

Q&A Session with Dr. Jamie and Jonathan Liss

What are the Herbalife products available in Singapore that are suitable for children?

Currently, the children formulas are not available in Singapore. The product that we would recommend for children is the Formula 1 Protein Drink Mix (shake), but in smaller amount and taken for additional nutrition. You can introduce the shake as a nutritional snack in addition to their normal 3 daily meals. Here are the recommended amounts for the following age groups:

8 years of age – ½ to 1 tablespoon of Formula 1 mixed with 120 ml of low-fat milk, soymilk or fruit juice

8 to 12 years of age – 1 ½ tablespoon of Formula 1 mixed with 180 ml of low-fat milk, soymilk or fruit juice

12 years of age – 2 tablespoon of Formula 1 with 240ml of low-fat milk, soymilk or fruit juice

For children with digestive problems, we recommend the Herbal Aloe Drink Concentrate. Mix 1 capful of Herbal Aloe Concentrate with the shake. However, if your child has digestive problems, we would strongly suggest that you discuss with your doctor before starting them on the Herbal Aloe Concentrate.

Can children who are obese use Herbalife products for weight loss?

Yes, but only under the guidance of their doctor. It is important that children have sufficient nutrition so that they have a healthy growth.

Are there any side effects from using Herbalife products?

Herbalife products provide a healthy balance of vitamins and minerals for good health and proper diet supplementation. There are no harmful side effects to using Herbalife products. Most people, though, will go through an adjustment phase when they change their regular diet. So when you and your customers begin incorporating Herbalife nutrition into the daily routine, you may experience minor discomforts such as bloating, changes in your bowel habits or even headaches and dizziness. This could be due to insufficient intake of water, or your body adjusting to a reduction in calories when you go on a weight-loss program. In such situations, remember to drink more water, and you can also drink the Herbal Aloe Drink Concentrate or the Thermojetics Herbal Tea Concentrate (for those who are not caffeine-sensitive) as part of your daily liquid intake. The discomforts should resolve within a few days.

Can people with the following medical problems use Herbalife products?

- 1) Cancer
- 2) Diabetes
- 3) High Blood Pressure, Heart disease and High Cholesterol
- 4) Kidney problem
- 5) Lupus
- 6) Arthritis
- 7) Gout
- 8) Thyroid



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Everybody, including individuals with health challenges, needs good nutrition. In fact, the body needs maximum nutrition when dealing with illnesses.

However, it is important to advise your customers that Herbalife products are not treatment for medical problems rather; the products provide your body with good nutrition, which can lead to improvement in the health conditions.

- 1) Cancer. It is a form of immune deficiency illness. Those with cancer can use Formula 1 and Formula 2 as well as the Herbal Aloe Drink Concentrate and Thermojetics Herbal Concentrate Tea. For those undergoing treatment for cancer like chemotherapy, do not use Formula 3 or Schizandra Plus, unless they have checked with their doctors. But they can use Formula 3 and Schizandra Plus to boost their immune system once the treatment is over.
- 2) Diabetes. Many diabetics can be “diet-controlled”, which means that their blood sugars can become normal with weight loss and good nutrition. Thus, they can use Formula 1, 2 and 3, Cell-U-Loss, Total Control and Herbal Aloe Drink Concentrate. However, those who are insulin-dependent diabetics, to consult and discuss the dosage of Herbalife products with their doctors.
- 3) High Blood Pressure, High Cholesterol and Heart disease. These can be classified as cardiovascular problems, and many are linked to overweight problems. So, with weight loss and good nutrition, some of the conditions may improve. However, those on medication should consult their doctors before they start on a weight-loss program. It is also recommended that those with Heart disease to use Herbalifeline, with Omega-3 fatty acids. Medical and nutritional experts agree that Omega-3 fatty acids can help reduce fatty triglyceride levels in the blood, which are a risk factor for heart attacks. Thus, Herbalifeline with Omega-3 fatty acids may help improve your health without necessarily altering your diet.
- 4) Kidney problem. It is important to ask those suffering from kidney problem or on dialysis if their doctors have given them any dietary restriction, primarily on protein limitation. The Formula 1 Protein Drink Mix should be used as part of the protein limitation. They can also use Formula 2 and 3, and Cell-U-Loss for those with fluid retention problems.
- 5) Lupus. Herbalife products are safe for those with lupus.
- 6) Arthritis. It is a well-established fact that weight loss may help decrease the severity of some arthritis symptoms, especially if suffering from wear and tear type of arthritis – osteoarthritis. Arthritis is an inflammatory type condition, the natural anti-inflammatory effects of aloe vera and Omega-3 fish oils from Herbal Aloe Concentrate and Herbalifeline is beneficial.
- 7) Gout. When animal protein consumed is not fully digested and absorbed by the body, it can result in the overproduction of acid, which brings on flair of Gout. Soy protein on the other hand is one of the easiest proteins for the body to digest and well absorbed. It is the best alternative to replace animal protein with soy protein. Gout sufferers also need to be well hydrated, they should drink more water and they can use the Herbal Aloe Drink Concentrate as well.
- 8) Thyroid. Those who suffer from thyroid problems generally need good nutrition. Hypothyroidism causes one to gain weight, and they can use Total Control together with Formula 1 and 2 as part of a nutritional weight loss program. While those with over-active thyroid should not use Total Control Instead they can use the other Herbalife products as part of a nutritional program



