

HERBALIFE

1 healthy living

premiere issue, volume 1

inside:

Wellness.
It's easier than
you think.

Lose weight
for good with
Total Control™



Healthy



Healthy living.

It's more than good health; it's a state of mind, a feeling that infuses every aspect of your life.

It's having energy at the end of the workday to spend quality time with your family.

It's about achieving balance, whether you're at work or at play.

It's being mentally and physically fit so that every day can be a personal best.

It's about taking charge of your life effortlessly and with confidence.

Where does Herbalife fit into this picture?

The worldwide obesity rate is climbing, stress and pollutants pervade the world, and with life more hectic than ever, healthy eating is increasingly becoming a challenge. That's where Herbalife comes in. In today's competitive marketplace, Herbalife has unique solutions that get results. We offer a simple approach to healthy living that has worked for millions of satisfied customers. Herbalife, a powerful wellness brand, delivers good health naturally. It becomes more than a state of mind, and more a part of who you are.

Healthy living. It's the cornerstone of well-being.

It's what Herbalife is all about.

l i f e



The Herbalife Legacy

From the beginning, Herbalife was on a mission to improve health and well-being by finding a nutritious way for people to live balanced, healthy lives. Founder Mark Hughes had a clear and straightforward vision: simplified nutrition with life-changing results. He revolutionized the weight-loss industry with cutting-edge products that combined the best of science and nature. His vision flourished and Herbalife grew one customer at a time. Today, Herbalife is available in 56 countries, and thanks to Mark, millions of people are living healthier, more fulfilling lives. Twenty-three years later, that commitment to simplified nutrition is alive and well, and Herbalife is bringing good health to more people than ever. It's what drives us forward as we set a course to become the premier weight-management and nutrition company in the world.

Healthy
giving

CAN YOU

IMAGINE A

LIFETIME OF

WELLNESS?

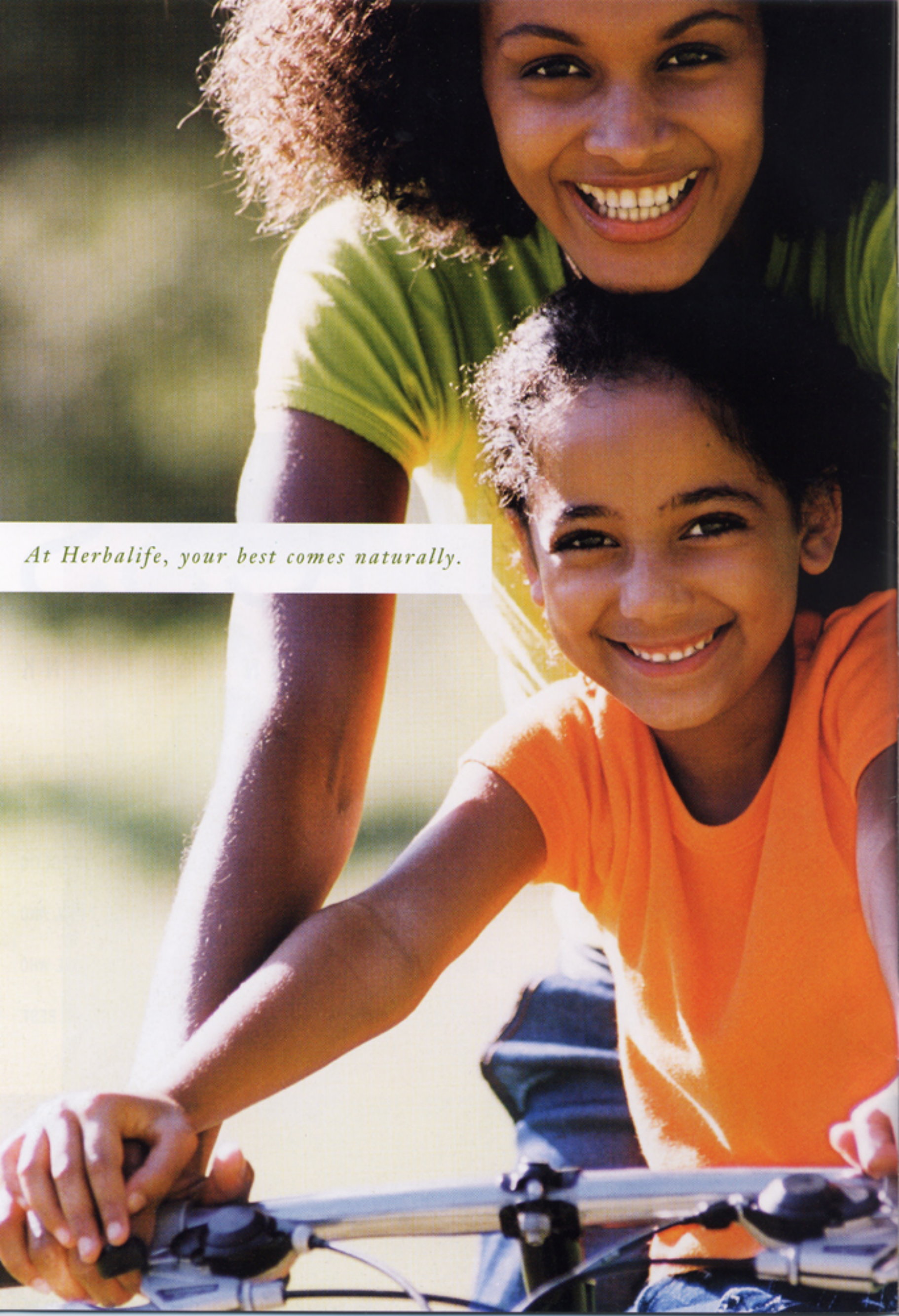




wellness

IT'S EASIER TO ACHIEVE THAN YOU THINK

HAVE YOU EVER SEEN A PICTURE OF WELLNESS? TAKE A LOOK AROUND YOU. IT'S THE WORKING MOM WITH ENERGY TO SPARE FOR HER CHILDREN AND ALL THEIR FUN GAMES. IT'S THE EXUBERANT FATHER WHO'S COACHING A LITTLE LEAGUE GAME AND IS AS FIT AS HIS PLAYERS! IT'S THE GRANDPARENTS WHOSE ENERGETIC LIFESTYLE INCLUDES TENNIS, BIKE RIDING, HIKING AND PLENTY OF ACTIVITY WITH THEIR GRANDCHILDREN. AND IT'S THE TEENAGER WHO IS AS FOCUSED ON HER MATH CLASS AS SHE IS ON HER APPEARANCE. IT'S EVERYONE WHO STRIVES TO BE HEALTHY AND SOUND, MENTALLY ACTIVE AND PHYSICALLY FIT SO THAT EVERY DAY IS A PERSONAL BEST.

