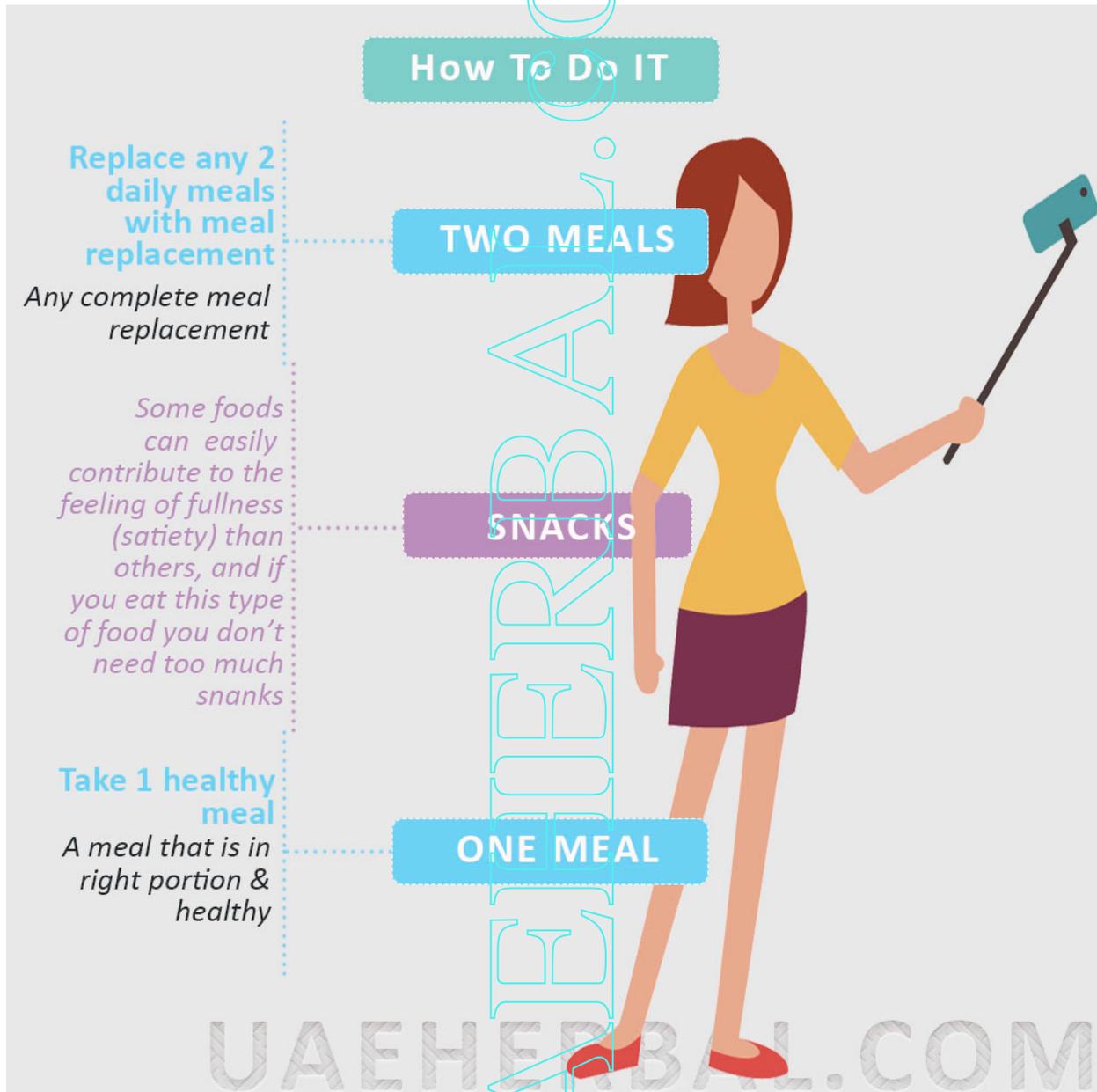


Contact us at: support@uaeherbal.com with your question and we will be happy to reply.

