

GLP-1 Weight-Loss Drugs and the Herbalife® GLP-1 Nutrition Companion

Frequently Asked Questions and Answers



1. What are GLP-1 weight-loss drugs and how do they work?

There are millions of individuals on GLP-1 weight-loss drugs today. The most common are Ozempic®, Wegovy® and Mounjaro®. These drugs are prescribed by doctors and have a powerful effect. They mimic the action of a hormone called GLP-1, which interacts with the brain to suppress appetite and turn off cravings and hunger signals so individuals feel satisfied. This hormone also slows down the digestive system, allowing more time for digestion and absorption of food. This action helps keep blood sugar levels stable and keeps individuals feeling fuller, longer. As such, they lose weight quickly.

2. What do GLP-1 weight-loss drugs do to the body?

GLP-1 weight-loss drugs cause individuals to eat less, which makes meeting daily nutrient needs more challenging. In their process of losing weight, most individuals also lose muscle, have low energy and feel nauseous. Drug companies and health care practitioners prescribing these drugs advise these consumers to maintain a balanced diet with enough protein and physical activity to maintain optimal health.

3. How can Herbalife® products help individuals who are taking these GLP-1 weight-loss drugs?

We offer a full line of great-tasting nutrition products that can be customized to support and meet the individual needs of consumers and help them achieve their unique wellness goals. The Herbalife® GLP-1 Nutrition Companion is a combination of products designed to supplement the nutritional needs of weight-loss drug patients, including those on GLP-1s.



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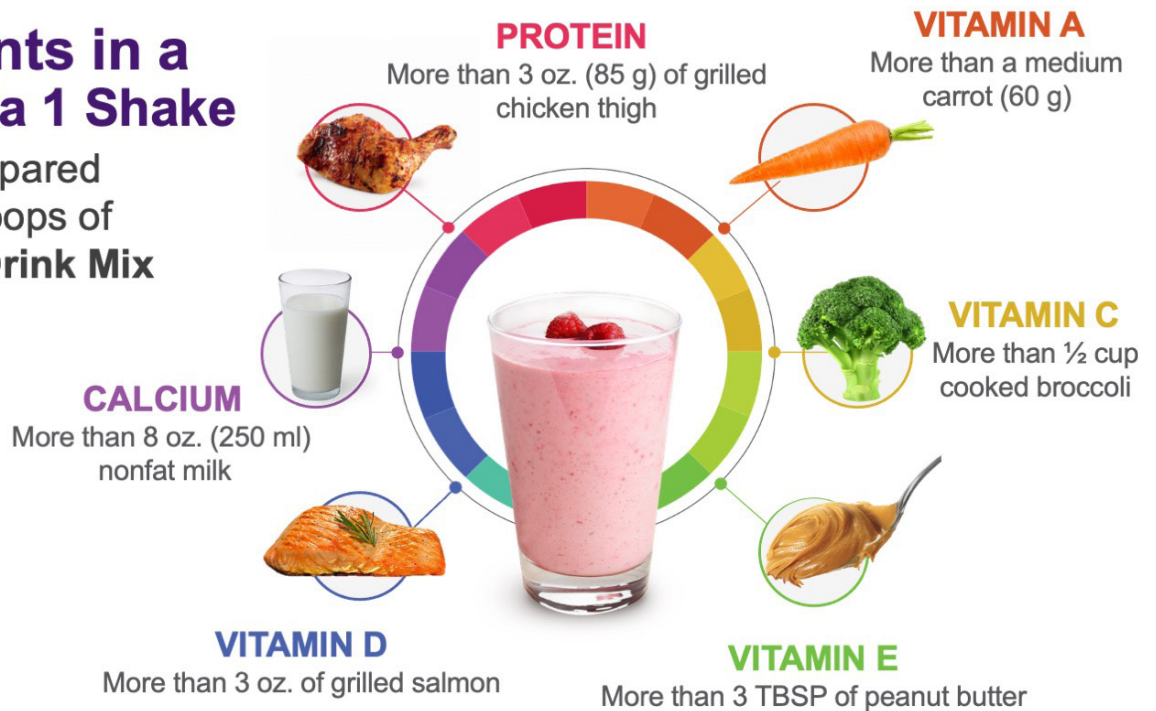
Source: Euromonitor International Limited per Consumer Health 2024ed, Protein Shake as per sports protein powder, sports protein RTDs, meal replacements, supplement nutrition drinks and protein supplements, combined % RSP share (GBO), 2022 data.

Benefits of the Herbalife® GLP-1 Nutrition Companion include:

- **Protein to sustain lean muscle and give you energy.** Protein in Formula 1 Healthy Meal Nutritional Shake Mix and Protein Drink Mix can help build muscle tissue, maintain lean muscle mass and give you energy. They're also low glycemic, easy to digest and taste great. Even individuals with nausea may respond well to the taste. HERBALIFE V Plant-Based Protein Shake is also a delicious option for vegan, vegetarian and flexitarian diets.