A close-up, high-angle photograph of a woman and a young girl riding a bicycle. The woman, with curly hair and a bright smile, is wearing a green shirt and is positioned behind the girl, her hands on the handlebars. The girl, also smiling, is wearing an orange shirt and is in the driver's seat. The background is a soft-focus green field, suggesting a park or a rural area. The lighting is warm and natural, indicating it might be late afternoon or early morning.

At Herbalife, your best comes naturally.

PUT YOURSELF IN THE WELLNESS PICTURE

We believe that good health is more than a matter of chance. It's a decision you make when you want to live healthier, look younger, perform better, work smarter, play harder and help others do the same. No matter what your age, you can energize your life and put yourself in the wellness picture.



But getting healthy and maintaining good health can be confusing. Every day there are new and conflicting reports on what foods to eat and which ones to avoid or what supplements to take and which ones are harmful. How can you be sure that all your nutritional needs are being met when it seems like even the experts disagree?

With Herbalife, you can be sure. Herbalife is committed to providing simplified nutrition that helps you live up to your potential for an entire lifetime. Our innovative products have been researched, developed and formulated by scientists, doctors and nutritionists to provide advanced nutrition based on cutting-edge science, so all the hard work has been done for you.

Fortunately, it's never too early or too late to change your nutritional habits. And with all that life has to offer, there's no reason not to. Millions of people have successfully followed Herbalife's program for wellness. Let us show you how!



good health lasts a lifetime with cellular nutrition®

Each day, your system is challenged by factors that rob you of valuable nutrients, undermining your health, damaging your skin and making weight management a struggle. Some of these factors include stress, exposure to environmental pollutants, eating processed and convenience foods, and taking prescription or over-the-counter medication. When your body's nutritional needs are not met, imbalances occur, and health suffers in any number of ways, such as lowered vitality, a tendency to gain weight, aching joints, dull, dry skin and hair, and greater susceptibility to illness.

A COMPLEX PROBLEM MADE SIMPLE

It can be a daunting task to ensure you are getting the essential vitamins and minerals necessary for optimal health in the right balance every day. That's why Herbalife has made nutrition simple with our Cellular Nutrition® Program. This advanced Herbalife technology supplies the amino acids, vitamins, minerals and herbal factors your individual cells require to function optimally. Once your body's billions of cells are nourished in this way, all of your systems work better. You feel more energized, your metabolism improves, your skin glows, your hair shines and your body achieves a natural state of balance.

Whether you need to lose weight, gain muscle, want to increase energy, have softer, shinier hair or improve your quality of life, your body needs nutrients at the cellular level to deliver results. Cellular Nutrition®, the foundation of Herbalife's wellness philosophy, is designed to address these specific concerns. This exclusive system is the reason why people who use our weight-management, nutritional and personal-care products say they "feel" the Herbalife difference.



AS EASY AS ONE, TWO, THREE

CELLULAR NUTRITION® CONSISTS OF A CREAMY, DELICIOUSLY FILLING SHAKE (ENJOYED ONCE OR TWICE DAILY) AND TWO NUTRITIONAL SUPPLEMENT FORMULAS TAKEN WITH EACH MEAL—IT'S THAT SIMPLE!

1. THERMOJETICS® FORMULA 1 PROTEIN DRINK MIX (OR THERMOJETICS® GOLD HPLC SHAKE MIX). This frothy, scrumptious meal-replacement shake is packed with heart-healthy soy protein, vitamins and minerals, and comes in your choice of "can't-believe-it's-good-for-me" flavors including French Vanilla, Dutch Chocolate, Wild Berry, Tropical Fruit and Cookies 'n Cream.

2. THERMOJETICS® FORMULA 2 MULTIVITAMIN-MINERAL & HERBAL TABLETS. This multivitamin and mineral complex with herbs helps round out your intake of vital nutrients to support your body in dealing with the stresses of everyday living.*


THE HERBALIFE DIFFERENCE

Good nutrition doesn't have to be complicated. And you deserve the rewards cellular nourishment brings—a radiant complexion, energy to spare, simple weight management, silky, shiny hair, a smile on your face and the feeling of being on top of the world. Experience the "Herbalife difference" today with Cellular Nutrition®.

*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.

EVERYONE NEEDS CELLULAR NUTRITION®.
IT'S THAT IMPORTANT TO YOUR LONG-TERM GOOD HEALTH.



A large, clear glass is being filled with a thick, brown smoothie. A wooden spoon is visible inside the glass, stirring the mixture. The background is a soft, out-of-focus grey.

Healthier you in the New Year!



If your New Year's resolution is to lose weight, you're not alone. Each year, millions of Americans make the same promise to themselves. And each year millions fail for the same simple reason—they try dieting and diets don't work. In fact, research shows that dieting in the long run actually makes you fatter. That's because most diets starve the body of essential nutrients and slow down metabolism, making post-diet weight gain inevitable.

NOT A DIET, A WAY OF LIFE

Herbalife is different from other diets. Our Cellular Nutrition® formulas are designed to nourish your system at the cellular level so that your metabolism, and every organ of your body, functions better. That way, as you lose your excess weight, pound by pound, you increase your energy, improve your overall health, and look and feel better than ever.

