

# Customer Care Package

## **Includes:**

Weight Loss Instructions  
Weight Maintenance/Gain Instructions  
The Importance of Water  
Weight & Measurement Record  
Symptoms to Expect When You Improve Your Diet  
Health Survey  
Product / Key Benefit Guide  
Shake, Pie, and Bar Recipes  
Referral Program

# Ultimate Program Weight Loss Instructions

Listen to "How to Take the Products" call: Dial **1-800-440-TRIM** + Current Code from Coach

**Remember:** Drink 8-10 glasses of water a day or ½ your body weight in ounces. Example: 200 lbs. = 100 oz. of water a day.

## Breakfast:

- ❑ 1 **Formula 1 Shake** (2 tbsp. Formula 1 in 8 oz. soy milk)
- ❑ 1 **Formula 2 Multivitamin**
- ❑ 1 **Cell Activator® (120 tab bottles) or 1 (60 tab bottles) ++**
- ❑ 1 **Cell-U-Loss®**
- ❑ 1 **Total Control®**
- ❑ 1 **Aminogen®**
- ❑ 1 **Thermo-Bond®**

## Mid-Morning:

- ❑ Glass of Herbal Concentrate+

## Lunch:

- ❑ 1 **Formula 1 Shake** (2 tbsp. Formula #1 in 8 oz. soy milk or water or almond milk)
- ❑ 1 **Formula 2 Multivitamin**
- ❑ 1 **Cell Activator® (120 tab bottles) or 0 (60 tab bottles) ++**
- ❑ 1 **Cell-U-Loss®**
- ❑ 1 **Total Control®**
- ❑ 1 **Aminogen®**
- ❑ 1 **Thermo-Bond®**
- ❑ **Herbal Concentrate** – You should have had 3-4 glasses by this time. +

## Mid-Afternoon:

- ❑ Glass of Herbal Concentrate+

## Dinner:

- ❑ Eat a colorful meal with at least 6 oz of soy or other lean protein.
- ❑ 1 **Formula 2 Multivitamin**
- ❑ 1 **Cell Activator® (120 tab & 60 tab bottles) ++**
- ❑ 1 **Cell-U-Loss®**
- ❑ 1 **Total Control®** (Take w/afternoon snack if caffeine sensitive)
- ❑ 1 **Aminogen®**
- ❑ 1 **Thermo-Bond®** or up to 3 with fatty foods

## Evening:

- ❑ 2 **Snack Defense™** (1 to 2 hours after dinner)

# What These Products Do For You

**Formula 1 Nutritional Shake Mix:** A nutritious shake for good health and weight management. Seven delicious flavors. Up to 20 essential vitamins and minerals, plus health-enhancing herbs. Nine grams of soy protein and a healthy source of fiber.

**Formula 2 Multivitamin Complex:** Essential nutrients and antioxidants for long-term good health and vitality. Helps maintain the health of bones, skin, hair and the immune system. Supports healthy weight management.

**Cell Activator®:** For improved nutrient absorption and energy production. Supports the assimilation and absorption of essential nutrients. Enhances overall vitality and well-being. Optimizes cellular energy production. ++ Recently enhanced so you need only take 2 tabs/day for bottles with 60 tabs where 4/day recommended for bottles with 120 tabs.

**Herbal Concentrate:** An uplifting drink for vitality and weight management. Includes the health benefits of green tea and select herbs. A choice of four refreshing flavors: Original, Lemon, Peach and Raspberry. Enjoy hot or cold. Promotes weight loss.

**Total Control®:** A powerful herbal enhancer for more effective weight loss. Boosts metabolism to help burn fat. Builds energy and soothes digestion. Promotes weight loss.

**Cell-U-Loss®:** A supplement to help reduce fluid accumulation in the body. A vitamin, mineral and herbal blend to help reduce fluid accumulation. Helps to improve the skin's appearance especially when dieting.

**Snack Defense®:** A weight-management supplement to control the urge to snack.

**Aminogen®:** Patented ingredients and select enzymes help break down proteins into amino acids and reduce bloating caused by incomplete protein digestion.

**Thermo-Bond®:** Support for weight loss while on a calorie-controlled diet.

**Do not skip meals - Be consistent with tablet usage. You CAN drink Herbal Concentrate all day long!**

+To make Herbal Concentrate: Mix 1 to 1½ tsp. per quart of cold water and sweeten with any non-caloric sweetener to taste. Sip (do not gulp) throughout the day.

# Weight Maintenance/Gain Instructions

*To Maintain or Gain Weight*

<b>PRODUCT</b>	<b>TO MAINTAIN WEIGHT</b>	<b>TO GAIN WEIGHT</b>
<b>Formula 1 Shake</b>	1 x daily (typically breakfast)	1 (3x) daily AFTER each meal
<b>Formula 2 Multivitamin</b>	1 (3x) daily with meals	1 (3x) daily with meals
<b>Cell Activator®</b>	1 (3x) daily with meals (120 tab bottles) 1 (2x) daily with meals (60 tab bottles)	1 (3x) daily with meals (120 tab bottles) 1 (2x) daily with meals (60 tab bottles)
<b>Herbal Concentrate</b>	Anytime for energy & appetite control. Recommended all day long.	NRG tea is recommended in place of Herbal Concentrate. Recommended all day long
<b>Total Control®</b>	Optional for appetite control & energy. 1 (3x) daily with meals	Optional for energy. 1 (3x) daily with meals or as needed
<b>Cell-U-Loss®</b>	1 (3x) daily with meals	1 (3x) daily with meals
<b>Aminogen®</b>	1 (3x) daily with meals	1 (3x) daily with meals
<b>Thermo-Bond®</b>	1 (3x) daily with meals or up to 3 with fatty foods	1 (3x) daily with meals or up to 3 with fatty foods
<b>Snack Defense®</b>	2 at bedtime	Not recommended

**Note:** For weight gain, you may also choose to have your 3 shakes in between your 3 meals. The most important thing to remember is to have 3 shakes per day in addition to your 3 meals per day.

The products recommended above are only the foundation of your Weight Maintenance/Gain Program. Contact your coach for other recommendations using additional targeted products for your specific needs.

# The Importance of Water

By: Donald S. Robertson, M.D. and Carol Robertson

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off.

Water suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase while an increase in water intake can actually reduce fat deposits.

Here's why – The kidneys cannot function properly without enough water. When they do not work to capacity, some of the load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it cannot work at full throttle. As a result, it metabolizes less fat: more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cells). This shows up as swollen feet, hands, and legs. Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give your body what it needs – plenty of water. Only then will stored water be released.

Water helps maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps prevent the sagging skin that usually follows weight loss.

Water helps rid the body of waste. During weight loss the body needs a lot more water to get rid of all that metabolized fat.

How much water is enough? On the average, a person should drink eight (8-oz.) glasses every day. However the overweight person needs an additional glass for every 25 lbs. of excess weight. To utilize water most efficiently during weight loss, follow this schedule:

Morning: One quart over a four hour period.

Noon-Late Afternoon: One quart over a four hour period.

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**Another rule of thumb: Drink ½ your body weight in ounces or at least one glass per hour until early evening. Example: 200 lbs. = 100 oz. of water a day.**

*Please give your body what it needs to shed stored fat....WATER!!!*

# Weight & Measurement Record

With the Herbalife Weight Management program, you will be losing both pounds and inches.  
Please weigh, measure, and take a “before” picture. ☺

Note: Always weigh and measure in the morning on specified days only.