Nutrients in a Formula 1 Shake

When prepared with 2 scoops of Protein Drink Mix



- **Micronutrients and macronutrients to help fill nutritional gaps.** Formula 1 is specially formulated with 21 essential vitamins and minerals. It also provides an excellent source of antioxidants Vitamins C and E that help protect the body from damage caused by harmful molecules called free radicals.
- **Proper supplementation for overall health.** Supplements like Active Fiber Complex and HERBALIFE V Plant-Based Digestive Support* help support digestion, while HERBALIFE V Plant-Based Greens Booster is an easy way to add more fruits and vegetables to your daily routine.

4. Can individuals who take weight-loss medication use Herbalife® products?

Yes! We are here to help these individuals maintain healthy habits with Herbalife® products while on their journey, or as they transition off to support long-term results. But remember, everyone's weight-loss journey is unique. Individuals are at different stages of life and may have medical conditions or circumstances that determine which products to use. Herbalife doesn't offer or sell weight-loss drugs, only nutritional products – foods and dietary supplements – for use by the general public. Herbalife Independent Distributors, unless they have specialized credentials, are not physicians or pharmacists and are not authorized by Herbalife to discuss drug function, side effects or interactions. Distributors should not attempt to answer questions by consumers about these topics, but should remind their customers to discuss with their physicians any concerns about adding Herbalife® products to their diet.

5. What product information is helpful for health care providers to make a decision on suitability?

- Product labels, where you can find nutritional facts, warnings, allergen declarations, a list of ingredients, certifications and other relevant information. Herbalife's strict manufacturing practices ensure that the contents of the product match the label so your customers have complete confidence.
- Herbalife health and product question support: Customers and health care providers with specific product questions can reach out to GCS@Herbalife.com
- Quality and safety reputation: Herbalife prioritizes safety, quality and benefits in all our products. To learn about our commitment to consumer safety, our products or ingredients, please contact the Global Consumer Safety team at GCS@Herbalife.com.

6. Is Herbalife helping individuals connect with doctors or health care providers to obtain GLP-1 weight-loss drugs?

Herbalife does not recommend, suggest or facilitate connections with doctors, health care providers or telehealth companies for obtaining weight-loss drugs.

7. Is Herbalife endorsing the use of GLP-1 weight-loss drugs?

No. Herbalife is a global nutrition company that provides a variety of science-backed nutrition products coupled with Distributor coaching programs designed to help individuals achieve proper nutrition and maintain a healthy lifestyle. We recognize that GLP-1 drugs are widely available in an injectable form, and we are using this representation in marketing assets to ensure they connect with the relevant audience.

8. What should Herbalife Independent Distributors do if they are approached by health care providers about the product offering?

Distributors can provide the details of the Herbalife® GLP-1 Nutrition Companion and make it available for health care providers to offer to patients at their discretion. Health care providers may contact the Herbalife Global Consumer Safety team at GCS@Herbalife.com with any questions.

9. Should Herbalife Independent Distributors encourage GLP-1 patients to stop taking their weight-loss drugs and use Herbalife® products as an alternative?

No. Individuals who are on weight-loss drugs should discuss their needs with their health care provider to determine when they are ready to transition off and how they should do this. Herbalife® products are not a substitute for a drug treatment program. Once individuals stop taking these weight-loss drugs, success depends on healthy habits and support, which is the real value of Herbalife and the Distributor Wellness Coaches. Herbalife's high-quality nutritional products and supportive community are the secret to helping individuals live their best lives.

10. Can Herbalife Independent Distributors market the Herbalife® products in a manner that accelerates, boosts or improves their weight-loss results on these GLP-1 weight-loss drugs?

No. Individuals who are on weight-loss drugs should discuss their needs with their health care provider. Please be aware that Distributors can't market Herbalife® products as part of a drug treatment program or state that they work better for individuals taking those drugs.

11. Can Herbalife Independent Distributors market any Herbalife® products to help treat any side effects of the drug treatment, such as nausea, hair loss, diarrhea, etc.?

No. Herbalife® products are not intended to diagnose, treat, prevent or cure any illness or disease.

The Herbalife® GLP-1 Nutrition Companion is not a drug. Remember to consult your physician before you make changes to your diet during medically supervised weight loss.

*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.

Remember, we always advise customers to consult their health care provider when they're changing their diet. Of course, this goes for people taking weight-loss drugs, too. Please be aware that you can't market Herbalife® products as part of a drug treatment program or state that they work better for people taking those drugs. Our products are not approved for that claim. Also, this goes without saying, but please do not try to persuade your customers to stop taking their prescribed weight-loss medication. That is always a decision customers should make with their doctors.