THE PATH TO PERMANENT WEIGHT LOSS

Whether you need to lose 10 pounds or 110, Herbalife can help you reach and maintain your goal. Because we know that tastes and metabolisms vary, we offer two exceptional weight-loss programs both powered by Cellular Nutrition®.

WHICH PROGRAM IS RIGHT FOR YOU?

Herbalife's Thermojetics® Green Weight-Management Program offers a calorie-controlled solution to weight loss. It delivers balanced nutrition with carbohydrates for quick energy and enzymes for easy digestion. If you don't want to give up your favorite foods, and you want a variety of delicious shake flavors, Thermojetics® Green may be the right program for you.

Thermojetics® Gold HPLC Program offers a low-carbohydrate approach to weight loss. It lets you eat a range of delicious, specially formulated low-carb foods, including soups, shakes and protein bars, throughout the day, plus one low-carb meal. If you tend to be carbohydrate-sensitive and gain weight in your mid-section, Thermojetics® Gold may be your best choice.

STUBBORN FAT? NO PROBLEM!

As a leader in the weight-loss industry, Herbalife knows the challenges and obstacles weight-loss customers face. That's why, in addition to our Thermojetics® Green and Gold HPLC Programs, we've developed Total Control™—a revolutionary formula designed to help burn fat, block cravings and boost energy.* No matter how many diets you've tried, Total Control™ puts you in charge, helping you achieve weight-loss success easier than ever.*

SNACK ATTACK

Herbalife offers a delicious range of healthy low-carb options that can give you a between-meal boost without taking your weight loss off track. Choose from scrumptious Thermojetics® Gold HPLC Bars, in mouthwatering flavors like Chocolate Fudge and Peanut Butter. Or munch on a handful of Thermojetics® Gold HPLC Roasted Soy Nuts with Cardia® Salt to enjoy the same satisfying crunch of chips without the fat. These tasty snacks aren't just for losing weight—they're ideal for maintaining it, too. So consider them healthy treats for weight loss, weight maintenance and overall good nutrition.



Every New Year finds up to 40 percent of American adults unsuccessfully trying to lose weight. If you're one of them, now's the time to break free from the crowd, get out of the dieting rut and join the millions of happy customers who've achieved their weight-loss resolution and improved their health, thanks to Herbalife.



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Introducing

total control™

BURN FAT.* BLOCK CRAVINGS.* BOOST ENERGY.*

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ARE YOU ONE OF THOSE PEOPLE WHO GAIN
WEIGHT EVERY TIME YOU WALK PAST A BAKERY?
DO YOU SPEND MORE TIME COUNTING CALORIES
THAN COUNTING SHEEP? AND ARE YOU FILLED
WITH WORRY EACH TIME YOU WASH YOUR JEANS,
KNOWING THEY'LL BE TIGHTER THAN EVER?





If you've been on the diet treadmill for what seems like forever, now there's a way you can take control with Total Control™. This advanced non-ephedra formula from Herbalife is a revolutionary weight-loss supplement and one of the most effective products of its kind.* It contains an exclusive blend of herbs and nutrients, which work synergistically to reduce cravings, increase fat burning and boost energy levels.* The result is a single tablet you can count on.

BITTER FRUIT GIVES SWEET RESULTS

A key ingredient in Total Control™ is citrus aurantium—also called “bitter orange” or “zhi shi.” Scientists have discovered that the young citrus aurantium fruit contains a rare composition of active ingredients. These substances, which include

synephrine, increase the body's resting metabolic rate and encourage the release of stored fat for energy production.* What makes synephrine so unique is that it appears to increase thermogenesis without stimulating the central-nervous system.* As a result, it encourages the body to burn calories at a faster rate without creating a feeling of nervousness or “jitters.”*

THE SYNERGY OF TOTAL CONTROL™

In addition to citrus aurantium, Total Control™ tablets contain a variety of nutritional and botanical ingredients to support the weight-management process, including yerba maté, green-tea extract, dl-phenylalanine, cacao extract, coleus and damiana, plus free-radical-fighting quercetin.* These factors work synergistically to boost metabolism and fat burning at the cellular level, to reduce appetite and cravings and to support energy levels.*

Taking Total Control™ is as easy as it gets. All you need to do is take one supplement in the mid-morning and another in the mid-afternoon, and your body will receive the support it needs to burn fat, block cravings and feel more energetic.*

