

**WELCOME TO Herbalife!**  
***Better Health for YOUR Life***

Hello!

THANK YOU for inquiring about Herbalife® International's *incredible* Health Management / Weight Loss program! I'm excited to share our life-changing health programs with you. As promised, I'm sending you a great variety of product samples, a product catalogue, the "Personalize Your Program" DVD and an email to the link for your Wellness Evaluation.

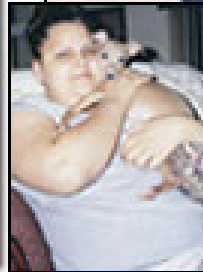
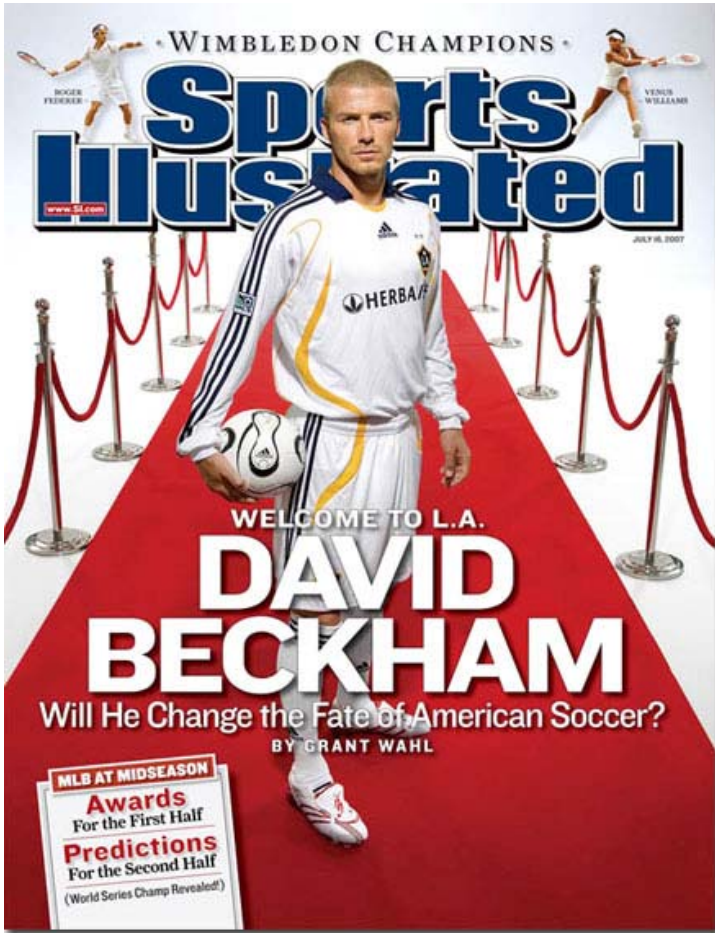
For over 27 years and in 65 countries, Herbalife® is currently helping 45 million people worldwide live healthier lives through good nutrition and diet programs. Whether you suffer from allergies, menopause, diabetes or whether you are looking for a weight-loss program that *works*, we have scientifically proven products that may help you. Since I've been on the Herbalife® program, I've gained an incredible amount of energy and I've lost weight. I feel absolutely fantastic, and you can too! Please follow the simple steps below:

- Step 1)**     **IMPORTANT:** First let's review the contents of the package. There are a couple of crucial things to getting off to a good and healthy start.
- Step 2)**     Check off that you have the following samples in your sample pack:
- ✓     Total Control (3)
  - ✓     Liftoff
  - ✓     Protein Bar
  - ✓     Herbal Concentrate
- Step 3)**     Watch the *Personalize Your Program* DVD. Make sure to have your product checklist (page 3) in front of you while watching the DVD. Check off any products you'd like to learn about or upgrade to.
- Step 4)**     Very Important: For your Free Wellness Evaluation, go to [www.EvaluateYourWellness.com](http://www.EvaluateYourWellness.com) and complete the questionnaire today. This Wellness Evaluation is your key to optimal health.
- Step 5)**     Call me to confirm your appointment (when you receive this package.) If I am available sooner we may be able to get you started now, so please call.

