



Add NiteWorks™ to your healthy lifestyle

During the day do you:

(Tick all that apply)

- Try to eat healthily? Reduce your cholesterol by cutting out high fat foods. Increase your fibre intake by eating plenty of fresh fruit and vegetables.
- Keep hydrated? You should drink eight glasses of water a day.
- Exercise at all? You should exercise at least three times a week to get your circulation going!
- Eat good fats? Replace animal fats with vegetable oils. Take a high quality fish oil supplement like Herbalifeline.
- Try to limit your salt intake? Don't add salt when cooking and always taste food before adding salt.
- Try to cut down on smoking? If you can't cut it out completely, cut down significantly
- Relax? Make sure you set aside some time to unwind.

If you ticked more than three boxes, then congratulations, you're on your way to maintaining a healthy heart and lifestyle.

What can you do during the night:

To help look after a healthy heart, take NiteWorks™ before you go to sleep. NiteWorks™ boosts your Nitric Oxide Levels which decline as you get older and are at their lowest at night. Research shows that Nitric Oxide is important as it controls the blood flow to your vital organs such as the heart and kidneys.

Is NiteWorks™ right for you?

In a word, yes! NiteWorks™ is especially beneficial to those aged 35 plus and active sports people. But it's also great for everyone else as it helps to replenish their Nitric Oxide levels at night.

How do you take NiteWorks™?

Add NiteWorks™ lemon-flavoured powdered mix to water or juice, every night before you go to bed.



Niteworks™

Your Independent Herbalife Distributor is:

 **HERBALIFE®**