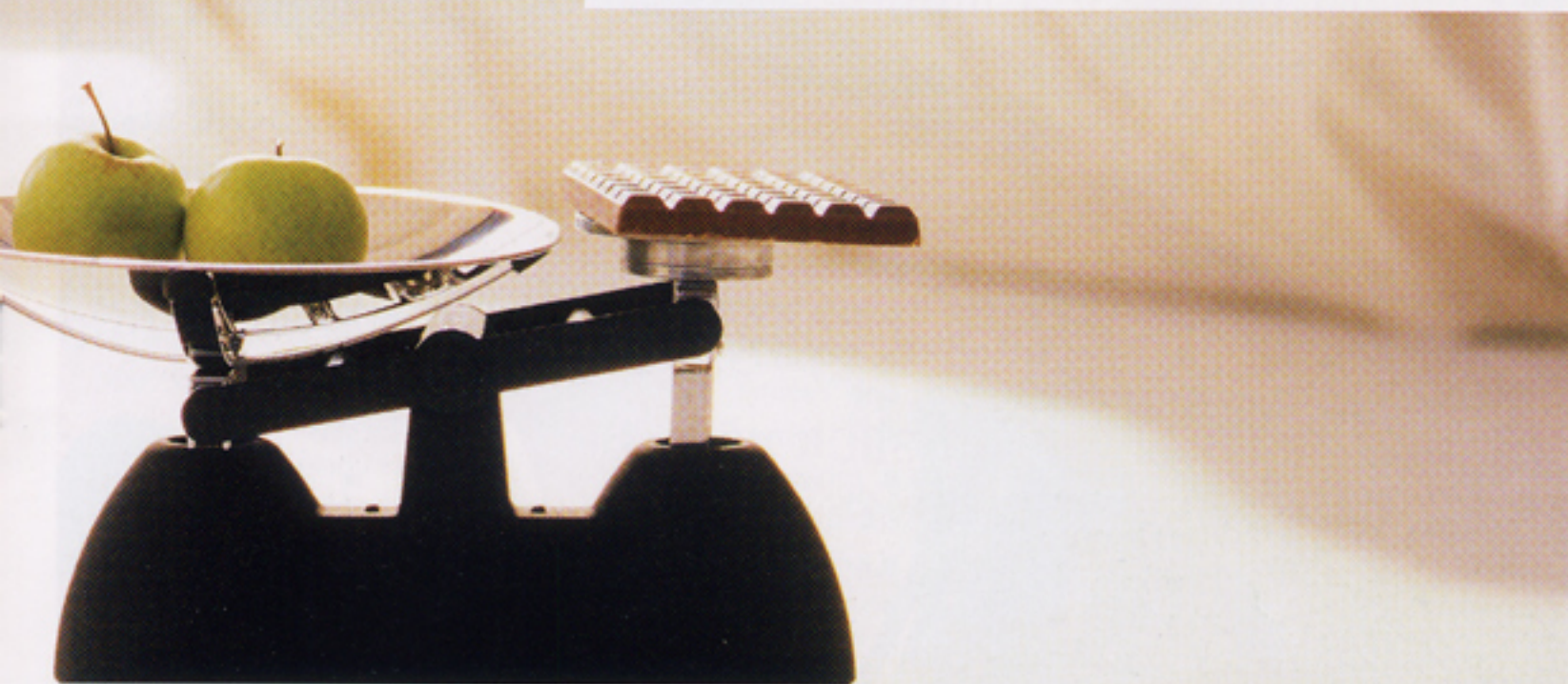
TOTAL CONTROL™ HELPS YOU TAKE CONTROL IN THREE WAYS:

1. **CONTROL FAT BURNING***
 - Citrus aurantium helps increase the body's resting metabolic rate and promote fat burning.*
 - Coleus signals the body to release fat from fat cells to be burned as fuel.*
 - Yerba maté and green tea both have a thermogenic effect in the body.*
 - Green tea also contains substances called catechins, which inhibit the body's fat-storing process.*
2. **CONTROL APPETITE***
 - Dl-phenylalanine (DLPA) is an amino acid, which acts on the brain and central-nervous system to promote a feeling of satiety and improve mood.*
 - Yerba maté, a popular South American tea, has appetite-suppressing properties.*
 - Damiana herb promotes appetite control by slowing the rate at which food passes out of the stomach, helping you feel full longer.*
3. **CONTROL ENERGY LEVELS***
 - Cacao (the plant from which chocolate is made) contains alkaloids that support the nervous system and increase energy.*
 - Green tea also boosts energy levels.*

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THIS REVOLUTIONARY PRODUCT TAKES THE STRUGGLE OUT OF LOSING WEIGHT.* ONE TABLET PUTS YOU IN TOTAL CONTROL.



Total Control™ takes the struggle out of weight loss by giving you the added support you need to win the battle of the bulge.* It simplifies nutrition and takes the frustration out of dieting once and for all. Take Total Control™ today and finally take control of your weight-loss destiny.*

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TOTAL CONTROL™

#0077

\$32.95 (90 tablets)

TOTAL CONTROL SAMPLE PACKETS

(four tablets to a foil packet,
20 packets in a box)