Best Regards,

**Your Wellness Coach**

**JOIN THE TEAM! 45 Million Customers and growing...**



# People

HOME NEWS PHOTOS STYLEWATCH RED CARPET MAGAZINE

FEBRUARY 12, 2007

## LATEST NEWS!

- ▶ Vince Vaughn Helps Wish Jen a Happy Birthday
- ▶ Kelly Slater: Cameron & I Are 'Just Friends'
- ▶ Anna Nicole Smith Paternity Fight Moves to Bahamas
- ▶ Kate Winslet Threatens to Sue Over Diet Claims
- ▶ The Police: We're Hitting the Road
- ▶ Dixie Chicks Win Big at the Grammys
- ▶ Scarlett Speaks Out on Justin Romance Rumors
- ▶ John Mayer Talks About Jessica - In Japanese
- ▶ Harry Potter's Daniel Radcliffe: Bring on the Girls
- ▶ Forest Whitaker Named Best Actor at British Oscars

## Hot Finds

Check Out These Great Deals!  
MORE SALES

## StyleWatch Photos

The Grammy's Best Dressed

## off the rack *Your daily dose of who, what and wear*

◀ Back to Blog Main

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February 07, 2007

## How Nelly Furtado Is Getting Ready for the Grammys



How does the pop nominee prepare for a Grammy night that includes red carpet close-ups, a high-energy performance and late-night parties? Furtado—along with hairstylist Laini Reeves and makeup artist Colleen Creighton—gave PEOPLE the scoop. Eschewing a nutritionist or personal trainer, Furtado stocks up on fresh fruit, steamed veggies and water two weeks before the show and tones by rehearsing for her upcoming "Get Loose" tour. "The dancing is a great all-over body workout," says the singer, who favors **Liftoff energy drink** for quick pick-me-ups. Reeves uses **Kérastase Nutritive Lait Nutri-Sculpt** on Furtado's hair, since throat-irritating hairspray is usually off-limits. "Her hair responds better with the least amount of product." For the red carpet, Creighton uses softer makeup on the star, like Shu Uemura **sheer face powder**. At performance time, she adds extra coats of **Giorgio Armani mascara**. To turn up the glam for afterparties, Creighton dabs **MAC Lustreglass lip gloss** in Instant Gold on the star's lips and curls her lashes with a **Shu Uemura Eyelash Curler**. And most importantly, "I just want to look hot all the time," says Furtado.

For all the award show gossip, check in with our **Red Carpet Confidential** blog.

# Personalize Your Program Checklist

Use this checklist to mark off the products that spark an interest in you.

## Shapeworks Personalized Weight Management

- Formula #1 Nutritional Shake Mix
- New Formula #1 Instant Shake
- Formula #2 Multivitamin Complex
- Formula #3 Personalized Protein Powder
- Garden 7
- Herbalifeline
- Herbal Concentrate

### Shapeworks Programs

- QuickStart
- QuickStart Protein Plus
- Advanced
- Advanced Protein Plus
- Ultimate
- Ultimate Protein Plus

### Protein Snacks

- Protein Bars
- New Deluxe Protein Bars
- Roasted Soy Nuts
- Beverage Mix Packets
- Protein Drink Mix
- Soup Mix
- Sampler Pack
- Snack Pack

### Weight Management Enhancers

- Herbal Concentrate
- Total Control
- Snack Defense
- Herbal Aloe Drink
- Active Fiber Powder
- Thermo Bond Fiber Tablets
- Celluloss
- Aminogen
- Activated Fiber

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## Targeted Nutrition

### Heart Health

- Niteworks
- Herbalifeline
- Core Complex
- Mega Garlic Plus

### Digestive Health

- Cell Activator
- Herbal Aloe Drink
- Flora Fiber
- Aminogen
- Active Fiber Powder
- Activated Fiber
- 21 Day Cleansing Program

