. The cough is gone and I can fit into my trousers; something I last did when I was 14 years old.

121 Kilos : BMI = 50
Hip=126 cm
Bust 135 cm



107 Kilos BMI= 42
Hip=118 cm
Bust 124 cm



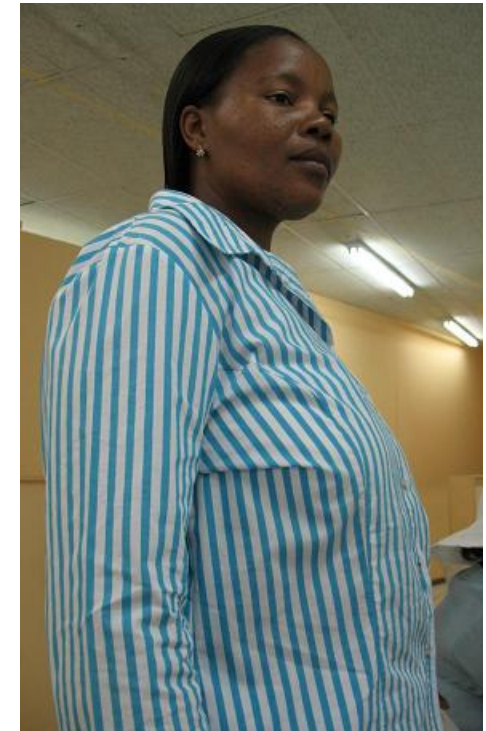
feel the difference!



Before 24/01/07
Weight 100 Kilos
Waistline=97 cm,
Bust=105 cm;
arm=38cm;
Hip=121 cm

Maneo Maholo
(24/01/70 at 100 Kilos
28/09/07 at 79 Kilos)

At 100 Kilos, I used to have backache, Mood swings, Cramps and poor memory and serious allergies. My waist-line was 97 cm and bust of 105 (24/01/07) Now 8 months later, a total of 24 cm has been lost around my body. I am in shape. I have shed off 21 Kilos... Thanks Nonkosi Tshabalala for showing Herbalife products!
Now 28/09/07 Weight is 79 Kilos, Waistline is 88 cm, chest 95 cm, no more backache, no more mood and my memory is very good. I am no longer using spectacles!!!



Now: 28/09/07
Weight=79 Kilos
Waistline=88cm,
Bust=95 cm, arm=33cm
Hip=116 cm



feel the difference!



BEFORE 106kg's

Simon Tsela
LOST 18kg's



AFTER 88kg's



feel the difference!



BEFORE

My Name is Buti Letau
I was struggling with weight and lost a lot of energy. Background I have a labour hire company contracted to Anglo coal. 3 weeks using the product I lost 5kg and Now in total I lost 20kg. Thanks to Herbalife and I have a lot of Energy. My life is good and I am looking fantastic.



AFTER



feel the difference!



Before Herbalife April 2009



August 2009



October 2009

My name is Ferhana Raban, and I am a mother of 2 beautiful kids aged (6 & 3yrs). Before Herbalife I weighed 75.4KG. I was always tired, depressed about my weight and was just diagnosed with asthma. I was introduced to Herbalife and was given a sample of NRG tea to drink. After two days I noticed that my chest was not tight and I had relief from my sinuses. I started with the Healthy breakfast (Shake, Aloe, tea). After 6 weeks I lost 9, 5 cm around my waist. I had dropped a dress size. I was so excited and had great energy levels so I decided to replace my lunch meal as well with the shake. The Kilos just came off. To date I have lost 16kgs, I went from a size 40 – 32. I feel great and have thrown away my asthma pumps.



feel the difference!



Sharon Lost 11Kg's



feel the difference!

From Chronic Fatigue Syndrome & Cancer to Renewed Health!

My name is Mary Hill; I contracted Ross River Fever in October 1992.

This debilitating disease gave me aching joints, drained me of my energy & left me with no strength to get through my daily work. This went on for 2 years. As I slowly recovered from this, I developed Chronic Fatigue Syndrome. I slept 8 hrs a day, again had less strength & no energy whatsoever. As much as I told myself I could get out of bed, my body just wouldn't let me. My immune system was so broken down that things went from bad to WORSE & as a result, I ended up in a wheel-chair unable to walk or take care of myself. The local doctors gave me more drugs which suppressed my problems further. Looking for a solution, I went to a Melbourne dietician who works predominantly with HIV & Cancer patients throughout the world. I commenced vitamin injection treatments for almost a year which improved my situation somewhat. However, my health benefited only to a small degree. At this point a friend introduced me to the local Herbalife distributor & I began taking all of the products. Having read Herbalife testimonials of other Chronic Fatigue sufferers, I saw that Herbalife provided an opportunity to restore my health. As I had suffered so much illness, I needed to commit to a minimum of 3 months product usage. This proved to be true & within 2 weeks, I was completely surprised to experience a noticeable change in my energy. I continued using the products feeling a little better each day & in just 10 weeks, I was out of the wheel chair & walking again. Around this time, I was diagnosed with a cancerous growth in my uterus, the size of a grapefruit. I underwent radiation therapy which was extremely harsh on my body, however, my doctors were astounded that my side-effects were significantly less than their other patients. When they learned that I was taking Herbalife supplements, I was strongly advised to continue their usage. Two years after this, a tumour developed behind my right eye. Continuing my use of the Herbalife supplements, I faced radiation therapy again with only minimal side effects. My final medical check-up showed that all signs of cancer had vanished from my body. I had completely healed & returned to excellent health! My doctors were staggered at my rapid rate of recovery. I am now 60 years old, cancer & fatigue free, thanks to Herbalife. I feel better than I did at 40 & am so BLESSED to be alive & well. Thank-you Herbalife.