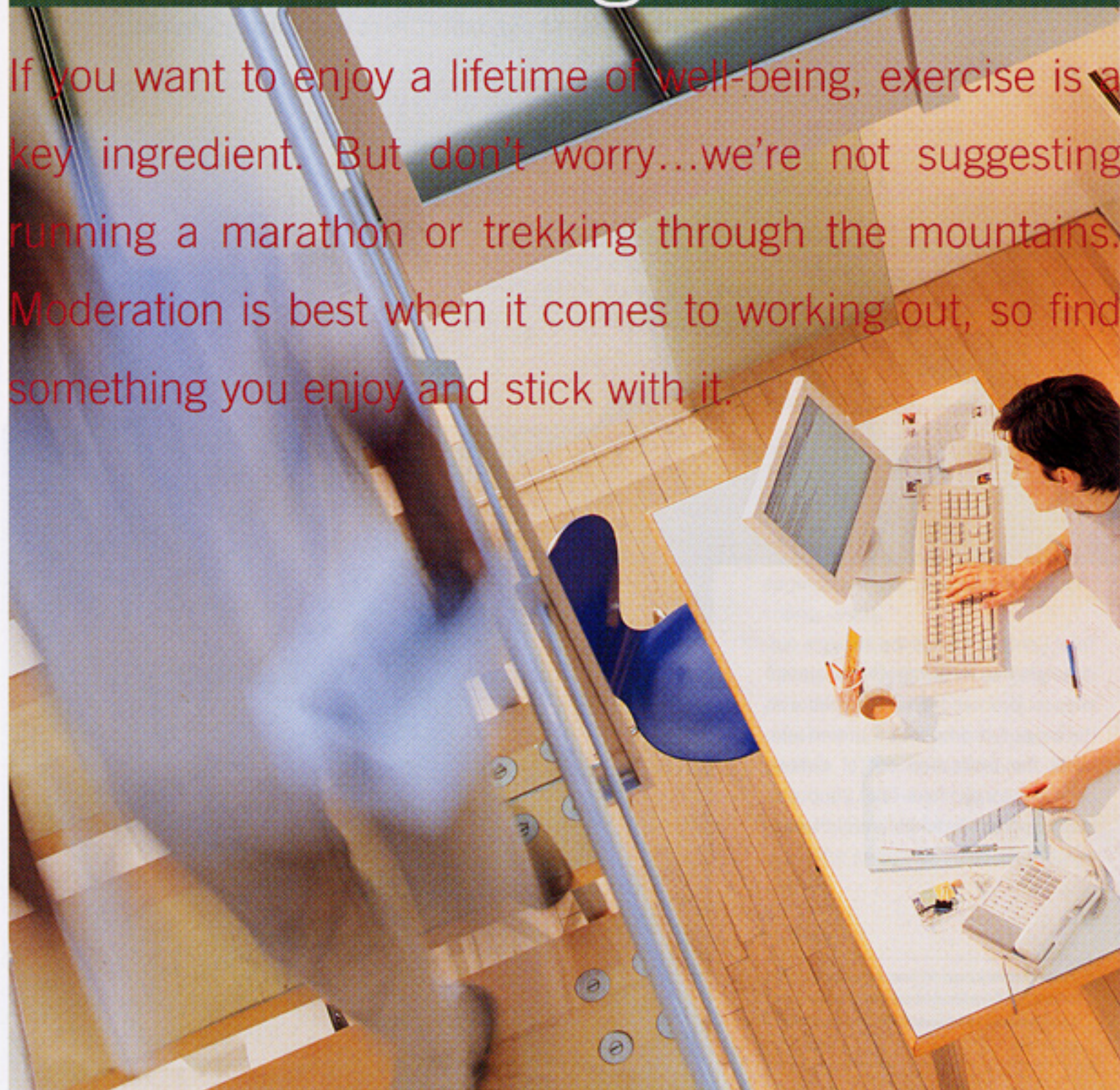
#0076

\$37.95

exercise

your right to
good health

If you want to enjoy a lifetime of well-being, exercise is a key ingredient. But don't worry...we're not suggesting running a marathon or trekking through the mountains. Moderation is best when it comes to working out, so find something you enjoy and stick with it.





THINK LONG TERM

Whatever age you are, moderate exercise can only increase your physical well-being. It builds and strengthens muscles, improves skeletal density (helping to keep osteoporosis at bay), gets your heart pumping and oxygenates the body, helps reduce plaque buildup in arteries, uses up stored fat, reduces body weight and many more incredible benefits. Your commitment to an active lifestyle is the best way to avoid a diminished quality of life as you grow older. On top of all this, exercise is fun. You can meet new people, discover talents you never knew you had and smile while doing it!

GETTING STARTED

The most difficult part of beginning an exercise routine is getting started! Once you've found an exercise that's comfortable and fun for you, it will be easy to follow a routine and make it a regular part of your life. If you have never exercised or it's been years since you laced up your running shoes, it's recommended that you

consult your doctor to determine what type of fitness routine will benefit you most based on your age, weight and current health. Once you have that figured out, it's time to get moving.

Ease into an exercise program, especially if you have been inactive. Start with short periods of about five to 10 minutes twice a week. Then build up slowly by adding no more than a few minutes each week. When you feel ready to move on, increase your workouts to 15 to 30 minutes, three or four times a week.

Whether you decide to join a health club and take up weight training, try a yoga class or just go for a walk in the park, regular exercise can help you stay young and age young. And there's no easier way to enhance your workout than with Herbalife's Sports, Fitness and Energy Program. This program includes a wide range of body-conditioning formulations designed to help you stay in peak condition so you can enjoy an active lifestyle today and for years to come. From energy boosters to muscle builders, joint support to stamina improvement, it's all



here in one easy-to-follow program—Herbalife's Sports, Fitness & Energy Program, that is. For added convenience, we've created the Active-Body Program and Athlete's Program. Designed for the extra demands active people and athletes put on their bodies, these two programs will help you gain the competitive edge—in daily life and on the playing field.

HERE ARE SOME WAYS TO GET ACTIVE ON A DAILY BASIS:

- Use stairs instead of elevators or escalators.
- Walk over to a colleague's desk instead of calling or e-mailing.
- Enjoy a walk during work breaks.
- Park at the end of the parking lot and walk in.
- Avoid drive-through windows.
- Get up to change the television—the remote only exercises your thumbs!
- Garden—it is not only physical activity but it also nurtures the soul.
- Rake the leaves or mow the lawn.
- Play with your children.
- Play with your dog and take him/her for frequent walks.
- Take dancing lessons and do it regularly.
- Clean the house.

A close-up photograph of a soybean plant. The image shows several green, serrated leaves in the background and foreground. In the center, a soybean pod is visible, partially open, revealing the seeds inside. The lighting is soft, highlighting the textures of the leaves and the pod.

soy power

The humble soybean boasts some extraordinary benefits for heart health and overall wellness. Increasingly, health conscious people are choosing to incorporate soy products, such as soymilk, soy protein shakes, soy burgers and tofu, into their daily diets. In 1999, the Food and Drug Administration (FDA) approved a dietary health claim for soy foods, recommending an average daily intake of 25 grams of soy protein, with soy isoflavones, in addition to a low-fat, low-cholesterol diet, to reduce the risk of heart disease. This final rule is based on the FDA's conclusion, following its review of human clinical trials, that foods containing soy protein included in a diet low in saturated fat and cholesterol may reduce the risk of cardiac-heart disease by lowering blood cholesterol levels.



Soy health highlights

- Soy protein and soy isoflavones have been shown to promote healthy cholesterol that is already within normal range.
- Soy isoflavones help the body regulate estrogen levels, which may help alleviate many of the symptoms associated with menopause and PMS.
- Soy protein enhances the body's ability to retain and better absorb calcium into the bones. Soy isoflavones help by slowing bone loss and inhibiting bone breakdown.

THE WISDOM OF THE FAR EAST

Although eating soy products is relatively new to the U.S., in Asian cultures dietary soy has been a way of life for centuries. It's significant that the incidence of cardiovascular disease in such cultures is much lower than in America.

One of the ways that soy seems to promote heart health is thanks to its high content of isoflavones. These plant factors appear to exert an estrogen-like effect on the body and have antioxidant properties. Estrogen itself, in pre-menopausal women, has been found to improve the flexibility of arteries, reduce the buildup of cholesterol-rich plaque in blood vessels and help prevent damage to artery walls. Experts believe that soy isoflavones may have a similar influence.

