YOUR GUIDE TO
Herbalife’s Total Approach to
Cardiovascular Health

HEART HEALTH INITIATIVE
MEMBER KIT

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NOBEL LAUREATE IN MEDICINE
The cardiovascular system is made up of critical functional components. Each component plays a unique and important role in maintaining cardiovascular health, but they all must work together in order for the heart to stay healthy. When working optimally, each supports cardiovascular health. Those components include:

- The heart, or the “muscular pump” of the body
- Arteries, which carry blood, oxygen and nutrition to the tissues
- Capillaries, which feed the cells in the body
- Veins, which are responsible for carrying carbon dioxide, toxins and waste away from the tissues
- Blood, the vehicle/carrier of the cardiovascular system

There are four keys to maintaining cardiovascular health: function, protection, repair and regeneration, and the reduction of risk factors. Nutrients—including amino acids, antioxidants, physterols and garlic—are the building blocks of cardiovascular health and support those four necessary keys. The body needs these nutrients to support Nitric Oxide production and endothelial wellness—and, as a result, heart health. And since NO cannot be taken in supplement form, it’s important to give the body all the nutrients it needs to support a healthy endothelium and optimal NO production.

Herbalife’s heart health products provide foundational support for the key components of the cardiovascular system in the form of targeted nutritional ingredients. Exclusively endorsed by Nobel laureate in medicine Dr. Lou Ignarro, Herbalife’s six cardio products offer what the body needs to support heart health. Those products include:

- Niteworks® – supports NO production and healthy circulation
- Herbalifeline® – supports cell membrane health and provides antioxidant support
- Tri-Shield® – supports healthy cholesterol levels
- Mega Garlic Plus – supports healthy blood pressure
- Core Complex – Supports healthy heart and blood vessel function
- CoQ10 Plus – protects against cell deterioration in the heart and helps strengthen heart cell
Niteworks® is taken nightly to promote the natural formation of Nitric Oxide (NO). NO is a short-lived gas molecule and the body’s most important antioxidant and regulator of cardiovascular health and function. Since optimal NO levels are key in supporting a healthy cardiovascular system, Niteworks® supports your body’s ability to produce NO, for improved circulatory, immune and nervous system function.

Optimal NO levels provide multiple cardiovascular benefits. A few include:

» Promotes overall circulatory health
» Improves the functioning and elasticity of the arteries
» Lowers LDL cholesterol
» Controls blood pressure
» Lowers homocysteine levels to improve the dilation of the arteries
» Neutralizes free radicals
» Supports blood flow, for the healthy function of the heart, brain and other organs*
» Helps keep blood vessels toned, flexible and youthful for improved circulation*
» Supports healthy blood pressure levels already within a normal range*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
The fish oil compounds found in Herbalifeline® function as antioxidants, protecting cells from damage and promoting their function. Herbalifeline® contains the essential fatty acids EPA and DHA (Omega-3s), which are specialized compounds that the body needs to function optimally. Omega-3 fatty acids help to support a healthy cardiovascular system by maintaining cholesterol and triglyceride levels already within a normal range.* A person must consume healthy amounts of fresh cold-water fish and lots of fresh vegetables, fruit and whole grains each day to get enough essential fatty acids through diet alone. These nutrients are key in supporting cardiovascular function—that’s why they are called “essential” fatty acids—so it’s important to maintain optimal levels of Omega-3s to support a healthy cardiovascular system.

Omega-3 fatty acids provide cardiovascular support and other benefits, including:

- Helps manage cholesterol
- Provides circulatory benefits and helps to keep the blood from getting thick
- DHA (an essential fatty acid found in Herbalifeline®) improves mental/cognitive and visual functions
- Helps maintain healthy blood pressure that is already within a normal range
- Helps the arteries stay elastic
- Supports the normal rhythm of the heart’s beating
- Help stabilize the heart’s electrical function

The key benefits of Herbalifeline® include:

- Omega-3 fatty acids, which may reduce the risk of heart disease and support joint health*

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Tri-Shield® builds on the benefits of essential fatty acids and works in conjunction with Herbalifeline® to provide fat-soluble antioxidant protection for the cardiovascular system and all of the body’s cells. The Neptune Krill Oil (NKO®†) found in Tri-Shield® helps support the heart muscle, protect cell membrane health, and maintain cholesterol levels already within a normal range.* As a rich source of essential fatty acids, Tri-Shield® provides additional building blocks for cell membranes and includes phospholipids, which are compounds that protect cell membranes throughout the body from free radical damage.

The benefits of Neptune Krill Oil include:

» Provides synergistic effect of the powerful antioxidant astaxanthin and Omega-3 fatty acids (EPA and DHA) to lower cholesterol and triglycerides
» Reduces C-reactive protein, which is a key marker for heart disease
» Supports the central nervous system (cell protection)
» Guards cell membranes throughout the body from free radical damage
» Supports the production of compounds that regulate inflammation

The key benefits of Tri-Shield® include:

» Helps maintain healthy cholesterol levels already within a normal range with three heart-healthy compounds*
» Provides powerful antioxidant protection for the heart*

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†NKO® is a registered trademark of Neptune Technologies and Bioressources Inc.
MEGA GARLIC PLUS

Maintaining a healthy heart is important to living a fit and active lifestyle, and garlic has been used for centuries to promote health. Mega Garlic Plus supports circulation and cardiovascular health, releasing active ingredients once through the stomach for full absorption.* It's also enteric-coated for absorption where needed and provides antioxidant protection for the body.*

Garlic has wide-ranging benefits that include:

» Supports healthy circulation and blood pressure
» Maintains cholesterol levels already within a normal range
» Provides antioxidant protection and enhances immune system function

Benefits of Mega Garlic Plus include:

» Supports healthy circulation and heart health*
» Each tablet supplies the powerful benefits of one whole garlic clove*

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Core Complex is a combination pack that targets four key indicators of cardiovascular health: cholesterol, homocysteine, triglycerides and oxidative stress.

Each Core Complex pack:

» Combines the benefits of Herbalifeline® and Tri-Shield® with plant sterols and stanols for controlling cholesterol
» Includes mixed tocopherols and quercetin for antioxidant protection of the heart
» Contains additional B vitamins to help maintain healthy homocysteine levels

Key benefits of Core Complex include:

» Maintains healthy cholesterol and triglyceride levels already within a normal range*
» Provides antioxidant protection*
» Provides energy to heart cells*
» Contains B vitamins, which help to maintain healthy homocysteine levels that are already within a normal range*

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COQ10 PLUS

CoQ10 Plus is made from a powerful, exclusive formulation of coenzyme Q10 (CoQ10), vitamin D and DHA. With age, the body’s natural production of CoQ10 decreases, making CoQ10 crucial to protecting against cell deterioration, supporting energy production, and providing antioxidant protection. In addition to vitamin D and non-fish essential fatty acid DHA—found in algae—CoQ10 Plus includes Hawthorn berry, which contributes to the overall antioxidant benefit.* It also offers a proprietary blend of ingredients that support heart health by protecting against cell deterioration.*

The nutrients in CoQ10 Plus have many benefits:

» CoQ10 helps strengthen heart cells by converting fats and carbs into energy and serves as a powerful antioxidant and free-radical scavenger*

» Non-fish essential fatty acid DHA (from algae) offers a range of heart-related health benefits, according to the National Institutes of Health*†

» Vitamin D supports general health benefits*

Key benefits of CoQ10 Plus include:

» Protects against cell deterioration in the heart and helps strengthen heart cells by converting fats and carbs into energy

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