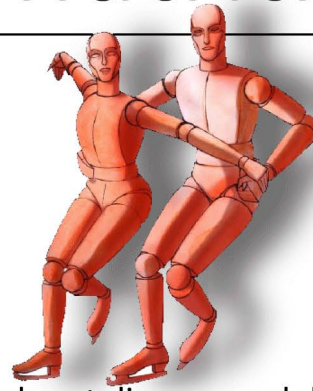


cellular nutrition

Healthy body happy you



Modern science tells us that chronic diseases like cancer, heart disease, and diabetes, are a result of ongoing cell damage that we are all exposed to every day. Did you know that certain nutrients and lifestyle adjustments actually strengthen your body's natural defenses against cell damage and chronic diseases? Let's take a closer look.

The human body, disease, and health

Our bodies are made up of trillions of cells. When our cells are healthy, we are healthy and energetic. When our cells are not at their optimum health, disease development begins, usually long before there are any indications that something is not right.

Our cells are always very hard at work. They continuously replace themselves by building new cells. In fact about every year your body has rebuilt most of itself one cell at a time. Herein lies the key. Our cells were created to be built from specific nutrients which are essentially the building materials of our bodies. If the proper nutrients are not consumed on a daily basis, your body will rebuild its cells with inferior or missing building materials potentially resulting in cell reproduction errors. The outcome is damaged, defective, and weakened cells. The progression of this state can lead to DNA damage, the development of chronic diseases like cancer and heart disease, and if not dealt with, ultimately increased risk of premature death. Simply put, poor nutrition means undernourished cells, which can lead to increased risk of disease. It really is true that "we are what we eat".

Herbalife's Cellular Nutrition®

Any wellness program will only work long-term when all the body's cells are nourished. The foundation of Herbalife's wellness philosophy is rooted in a concept called Cellular Nutrition. Cellular Nutrition programs are designed to help nourish your body at the cellular level. Through exclusive blends of plant based nutrients, this advanced technology supplies the antioxidants, phytonutrients, amino acids, vitamins, and minerals that your individual cells require to function optimally. Take optimal care of your cells and you take the best possible care of your body.



As easy as one, two, three

Cellular Nutrition consists of a creamy, deliciously filling instant meal and two nutritional supplement formulas taken with each meal. It's that simple!

1. Formula 1 Healthy Meal.
2. Formula 2 Multivitamin Complex.
3. Cell Activator®

Good nutrition doesn't have to be complicated. Feel the Herbalife difference!

Contact your wellness coach for more information about Herbalife's Cellular Nutrition® programs.