

digestive health

Weight loss begins with digestive health



Digestive health can affect many areas of our health—weight, energy, skin and immunity—in ways we might never have imagined. It's important to understand the link between digestive health and overall wellness.

HERBALIFE FOR DIGESTIVE HEALTH

To get the most from your weight-loss program, start off with Herbalife's 21-Day Herbal Cleansing Program, then soothe your system with Herbalife® Herbal Aloe Drink for improved digestion. Add in Herbalife® Active Fiber powder for regularity, and Herbalife® Florafiber for friendly bacteria and intestinal health.

DIGESTIBLE FACTS

- The small intestine is where the majority of digestion and absorption of nutrients takes place.*
- The health of your digestive system can significantly affect your immune function.
- A majority of Americans consume only about 14 grams of fiber per day, while the Institute of Medicine recommends 38 grams for men under age 50, and 25 grams for women in the same age group.*

CLEANSING AND NUTRIENT ABSORPTION

In your everyday life, your body may be exposed to toxins. Maintaining your digestive health can help your body neutralize and eliminate them from your system. Supporting your body's ability to absorb nutrients and eliminate toxins enhances your weight-loss efforts. Improve your body's nutrient absorption and healthy elimination, and you'll see how your health and weight loss improves overall.



DIGEST THIS!

By Luigi Gratton, M.D., M.P.H.

Q: WHY IS DIGESTIVE HEALTH SO VALUABLE?

A: Most people have experienced digestive issues at some point in their lives. Many modern diets lack the sufficient nutrition, such as fiber, for good digestive health. Fiber is essential for weight management and intestinal health but most people only eat half the recommended daily dietary fiber intake.

Q: WHAT CAN I DO TO INCREASE MY FIBER INTAKE?

A: I always encourage people to eat five to seven servings of fruits and vegetables each day to get their daily fiber intake. But I realize how challenging it is to do that with our modern diet and on-the-go lifestyle. That is why I recommend taking supplements that contribute to promoting regularity, a feeling of fullness and the growth of "friendly" intestinal bacteria.

Q: HOW DOES HERBALIFE® HERBAL ALOE PROMOTE DIGESTIVE HEALTH?

A: Herbalife's Herbal Aloe formula is gentle and soothing because we filter out the laxative stimulant, aloin, to produce an Herbal Aloe with all of the organic nutrients of the aloe plant. The aloe plant contains over 75 substances known for their healing properties. Herbal Aloe assists your body's self-cleansing action and healthy elimination.* Plus you can support healthy digestion wherever you are with Herbalife's ready-to-drink form. To maintain a healthy digestive system, support your healthy diet with plenty of fiber and Herbalife's other digestive health products, such as Active Fiber powder, Florafiber and 21-Day Herbal Cleansing Program.