

# Boost Your Daily Fiber Intake with Six Tempting Recipes

Savor a taste of paradise with these delicious and high-fiber recipes featuring Active Fiber Complex Select.

## 1 High-Fiber Pineapple & Strawberry Beauty Shake

- 2 scoops Formula 1 Select Natural Vanilla Flavor
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavor
- 1 scoop Active Fiber Complex Select Tropical Twist
- 2 scoops Herbalife SKIN® Collagen Beauty Booster Strawberry Lemonade
- 1 cup cold water
- 3–5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

260

CALORIES

29 g

PROTEIN

31 g

CARBS

3.5 g

FAT

13 g

FIBER

## 2 High-Fiber Tropical Spice Shake

- 2 scoops Formula 1 Select Natural Vanilla Flavor
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavor
- 1 scoop Active Fiber Complex Select Tropical Twist
- ½ TSP Herbal Tea Concentrate Chai
- 1 cup cold water
- ¼ TSP ground cinnamon, or to taste
- ⅛ TSP ground ginger, or to taste
- 3–5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

230

CALORIES

25 g

PROTEIN

28 g

CARBS

3.5 g

FAT

13 g

FIBER





### 3 Pomegranate-Mint Fiber Shake

2 scoops Formula 1 Select Natural Vanilla Flavor  
2 scoops Protein Drink Mix Select Natural Vanilla Flavor  
1 scoop Active Fiber Complex Select Tropical Twist  
½ TSP Green Tea Pomegranate  
1 cup cold water  
2 TSP dried mint leaves, or 1 TBSP fresh mint  
3–5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

230

CALORIES

25 g

PROTEIN

27 g

CARBS

3.5 g

FAT

13 g

FIBER

### 4 Pineapple-Coconut Digestive Health Booster

3 capfuls Herbal Aloe Concentrate Original  
1 scoop Active Fiber Complex Select Tropical Twist  
1 scoop Simply Probiotic  
1 cup water  
3–5 ice cubes

Stir Herbal Aloe Concentrate, Active Fiber Complex Select and Simply Probiotic into cold water until dissolved. Add ice cubes.

15

CALORIES

0 g

PROTEIN

9 g

CARBS

0 g

FAT

6 g

FIBER

### 5 Tropical Raspberry Tonic

½ TSP Herbal Tea Concentrate Raspberry  
1 scoop Active Fiber Complex Select Tropical Twist  
1 cup cold water  
3–5 ice cubes

Stir Herbal Tea Concentrate and Active Fiber Complex Select into cold water until dissolved. Add ice cubes.

20

CALORIES

0 g

PROTEIN

10 g

CARBS

0 g

FAT

6 g

FIBER

### 6 Chai Fiber Booster

1 scoop Active Fiber Complex Select Tropical Twist  
½ TSP Herbal Tea Concentrate Chai  
1 cup cold water  
3–5 ice cubes (optional)

Stir Active Fiber Complex Select and Herbal Tea Concentrate into cold water until dissolved. Add ice if desired.

20

CALORIES

0 g

PROTEIN

10 g

CARBS

0 g

FAT

6 g

FIBER