Call your coach on your scheduled dates.

**To order/reorder products contact your coach:**  
Phone Number  
Shopping Cart Website

Date	Day #	Weight	Chest	Waist	Hips	Thigh	Comments
	Day 1						
	Day 3						
	Day 7						
	Day 13						Who has noticed your weight loss?
	Day 22						Reorder shake & ask about discount!
	Day 29						
	Day 35						
	Day 45						
	Day 52						
	Day 60						
	<b>TOTALS</b>						

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# What Symptoms To Expect When You Improve Your Diet

By Dr. Stanley S. Bass, N.D., D.C., Ph.D.

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes, which follow the beginning of a better program.

A better nutritional program is the introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc.

Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues, which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior, which it uses to make the newer and healthier tissues.

What are the symptoms or signs, which become evident when we first begin to omit the lower grade foods and instead introduce superior foods? When the use of a toxic is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of toxins, which are transported by the bloodstream during its many bodily rounds. Before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain or headache. Usually, within three days the symptoms disappear and we feel stronger due to the recuperation which follows.

As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing." The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues.

People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to a doctor not familiar with this aspect of nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They don't understand that the body is "retracing." The skin is getting more alive and active. These toxins being discarded are saving you from more serious disease, which will result if you keep them in your body too much longer. Possibility: hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, or even cancer. With some, colds may occur, or even fever. **THIS IS NATURE'S WAY OF HOUSE CLEANING.** Understand that those actions are constructive, even though unpleasant at the moment. **DON'T** try to stop these symptoms by the use of certain drugs. These symptoms are part of a cleansing process. These are not deficiency conditions or allergic reactions.

Symptoms may include: headaches at the beginning, fever and/or colds, skin breakouts, bowel sluggishness, occasional diarrhea, tiredness, nervousness, irritability, negativity, etc. Some people are not affected by the cleansing process at all ... if you are, BEAR WITH IT!

# Health Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Do you have a high speed Internet connection? \_\_\_\_\_ Yes \_\_\_\_\_ No

*The Health Survey is to help your Coach/Mentor guide you to product success. It is to be used in conjunction with the Product/Key Benefit Guide and not to be construed as prescriptive.*

1. What is your weight management goal? \_\_\_\_\_ Lose Weight \_\_\_\_\_ Gain Weight \_\_\_\_\_ Maintain Weight
2. If you checked Lose or Gain weight, how much weight? \_\_\_\_\_
3. What other programs / products have you tried in the past? \_\_\_\_\_
4. Why do you feel that these other program(s) did not work? \_\_\_\_\_
5. Do you eat three meals a day? \_\_\_\_\_ Yes \_\_\_\_\_ No
6. If no, which meal do you skip? \_\_\_\_\_
7. Do you have a problem with snacking? \_\_\_\_\_ Yes \_\_\_\_\_ No
8. If yes, at what time of the day or evening is it hardest to control? \_\_\_\_\_
9. What is your favorite snack? \_\_\_\_\_
10. Where do you carry most of your unwanted weight? \_\_\_\_\_
11. Do you eat out? \_\_\_\_\_ Yes \_\_\_\_\_ No
12. How often? \_\_\_\_\_
13. How many glasses of water do you drink daily? \_\_\_\_\_
14. Do you take vitamins or any type of dietary supplements? \_\_\_\_\_ Yes \_\_\_\_\_ No
15. Where is your energy level on a scale of 1 to 10? \_\_\_\_\_
16. Are you currently taking any prescription medications? \_\_\_\_\_ Yes \_\_\_\_\_ No
17. If yes, for what? \_\_\_\_\_

## Check the Key Benefits you would like to receive

<input type="checkbox"/> Absorption	<input type="checkbox"/> Energy Production	<input type="checkbox"/> Phytonutrient Benefits
<input type="checkbox"/> Allergens & Pollution Support	<input type="checkbox"/> Enhanced Blood Flow	<input type="checkbox"/> PMS Relief
<input type="checkbox"/> Antioxidant Support	<input type="checkbox"/> Eye Health	<input type="checkbox"/> Prostate Health
<input type="checkbox"/> Anxiety Relief	<input type="checkbox"/> Focus	<input type="checkbox"/> Protein Digestion
<input type="checkbox"/> Appetite Control	<input type="checkbox"/> Growth & Development	<input type="checkbox"/> Reduce Fluid Accumulation
<input type="checkbox"/> Assimilation of Essential Nutrients	<input type="checkbox"/> Hair Health	<input type="checkbox"/> Reduce Temptation to Overeat
<input type="checkbox"/> Blood Vessel Health	<input type="checkbox"/> Heart Health	<input type="checkbox"/> Relaxation
<input type="checkbox"/> Body Building	<input type="checkbox"/> Hormone Balance	<input type="checkbox"/> Restful Sleep
<input type="checkbox"/> Bone Health	<input type="checkbox"/> Hydration	<input type="checkbox"/> Sexual Responsiveness & Desire
<input type="checkbox"/> Calm Nerves	<input type="checkbox"/> Immune Support	<input type="checkbox"/> Skin Appearance
<input type="checkbox"/> Cardiovascular Health	<input type="checkbox"/> Joint Health	<input type="checkbox"/> Stamina
<input type="checkbox"/> Circulatory Health	<input type="checkbox"/> Lean Muscle Mass	<input type="checkbox"/> Stress Relief
<input type="checkbox"/> Cleansing of Internal System	<input type="checkbox"/> Lower Cholesterol	<input type="checkbox"/> Triglyceride Levels
<input type="checkbox"/> Concentration	<input type="checkbox"/> Male Sexual Enhancement	<input type="checkbox"/> Urinary Tract Health
<input type="checkbox"/> Control Fat Absorption	<input type="checkbox"/> Menopause & Perimenopause Support	<input type="checkbox"/> Vascular Health
<input type="checkbox"/> Digestive & Intestinal Health	<input type="checkbox"/> Mental Clarity	<input type="checkbox"/> Visual Acuity
<input type="checkbox"/> Electrolyte Support	<input type="checkbox"/> Metabolism Boost	<input type="checkbox"/> Vitality & Well Being
<input type="checkbox"/> Elimination	<input type="checkbox"/> Muscle Health	<input type="checkbox"/> Weight Management
<input type="checkbox"/> Endurance	<input type="checkbox"/> Overcome Occasional Irregularity	

# Product / Key Benefit Guide

**INNER NUTRITION:** Look up the Key Benefits you checked on your Health Survey and see the products that go with that Key Benefit.

