

# Herbalife Nutrition **Immune Health**



# Our Immune System

It is our body's defense system to fight disease, bacteria, viruses and foreign matter

Our bodies have a vast network of cells and tissues on the lookout for foreign invaders.

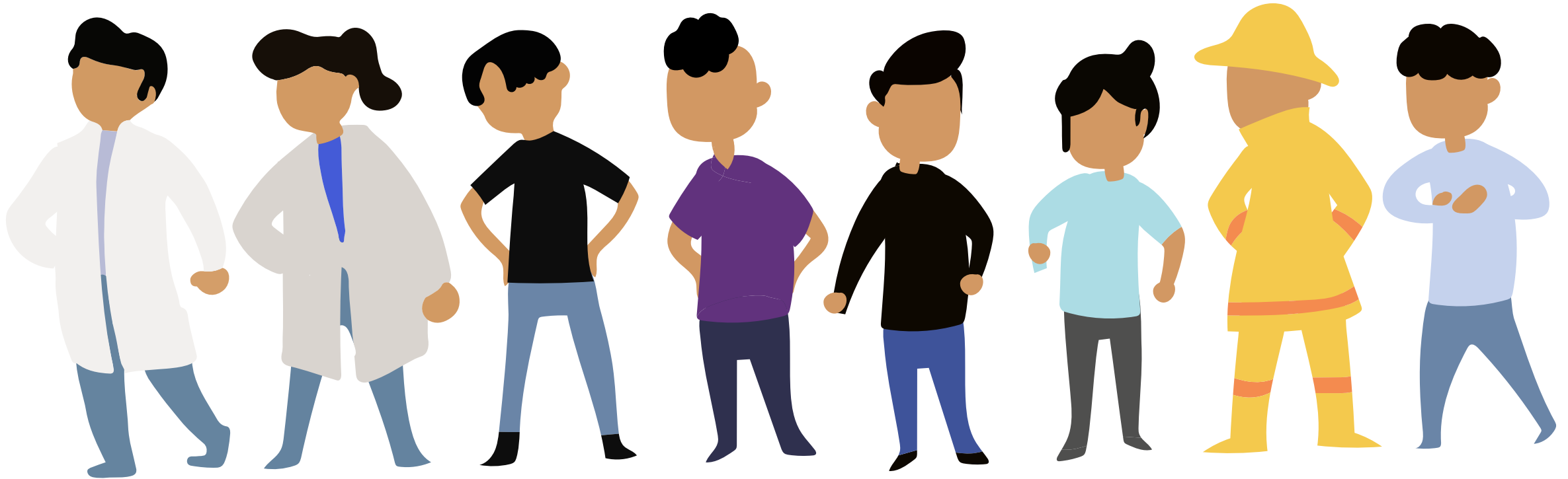
As soon as these invaders are detected the immune system is activated like a defense system and work to help protect your body





## Holistic Approach to Overall Immune Health

All these “workers” need to be healthy!



How does nutrition help?