MMMM! IT'S SOY GOOD

If you think soy probably doesn't taste very good simply because it's good for you—think again! This super bean can turn into just about any flavor, so it's not only healthy, it's versatile too.

For more than 23 years, Herbalife has been formulating products loaded with soy protein. So if you want to get your recommended 25 grams of soy protein a day, Herbalife can help you do just that—deliciously.

We have a wide range of great-tasting soy-based products including Thermojetics® Formula 1 Protein Drink and Thermojetics® HPLC Shake available in luscious flavors such as

French Vanilla and Dutch Chocolate. Love smoothies? Make one loaded with soy by using any of Herbalife's shakes. What about a seasonal treat such as an eggnog delight? You can do that too simply by using Thermojetics® Formula 1 Protein Drink or Thermojetics® Gold HPLC Shake as a base.

Check out our other soy-rich selections including Thermojetics® Performance Protein Powder, Bulk & Muscle Formula Protein Drink, Thermojetics® Gold HPLC Roasted Soy Nuts with Cardia® Salt, Thermojetics® Gold HPLC Bars and Thermojetics® Gold HPLC Soup Mix.

For soy products that are good for you and good tasting, turn to the soy expert—Herbalife.



worry less

relax more

conquer stress

STRESS MAY BE A PART OF YOUR DAILY LIFE. BUT YOU DON'T HAVE TO FEEL OVERWHELMED BY IT. THERE ARE NATURAL WAYS TO HANDLE LIFE'S DEMANDS SO THAT YOU CAN JUGGLE WORK, FAMILY AND FRIENDS WITHOUT LOSING YOURSELF AND FEELING OUT OF CONTROL.

A NEW APPROACH TO EASING YOUR TENSION CAN BE FOUND IN NATURAL ANXIETY-RELIEVING ALTERNATIVES, SUCH AS HERBALIFE'S **RELAX NOW**. PACKING A POTENT COMBINATION OF SPECIALLY FORMULATED HERBS AND BOTANICALS, JUST ONE TABLET HELPS SOOTHE YOUR NERVES, REJUVENATE YOUR SPIRITS AND IMPART A FEELING OF EASE.* ALL-NATURAL AND NON-ADDICTIVE, THIS HERBAL RELAXER CAN HELP DECREASE ANXIETY WITHOUT HAMPERING ENERGY SO THAT YOU CAN TAKE ON LIFE'S CHALLENGES WITHOUT STRESSING OUT.*





ENJOY STRESS-FREE BENEFITS EVERY DAY

These are only a few of the many reasons to enjoy Relax Now.

- Contains the proven power of three key herbs.
- Helps you effectively cope with life's daily stresses.*
- Enhances your sense of peace and well-being.*
- Naturally helps counteract emotional strain and irritability.
- Clears your mind and increases your energy.*
- Makes stress-eating a thing of the past.
- Is non-addictive and safe for every day use.



AMAZING HERBS PROTECT YOU NATURALLY

In Relax Now, the synergistic strength of three key herbs, Jujube Seeds, Passionflower and Ashwagandha, packs a powerful punch against emotional ups and downs, nervous exhaustion and sleep difficulties.

Jujube Seeds, also called "Suan Zao Ren" or "sour-date," have an honored history in traditional Chinese medicine of defeating irritability.* Commonly used in herbal formulas, they deepen and prolong the product's beneficial effects. Additionally, they fortify you with vitamin C, a powerful antioxidant that helps protect you from the damaging effects of free radicals.*

Passionflower, high in niacin (B3), imparts calming properties without fatigue or drowsiness.*

Ashwagandha, known as the wonder herb of India, enjoys a more than 2,000-year reputation in Ayurvedic medicine. Highly regarded for its ability to counteract nervousness, it may also help strengthen the immune system.*

Together, Jujube Seed's mild sedative qualities, Passionflower's alkaloid- and flavonoid-rich calming properties, and Ashwagandha's endurance-enhancing characteristics work

Now

naturally, safely and effectively to ensure that you get the upper hand on stress every day.*

GET A HEALTHIER LOOK ON LIFE

Emotional strain often results in unhealthy habits that can pull you down. Now you can pick yourself up naturally

and safely. With Relax Now, Herbalife continues its tradition of packaging the wisdom of centuries-old traditions of Chinese and Ayurvedic medicines into its extensive line of wellness products dedicated to making your life healthier inside and out.

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RELAX NOW

#0055

\$13.95 (30 tablets)



DAILY HEALTH PROMOTER

THE *JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION* RECENTLY PUBLISHED AN ARTICLE RECOMMENDING THAT ALL ADULTS TAKE A DAILY MULTIVITAMIN. SCIENTISTS HAVE FOUND THAT A LARGE PORTION OF THE GENERAL POPULATION HAS LESS THAN OPTIMAL INTAKES OF VITAMINS, EXPOSING THEM TO AN INCREASED RISK OF HEALTH CONSEQUENCES.

*THERMOJETICS® FORMULA 2 MULTIVITAMIN-MINERAL AND HERBAL TABLETS

BERRY GOOD NEWS

Ginseng berries may hold the key to wellness for obese Americans who suffer from poor health, find scientists and researchers at the University of Chicago. An extract made from its pulp helped maintain healthy blood sugar and cholesterol levels in laboratory mice. Plus, when given the extract, the mice ate 15 percent less and exercised 35 percent more.

*MEGA GINSENG BLEND

ROSEMARY: THE SPICE OF LIFE

This long-valued culinary herb provides amazing antioxidant power. According to research published in the September 2001 issue of *Journal of Food Protection*, rosemary emerged as having the highest antioxidant effect over a variety of other spices.

*ROSEOX™



FATTY FISH FINDINGS

It seems omega-3 fatty acids do much more than just support the proper functioning of the heart. In a study lead by Dr. Roberto Marchioli of Consorzio Mario Negri Sud in Italy, fish-oil supplements were found to help prevent the risk of sudden cardiac death after a heart attack. But even those with healthy hearts are said to benefit from fish-oil supplements.