Scroll down for detailed information on how to use weight with Herbalife



How to lose weight with Herbalife products

With Herbalife meal replacement or shapeworks program the goal is to cut calories daily by controlling what you eat and to do that your daily meal menu for thirty days will be:

Breakfast	Lunch	Dinner
Formula1 meal replacement. <i>You may take your coffee or tea without sugar or less sugar.</i>	Healthy meal of your choice. Do not overeat	Formula1 meal replacement.
Take your weight loss enhancers 30 minutes after meal.* <i>Herbal Tea Concentrate is taken twice per day hot/cold. Not recommended at night.</i>	Take your weight loss enhancers 30 minutes after meal.*	Take your weight loss enhancers 30 minutes after meal.* <i>Herbal Tea Concentrate is taken twice per day hot/cold. Not recommended at night</i>
Morning snack. Any of these ... 25g or less roasted almond or mixed nuts. 1 cup mixed berries. 1 cup mixed fruit. 1 cup mixed vegetables. 1 boiled egg 1 cup roasted or steamed chickpeas	Afternoon snack. Any of these ... 25g or less roasted almond or mixed nuts. 1 cup mixed berries. 1 cup mixed fruit. 1 cup mixed vegetables. 1 cup roasted or steamed chickpeas	

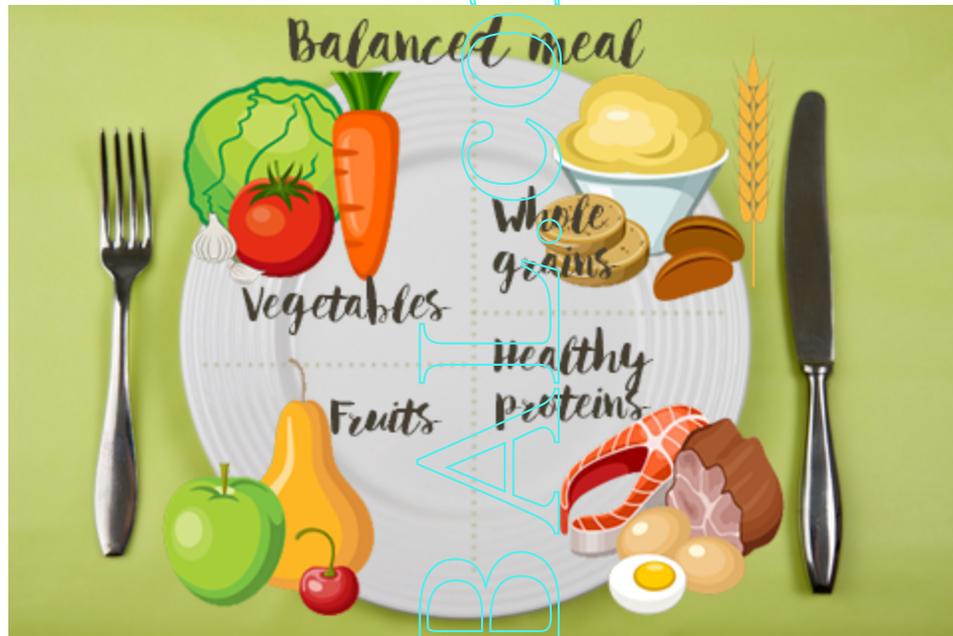
* Cell Activator is taken twice per day only.

* Snack Defense is taken twice per day anytime.

Formula1 nutritional shake (meal replacement) can be taken 2 or 3 times per day and can replace any two main meal when it's taken twice daily.

You can also enhance your meal replacement shake for faster or better weight loss results, here is some example:

Adding one tablespoon of chia seed to your shake will add fiber which helps with satiety, adding ½ cup of avocado will help with hunger control too.



Eat a variety of food & drink plenty of water.

It's possible to lose weight without exercise, with exercise you will burn fat faster and exercise will improve your health.

Avoiding sugar is important, without reducing the amount of sugar you are taking everyday it's difficult to slim down.

Energy balance explained.

The following video explains how our body gain weight & how we can lose it.

<http://www.eufic.org/en/healthy-living/article/energy-balance-explained-video>

Before opening the fridge or cupboard, take a breath and ask yourself how you feel. Are you really hungry? Or thirsty? Stressed? Bored? Think for a minute and differentiate between your needs and wants.

<http://www.eufic.org/en/healthy-living/article/mindless-to-mindful-eating>

Option 2 alternate-day dieting

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
DAY 1	Meal replacement	Meal replacement	Meal replacement
DAY 2	Your choice	Your choice	Your choice
DAY 3 ... 30 ...	Meal replacement	Meal replacement	Meal replacement

Option 1 replace any two daily meal with meal replacement

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
DAY 1	Meal replacement	Your choice	Meal replacement
DAY 2	Your choice	Meal replacement	Meal replacement
DAY 3 ... 30 ...	Meal replacement	Meal replacement	Your choice