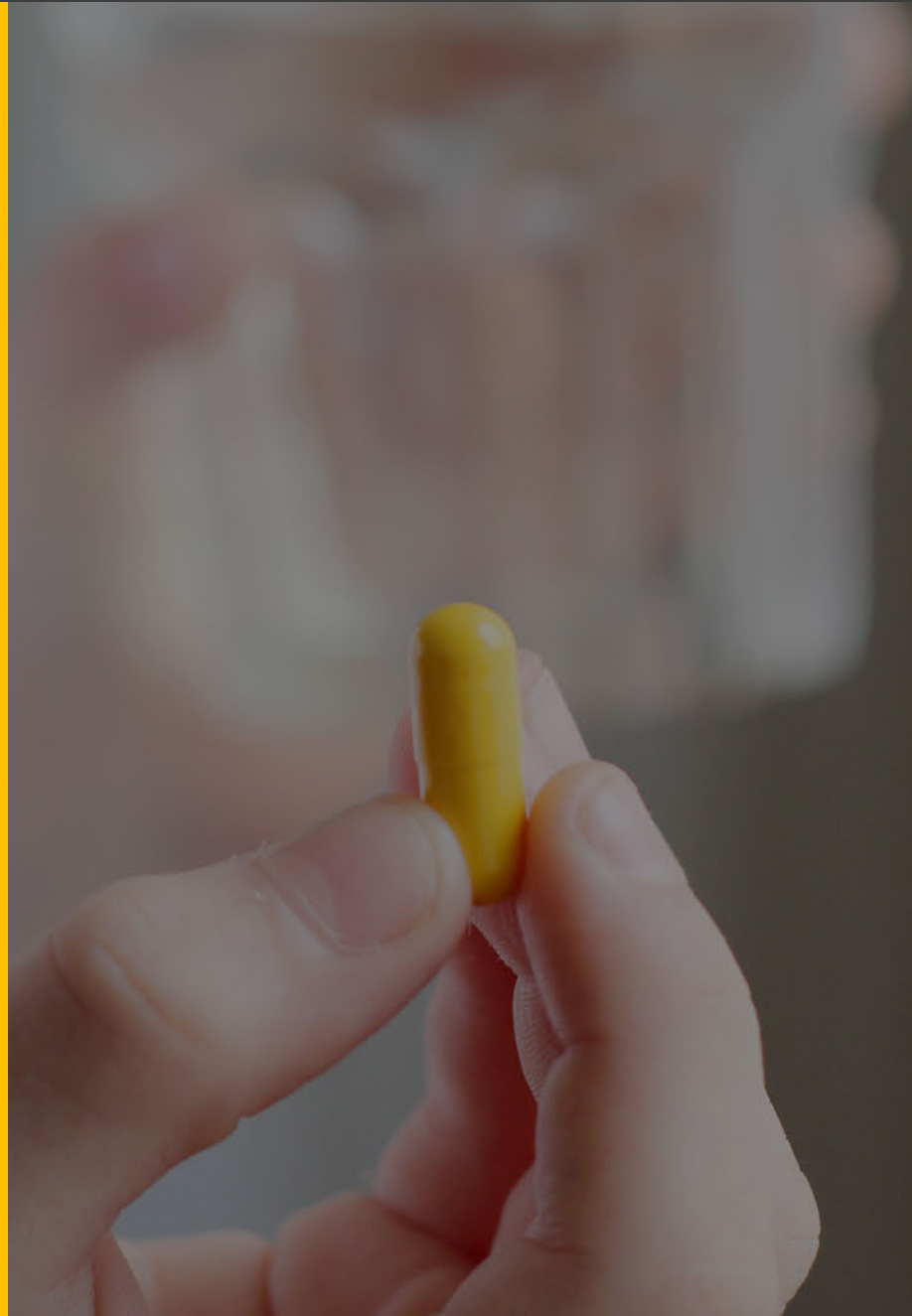
# Optimal Nutrition can help support Immune Health

Dietary nutrients such as protein, fiber, omega 3 fats, Vitamins A,B,C,D,E and phytonutrients can help support immune function in the human body. Specific dietary nutrients provide the fuel to keep our defense mechanisms working optimally.



**Remember that only drugs can be used to diagnose, treat, cure, or prevent diseases and infections.**

**Nutrition alone is not a defense against them.**



# We believe our **Global Nutrition Philosophy**

serves as a reference for macronutrients, micronutrients and phytonutrients in the human diet.





# How Nutrition Impacts the Body's Immune System





1

# MACRONUTRIENTS

PROTEINS  
FATS

CARBOHYDRATES



2

# MICRONUTRIENTS

VITAMINS & MINERALS



3

# PHYTONUTRIENTS

TARGETED IMMUNE  
SUPPORT





# Protein

**Is the first solid component in your body**

**It's part of body composition**

**It helps support lean muscle mass which can support immune health**



The body uses protein to make antibodies generated during immune response



Herbalife24® Rebuild Strength and Enhanced Protein Powder are dietary supplements. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Formula 1

## Healthy Meal

### Nutritional Shake Mix



A delicious and healthy meal that provides an ideal balance of protein and nutrition to satisfy your hunger and give you lasting energy.

- 17 g to 24 g\* of high-quality protein to satisfy hunger
- Contains 21 vitamins and minerals
- 0 cholesterol, 0 trans fats
- A good source of fiber
- Suitable for vegetarians†
- Suitable for diabetics‡

\*When prepared with 8 fl. oz. of nonfat milk or one serving (2 scoops) of Protein Drink Mix.

†Herbalife Nutrition Definition for Vegetarian:

Products that do not contain any meat, poultry, fish, seafood or insects.

‡Herbalife Nutrition products do not treat diabetes, but diabetics can use them.

§On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.