*Key Benefit	Product
<b>Absorption</b>	Cell Activator®, 21 Day Herbal Cleanse, Xtra-Cal®, Tri-Shield®
<b>Allergens &amp; Pollution Support</b>	Schizandra Plus
<b>Antioxidant Support</b>	RoseOx®†, Schizandra Plus, Best Defense™, Core Complex, Tri-Shield®, H3O™, Formula 2, Garden 7®, Mega Garlic Plus, Ocular Defense, Ultimate Prostate Formula, Kindermins®, Kids Shakes, MultiVites
<b>Anxiety Relief</b>	Relax Now
<b>Appetite Control</b>	Snack Defense™, Protein Drink Mix (Snack), Soup Mix (Snack)
<b>Assimilation</b>	Cell Activator®, Aminogen®†
<b>Blood Vessel Health</b>	Niteworks®, Core Complex, Prelox® Blue
<b>Body Building</b>	Bulk & Muscle Formula
<b>Bone Health</b>	Xtra-Cal®, Formula 2
<b>Calm Nerves</b>	Relax Now, Tang Kuei Plus
<b>Cardiovascular Health</b>	Core Complex, Herbalifeline®, Mega Garlic Plus, Niteworks®, Tri-Shield®
<b>Circulatory Health</b>	Core Complex, Niteworks®, Prelox® Blue, Mega Garlic Plus
<b>Cleansing</b>	21 Day Herbal Cleanse, Herbal Aloe Drink
<b>Concentration</b>	Liftoff®
<b>Control Fat Absorption</b>	Thermo-Bond®
<b>Digestive &amp; Intestinal Health</b>	21 Day Herbal Cleanse, Florafiber, Herbal Aloe Drink, Herbal Aloe Powder, Activated Fiber Tablets, Active Fiber Complex, Aminogen®, Total Control®, Kindermins®, Kids Shakes, MultiVites
<b>Electrolyte Support</b>	H3O™
<b>Elimination</b>	Activated Fiber Tablets, Active Fiber Complex, Florafiber
<b>Endurance</b>	Male Factor 1000®
<b>Energy Production</b>	Herbal Concentrate (tea), Total Control®, NRG Tablets, NRG Tea, Niteworks®, Cell Activator®, Beverage Mix (Snack), H3O™
<b>Enhanced Blood Flow</b>	Core Complex, Niteworks®
<b>Eye Health</b>	Ocular Defense
<b>Focus</b>	Liftoff®
<b>Growth &amp; Development</b>	Kindermins®, Kids Shakes, MultiVites
<b>Hair Health</b>	Formula 2
<b>Heart Health</b>	Core Complex, Niteworks®, Herbalifeline®, Mega Garlic Plus, Tri-Shield®
<b>Hormone Balance</b>	Woman's Choice
<b>Hydration</b>	H3O™
<b>Immune Support</b>	Best Defense™, Formula 2, Herbal Aloe Powder
<b>Joint Health</b>	Joint Support, Herbalifeline®
<b>Lean Muscle Mass</b>	Formula 3
<b>Lower Cholesterol</b>	Core Complex
<b>Male Sexual Enhancement</b>	Prelox® Blue
<b>Menopause &amp; Perimenopause Support</b>	Woman's Choice
<b>Mental Clarity</b>	Liftoff®, Relax Now
<b>Metabolism Boost</b>	Total Control®
<b>Muscle Health</b>	Male Factor 1000®, Joint Support
<b>Phytonutrient Benefits</b>	Garden 7®, RoseOx®†, Ultimate Prostate Formula
<b>PMS Relief</b>	Tang Kuei Plus
<b>Prostate Health</b>	Ultimate Prostate Formula
<b>Protein Digestion</b>	Aminogen®†
<b>Reduce Fluid Accumulation</b>	Cell-U-Loss®
<b>Reduce Temptation to Overeat</b>	Activated Fiber Tablets, Formula 3

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<b>Regularity</b>	Activated Fiber Tablets, Active Fiber Complex
<b>Relaxation</b>	Relax Now, Sleep Now
<b>Restful Sleep</b>	Sleep Now, Tang Kuei Plus
<b>Sexual Responsiveness &amp; Desire</b>	Prelox® Blue
<b>Skin Appearance</b>	Outer Nutrition® Products, Cell-U-Loss®, Formula 2
<b>Stamina</b>	Male Factor 1000®, Schizandra Plus
<b>Stress Relief</b>	Relax Now, Tang Kuei, Schizandra Plus
<b>Triglyceride Levels</b>	Core Complex, Herbalifeline®, Tri-Shield®
<b>Under the Weather (Sick)</b>	Best Defense™
<b>Urinary-Tract Health</b>	Triple Berry Complex, Ultimate Prostate Formula
<b>Vascular Health</b>	Core Complex, Niteworks®
<b>Vitality &amp; Well Being</b>	Cell Activator®, Formula 2, Herbal Concentrate (tea), Male Factor 1000®, Prelox® Blue, Relax Now
<b>Visual Acuity</b>	Ocular Defense
<b>Weight Management</b>	ShapeWorks™ Weight Management Programs, Formula 1, Formula 2, Cell Activator®, Herbal Concentrate (tea), Cell-U-Loss®, Total Control®, Snack Defense™, Thermo-Bond®, 21 Day Herbal Cleanse, Formula 3, Activated Fiber Tablets, Active Fiber Complex, Herbalifeline®, Protein Drink Mix (Snack), Protein Bars (Snack), Roasted Soy Nuts (Snack), Beverage Mix (Snack), Soup Mix (Snack).

**INNER NUTRITION:** *Look up the products that go with the Key Benefits you checked to get detailed information about what each product can do for you.*

<b>Product</b>	<b>*Key Benefit</b>
<b>Weight Mgmt. Programs:</b> Maximum weight-loss support with extra enhancers and protein snacks.	Cellular Nutrition® for healthy weight management. Delicious shakes and targeted weight-loss enhancers.
<b>21-Day Herbal Cleansing:</b> An internal cleansing system for digestive health.	Helps the body eliminate toxins. Improves nutrient absorption. May support weight management.
<b>Activated Fiber Tablets:</b> A fiber supplement for good health and weight management when on a calorie-controlled diet while engaging in moderate exercise.	A blend of dietary fibers, including citrus and oat. Supports healthy elimination when on a calorie-controlled diet while engaging in moderate exercise. Helps you feel fuller and more satisfied, reducing the temptation to overeat.
<b>Active Fiber Complex:</b> A healthy powder to support regularity and bowel function.	Promotes regularity and healthy bowel movements. Supports growth of friendly intestinal bacteria. 5g of balanced soluble and insoluble fiber. Enjoy Apple flavor with water, or either Apple or unflavored mixed with your favorite beverage.
<b>Aminogen®+:</b> An enzyme supplement for improved protein digestion.	Supports the digestion and assimilation of protein foods. Natural formula is suitable for vegetarians.
<b>Best Defense™:</b> Boosts and supports your immune system whenever you feel under the weather and helps you stay well so you can remain active.	Robust, standardized source of immune-boosting Echinacea. 1,000 mg Vitamin C, a powerful antioxidant. 25 mg zinc sulfate to stimulate your cellular immune defense. Convenient and portable for on-the-go use.
<b>Bulk &amp; Muscle Formula:</b> A results-oriented formula for athletes and bodybuilders.	30grams of quality protein per serving. Performance-enhancing herbs and nutrients. Protein-sparing carbs provide energy for peak muscle exertion.
<b>Cell Activator®:</b> For improved nutrient absorption and energy production.	Supports the assimilation and absorption of essential nutrients. Enhances overall vitality and well-being. Optimizes cellular energy production.
<b>Cell-U-Loss®:</b> A supplement to help reduce fluid accumulation in the body.	A vitamin, mineral and herbal blend to help reduce fluid accumulation. Helps to improve the skin's appearance especially when dieting.
<b>Core Complex</b> Put the power of heart health in your hands.	Plant sterols, found in soybeans, have been shown to reduce LDL ("bad cholesterol") and total cholesterol. Provides antioxidant protection to support circulation and healthy blood vessels. B vitamins help maintain healthy homocysteine levels already within the normal range.
<b>Florafiber:</b> A fiber supplement with acidophilus for healthy digestion.	Encourages the growth of "friendly" bacteria for a healthy intestinal flora. A blend of fibers assists healthy elimination.
<b>Formula 1 Protein Shake Mix:</b> A nutritious shake for good health and weight management.	Five delicious flavors. Up to 20 essential vitamins and minerals, plus health-enhancing herbs. 9 grams of soy protein and a healthy source of fiber.

