

# Welcome to the Herbalife Evolve Weight Loss Program

This guide is meant to help you get started on your weight-loss journey and show you how to use our high-quality supplements and protein shakes to support your weight-loss goals.

Each **Herbalife Evolve Weight Loss Program** bundle includes the following:



**MultiBurn™**

**Formula 1 Healthy Meal  
Nutritional Shake Mix**

**Protein Drink Mix**

**Active Fiber  
Complex**

# It's All About Metabolic Health ...

## So, What Is Metabolic Health?

Metabolic health is the foundation of how your body functions, influencing energy production, digestion, fat storage, hormone balance, brain function, sleep and mood. At its core, metabolic health refers to how efficiently the body converts food into energy. Essentially, the better your metabolic health, the more optimized your health. Metabolic health can be assessed through key indicators such as blood sugar levels, blood pressure, cholesterol levels and body composition.



Metabolic health is largely shaped by lifestyle choices. The key factors for maintaining it include:

**1**

**A Balanced Diet –**  
Eating the right mix of **protein, fats, carbohydrates, fiber, vitamins and minerals** supports efficient energy production.

**2**

**Fiber for Gut Health –**  
Fiber plays a crucial role in maintaining a **healthy gut microbiome**, which helps regulate metabolism and hunger.

**3**

**Caloric Balance –**  
Consuming **only as many calories as your body needs** prevents excess fat storage and metabolic disruptions.

**4**

**Regular Physical Activity –**  
Movement enhances **cellular function, blood sugar regulation and muscle mass**, all of which support metabolic health.

**5**

**Quality Sleep –**  
Consistent, restful sleep is essential for hormone balance and metabolic efficiency.



# Herbalife Evolve Weight Loss Program Provides Benefits



**MultiBurn™** is specially formulated with trademarked, clinically studied botanical ingredients Morosil™, Metabolaid® and Capsifen™, along with Berbevis®, chromium and caffeine.

**Active Fiber Complex** provides fiber which aids in digestion, provides a sense of fullness to curb your appetite and helps friendly digestive bacteria thrive.\*

The combination of **Formula 1 Healthy Meal Nutritional Shake Mix** and **Protein Drink Mix** supports both a balanced diet and reduced calorie intake while being an excellent source of protein and a blend of important vitamins and minerals.

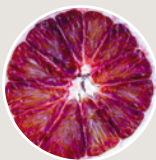
\*Four servings per day.

# Herbalife Evolve Weight Loss Program Product Breakdown

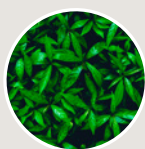
Each of the products included in the **Evolve Weight Loss Program** support benefits in key aspects of metabolic health:

**MultiBurn™** is the next-generation metabolic health supplement featuring a unique combination of clinically studied botanicals<sup>†</sup> and chromium to offer a powerful, multipronged approach for weight-loss support.<sup>‡</sup> Designed for daily use, it works seamlessly as part of a comprehensive weight-loss program that includes our high-protein shakes, fiber and regular physical activity.

With MultiBurn™, reduce fat, achieve a slimmer waist and hips, and support overall metabolic health.<sup>‡</sup>



**Morosil™**  
supports overall weight loss, including reduced hip and waist circumference, and a healthy BMI<sup>§</sup>



**Metabolaid®** helps with healthy reduction of fat and an increased feeling of fullness after meals<sup>†§</sup>



**Capsifen™**  
supports healthy energy expenditure<sup>‡</sup>



**Caffeine**  
stimulates metabolism and provides a feeling of energy and alertness<sup>‡</sup>



**Chromium**  
helps maintain blood sugar levels already within the normal range<sup>‡</sup>

<sup>†</sup>Morosil™, Metabolaid® and Capsifen™.

<sup>‡</sup>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.

<sup>§</sup>In combination with a healthy diet and active lifestyle

This combination of the #1 protein shake in the world\*\* with Protein Drink Mix delivers 24 grams of protein, 24 vitamins and minerals and just 200 calories per serving to help you reduce daily caloric intake (when used as a meal replacement).



## Formula 1 Healthy Meal Nutritional Shake Mix and Protein Drink Mix:

- 1** Help satisfy hunger.
- 2** Support the maintenance of lean muscle mass (protein).
- 3** Support the reduction of calorie intake (replace 1–2 meals per day).

