

Michael Proctor lost 16 kg!



I have been a Herbalife Independent Distributor for 20 years and recently started running 12-week Weight Loss Challenges in Adelaide. Having become a little complacent with taking my daily supplements and to prove to the participants that Herbalife products indeed work, I also joined in on one of the Challenges that started in February 2008.

My doctor had recommended that I should lose some weight as my waist size was up to 107cm and I wanted to reduce this to below the 94cm recommended in the Government's Measure Up campaign.

I participated in the weekly weigh-ins and followed the information provided at the meetings which helps to get you really focussed. I enjoyed two delicious Formula 1 shakes a day and did weight-bearing exercises regularly. As well as the shakes, I also added Personalised Protein Powder, Multivitamin Complex, Instant Herbal Beverage, Herbal Aloe Drink and Protein Bars to my initial programme.

“I have my new physique and am proud of how I now look and feel”



Weight before: 104.8kg
Weight after: 88.8kg

Total weight loss to date: 16kg

Time taken: 3 months

Here's how:

Formula 1, Personalised Protein Powder, Multivitamin Complex, Instant Herbal Beverage, Herbal Aloe Drink & Protein Bars. Then added Florafibre, NRG & Herbalifeline®.

After two weeks I was already losing weight and was gaining energy, so added Florafibre, NRG and Herbalifeline® to my daily supplements. Three months later I had lost 16kg and I felt fantastic! My appearance and confidence altered and my friends cannot believe my new shape. I achieved the goal I set out to do and reduced my waistline to 92cm and have continued to maintain this weight ever since.

I have my new physique and am proud of how I now look and feel and that I had the discipline to take control of my future health, and all thanks to Herbalife's fantastic products. In my opinion, Herbalife is on the cutting edge of providing the best scientifically-supported nutritional products available today.

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight control programme. Vitamins can only be of assistance if the dietary vitamin intake is adequate. Always read the label - use only as directed. If symptoms persist, seek medical advice.