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<b>Formula 2 Multivitamin:</b>	Essential nutrients and antioxidants for long-term good health and vitality.
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A daily multivitamin for long-term good health.	Helps maintain the health of bones, skin, hair and the immune system. Supports healthy weight management.
<b>Personalized Protein Powder:</b> A proprietary blend of whey and soy protein.	Helps maintain lean muscle mass. Includes high-quality soy and whey proteins. Unflavored, mixes easily in shakes, soups, etc. Boosts protein intake to help fight hunger.
<b>Garden 7®:</b> Get your “daily 7” for peak performance and health.	Key phytonutrient benefits of 7 servings of fruits and vegetables. Antioxidant and health-boosting properties. Convenient daily packs make optimal nutrition simple. Targeted nutrition for seven vital organs.
<b>H3O™ Fitness Drink:</b> Provides rapid hydration, sustained energy, plus antioxidant protection so you feel refreshed and energized all day long!	Quenches thirst and replaces lost fluids. Essential electrolytes support cellular re-hydration. Energizing carbs for immediate and sustained energy. Powerful antioxidants protect your body from fatigue and soreness. No caffeine and a healthier alternative to high-calorie/high-sugar beverages.
<b>Herbal Aloe Drink:</b> A refreshing beverage and digestive tonic.	Supports internal cleansing and digestive health. Soothes the digestive system.
<b>Herbal Aloe Powder:</b> A natural, soothing powder mix with aloe to calm the digestive tract. Great for on-the-go...No refrig. required.	Soothes the stomach. Relieves occasional indigestion. Supports the immune system.
<b>Herbal Concentrate Tea:</b> An uplifting drink for vitality and weight management.	Includes the health benefits of green tea and select herbs. A choice of four refreshing flavors: Original, Lemon, Peach and Raspberry. Enjoy hot or cold.
<b>Herbalifeline®:</b> An omega-3 supplement for cardiovascular and joint health.	Omega-3 fatty acids promote good health and support weight management. Helps maintain healthy triglyceride levels that are already within normal range. Omega-3 fatty acids help reduce joint discomfort.
<b>Joint Support:</b> A nutritional supplement for healthy joints and muscles.	Helps the body build healthy cartilage to cushion joints and enhance joint health. Scientifically formulated to ease discomfort in joints and muscles.
<b>Kids Shakes:</b> Provides essential nutrition including protein, fiber and 100% of key nutrients to meet growing kids' daily needs.	100% of key nutrients plus protein and fiber. No artificial colors, flavors or sweeteners! Herbs and botanicals, including soothing chamomile, ginger (which aids digestion), plus rosehips and acerola—two powerful antioxidants.
<b>Kindermis® Liquid Vitamin:</b> Fruit flavored liquid multivitamin provides 11 essential vitamins infants and toddlers need every day.	100% of key nutrients. No artificial colors, flavors or sweeteners! Herbs and botanicals, including soothing chamomile, ginger (which aids digestion), plus rosehips and acerola—two powerful antioxidants.
<b>Liftoff®:</b> Fizz. Focus. Fuel Good!	Helps fight physical and mental fatigue. Helps you stay focused for improved concentration.
<b>Male Factor 1000®:</b> A men's supplement for increased stamina and endurance.	Promotes vitality and stamina. Supports muscle strength and integrity.
<b>Mega Garlic Plus:</b> A high-quality garlic supplement for cardiovascular health.	Supports healthy circulation and a healthy heart. Provides antioxidant protection your body needs. Contains the equivalent of one whole clove!
<b>MultiVites Chewable Vitamin:</b> Fruit flavored chewable multivitamin. Kids love the taste.	100% of key nutrients. No artificial colors, flavors or sweeteners! Herbs and botanicals, including soothing chamomile, ginger (which aids digestion), plus rosehips and acerola...two powerful antioxidants.
<b>Niteworks®:</b> Supports, energy, vascular and circulatory health.	Keeps blood vessels toned, flexible and youthful for improved circulation. Helps support cardiovascular health. Enhances blood flow to support function of heart, brain and other organs.
<b>NRG Tablets:</b> A natural energy lift in tablet form.	Boosts and sustains energy levels. Gentle and natural.
<b>NRG Tea:</b> An invigorating and refreshing drink.	Provides a natural energy lift. Delicious citrusy flavor. Can be enjoyed hot or cold.
<b>Ocular Defense:</b> A nutritional supplement for eye health and function.	Supports eye health and visual acuity. Antioxidants protect eyes from damage as a result of sun exposure and aging.
<b>Prelox® Blue:</b> A supplement for male sexual enhancement.	Helps revitalize sexual responsiveness. Promotes vitality and desire. Protects blood-vessel and circulatory health. Patented formula.
<b>Relax Now:</b> An herbal supplement to ease anxiety and stress.	Helps relieve stress and promote a sense of well-being. Calms the nerves. Supports energy and mental clarity.
<b>RoseOx®+:</b> An antioxidant booster for superior antioxidant defense.	A powerful blend of phytonutrients with antioxidant properties. Unique "cascade effect" of rosemary activates other antioxidants, including vitamin E, for prolonged antioxidant protection.
<b>Schizandra Plus:</b> An advanced formula for antioxidant protection.	Schizandra, and additional antioxidants, protect cells from free-radical damage. Supports the body's natural defenses against stress, pollution and allergens. Helps promote stamina.
<b>Sleep Now:</b> A dietary supplement to promote restful sleep.	Melatonin helps regulate the sleep-wake cycle. Calming herbs promote relaxation for better sleep.

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<b>Snack Defense™:</b> A weight-management supplement to control the urge to snack.	A blend of natural ingredients including <i>Gymnema sylvestre</i> , <i>Garcinia cambogia</i> , and chromium polynicotinate. <i>Garcinia cambogia</i> a natural source of hydroxycitric acid, may help to aid in appetite control.
<b>Snacks - Protein Drink Mix:</b> A protein-packed drink for hunger control.	15 grams of hunger-satisfying protein. Delicious chocolate and vanilla flavors. Includes up to 20 essential vitamins and minerals.
<b>Snacks - Protein Snack Bars:</b> A great-tasting, healthy snack bar.	Four mouthwatering flavors. Ideal for the active lifestyle and for healthy weight loss.
<b>Snacks - Roasted Soy Nuts with Cardia®+ Salt:</b> A crunchy snack with the benefits of soy protein.	Ideal for healthy eating and dieting. Delicious oven-roasted flavor. Low in sodium and fat, rich in protein and fiber.
<b>Snacks - Beverage Mix:</b> A satisfying fruit beverage with a protein punch.	Refreshing peach mango and wild berry flavors. Provides an energy boost with 15 grams of nutritious protein. Ideal as a sports drink and for healthy weight management.
<b>Snacks - Soup:</b> The perfect anytime snack that will help keep you on track for weight loss.	Tasty creamy chicken flavor. Packed with hunger-busting protein, yet low in fat and calories.
<b>Tang Kuei Plus:</b> An herbal supplement for PMS and stress management.	Helps relieve symptoms of PMS. Has calming properties. May help promote restful sleep.
<b>Thermo-Bond®:</b> To help control fat absorption and weight-loss support when on a calorie-controlled diet while engaging in moderate exercise.	Natural plant fibers combine with your food intake to control fat absorption when on a calorie-controlled diet while engaging in moderate exercise.
<b>Total Control®:</b> A powerful herbal enhancer for more effective weight loss.	Boosts metabolism to help burn fat. Builds energy and soothes digestion. Promotes weight loss.
<b>Triple Berry Complex:</b> A concentrated berry supplement for urinary-tract health.	Cranberry, bilberry and blueberry support urinary-tract health. Time-release formula allows for once-a-day usage.
<b>Tri-Shield®</b> With Neptune Krill Oil	Provides powerful antioxidant protection. Helps maintain cholesterol and triglyceride levels already within the normal range. Protects health of cell membranes.
<b>Ultimate Prostate Formula:</b> A nutritional supplement for prostate health.	Saw palmetto and phytonutrients support prostate health and urinary function. Antioxidants, including vitamin E and selenium, help protect the prostate from free-radical damage.
<b>Woman's Choice:</b> A phytoestrogen supplement for perimenopause support.	Helps reduce the severity of perimenopausal symptoms. Helps support hormone balance during perimenopause and menopause.
<b>Xtra-Cal®:</b> A calcium supplement for strong bones.	Provides a concentrated source of calcium to build strong bones. Includes vitamin D and magnesium for better calcium absorption and utilization.

