

Herbal Complex

This unique vitamin, mineral and herbal formula, is designed to assist the body's fluid balance.

Formula 3 contains a unique combination of nutrients, which when taken with an adequate daily intake of water, has three special purposes. It can help the body regain its natural water balance, while the herbal complex works by helping the elimination process of wastes, and combined, these processes help in smoothing the appearance of orange peel skin.

How much water do you drink a day?

Ideally you need eight large glasses (approximately 2 litres) of water every day to keep your body adequately hydrated. After oxygen, water is most important – especially when you consider that the body is made-up of approximately 70% water! If you are trying to control weight, or feel bloated, don't be afraid of drinking more water!

If you do not 'top-up' regularly, the body cleverly keeps its current water reserves and you actually retain water. Drink more water and your body will be less inclined to store it as water passes through your system more freely.

The correct intake of water will help your body eliminate waste products. If you have not been drinking enough water, and are also overweight, it is quite likely that your fat deposits are accumulating waste products. Normally, these wastes are being 'flushed-out' before the chance to become lodged anywhere actually arises. This process can only function optimally if the water volume is high enough to remove these wastes.



Does any of your skin have that 'orange peel' texture?

Increasing water intake helps to restore the water content to its correct ratio inside and outside the cells whilst flushing out wastes, which collect in fatty deposits. The orange peel texture can then reduce as the extra water mobilises the wastes lodged in fat cells.

Help promote the body's natural balance by taking Herbal Complex Tablets three times a day. This unique product not only helps promote natural water balance but also helps to keep your nutrients in balance by re-supplying essential nutrients that have been 'flushed out'. Water-soluble nutrients, such as Vitamin C cannot be stored in the body long term and therefore need to be replaced regularly.

Order Herbal Complex from
your Distributor now!
#0125



Help promote the body's
natural balance by taking
Herbal Complex Tablets
three times a day

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

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.

Your Independent Herbalife Distributor is:

All product and company names suffixed by a ® or ™ are registered or pending registrations of Herbalife International, Inc. ©2004 Herbalife (UK) Limited. Uxbridge, England, UB8 1HB. All Rights Reserved.

 **HERBALIFE.**