### Stress Management

- Relax Now
- Sleep Now

### Immune Solutions

- Schizandra Plus
- RoseOx
- Ocular Defense

### Women's Solutions

- Xtra Cal
- Tang Kuei Plus
- Triple Berry Complex
- Woman's Choice

### Men's Solutions

- Male Factor 1000
- Prelox Blue
- Ultimate Prostate Formula

### Energy & Fitness

- New! H3O
- LIFT-OFF
- NRG Tablets & Tea
- Herbal Concentrate
- Joint Support

### Children's Health

- Kindermins
- Multivites
- Kids Shakes

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## Outer Nutrition

### Skin Essentials

- NouriFusion- Normal to Dry
  - Complete System
  - MultiVitamin Cleanser
  - MultiVitamin Toner
  - MultiVitamin Moisturizer, SPF 15
- NouriFusion- Normal to Oily
  - Complete System
  - MultiVitamin Cleanser
  - MultiVitamin Toner
  - MultiVitamin Moisturizer, SPF 15
- NouriFusion for all skin types
  - MultiVitamin Exfoliating Scrub
  - MultiVitamin Clarifying Mask
  - MultiVitamin Moisture Mask
  - MultiVitamin Eye Gel
  - MultiVitamin Night Cream
  - Skin Activator Day Lotion SPF 15
  - Skin Activator Nighttime Replen Cream
  - Skin Activator Decolletage
  - Skin Activator Eye Cream

### Skin Revitalizers

- Radiant C Daily Facial Scrub Cleanser
- Radiant C Body Lotion SPF 15
- Radiant C Daily Skin Booster
- Radiant C Face Quencher
- Skin Activator Day Lotion SPF 15

### Body Essentials

- Herbal Aloe Hand Cream
- Herbal Aloe Everyday Soothing Hand & Body Lotion
- Herbal Aloe Everyday Soothing Gel
- Herbal Aloe Everyday Body Wash
- Herbal Aloe Every Day Soothing Spray
- Herbal Aloe Bath & Body Bar
- Body Buffing Scrub
- Body Contouring Cream

### Hair Essentials

- Herbal Aloe Moisturizing Shampoo
- Herbal Aloe Moisturizing Conditioner
- Herbal Aloe Soft Hold Hair Spray
- Herbal Aloe Everyday Shampoo
- Herbal Aloe Everyday Conditioner

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**How to Use Your Weight Loss Samples**

**Important! Pay attention to the following:**

- 1) Your energy throughout the day. Does it stay constant instead of fluctuating up and down?
- 2) Your appetite and cravings. Are they the same as usual?
- 3) How you feel overall throughout the day.

**Breakfast**

**Herbal Concentrate**

Mix ½ - 1 Teaspoon in hot or cold water.

**Total Control**

Take one or two tablets with meal.

Take 1 tablet if you weigh less than 150 lbs or if you already have too much energy. Take 2 tablets if you weigh over 150 lbs or want extra help with appetite control or want extra energy.

**Lunch**

**Herbal Concentrate**

Mix ½ -1 Teaspoon in hot or cold water.

**Total Control**

Take one or two tablets with meal.

Take 1 tablet if you weigh less than 150 lbs or if you already have too much energy. Take 2 tablets if you weigh over 150 lbs or want extra help with appetite control or want extra energy.

**Afternoon**

**Protein Snack Bar**

Enjoy this high protein energy bar for complete satisfaction.

**LiftOff**

Break Tablet into 2 pieces & drop BOTH halves into 8 ounces of cold water. Allow 3-5 minutes to dissolve then drink quickly (within 2-3 minutes preferably).

**Dinner**

**Total Control**

Take one or two tablets with meal.

Take 1 tablet if you weigh less than 150 lbs or if you already have too much energy. Take 2 tablets if you weigh over 150 lbs or want extra help with appetite control or want extra energy.

**WATER:** Your metabolism will be boosted beginning with the first Total Control that you take. If you drink less than 8 glasses of water per day, be sure to DOUBLE the amount of water that you drink today to prevent dehydration and headaches.

**NOTE:** Each person is different. We will Personalize a program that is perfect for you and your budget. This is a sample routine only. Enjoy! Programs start as low as \$1 a day!