<b>OUTER NUTRITION™: Daily Skin Care, Anti-Aging, Bath &amp; Body, Hair Care, Fragrances</b>	
<b>Product</b>	<b>*Key Benefit</b>
<b>Body Buffing Scrub:</b> A skin-firming duo to minimize the appearance of cellulite.	Helps reduce the appearance of dimpled skin. Improves skin texture and tone.
<b>Body Contouring Crème:</b> A skin-firming duo to minimize the appearance of dimpled skin.	Helps reduce the appearance of dimpled skin. Improves skin texture and tone.
<b>Fragrance for Men "Man":</b> A fresh, invigorating men's fragrance.	Citrus base, with a heart note of watermint and basil. Cool, clean and dynamic.
<b>Fragrance for Men "Soul":</b> A light and contemporary fragrance for men.	A blend of yuzu citrus, parsley, lavender and cedar wood. Sexy and masculine.
<b>Fragrance for Women "Heart":</b> A romantic fragrance to make every heart sing.	Includes water lily, green ivy, tea leaves and gardenia. Inspired by the purity of nature.
<b>Fragrance for Women "Woman":</b> A simple, modern fragrance for women.	Citrus blend, with a heart note of jasmine, water lily and peony. Subtle yet distinct.
<b>Herbal Aloe Bath and Body Bar:</b> A body cleansing bar with moisturizing aloe.	Cleanses gently without stripping skin. Natural moisturizers and aloe soften and soothe. Refreshing, clean scent.
<b>Herbal Aloe Body Wash:</b> Body care with the soothing benefits of aloe.	Soothe, nourish and hydrate skin. Refreshing herbal scent. Ideal for the whole family.
<b>Herbal Aloe Everyday Conditioner:</b> Hair care with the soothing benefits of aloe vera.	For clean, re-hydrated, conditioned hair. Refreshing herbal scent. Ideal for the whole family.

**\*Disclaimer: 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.**

<b>Herbal Aloe Everyday Shampoo:</b> Hair care with the soothing benefits of aloe vera.	For clean, re-hydrated, conditioned hair. Refreshing herbal scent. Ideal for the whole family.
<b>Herbal Aloe Hand &amp; Body Lotion:</b> Body care with the soothing benefits of aloe.	Soothe, nourish and hydrate skin. Refreshing herbal scent. Ideal for the whole family.
<b>Herbal Aloe Hand Cream:</b> A rich, moisturizing cream with the benefits of aloe.	Moisturizes and softens hands. Herbs and antioxidants condition skin. Fresh, clean scent.
<b>Herbal Aloe Moisturizing Conditioner:</b> To revitalize and style dry, dull or color-treated hair.	Moisturizes with aloe to nourish and condition. Safe for color-treated or processed hair. Gentle enough for daily use. Fresh herbal scent.
<b>Herbal Aloe Moisturizing Shampoo:</b> To cleanse dry, dull or color-treated hair.	Moisturizes with aloe to nourish and condition. Safe for color-treated or processed hair. Gentle enough for daily use. Fresh herbal scent.
<b>Herbal Aloe Soft Hold Hair Spray:</b> To add the finishing touch to dry, dull or color-treated hair.	Moisturizes with aloe to nourish and condition. Safe for color-treated or processed hair. Gentle enough for daily use. Fresh herbal scent.
<b>Herbal Aloe Soothing Gel:</b> Body care with the soothing benefits of aloe.	Soothe, nourish and hydrate skin. Refreshing herbal scent. Ideal for the whole family.
<b>Herbal Aloe Soothing Spray:</b> Body care with the soothing benefits of aloe.	Soothe, nourish and hydrate skin. Refreshing herbal scent. Ideal for the whole family.
<b>NouriFusion® Cleanser:</b> Gently dissolves dirt and impurities.	Rich cleansing lotion specially formulated for normal to dry skin. Gently removes makeup, dirt and oil. Leaves skin feeling moisturized, soft, smooth and supple.
<b>NouriFusion® Toner:</b> Helps tone without drying.	Refreshing toner specially formulated for normal to dry skin. Removes excess dirt, oil and residue. Alcohol free and non-stripping. Helps tone without drying. Skin feels moisturized, clean and refreshed.
<b>NouriFusion® Moisturizer:</b> Day moisturizer with broad spectrum sun protection.	Creamy, rich day lotion specially formulated for normal to dry skin. Offers SPF 15 UVA/UVB sun protection for everyday use. Skin feels soft, smooth, clean and renewed.
<b>NouriFusion® Clarifying Mask:</b> Removes impurities that leave skin looking dull.	Lightweight clay mask removes excess oil. Absorbs impurities and improves skin texture and tone. Leaves skin clean, clear and glowing. Suitable for all skin types.
<b>NouriFusion® Exfoliating Scrub:</b> Gently removes dry, rough, dull skin.	Gentle, revitalizing facial scrub removes dead skin. Exfoliant polishes skin, leaving behind a clear complexion. Skin feels soft, smooth, clean and renewed. Suitable for all skin types.
<b>NouriFusion® Eye Cream:</b> Rich moisture for delicate eye skin.	Softens and moisturizes delicate skin around the eyes. Helps reduce the appearance of fine lines and wrinkles. Helps increase skin firmness around the eyes. Suitable for all skin types, including sensitive.
<b>NouriFusion® Eye Gel:</b> Reduces under-eye puffiness.	Eyeliss™* technology reduces under-eye puffiness. Offers light moisture and instant cooling sensation. Skin around the eyes will feel fresh and revived. Suitable for all skin types.
<b>NouriFusion® Moisture Mask:</b> Deep hydration for dry parched skin.	Luxurious whipped mask gently cleanses, soothes and moisturizes. Improves skin complexion while it softens and smoothes. Helps reduce the appearance of dry, flaky skin. Suitable for all skin types.
<b>NouriFusion® Night Cream:</b> Provides long-term moisturization.	Lightweight face cream provides long-term moisturization. Hydrates while you sleep, so you awaken to soft, supple skin. Suitable for all skin types, including sensitive.
<b>Radiant C® Daily Skin Booster:</b> A daily gel-cream with vitamin C to improve skin texture.	Helps minimize the appearance of fine lines and wrinkles. Helps rejuvenate dull, tired-looking skin.
<b>Radiant C® Face Quencher:</b> A refreshing facial mist with vitamin C.	Helps rejuvenate dull, tired-looking skin. Delightful fruity scent instantly refreshes and uplifts.
<b>Radiant C® Facial Scrub:</b> An exfoliating cleanser with vitamin C to revitalize skin.	Daily cleanser for all skin types. Provides gentle, thorough cleansing. Softens and smoothes skin. Helps maximize antioxidant skin protection. Suitable for all skin types. Fresh citrus scent.
<b>Radiant C® Body Lotion SPF-15:</b> Body Lotion with SPF-15 to moisturize and protect skin.	Daily body lotion that provides SPF 15 protection. Lightweight formula absorbs quickly, leaving no greasy after-feel. Softens and smoothes skin. Helps maximize antioxidant skin protection. Fresh citrus scent.
<b>Skin Activator® Day Lotion SPF-15:</b> 57% improvement in fine lines & wrinkles.	Minimizes the appearance of fine lines and wrinkles. Collagen-building Glucosamine Complex aids hydration and firms skin. UVA/UVB sun protection.
<b>Skin Activator® Décolletage Cream:</b> 23% Increase in Skin Firmness.	Smoothes the appearance of crepe-like cleavage that can reveal a woman's age. Minimizes the appearance of wrinkled skin in men's throats and necks.
<b>Skin Activator® Eye Cream:</b> 51% Improvement in Skin Moisture Content.	Gentle cream for sensitive eye area. Minimizes the appearance of fine lines and wrinkles. Visibly increases luminosity and clarity and improves skin smoothness.
<b>Skin Activator® Lip Refiner SPF-15:</b> More than 40% Increase in Skin Smoothness.	Increases lip volume. Fills in fine lines and moisturizes. Contains sunscreens including Parsol® 1789† to provide UVA/UVB sun protection.
<b>Skin Activator® Nighttime Replenishing Cream:</b> 55% reduction in wrinkle depth.	Contains collagen-building Glucosamine. Firms skin. Visibly increases luminosity and clarity and improves skin smoothness. Diminishes the signs of aging.