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Can elderly people in their 70s embark on a weight loss program?

If the elderly people need to lose weight, they should first consult their doctor before using any weight loss products. They can replace one meal with the Formula 1 Protein Drink Mix and take two regular meals. In addition, they can use Formula 2, Formula 3 and Cell-U-Loss. For Cell-U-Loss, they should take not more than 1 tablet, 3 times a day. We do not recommend them using Total Control.

Can the Herbal Aloe Drink Concentrate be taken on a long-term basis?

Certainly, Aloe Vera is the one of the world's most natural ingredient in the world and aids in promoting good digestive health.

Total Control helps to suppress one's appetite, is it harmful?

Craving is a result of your body not taking in adequate nutrition. Total Control allows you to be in control of your diet, so that you will not over-eat. Its herbal ingredients including Citrus aurantium helps to burn fat and Green tea, which acts to increase the body's metabolism, thus helping you to overcome the challenges associate with shedding the extra kilos. For those who is caffeine sensitive, they can Formula 1, 2 and 3 to supplement their body with good nutrition. And when your body has adequate nutrition, you will not have cravings.

Will the caffeine content in some of the Herbalife products cause caffeine addiction?

No, because the caffeine content in Herbalife products are too low to cause you to be addicted. You have to consume 500 to 1,000 milligram of caffeine per day in order for you to experience addiction to caffeine. Every Herbalife product labels has the recommended usage and using these recommendations, everyone can safely use Herbalife products.

Why do some people feel too full immediately after taking Formula 1 Protein Drink Mix (shake), while some people feel hungry only two hours after taking the shake?

We would recommend the first group of people to half their intake, for example, instead of taking two shakes per day, they can take four shakes.

For the second group, they could be used to taking large amount of food. Thus, they can add an additional tablespoon of Formula 1 powder in their shake.

Can people with scleroderma use Herbalife products?

Scleroderma is an auto-immune disorder, which causes the thickening of skin and digestive problems. People who suffer from this illness can use Herbalife products, as good nutrition is very important. They can use the Formula 1, 2 and 3, Schizandra Plus, Cell Activator and Herbalifeline. For their digestive problems, they can mix 3 capfuls of Herbal Aloe Drink Concentrate with water. They can use Total Control if they need to lose weight. For outer nutrition, they can use the Aloe Vera Body Care and Radiant C Skin Booster to moisturize their skin. But they should not use Cell-U-Loss.



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Can women who are expecting use Herbalife products?

It is fine for women who are expecting to use all Herbalife products available in Singapore as they would need the vitamins and minerals EXCEPT Total Control. They can use the Formula 1 as a snack because they need the extra nutrition, but not for weight loss purpose. The Cell-U-Loss is also recommended as many women suffer from water retention during their pregnancy, but they have to follow the product label for the correct usage.

Can I replace 3 meals with Formula 1 Protein Drink Mix in order to speed up my weight loss?