*HERBALIFELINE®



*RECOMMENDED HERBALIFE PRODUCT

GOOD FOR YOUR SKIN, TOO

In addition to its restorative benefits for arthritis, glucosamine also aids in the production of collagen and the formation of connective tissue.

***JOINT SUPPORT-GLUCOSAMINE WITH HERBS AND SKIN ACTIVATOR™ DAILY REPLENISHING CREAM**

THE BETTER TO "C" YOU WITH

With daily supplementation of vitamin C, women aged 53 to 73 experienced a 60% less chance of developing cataracts, finds a study published in the March 2002 issue of the *American Journal of Clinical Nutrition*. And if that isn't reason enough to get your "C", think about this: vitamin C also promotes an increase in collagen, which helps your skin appear firmer, smoother and younger.

***EXTREME C, RADIANT C™ DAILY SKIN BOOSTER AND FACE QUENCHER**

GIMME SOME GARLIC

Garlic is good for our immune systems and keeps our hearts healthy. In the January 2002 issue of the *Journal of Leukemia*, a constituent of garlic was shown to cause leukemic cells to spontaneously destruct, a process doctors refer to as apoptosis.

***MEGA GARLIC PLUS**



PROTECT THOSE BABY BLUES

Antioxidants already do so much for our bodies. And now they're found to provide incredible support to our eyesight. In the October 2001 issue of *Archives of Ophthalmology*, a vitamin-antioxidant preparation was shown to reduce the likelihood of blindness for those with established macular degeneration by a whopping 25%.

***OCULAR DEFENSE FORMULA**

TEA TIME

According to the *American Journal of Clinical Nutrition*, a 1999 study found that people who consumed green tea burned more calories than those who consumed other caffeinated drinks.

***THERMOJETICS® HERBAL CONCENTRATE**



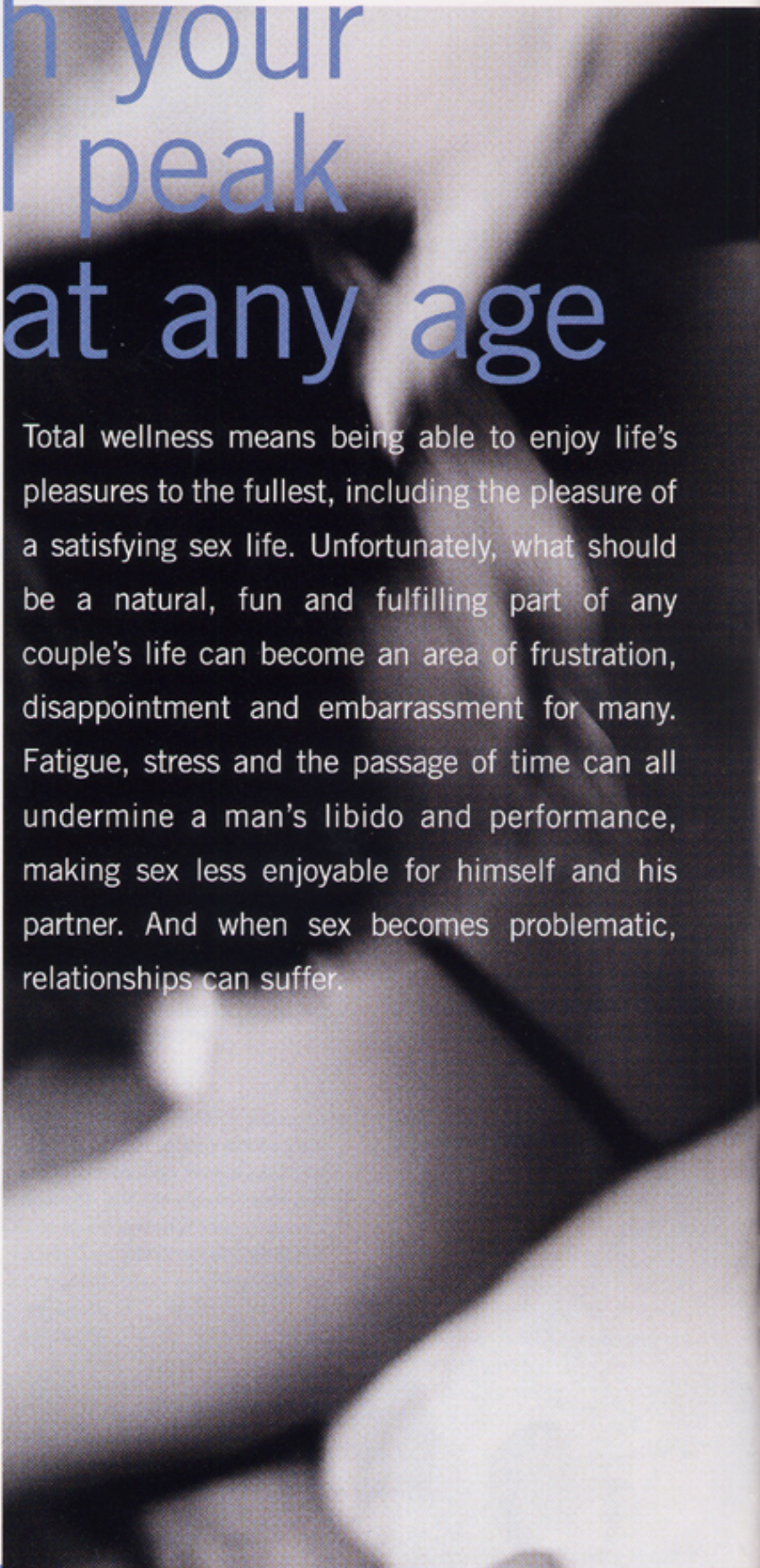
NOT JUST FOR LANDSCAPING

Black cohosh is a beautiful flowering plant with enough benefits to make menopausal women very happy (and more comfortable). In the March 2002 issue of the *Journal of Women's Health and Gender-Based Medicine*, a study found black cohosh to be useful in relieving menopausal symptoms such as hot flashes, mood swings, night sweats and insomnia.