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# Shake Recipes

**EXPERIMENT WITH YOUR OWN RECIPES!** Here are a few to get you started! Plan to keep all flavors of Formula 1 on hand, so you can whip up a shake that fits the moment! French Vanilla, Dutch Chocolate, Café Latte, Pina Colada, Wild Berry, Cookies & Cream, and Tropical Fruit!...each canister comes with a scoop. For best results we recommend using soymilk, rice milk, skim milk, or juice. It's delicious!!

**Note:** If you are on a "Protein Plus" program, add in 2+ scoops of Formula 3 (*Personalized Protein Powder*) to help meet your protein requirements.

<p><b>Cappuccino Shake</b> 2 scoops Café Latte Formula 1 5 oz. Soymilk 1 tbsp. Instant Coffee 4 oz. Nonfat Vanilla Frozen Yogurt 4-6 Ice Cubes (optional)</p> <p><b>Extra Chocolaty Shake</b> 2 scoops Chocolate Formula 1 1 cup Soymilk ¼ tsp. Vanilla Extract 1 tsp. Chocolate Syrup 1 tsp. Hershey's Cocoa 4-6 Ice Cubes (optional)</p> <p><b>Chocolate Banana</b> 2 scoops Chocolate Formula 1 8 oz. Soymilk or Water 1 cup Banana 4-6 Ice Cubes (optional)</p> <p><b>Raspberry Razzmatazz</b> 2 scoops Chocolate Formula 1 8 oz. Water 1/3 cup Raspberries, Fresh or Frozen ½ Banana 4-6 Ice Cubes (optional)</p> <p><b>Jamocha Fudge</b> 2 scoops Café Latte Formula 1 8 oz. Bottled Cappuccino ½ tsp. Chocolate Extract 4-6 Ice Cubes (optional)</p> <p><b>Coffee Shake</b> 2 scoops Café Latte Formula 1 1 tbsp. Instant Coffee 8 oz. Soymilk 4-6 Ice Cubes (optional)</p>	<p><b>Aloha Delight</b> 2 scoops Pina Colada Formula 1 1 cup Soymilk ½ tsp. Coconut Extract ½ tsp. Pineapple Extract 1 tbsp. Orange Juice 4-6 Ice Cubes (optional)</p> <p><b>Banana Fruit Shake</b> 2 scoops Vanilla Formula 1 4 oz. Nonfat Yogurt 4 oz. Water ½ cup Frozen Peach Slices ½ Banana 4-6 Ice Cubes (optional)</p> <p><b>Italian Soda Shake</b> 2 scoops Vanilla Formula 1 3 oz. Soda Water 3 oz. Soymilk 3 oz. Orange Juice</p> <p><b>Orange Julius &amp; Banana</b> 2 scoops Vanilla Formula 1 1 packet Orangeade H3O 8 oz. Orange Juice ½ Banana</p> <p><b>The Yogurt Thing</b> 2 scoops Vanilla Formula 1 6-9 oz. Vanilla Yogurt 3-4 oz. Soymilk 1/3 cup Frozen Fruit</p> <p><b>Vanilla Bean Café</b> 2 scoops Café Latte Formula 1 ½ tsp. Vanilla Extract 1 tsp. Instant Coffee 1/8 tsp. Coconut Extract 8 oz. Cold Water</p>	<p><b>Wild Berry-Orange Shake</b> 2 scoops Wild Berry Formula 1 1 packet Orangeade H3O 8 oz. Orange Juice 4 Strawberries 4-6 Ice Cubes (optional)</p> <p><b>Very Berry Shake</b> 2 scoops Wild Berry Formula 1 8 oz. Flavored Sparkling Water 6 Frozen Strawberries 10-12 Frozen Raspberries or Blackberries 4-6 Ice Cubes (optional)</p> <p><b>Strawberries and Cream</b> 2 scoops Wild Berry Formula 1 5-10 Strawberries 2 Scoops Non-Fat Vanilla Frozen Yogurt 1 cup Soymilk 4-6 Ice Cubes (optional)</p> <p><b>Root Beer Float</b> 2 scoops Vanilla Formula 1 8 oz. Diet Root Beer 4-6 Ice Cubes (optional)</p> <p><b>Chocolate Amaretto Ridge Shake</b> 2 scoops Café Latte Formula 1 ½ tsp. Instant Decaffeinated Espresso Coffee 8 oz. Soymilk ½ tsp. Almond Extract 4-6 Ice Cubes (optional)</p> <p><b>Turkish Mocha</b> 2 scoops Chocolate Formula 1 8 oz. Mocha 4-6 Ice Cubes (optional)</p>
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**Siesta Smoothie**

2 scoops Wild Berry Formula 1  
 1 cup Fresh Seedless Orange Slices  
 ½ Banana  
 ½ cup Fresh or Packaged Coconut  
 1 cup Cold Water  
 (makes 2 servings)

**Banana Breakfast**

2 scoops Vanilla or Chocolate Formula 1  
 1 cup Soymilk  
 ½ cup Water  
 ½ to 1 Banana  
 ½ container of Low-fat Banana/Strawberry Yogurt  
 4-6 Ice Cubes (optional)