We do not recommend you to replace all 3 meals. For the body to function optimally, you need to consume 1,200 calories per day for women and 1,400 calories per day for men. When you do not consume enough calories, your body will go into a “starvation mode”, slowing down your metabolism and impede your weight loss results.

Why is there calcium in the Total Control formulation?

Calcium has a natural binding quality; it acts as an agent that binds the herbs found in Total Control together into the tablet.

Why does my urine turn yellow after I start taking Herbalife products?

When you start to use Herbalife products, your body is adjusting to the additional vitamins and minerals consumed, which initially may not be fully digested and absorbed by the body. These vitamins and minerals which are not fully absorbed will be passed out of the body as urine, which you can see as shade of yellow. On the other hand, a lack of water consumed can also contribute to your urine turning a yellow. Thus, you should drink more water and when your body adjusts to the additional vitamins and minerals intake, your urine color will lighten.

Some of the Herbalife products including Formula 2 and Cell-U-Loss contain Vitamin C, will taking all the products result in an overdose of Vitamin C and cause toxicity?

Herbalife has a Medical Advisory Board in the USA, and one of its key roles is to ensure that the all Herbalife products are balanced formulae and safe, meeting the RDA (recommended daily amount) of nutrients to prevent deficiency from occurring in the body. You will have to consume more than 110 grams or 10,000 milligrams of Vitamin C for toxicity to occur. We are confident that you can safely use all the Herbalife products available in the country.

Is Schizandra Plus necessary when I am already taking Formula 1, 2 and 3, which also contains anti-oxidants?

Formula 1, 2 and 3 provides the basic foundation to good nutrition. Schizandra Plus is an added anti-oxidant that provides added support to the immune system. If you live in a big city with air pollution, and you lead a stressful life or if you have immune problems in your family, you may want added immune support which you can get from Schizandra Plus, in addition to Formula 1, 2 and 3.



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Should I take Formula 1 before or after I exercise?

When you exercise, your body needs more protein to build muscles, thus you should take 1 shake before and 1 shake after you exercise.

Are toxicology tests conducted on Herbalife products?

Toxicology tests are not specifically conducted on Herbalife products, but we only use ingredients in which a large body of evidence exists regarding lack of toxicity. Herbalife always put the highest priority on the safety and efficacy of our products. Before the release of any product, we acquire a significant body of scientific data to support the efficacy as well as the lack of toxicity of all ingredients. Additionally, as part of the current Good Manufacturing Practices (cGMP's) to which all our manufacturing vendors adhere to in strict compliance with FDA regulations, all products are tested for microbial and other contamination as well as for stability and potency, to ensure the final product received by the customer is the best.

What are the other nutrition products that we can expect to be launched in Singapore?

The outer nutrition product line that is currently available in Singapore consists of the newest range of Herbalife outer nutrition products.

On a worldwide basis, the Herbalife outer nutrition products are divided into four main categories, and we are developing new lines of extensions to these categories. Some of the new products include;

- 1) Skin Activator line of products – including a product for the lips
- 2) Targeted Nutrition – SPF Body Lotion
- 3) Body Line – Aloe Shampoo, conditioner and hair spray
- 4) Basic Nutrition – Cleanser, Toner, Moisturizer with multi-vitamins

Is Skin Activator suitable for all skin types?

Yes, Skin Activator is suited for all skin types. But it can be too oily for those with oily skin, we would then recommend that they apply the skin activator only on areas with wrinkles.

Direction for use: In the morning you should apply the Skin Activator after you have applied the Radiant C Skin Booster. In the night, the Skin Activator can be used as a night cream. For those with oily skin, they should use the Skin Activator only once a day.

Glucosamine is one of the key ingredients in Skin Activator, what does it do?

Glucosamine has a re-generation quality that acts as a booster to increase the skin's natural collagen level. Independent clinical studies have shown that the Glucosamine in the Skin Activator, when used regularly, have shown a 30% increase in collagen in the skin, which translates to 30% decrease in lines and wrinkles.

Herbalife is the first in the world to introduce Glucosamine into a skin care product.



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Can children use the Radiant C products?

Radiant C is not harmful to children but we would not recommend for their use. However, we recommend the Radiant C quencher for teenagers, who are 14 years and above.

