

Same Products – Different Results!

| Program | Tablets | Shakes & Protein | Healthy Meal |
|--------------------|-----------------|-------------------|----------------------|
| To Lose Weight | 3 times per day | 2 shakes per day | 1 meal per day |
| To Maintain Weight | 3 times per day | 1 or 2 shakes/day | 1 or 2 meals per day |
| To Gain Weight | 3 times per day | 3 shakes per day | 3 meals per day |



Nutrition Club Training Guide Facts About Herbalife

Hussin A.Rothana



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and Nearby Points Telephone Directory ,2002 *Official Gazette of the United States Patent and Trademark Office* ,2001
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