

ShapeWorks™ QuickStart

Get your weight management programme off to the perfect start!

ShapeWorks QuickStart provides the optimum nutritional balance, assisting safe and effective weight control, to help shape and tone your body. For results that last, build on ShapeWorks QuickStart with Healthy Snacking options, Enhancers and Targeted Nutrition products.

Formula 1 Nutritional Shake Mix

Formula 1 meal replacement drink is created with advanced food technology. This specially formulated, unique blend of ingredients, provides high-quality soy protein, carbohydrates, vitamins, minerals, dietary fibre and herbs. The antioxidant nutrients Vitamin C, E and selenium can help protect against cell damage.

Every serving delivers delicious, satisfying, balanced nutrition with approx. 217 calories (including 250ml semi-skimmed milk).

Formula 2 Multivitamin Complex

Poor eating habits, a stressful lifestyle and pollutants can rob your body of vital nutrients, making it even more difficult to reach your ideal weight. Formula 2 provides essential vitamins and minerals, including calcium to help the body create a foundation for good long term health. The antioxidant factors vitamin C and vitamin E help your body to fight free radicals.

Formula 3 Personalised Protein Powder

Formula 3 provides a unique blend of high quality soy and whey protein. Personalise your Formula 1 shakes by adding the correct amount of protein, to help build lean body mass and to curb hunger. A great, fat-free way to meet your daily protein needs!

Fibre & Herb

When on a weight management programme, you may not be consuming enough fibre-rich foods. Fibre and Herb is specially designed to aid safe and effective weight control, by providing an increased amount of dietary fibre, which reduces the amount of time food stays in the body and so assists in the removal toxins and wastes.

Order the QuickStart Programme from your Distributor NOW!

Choose from four delicious flavours of Formula 1:

Vanilla #4759

Chocolate #4760

Strawberry #4761

Tropical Fruit #4762



 **ShapeWorks™**
Personalised weight management for healthy results.

Herbalife is a global leader with 25 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

Ask your Distributor for more product sheets and collect the set!

Your ShapeWorks Coach is:

Independent Herbalife Distributor

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