**Light Banana Shake**

2 scoops Vanilla Formula 1  
 8 oz. Soymilk  
 ½ Banana  
 4-6 Ice Cubes (optional)

**Carrot Orange Shake**

2 scoops Wild Berry Formula 1  
 3 oz. Carrot Juice  
 5 oz. Orange Juice  
 4-6 Ice Cubes (optional)

**Fruit Salad Smoothie**

2 scoops Vanilla Formula 1  
 1 cup Orange Juice  
 1 cup Plain Low or Non-fat Yogurt  
 2 Kiwi Peeled and Chunked  
 ½ cup Fresh Pineapple Chunks  
 1 Banana Cut into Chunks  
 1 cup Strawberries, Halved  
 (makes 2 servings)

**German Buttermilk Shake**

2 scoops Vanilla Formula 1  
 8 oz. Buttermilk  
 4-6 Ice Cubes (optional)

**Lemon Refresher Smoothie**

2 scoops Vanilla Formula 1  
 1 packet Lemonade H3O  
 2 cups (1 pint) Vanilla Non-fat Frozen Yogurt  
 ¼ cup Frozen Lemonade Concentrate  
 ¾ cup Soymilk

**Chocolate Covered Cherries Shake**

2 scoops Chocolate Formula 1  
 8 oz. Soymilk  
 ½ Banana  
 1/8 to ¼ tsp. Cherry Flavoring to Taste  
 4-6 Ice Cubes (optional)

**Cranberry Crush**

2 scoops Vanilla Formula 1  
 8 oz. Cranberry Juice  
 Fresh or Frozen Strawberries  
 2 tbsp. Strawberry Yogurt  
 4-6 Ice Cubes (optional)

**Hawaiian Punch**

2 scoops Pina Colada Formula 1  
 8 oz. Unsweetened Pineapple Juice  
 ½ Banana  
 5-6 Strawberries  
 4-6 Ice Cubes (optional)

**Iced Coffee Shake**

1 scoop Café Latte Formula 1  
 1 scoop Chocolate Formula 1  
 8 oz. Espresso Coffee  
 3 oz. Soymilk  
 4-6 Ice Cubes (optional)

**American Apple Pie**

2 scoops Vanilla Formula 1  
 8 oz. Apple Juice  
 1-2 oz. Soymilk  
 ½ tsp. Nutmeg  
 ½ tsp. Cinnamon  
 4 Apple Slices  
 4-6 Ice Cubes (optional)

**Peanut Butter Cup**

2 scoops Vanilla Formula 1  
 1½ cups Water  
 1 pkg. Carnation Instant Hot Cocoa Mix  
 1 tsp. Peanut Butter

**Mocha Shake**

2 scoops Café Latte Formula 1  
 ½ tbsp. Instant Coffee  
 8 oz. Soymilk  
 4-6 Ice Cubes (optional)

**American Dream Shake**

2 scoops Wild Berry or Tropical Fruit Formula 1  
 5-8 Fresh Strawberries or ½ Banana  
 8 oz. Soymilk  
 4-6 Ice Cubes (optional)

**Apple Pie Shake**

2 scoops Vanilla Formula 1  
 1 Small Apple (or ¼ can of Applesauce)  
 Dash of Nutmeg  
 ½ tsp. Cinnamon  
 1 cup Soymilk or Apple Juice

**Apricot Spring Shake**

2 scoops Vanilla Formula 1  
 4 oz. Apricot Nectar  
 4 oz. Orange Juice  
 2 Fresh Apricots  
 1 tbsp. Grated Orange Peel  
 4-6 Ice Cubes (optional)

**Avocado Shake**

2 scoops Vanilla Formula 1  
 1½ Avocado  
 5 oz. Soymilk  
 4-6 Ice Cubes (optional)

**Spinster Orange Juice Shake**

2 scoops Vanilla Formula 1  
 1 packet Orangeade H3O  
 8 oz. Orange Juice w/Sugar  
 4-6 Ice Cubes (optional)

**Pina Colada Treat**

2 scoops Pina Colada Formula 1  
 2 scoops Pineapple Sherbet  
 4 oz. 7-up  
 4-6 Ice Cubes (optional)

**Strawberry Orange Shake**

2 scoops Wild Berry Formula 1  
 8 oz. Orange Juice  
 4-5 Fresh Strawberries  
 4-6 Ice Cubes (optional)

**Soda Fountain Shake**

2 scoops Vanilla Formula 1  
 5 oz. Soymilk  
 3 oz. Soda (Strawberry or Cherry)  
 4-6 Ice Cubes (optional)

**Mocha Freeze**

2 scoops Chocolate Formula 1  
1 tsp. Chocolate Syrup  
1 scoop Non-fat Vanilla Frozen  
Yogurt  
4-5 oz. Soymilk  
4-6 Ice Cubes (optional)

**Banana Cream**

2 scoops Vanilla Formula 1  
6 oz. Soymilk  
1 Banana  
1 tsp. Vanilla Extract  
4-6 Ice Cubes (optional)

**Italian Express Shake**

2 scoops Vanilla Formula 1  
8 oz. Espresso Coffee  
4-6 Ice Cubes (optional)

**Orange Dreamsicle Delight**

2 scoops Vanilla Formula 1  
1 packet Orangeade H3O  
10 oz. Orange Juice  
2 tbsp. Lemon Non-fat Yogurt  
4-6 Ice Cubes (optional)

**Orange Blossom Smoothie**

2 scoops Vanilla Formula 1  
1 packet Orangeade H3O  
8 oz. Unsweetened Orange Juice  
½ tsp. Pineapple Extract  
4-5 Fresh Strawberries  
4-6 Ice Cubes (optional)

**Tomato Shake**

2 scoops Vanilla Formula 1  
Pepper  
Parsley (chopped)  
8 oz. Tomato Juice  
4-6 Ice Cubes (optional)

**Fruit Juicy Shake**

2 scoops Wild Berry Formula 1  
8 oz. Juice (Orange, Apple,  
Grapefruit)  
4-5 Fresh Strawberries or ½ Banana  
4-6 Ice Cubes (optional)

**Banana Split Shake**

2 scoops Chocolate Formula 1  
8 oz. Soymilk  
½ Banana  
5-6 Strawberries  
4-6 Ice Cubes (optional)

**Moroccan Apricot Shake**

2 scoops Vanilla Formula 1  
8 oz. Apricot Yogurt  
4-6 Ice Cubes (optional)

**New Zealand Shake**

2 scoops Vanilla Formula 1  
2 Kiwi  
8 oz. Orange Juice w/Sugar  
4-6 Ice Cubes (optional)

**Berry Bonzai**

2 scoops Wild Berry Formula 1  
5-10 Strawberries  
1 Scoop Non-Fat Frozen Vanilla  
Yogurt  
8 oz. Cranberry Juice  
4-6 Ice Cubes (optional)

**Strawberry Sensation**

2 scoops Wild Berry Formula 1  
8 oz. Water  
1 cup Strawberries  
1 Apricot  
4-6 Ice Cubes (optional)

**Brazilian Banana Vanilla Shake**

2 scoops Vanilla Formula 1  
½ Banana  
5 oz. Soymilk  
3 oz. Slim Vanilla Yogurt  
4-6 Ice Cubes (optional)

**Herb Shake**

2 scoops Vanilla Formula 1  
5 tbsp. Fresh Herbs  
8 oz. Soymilk  
4-6 Ice Cubes (optional)

**Passionate Papaya**

2 scoops Vanilla Formula 1  
½ Papaya  
6 oz. Apple Juice  
2 oz. Herbal Aloe Juice  
Dash of Cinnamon

**Peach Milk Shake**

2 scoops Vanilla Formula 1  
1 tsp. Brandy Extract  
½ Fresh Peach  
8 oz. Soymilk  
4-6 Ice Cubes (optional)

# Pie Recipes

(One Piece of Pie = One Formula 1 Shake)

**Note:** If you are on a “Protein Plus” program, add in 2+ scoops of Formula 3 (*Personalized Protein Powder*) to help meet your protein requirements.