# Healthy Fats



**Omega-3 Fatty Acids**

Up to  
**30%**

**Healthy Fats**  
from food &  
supplements



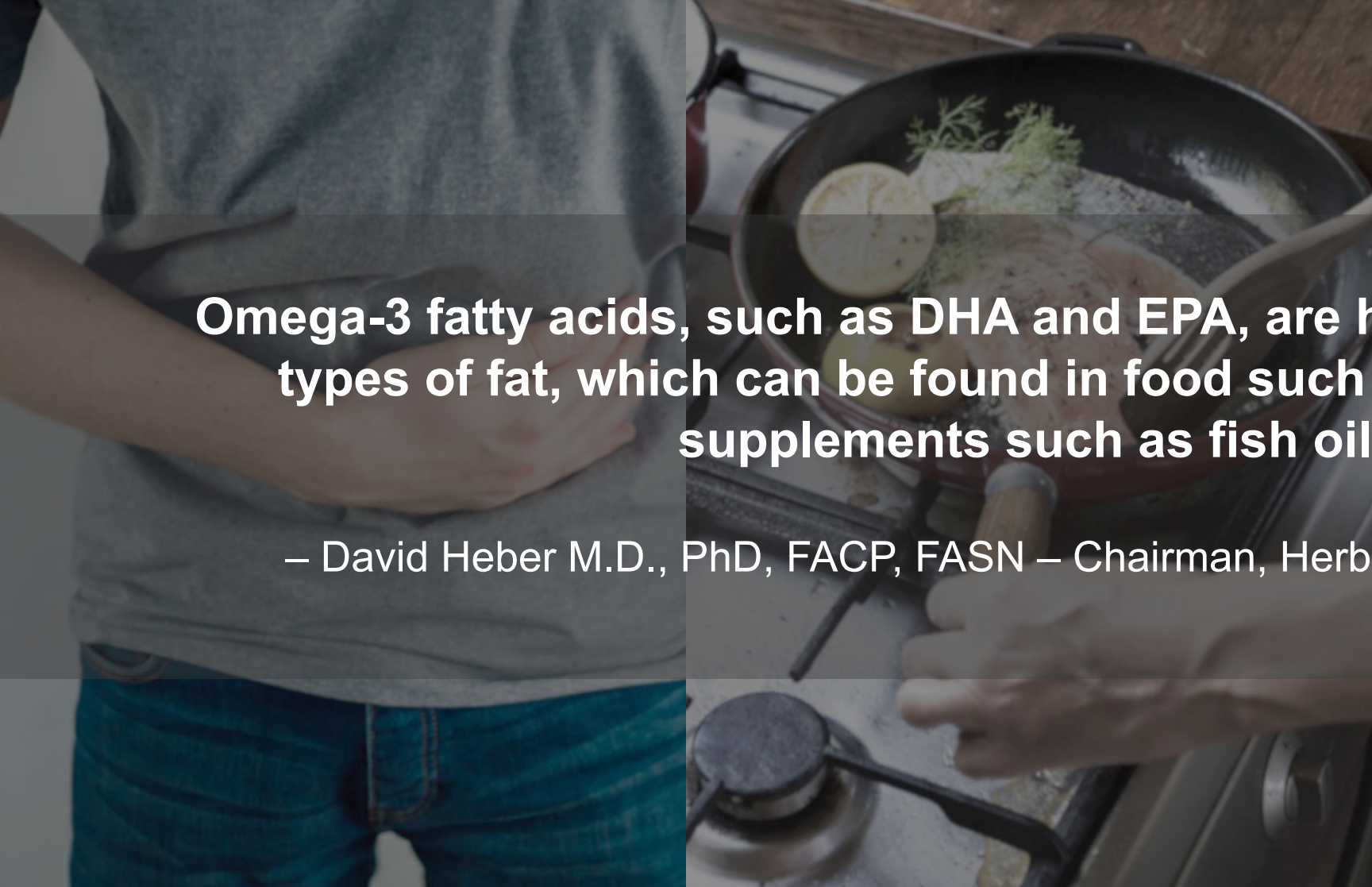
**Omega-6 Fatty Acids**



# Fat and Immunity

**Omega-3 fatty acids, such as DHA and EPA, are healthy and essential types of fat, which can be found in food such as chia seed and supplements such as fish oil.**

– David Heber M.D., PhD, FACP, FASN – Chairman, Herbalife Nutrition Institute





Up to 30% of your daily caloric intake should consist of healthy fats like omega-3 fatty acids, to help maintain healthy cholesterol and triglyceride levels already within a normal range.\*





# Fiber



Whole grain bread  
2 slices

**6g fiber**  
**215 calories**



Soybeans  
½ cup (75g)

**4g fiber**  
**95 calories**



Lentils, cooked  
½ cup (100g)

**8g fiber**  
**115 calories**



Strawberries  
1 cup (145g)

**3g fiber**  
**45 calories**



Almonds  
25 nuts (30g)

**4 g fiber**  
**175 calories**

# Fiber, Digestion and Immunity

**The digestive system plays a central role in supporting immune function. Having the right gut bacteria has been associated with benefits such as weight loss, improved digestion, healthier skin, and most importantly enhanced immune function, although research in these areas is not conclusive or universally applicable.**

– David Heber M.D., PhD, FACP, FASN – Chairman, Herbalife Nutrition Institute

Fiber aids in digestion, provides a sense of fullness to curb your appetite, and helps friendly digestive bacteria thrive.

