

Formula 1 Nutritional Shake: Effective way to manage weight –



A clinical study conducted by researchers from the Seoul National University Hospital, Department of Medicine, in Korea, shows that the Korean Herbalife® Formula 1*, as part of a controlled diet, can result in weight loss and loss of excess body fat. The study has demonstrated the power of protein to maintain lean weight while losing fat weight among those who consumed protein-enriched shakes twice a day. Some key points:

- Using Formula 1 shakes* as a meal replacement twice a day can lead to effective loss of body weight and body fat.**
- Weight loss achieved through the use of Formula 1 shakes* can help maintain good health.
- These results were published in the *International Journal of Clinical Practice*, February 2009.

* The results of this clinical study were based on the use of Formula 1 Healthy Meal Shakes formulated for the Korean market. Herbalife® Formula 1 product formulations in other markets differ from the Korean product.

** Individual results will vary.



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