<p><b>Pistachio Pie</b> 1 cup Vanilla Formula 1 2½ cups Skim Milk 1 pkg. Pistachio Sugar Free Pudding 1 Ready-Made Graham Cracker Piecrust</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>	<p><b>Banana Pie</b> 1 cup Vanilla Formula 1 (or ½ cup Vanilla + ½ cup Tropical Fruit) 2½ cups Skim Milk 1 pkg. Banana Sugar Free Pudding 1 Ready-Made Piecrust (Ex: Shortbread)</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>	<p><b>Butterscotch Pie</b> 1 cup Vanilla Formula 1 2½ cups Skim Milk 1 pkg. Butterscotch Sugar Free Pudding 1 Ready-Made Piecrust (Ex: Graham Cracker)</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>
<p><b>Peanut Butter Pie</b> 1 cup Vanilla or Chocolate Formula 1 2½ cups Skim Milk 1 package White Chocolate Sugar Free Pudding 1 Ready-Made Keebler Chocolate Piecrust ¼ cup Peanut Butter</p> <p>Mix Formula 1 and milk together, add peanut butter, and mix well. Add pudding and mix. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces. 50 calories.</p>	<p><b>Vanilla Pie</b> 1 cup Vanilla Formula 1 2½ cups Skim Milk 1 pkg. Vanilla Sugar Free Pudding 1 Ready-made Piecrust (Ex: Keebler Chocolate)</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>	<p><b>Banana Crème Pie</b> 1 cup Vanilla Formula 1 2½ cups Skim Milk 1 pkg. Banana Crème Sugar Free Pudding 1 Ready-Made Piecrust (Ex: Graham Cracker)</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>
	<p><b>Coconut Pie</b> 1 cup Vanilla Formula 1 2½ cups Skim Milk 1 pkg. Vanilla Sugar Free Pudding ¼ cup Coconut 1 Ready-Made Piecrust (Ex: Graham Cracker)</p> <p>Mix Formula 1 and milk together, add pudding and mix well. Pour into the crust and chill for 1 hour. When chilled, add light cool whip and cut into 8 equal pieces.</p>	<p><b>Berry Mousse (255 calories)</b> 2 tbsp. Wild Berry Formula 1 5 oz. Raspberry Juice 2 tbsp. Powdered Skim Milk 5-6 Strawberries Whip Crème</p>

# Bar Recipes

(One Bar = One Formula 1 Shake)

**Note:** If you are on a “Protein Plus” program, add in 2+ scoops of Formula 3 (*Personalized Protein Powder*) to help meet your protein requirements.

<p><b>Apple Cinnamon Bars</b>            1 cup Vanilla Formula 1            1 cup Rice Krispies            ¾ cup Old Fashioned Quaker Oats            ½ cup Honey            ½ cup Apple Butter            Cinnamon to Taste</p> <p>Mix dry ingredients together (include cinnamon to taste). Mix moist ingredients together. Mix dry and moist ingredients together (the mixture will be too moist to press into bars at this point). Add additional oats and Rice Krispies until mixture is thick and you are able to press mixture in 8 x 8 pan. Refrigerate for 2 hours, then cut into 8 equal bars and wrap. Keep in refrigerator or freezer.</p> <p><b>Cookie Bars</b>            1 cup Vanilla Formula 1            ¼ cup Raw Wheat Germ            1/3 cup Peanut Butter</p> <p>Mix, press into sprayed 9 x 9 pan. Cut into 8 bars.</p> <p><b>Chewy Crunchy Snack Bars</b>            1 cup Vanilla Formula 1            ½ cup Rolled Oats            ¼ cup Wheat Germ            ½ cup Rice Krispies            1/3 cup Peanut Butter            ½ cup Honey</p> <p>Press into pan, cut in 8 squares.</p> <p>PTI Rev. 2-09-10</p>	<p><b>Energy Bars</b>            1 cup Vanilla Formula 1            1 cup Raw Oatmeal            1/3 cup Sesame Seeds            1/3 cup Raisins            2/3 cup Grape Nut Flakes            Warm &amp; mix:            ½ cup Honey            1/3 cup Peanut Butter</p> <p>Mix all ingredients thoroughly, spread in an 8 x 8 pan, cut into 8 bars and place in the fridge to set. The bars will keep without refrigeration for several days but do wrap them separately before placing in a zip lock bag.</p> <p><b>Power Bars Original</b>            1 cup Formula 1 (Vanilla or Chocolate)            1 cup Oatmeal or Rolled Oats            ¼ cup Sesame Seeds            1/3 cup Honey            ½ cup Peanut Butter (or 1/4-1/3 cup Applesauce)</p> <p>Mix well, spread in pan, cut into 8 bars.</p> <p><b>Peanut Butter Fudge</b>            1 cup Formula 1 (Vanilla or Chocolate)            ½ cup Peanut Butter            ½ cup Honey            1 cup Non-fat Dry Milk</p> <p>Mix Formula 1 and dry milk together. Mix peanut butter and honey together, add dry ingredients to wet and mix well. Pour into a pan and cut into 8 pieces. Refrigerate for one hour.</p>	<p><b>Maple Bars</b>            1 cup Vanilla Formula 1            2 cups Rice Krispies            1 cup Old Fashioned Quaker Oats            ½ Pecans            ¼ cup Coconut (optional)            ½ cup Peanut Butter            ½ cup Real Maple Syrup            1 cap full Maple Flavoring</p> <p>Mix dry ingredients together in a big bowl. Mix wet ingredient together. Add wet ingredients to dry ingredients and mix well. If the mixture is too dry, add 1 tablespoon of water. Put into an 8 x 8 pan. Cut into 8 equal pieces. Refrigerate.</p> <p><b>Nutritional Power Bar</b>  <i>(This is the recipe that Jim Poore lost 409 lbs. on in 20 months.)</i>            1 cup Formula 1 (any flavor)            ½ cup Honey            1/3 cup Low-fat Peanut Butter            1 tbsp. Water            ¾ cup Old Fashioned Rolled Oats            1 cup Rice Krispies</p> <p>Mix Formula 1, honey, peanut butter and water until creamy. Add oatmeal and Rice Krispies. Mix thoroughly, press into 8 x 8 inch pan. Cut into 8 equal squares, cover with plastic wrap and store in refrigerator, or in the freezer. It does not have to be kept cold if you need to take them to work or on a trip. 120 calories each.</p>
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# REFERRAL PROGRAM

## REFERRAL PROGRAM

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**10% off**

**10% off**

## **REFERRAL CERTIFICATE**

Presented to: \_\_\_\_\_ Referred by: \_\_\_\_\_

This certificate entitles the bearer to **10% off** the purchase of a Quickstart, Advanced, or Ultimate Weight Management Program.

Referee also receives 10% off their next purchase of products.

Valid only with Independent Distributor: \_\_\_\_\_ XXX-XXX-XXXX

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