

success | stories | *weight loss*

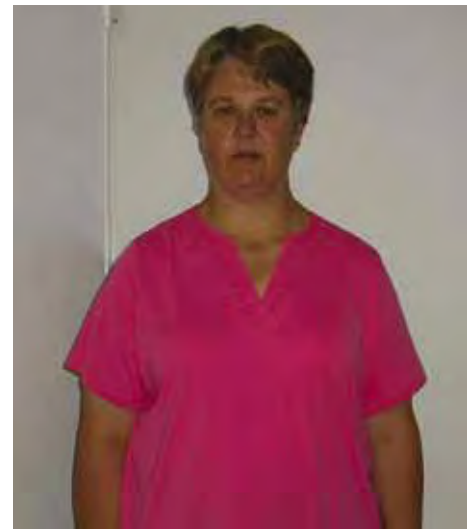
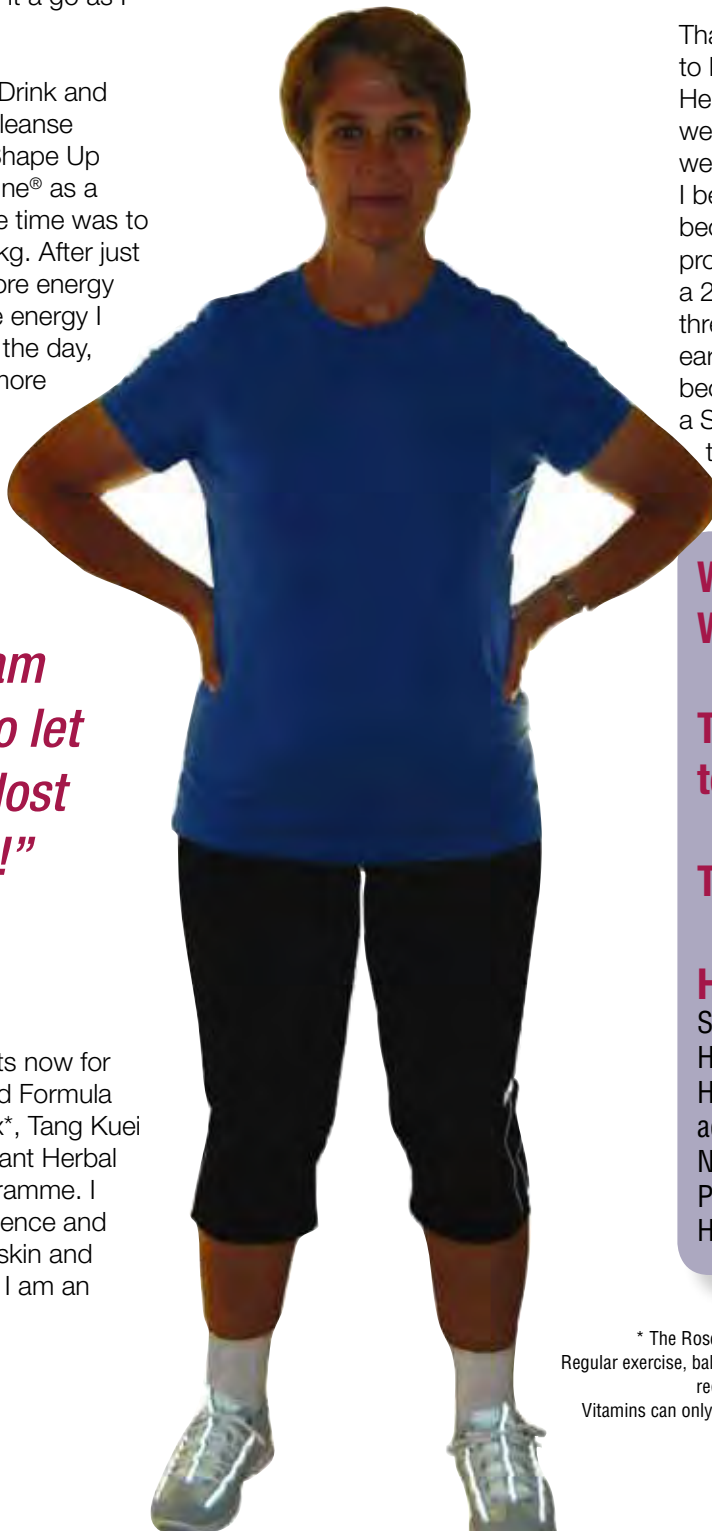
# Rebecca Mathies lost 30 kg!

Before Herbalife I was overweight and unhealthy. I had no energy and would fall asleep every evening in the lounge chair. I had tried many other weight loss programmes but with no success so when Mal Nicholls introduced me to Herbalife, I decided to give it a go as I had nothing to lose.

I began using Herbal Aloe Drink and Florafibre for a one week cleanse and then I started on the Shape Up programme with Herbalifeline® as a supplement. My goal at the time was to get my weight down to 75kg. After just two weeks, I had much more energy and had lost 2kg. I had the energy I needed to get me through the day, which was great. And no more falling asleep in the lounge chair in the evening!

***“Thanks to Herbalife I am never going to let the weight I lost come back!”***

I have been on the products now for 16 months and have added Formula 4, Chitosan, NRG, RoseOx\*, Tang Kuei Plus, Protein Bars and Instant Herbal Beverage to my daily programme. I have so much more confidence and my friends tell me that my skin and hair look healthier and that I am an inspiration to them.



Thanks to Herbalife I am never going to let the weight I lost come back! Herbalife has helped me lose the weight and feel so much healthier, as well as having much more energy. I became a Distributor originally because at first I just wanted to buy the products for my own personal use at a 25% discount. But then after about three months, I saw the potential of earning some extra money, so I then became a Success Builder. I am now a Supervisor and happier and healthier than ever before!

**Weight before: 97kg**

**Weight after: 67kg**

**Total weight loss  
to date: 30kg**

**Time taken: 16 months**

### **Here's how:**

Shape Up Programme with Herbalifeline®, Florafibre & Herbal Aloe drink, then added Formula 4, Chitosan, NRG, RoseOx\*, Tang Kuei Plus, Protein Bars and Instant Herbal Beverage.

\* The RoseOx brand is the property of Zeullig Botanicals (Inc) USA. 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.