## Active Fiber Complex:

This versatile powder offers a quick and tasty way of adding 6 grams of fiber to your daily diet. Daily fiber intake is an important part of a healthy diet and helps support gut health.



**1**

Aids in digestion.

**2**

Provides a sense of fullness to curb your appetite.

**3**

Promotes regularity.

**4**

Supports growth of friendly intestinal bacteria.\*

\*Four servings per day.

\*\*Source: Euromonitor; CH2025ed, protein shake as sports protein powder, sports protein RTDs, meal replacement, supplement nutrition drinks & protein supplements; combined % RSP share GBO for 2024.



# Herbalife Evolve Weight Loss Program

The decision to begin working on reducing weight, optimizing your metabolic health and supporting better wellness involves doing some real work toward improving your lifestyle. Now is the time to start thinking about healthier foods, portions and snacks, and finding some time to do some physical activity.

Here's what a day on the Evolve Weight Loss Program might look like:



## MORNING

- **Breakfast:** One protein shake (**Formula 1 Healthy Meal Nutritional Shake Mix and Protein Drink Mix**) – mix with your favorite fruits, veggies or other add-ins, if desired
- **Take MultiBurn™** (three capsules) after breakfast (or you can take after lunch)
- **Snacks:** Fruits, Herbalife® Protein Snacks, vegetables or nuts (avoid high-sugar, high-fat and high-carb foods)



## AFTERNOON

- **Lunch:** One protein shake (**Formula 1 Healthy Meal Nutritional Shake Mix and Protein Drink Mix**) – blend with your favorite fruits, veggies or other add-ins, if desired.  
**NOTE:** If you're only replacing breakfast – *choose a healthy lunch* (multivegetable salads with low-fat dressings, sandwiches with lean protein, and fiber-rich bread or wraps).
- **Afternoon Snack:** *Think healthy!* Herbalife® Protein Snacks, fruits, vegetables, nuts, hummus or yogurt.
- **Take Active Fiber Complex:** Mix a scoop with 8 fluid ounces of water or add to your favorite Herbalife beverage



## EVENING

- **Dinner:** Lean sources of protein like chicken breast, turkey breast, lean fish or plant-based proteins. Healthy carbs like legumes or wild and brown rice or grains like quinoa and amaranth. Prepare healthy portions of nutrient- and fiber-rich vegetables like kale, spinach, brussels sprouts, chard and broccoli.
- **Dessert:** Consider dark chocolate, low-sugar sorbets or fruits

**Activity (30 Minutes):** You can do this anytime of the day that works best for you and your schedule; take a walk outside, do some yoga, stretching or isometric exercises at home. (See below for some basic activities for you to consider.)

## Reset the Refrigerator and Pantry

Changing the way that you eat is tough; an important thing to understand is there are a vast number of ways to make delicious, healthy meals. Keep the information below in mind the next time you go grocery shopping and you'll be on your way to building a healthy pantry.

## What to Avoid

- **Sugary Drinks:** (sodas, sugary teas, juices, coffee, etc.) If it contains 12 grams or more of sugar per 12 fluid ounces of liquid, avoid it! High-sugar drinks, when consumed without food, can spike blood sugar and increase insulin levels.
- **High-Fat, Sodium, Carbohydrate Snacks:** Foods with a poor nutritional profile; high fat, high-saturated fat, high levels of sodium, no protein, no fiber, no vitamins and minerals, should be avoided

# Food and Beverage Recommendations

## Drinks and Beverages:



**Low- or Zero-Sugar Teas:** (green tea, black tea, jasmine, chamomile, etc.) – hot or iced



**Coffee** is generally OK. Avoid sugary recipes and watch your caffeine intake.



**Fresh-Pressed Fruit and Vegetable Juices** can offer the benefits of phytonutrients but may be high in sugar. Opt for lower-sugar options or enjoy with a protein- and fiber-rich snack.



**Dairy** is fine to use in your beverages but consider using skim or low-fat options to help reduce fat intake



**Herbalife** has a wide variety of delicious and beneficial beverages. Try **Herbal Aloe Concentrate**, **Herbal Tea Concentrate**, or **N-R-G Tea** for a refreshing pick-me-up. Coffee lovers can enjoy three tasty flavors of **High Protein Iced Coffee**. If consuming multiple caffeinated products, we recommend identifying what may be an appropriate daily intake for you.