feel the difference!



BEFORE

**People gave me their seats on the bus...
Vera Gapchuk, 21**

I dreamed of being a model, and with my 170 cm height and 70 kg weight I believed I had 10 kg extra weight. I made it my goal to lose weight and started a hunger diet. Due to constant starvation my body was so exhausted that I kept losing weight even without wanting to do it.

In a year my weight was down to 33kg. I looked like a skeleton, was always cold, and even the slightest physical activity resulted in severe knee pain.

At 21 I looked like an old lady and people gave me their places on the bus.

I went to consult a dietician and he prescribed a regular diet, which helped me to gain 6 kg in 6 months. But my feeling of unhappiness was still there.

Having lost all possible hope, I responded to an ad and heard about Herbalife products.

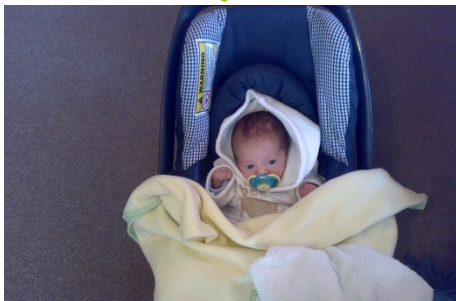
In 1.5 months of using the products I gained 15 kg, and in 7.5 months was up 21 kg. My weight currently is 61 kg. I am totally happy! I have my health and my figure back and am again dreaming of becoming a model.



AFTER



feel the difference!



LEAVING THE HOSPITAL



8 months



I would like to share my son's story with you because I know that the question of whether or not it is safe to put babies onto Herbalife is a common one.

My son Noah was born during my seventh month of pregnancy – nine weeks early! He was absolutely tiny, weighing a mere 1.48kgs, and he spent the first 6 and a half weeks of his little life hooked up to machines in the NICU. The worst part of having a premature baby is the absolute feeling of helplessness concerning your child, but I quickly decided that the only thing I could do for him was to look after myself as well as possible and became very strict about my intake of products. In the beginning he was getting breast milk fed to him through a tube, and my dad kept telling me to put a little bit of shake in the milk I was taking to the hospital. I knew he was right, but I was so afraid that the nurses (who I didn't want to antagonize) would notice it and just simply throw the milk away – in which case he would lose out completely. I was quite content with him simply getting shake from the breast milk.

After six weeks I finally got to take my baby home. I immediately started putting small amounts of shake and aloe in his bottles and then, having no particular concept of how he was supposed to be developing because of his prematurity, I thought nothing further of it. I had been told that it can take up to a year and a half for premature babies to catch up to their full-term peers and that it is hard to tell at which age they should be reaching certain milestones, so I just accepted the fact that he wouldn't be developing the way the books said he should be. I wasn't expecting the products to do anything but provide my child with a little extra nutrition.

Well, on the 25th of September – 2 days before my due date – Noah smiled at me for the first time, and as impressed as I was I wasn't aware that it was quite such a big deal. Two weeks later I took him to the doctor for a check up. The doctor (a very quiet man!) suddenly seemed very impressed. He told me that my child was doing incredibly well and that he was developing at the rate of a baby born full term. He was standing and pulling with his arms. He was holding up his own head. He was smiling and listening and watching with his eyes - all things that a regular baby would be doing by the age of ten weeks Noah was doing, despite the fact that he should be nine weeks behind.

Of course he is still very small (it's quite a thing to see him doing all these things since he has barely reached the weight of some new born babies!) but I now beam with even more pride at my clever Herbalife baby!



Sport Testimonials





"I use Herbalife® products on and off the field for energy and focus. That way I can play my best game."

HERBALIFE-SPONSORED ATHLETE
Lionel Messi
Soccer, Spain

Powered by Herbalife!





ELAINE WATKINS – Pretoria, South-Africa I am 23years old and live in Pretoria, South Africa. My Herbalife products results are amazing! I had 4 knee operations in 1998 at the age of 18. My specialist said I will never be able to run, do sports or strenuous exercise in gym. I never really had a weight problem, but within 3 weeks on the Herbalife products, I lost 15cm and 6% body fat (down to 17%) I also gained lots of energy and vitality! I am also able to do any form of exercising in the gym, like kata-boxing, running on the treadmill and weight-training. I even started playing squash. I am passionate about fitness and therefore started studying to become a fitness specialist through FIA (Fitness Institute of Australia) In July 2009 I started to train for the Miss Model Fitness Bikini competition held by WFF (World Fitness Federation). My very first competition (SA Novice) on 22 August 2009 – I came first place!