***WOMAN'S CHOICE AND NATURE'S BALANCE CREAM**

***RECOMMENDED HERBALIFE PRODUCT**

Reach your sexual peak at any age



THE NATURAL SOLUTION FOR BETTER SEX

To help men of all ages, and their partners, enjoy a more fulfilling sexual experience, Herbalife has developed Prelox™ Blue. This safe formula helps men achieve and maintain an erection more easily.* Prelox™ Blue also enhances libido, taking the effort out of "getting in the mood," allowing couples to make love more often, for longer and with greater satisfaction.*

A DYNAMIC DUO OF NUTRIENTS

Prelox™ Blue's patent-pending formula is the result of exciting research into two key ingredients that can enhance male sexual response—L-arginine aspartate, an amino acid, and Pycnogenol®, a powerful antioxidant.* Studies confirm that these nutrients support blood-vessel health and blood flow to the genitals, promoting stronger, longer-lasting erections.*

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Total wellness means being able to enjoy life's pleasures to the fullest, including the pleasure of a satisfying sex life. Unfortunately, what should be a natural, fun and fulfilling part of any couple's life can become an area of frustration, disappointment and embarrassment for many. Fatigue, stress and the passage of time can all undermine a man's libido and performance, making sex less enjoyable for himself and his partner. And when sex becomes problematic, relationships can suffer.



Highlights of Prelox™ Blue include:

- Helps men achieve and maintain an erection more easily.*
- Improves sexual responsiveness and drive.*
- Naturally supports blood flow to the sexual organs.*
- Quickly absorbed into the bloodstream.
- Supports circulation and cardiovascular health.*
- Drug-free, non-addictive formula is safe.
- Can be used daily by men of all ages.

THE UPS WITHOUT THE DOWNS

Unlike drugs for sexual enhancement, which offer short-lived benefits, are expensive and may have dangerous side effects, Prelox™ Blue is safe and affordable. Also, Prelox™ Blue boasts some considerable benefits for overall health. The L-arginine in Prelox™ Blue has been shown to stimulate the release of a substance known as growth hormone, which in turn increases muscle mass, reduces body fat and enhances stamina.* L-arginine also plays a role in the healthy functioning of the cardiovascular system.* Prelox™ Blue's second ingredient, patented Pycnogenol®, is one of the most powerful antioxidants known to humans. It helps promote healthy circulation and combats the ill effects of free radicals that can play a role in aging and degeneration.*

OPTIMAL NUTRITIONAL
SUPPORT FOR MEN

Because the effects of Prelox™ Blue are cumulative, the benefits may continue to increase over a period of several months. To maximize the benefits of Prelox™ Blue, the formula should be used with Herbalife's Optimum Performance™ and Male Factor 1000®. This powerful trio gives men the nutritional support they need for all-around peak performance.*

Some say a man is at his sexual prime during his early twenties. Now, thanks to Prelox™ Blue, sexual prime no longer has an age limit. Order your supplies of Prelox™ Blue today and take sexual wellness to a whole new level!



PRELOX™ BLUE

#0039

\$49.95 (60 tablets)

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.

maximizing healthy

Skin

No matter what your age, you can look healthier and younger with good nutrition from the inside out. Research has shown that by taking positive steps toward improving what you eat and how you look and think, you can help your body look younger for a longer period of time.



BEAUTY IS MORE THAN SKIN DEEP

While wellness begins on the inside by nourishing your cells with the proper balance of vitamins, minerals and nutrients, it's also an essential component on the outside of the body. A glowing, radiant face, shiny, bouncy hair and silky, smooth skin are all representations of total wellness. That's why the products you put on the outside of your body should be as nourishing as the ones you take internally.

Herbalife has carefully examined the link between Inner and Outer Nutrition®, and as a result, we've created an entire line of products aimed at delivering good nutrition. The end result: your body is nourished from the inside out. What exactly does that mean? With Herbalife, you'll find more than superficial beauty, you'll find products that help you look as good as you feel.

HELPING REDUCE THE SIGNS OF AGING

One of the best ways you can restore and protect your skin from damaging elements is by using Herbalife's Skin Activator™ Daily Replenishing Cream. This powerful formula helps boost collagen production and works to nourish the skin on your face, and helps increase levels of moisture and suppleness. In the end, not only does Skin Activator™ help your skin look and feel better, it can also help reduce the signs of aging. In fact, over time, you'll see fine lines and wrinkles diminish.

SEEING IS BELIEVING

Thousands of people around the world have reaped the benefits of Skin Activator™—Herbalife's number-one-selling Outer Nutrition® product. They've used this advanced face cream to help diminish fine lines and wrinkles, and to help give their skin a more youthful appearance.

"I finally feel beautiful again," says Emily Roamer. "For years I suffered the consequences of chicken pox, hiding the scars behind make-up. Skin Activator™ has helped improve the way I look and feel about my skin, and now I have the confidence to show my face again."

SKIN CARE FOR MEN AND WOMEN

Whether you're a man or woman, Skin Activator™ can help give your skin a more youthful appearance and help you reduce the signs of aging before it begins or after it's well underway.

"A friend I hadn't seen in several weeks didn't recognize me because he thought I looked too young," says Scott Brown. "So many people have said the same thing. Now they're using Skin Activator™ and looking and feeling younger, too!"

Your skin protects your body from toxins. By using Skin Activator™ Daily Replenishing Cream, not only do you support skin health, you can help slow the passage of time and help reduce the signs of aging to help keep you young beyond your years.

The power of skin-boosting botanicals

Skin Activator™ is formulated with glucosamine, almond oil and green-tea antioxidants, which work together to revitalize your skin. In fact, independent clinical studies of the glucosamine complex in Skin Activator™ have shown that when used regularly for four weeks, you'll experience:

33% reduction in the appearance of fine lines and wrinkles after four weeks, 57% after 12 weeks.

13% improvement in skin firmness after four weeks, 55% after 12 weeks.

Improvement in skin-surface texture of 34% in four weeks, 45% in 12 weeks.