# Food and Beverage Recommendations

## Snack Options:



**Fruits** – Dark berries like blueberries, cherries and pomegranates are a great source of antioxidants and other phytonutrients. Bananas are a source of potassium, while apples are a good source of fiber. Pineapples and mangos contain proteolytic enzymes that may help your body break down protein. While some fruit can be high in sugar, you generally can't go wrong here.



**Vegetables** – Crunching on some carrots, celery, cucumbers, bell peppers or snap peas with low-fat dressing (vinegar or oil based) can provide you with a range of healthy phytonutrients, antioxidants and fiber



**Other Healthy Snacks** – Yogurt and Greek yogurt (with or without fruit), apples or banana with peanut butter, nuts (including almonds or pistachios). High-fiber, low-sodium crackers with some cheese; hummus with whole-wheat pita or pita chips. Dried fruit or fruit chips and low-sodium popped-corn chips. All of these are healthy options when eaten in reasonable portions.



**Herbalife® Protein Snacks** – We have ready-to-eat snacks like **Protein Chips Mild Barbecue**, **Protein Bar Deluxe** and **Protein Bites**. You can also find recipes on our [website](#) for protein-packed snacks that can be made with **Formula 1 Healthy Meal Nutritional Shake Mix**, **Herbalife24 Rebuild Strength** and other products.



# Cooking a Healthy Meal



**Protein** – Lean protein will help keep your fat intake lower and provide protein to support satiety and healthy muscles. Good examples of lean or low-fat sources of protein are chicken breast, turkey, pork loin and lean cuts of beef. Other great sources are fish with healthy fats, like salmon and tuna. There are also many lean plant-based protein options like tofu, nuts and legumes.



**Carbohydrates** – Healthy sources of carbs include whole grains like brown rice, quinoa, oats and fiber-rich breads. Vegetables like sweet potatoes, peas and corn are a source of healthy carbs, and legumes like lentils, chickpeas and beans provide carbs – and in some cases protein!



**Vegetables: Fiber and Antioxidants** – We've discussed vegetables previously, but it's important to note they are an important source of fiber and antioxidants. Some of the most nutrient-dense options include beets (including golden variety), cabbage, carrots, kale, broccoli, bell peppers, asparagus, spinach, cauliflower, green beans, tomatoes, eggplant and sweet potatoes.

# Movement/Moderate Activity



**Here's the simple truth:** The hardest part is getting started. Once you get into a routine, you'll find it much easier to do. Below are some easy and moderate exercises that you could try to get 30 minutes of activity in your day.



**Walking** – A nice, 30-minute walk around your neighborhood will support your weight-loss goals and **improve your health**



**Yoga** – This is a great option that is low physical impact and can be done easily at home. There are a vast number of yoga exercise videos available online, just search and you'll be on your way.



**Isometric Exercise** – Another exercise that can be done in the convenience of your home and involves holding positions (planking is an example). “Isometric” means that your muscles are generating force without movement, which is still a workout!

# Balance Your Mental Health



While achieving a healthier YOU seems to be about simply eating healthier and doing some activity, here are some mental health tips that contribute to overall wellness:



**Learn to Love Yourself** – Say positive affirmations to yourself. Pump yourself up. Tell yourself you’re going to work hard each day, that you’re going to focus on making decisions that will support your journey to better health and a new you. Believe that you’re strong enough to change and that you deserve to be healthy and happy.



**Don’t Allow Negative or Self-Sabotaging Thoughts** – You have the power to choose what you think about and the thoughts you allow yourself to think. Pivot mentally when you begin thinking negative or circular thoughts to positive thoughts. Don’t let yourself think about quitting. Think about the new life you’re working toward while acknowledging that it may not be easy, but that you can do it.




**Self-Discipline** – Many times when we make mistakes with our diet, it’s because an impulsive decision was made. *“I’m just going to eat this, one time”* or *“I’ve been doing so well, I deserve to treat myself.”* Focus on changing the way you approach these moments. Focus on being strong in the face of impulses and look at your new health and wellness regimen as the ultimate goal.



**Seek Social Support** – Friends, family, your Herbalife Independent Distributor, Wellness Coach or anyone you trust, can be great resources to discuss your feelings and talk about your challenges with, and get the support and motivation to keep working hard and moving forward





Congratulations on taking this first important step toward a slimmer, happier, healthier you! Use the **Evolve Weight Loss Program Guide** as a reference and training tool to support not only your own weight-loss goals, but share it with other Herbalife Independent Distributors and customers to help them understand how to implement an easy-to-follow weight-loss program using Herbalife® products.