- 5 g of balanced soluble and insoluble fiber
- 10 calories
- Promotes regularity
- Supports growth of friendly intestinal bacteria

# Active Fiber Complex





Simply Probiotic powder mix is a daily, science-backed probiotic that provides 1 billion active probiotic cultures, which promote digestive health.

- Formulated with a powerful GanedenBC<sup>30</sup><sup>®</sup>\* strain that survives the gastric journey to get to where it counts, helping you feel your best every day.
- Helps provide balance to good and bad bacteria (improving the gut bacteria profile)
- Made with non-GM ingredients
- Zero calories

# Simply Probiotic



\*GanedenBC<sup>30</sup><sup>®</sup> is a registered trademark of Ganeden Biotech



# Vitamins & Minerals

**Micronutrients are  
vitamins and  
minerals**

**Micronutrients are  
essential and must  
be obtained through  
your diet**

**An adequate  
micronutrient supply  
is key for  
sustainable health**



# Vitamins and Minerals Support the Immune System

Vitamins A and C, as well as phytonutrients, are key players in immune system health. As one of the biggest immune system boosters, Vitamin C encourages our body to produce antibodies that fight diseases. It is essential to maintain a daily intake of vitamin C as the body does not produce or store it. Vitamin A supports the health of our skin, tissues of our digestive tract and respiratory system.

– David Heber M.D., PhD, FACP, FASN – Chairman, Herbalife Nutrition Institute

Formula 2 provides essential nutrients, including antioxidant vitamins A (as beta-carotene), C and E to support your immune system.\*

- Provides 21 essential micronutrients
- Includes folic acid, calcium and iron
- Support your immune system\*
- Promotes healthy bones, skin and hair\*
- A core product for cellular nutrition.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Formula 2 Multivitamin Complex





Formula 3 Cell Activator® provides mitochondrial and nutrient absorption support\* with alpha-lipoic acid.

- Formulated with aloe vera, which may help support the body's absorption of micronutrients\*
- Formulated with alpha-lipoic acid, which helps regenerate antioxidant activity† within the cells and protects cells against oxidative damage that accumulates during aging\*

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†Glutathione and vitamin C

# Formula 3 Cell Activator®





# Phytonutrients

**Phytonutrients can provide significant benefits for people who eat plant foods. Phytonutrient-rich foods include colorful fruits and vegetables, legumes, nuts, teas, whole grains and many spices.**





- Formulated with echinacea to support immune health\*
- 1,000 mg of Vitamin C, a powerful antioxidant\*
- Contains 8 mg of zinc to support the body's immune function\*
- Excellent source of zinc for immune health\*
- Convenient for on-the-go use

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# Best Defense®



# Immunity Essentials



- Immunity Essentials is formulated with EpiCor<sup>®†</sup> a unique fermentate, which supports your respiratory and sinus health all-year long\*.
- EpiCor<sup>®</sup> acts like a Multivitamin for Your Immune System<sup>®†</sup> and supports mucosal defense.\*
- Consume once per day
- 10 calories per serving
- Made with Non-GM Ingredients

<sup>†</sup>EpiCor<sup>®</sup> and Acts Like a Multivitamin for Your Immune System<sup>®</sup> are registered trademarks of Embria Health Sciences.

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# RoseGuard®

- Contains vitamins C and E for immune support\*
- Vitamin C helps to recycle the antioxidant activity of Vitamin E\*
- Provides antioxidant support against free radicals with vitamins A (as beta-carotene), C and E\*

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Schizandra Plus helps support your immune system.\*

- Selenium and vitamins A (as beta carotene) C and E provide general antioxidant support against free radicals.\*
- Vitamins C and E support the immune system.\*
- Excellent source of selenium and vitamins A(as beta-carotene),C, E and B6.

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# Schizandra Plus





# PRODUCT HIGHLIGHT VIDEOS

## 20+ VIDEOS IN ENGLISH & SPANISH

Available for Customers and Distributors at [www.herbalifeproductvideos.com](http://www.herbalifeproductvideos.com)



- What products to take for specific Results
- Approved Claims
- Usage Instructions

# CELEBRATING 40 YEARS OF AMAZING NUTRITION



**Mark Hughes (1956 – 2000)**  
*Herbalife Nutrition Founder and First Distributor*



**HERBALIFE**  
**NUTRITION**

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