

# Herbalife Programmes

## Basic

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** Removes waste & toxins, adds fibre

## Core

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** removes waste & toxins, adds fibre

**1 x F2 Multivitamin** assists with cell volume and replaces lost minerals

## Basic + F3

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** removes waste & toxins, adds fibre

**1x F3 Personalised Protein Powder** meets your daily protein needs

## Quick Start

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** removes waste & toxins, adds fibre

**1 x F2 Multivitamin** assists with cell volume and replaces lost minerals

**1x F3 Personalised Protein Powder** meets your daily protein needs

## Advanced Max

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** removes waste & toxins, adds fibre

**1 x F2 Multivitamin** assists with cell volume and replaces lost minerals

**1x F3 Personalised Protein Powder** meets your daily protein needs

**1x 100g Thermojetics** boosts metabolism, energy, supports weight loss

## Advanced Mini

### 1 x F1 Nutritional Shake

Feeds your body in perfect balance

### 1 x Fibre & Herb

**Supplement** removes waste & toxins, adds fibre

**1 x F2 Multivitamin** assists with cell volume and replaces lost minerals

**1x F3 Personalised Protein Powder** meets your daily protein needs

**1x 50g Thermojetics** boosts metabolism, energy, supports weight loss

## Enhancers

**Choose any program**

**Add Thermojetics** to speed up cm loss

**Add Thermo Complete** to burn fat

**Add Herbal Complex** to reduce water retention & cellulite

**Add Lipobond** to “catch” new fat – also know as “cheaters delight”

**F1 Nutritional Shake** is available in the following flavours: *Vanilla, Strawberry, Tropical Fruit, Chocolate or Cookies & Cream* – please specify your flavor when ordering.

For more information regarding pricing & product info, please contact **Danita Nortje** via email [danita@shapelife.co.za](mailto:danita@shapelife.co.za)

*Our Herbalife products are not intended to treat, diagnose, cure or prevent any illness. Always consult your doctor for treatment of diseases. If you have been diagnosed with any condition or taking prescribed medication, it is important for you to have a discussion with your healthcare qualified before making any significant changes to your diet or lifestyle, including the use of any supplements or any meal replacement products.*