

Frequently Asked Questions and Answers



1. What is the Herbalife Nutrition Companion?

The Herbalife Nutrition Companion is a combination of products designed for nutrition support while on rapid weight loss programs. Individuals who are losing weight may be at risk of losing muscle mass and may benefit from protein intake to support muscle while on their weight loss journey, or as they transition off to support long-term results. It includes:

- **Formula 1 and Protein Drink Mix:** With 24 g of protein to help build muscle tissue, sustain lean muscle mass and support overall good health with essential vitamins and minerals.
- **Active Fiber Complex:** Promotes regularity and a healthy digestive system with 6g of fiber.

By integrating these products into your daily routine, you can support your body's needs, effectively complementing your efforts to achieve your weight loss goals.

2. What population is the Herbalife Nutrition Companion intended for?

Herbalife Nutrition Companion is for people who are seeking nutrition support for their weight loss, specifically those who are on rapid weight loss programs.

3. What is a rapid weight loss program and what are examples of it?

Rapid weight loss programs are designed to help individuals lose a significant amount of weight in a short period. Examples include fad diets that create imbalances in meals, intensive exercise regimens to burn off calories, counting calories without reference to the quality of meals, and prescription weight loss drugs.

4. How much protein does a person losing weight need per day?

Protein requirements vary by individual due to age, current weight, diet, exercise habits, and lifestyle. Individuals with health conditions and those taking medications may have dietary restrictions, which could include protein. If you have a health condition, are taking medication or if you are uncertain of how best to meet your personal nutrition needs, we recommend you work with your healthcare provider to build a personalized nutrition plan and determine how you can safely incorporate our products into your diet.



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5. Does Herbalife sell prescription weight-loss drugs?

No. Herbalife doesn't offer or sell weight-loss drugs, only nutritional products—foods and natural health products—for use by the general public.

6. Can the Herbalife Nutrition Companion replace my prescription weight loss drugs?

No. The Herbalife Nutrition Companion is designed to support a balanced diet and healthy lifestyle and not replace your prescription weight loss drugs. Please consult your physician about your individual health needs.

7. Can I ask my customer if they are taking prescription weight loss drugs?

No. Herbalife Independent Distributors, unless they have specialized credentials, are not physicians or pharmacists and are not authorized by Herbalife to ask if they are taking a prescription weight loss drug, discuss prescription drug function, side effects, or interactions. Distributors should not attempt to answer questions by consumers about these topics but remind their customers to discuss with their physicians any concerns about adding Herbalife® products to their diet.

8. Can Herbalife Independent Distributors market the Herbalife Nutrition Companion products in a manner that accelerates, boosts, or improves their weight-loss results if they are on prescription weight loss drugs?

No. Individuals who are on prescription weight-loss drugs should discuss their needs with their health care provider. Please be aware that Distributors can't market Herbalife products as part of a prescription drug treatment program or state that they work better for individuals taking those drugs.

9. Can children take Herbalife Nutrition Companion?

Herbalife products are designed for use by healthy adults (18 years and older) to be used as a part of a healthy well-balanced diet and active lifestyle. A child's nutritional needs can vary based on several factors and, therefore, can be unique. We recommend that parents consult their child's pediatrician to determine the most appropriate nutritional approach to take for the benefit of their child.

10. Can pregnant women take Herbalife Nutrition Companion?

Women have additional needs during pregnancy, and it may differ for each woman based on a variety of factors, which can include—but are not limited to—age, weight, health status or stage of pregnancy. Please consult your physician about your individual health needs.

11. Is the Herbalife Nutrition Companion suitable for diabetics?

The combination of products in the Herbalife Nutrition Companion Classic and Select are suitable for diabetics. It includes Formula 1, Protein Drink Mix, and Active Fibre.



12. Is the Herbalife Nutrition Companion suitable for vegetarians?

The combination of products in the Herbalife Nutrition Companion Classic and Select are suitable for vegetarians. It includes Formula 1, Protein Drink Mix, and Active Fibre Complex.

13. Is the Herbalife Nutrition Companion suitable for vegans?

The only product in the Herbalife Nutrition Companion Classic and Select Combos that is suitable for vegans is the Active Fibre Complex.

14. Is the Herbalife Nutrition Companion gluten-free?

Yes, the combination of products in the Herbalife Nutrition Companion are gluten-free.