This type of training is highly intensive and since I have been using Herbalife products for 5 years, it was easy for my body to adapt quickly to the extensive training programme. My daily regime includes an hour and half training in the morning and an hour in the evening, 5 days a week and on Saturdays, one hour. I found Herbalife products extremely powerful to help me cope with my training. As the type of diet (in food) one should follow for this type of competition is not completely balanced, the Herbalife products helped my body to stay in balance: Herbalife Shake, Protein Powder – low calorie nutritious food for fuel, refuel, repair and recovery Multivitamin – everything my body needs Fibre and Herb - helps me to stay regular at all times; Joint Support – helps keep my joints supple Herbalifeline – helps for blood flow, mood swings, protect against depression (that sometimes occur when you train intensively) Rose Ox – to boost my immune system, as intense training can have a effect on the immune system. Herbal Complex - helps to lose cm's faster and helps with water retention; Thermojetics - (5ml before every training session and another 2.5ml 2 x per day) Thermo Complete - (2 x 3 times per day) helps for cravings. The combination of the Thermojetics and Thermo Complete helped me to cut back my body fat from 17% to 13% and on the day of my competition my body fat was 9%. Note that this is not a healthy body fat for a woman, but it is the requirement for this, specific competition. NRG - helps for mental focus. The physical weight-training demands that one's mind has to be focused at all times. Tang Kuei – helps for muscle cramps as it relaxes the muscles. Tang Kuei also helps relax stress related issues that may occur during tough competitions. Cell Activator - helps balance my body's insulin levels and makes sure my body absorbs all the necessary nutrition for optimum performance. H3O Pro - helped with avoid muscle cramps and the day of the competition, replaced all the lost fluids (as on that day, no water intake is allowed)

I also participated in the North-Gauteng Provincials on 12th September 2009 where I was chosen to participate in the South-African championships on 23rd October – in order to qualify for the World championship in Russia in November 2009. In the 5 years that I am using Herbalife products, I always knew that Herbalife are the best products on the market. But since I started with this intense training programme, I truly realized that I am giving my body the very best, thus my powerful results – and others are noticing. This is all so exciting, and I truly want to thank Mark Hughes for his powerful words: "Your success is only limited by your own imagination and your hard work". These words are my ultimate motivation every day, as it contributes to my success in living out my passion. Thank you Mark Hughes and thank you Herbalife!





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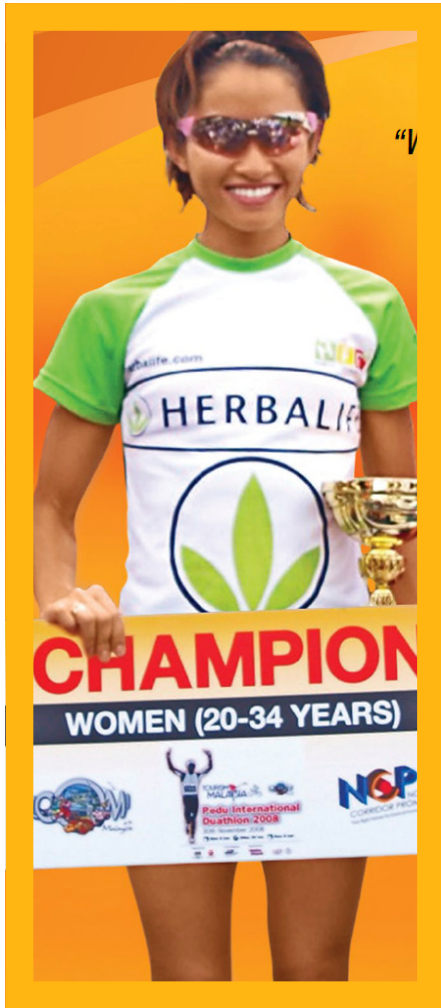
TOWNSEND BELL
INDYCAR DRIVER, UNITED STATES

"I rely on Herbalife® products for better performance in my training and races. They make me feel strong, healthy and confident. It's the fuel to my passion!"



**Monica Torres
Duathlon, Phillipines**

"With Herbalife® Products, I noticed improvements in my overall health as well as in my ability to train harder and recover quicker."





ISITOLO MAKA

Professional Rugby Player

Player Representation:

National: All Blacks

Clubs: Auckland Blues; Otago Highlanders; Waikato Chiefs; Toulouse & Marseille

Coach:

National: Tonga U19

“The products give me amazing energy. I used to be very fatigued after training but with these products I feel that I can train forever. I have never felt so energized while losing weight. Being an International player for the All Blacks, we were on very good diet plans but these Herbalife products *have* made a huge difference to my health and performance.”





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Please note that none
of these testimonials
make any medical
claims.





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