

Weight Loss of the Month

“Herbalife is the whole package!”

Nick & Amanda Mikhael

*22 Pounds Gained
30 Pounds Lost*



Nick and Amanda Mikhael were looking to change their lives. Specifically, Amanda wanted to get in better shape, and Nick felt so tired by the end of the day that he didn't have the energy to enjoy sports or other activities. "We knew we were too young to feel this way," Nick said.

“We thought we didn't need it.”

One day, Amanda found a flyer about Herbalife. Soon afterward, she began the Thermojetics® Weight-Management Program and encouraged her husband to start using the products. The couple noticed a difference almost immediately and committed themselves to getting in shape, using Herbalife products and a workout regimen of about three hours each week.

“I feel better now than I did at 19!”

Just three months later, the results were apparent: Amanda lost 23 pounds (she eventually dropped 30 pounds) and toned and tightened her body, and Nick had added 22 pounds of muscle. Nick also joined a local semi-pro soccer team, and said that much of the credit for his success goes to Herbalife products.*



FIT FACTS

Food Diary: Breakfast: Formulas 1, 2 and 3, along with N-R-G Tea. Snacks: HPLC Bar or Formula 1 Protein Drink and apple. Lunch: Chicken, baked potato. Dinner: Chicken, vegetables.

Inner Nutrition Products: Bulk & Muscle Formula Protein Drink Mix, Joint Support-Glucosamine with Herbs, Cell-U-Loss®, Herbalifeline®, MentaBalance®, Extreme C and many others.

Outer Nutrition® Products: Body Buffing Scrub, Body Contouring Creme and many others.

Key motivator: “Looking and feeling our best.”

Diet tip: “Pick an activity you enjoy-you'll look forward to it.”

Favorite “thin 'n fit” activity: Soccer, weight-resistance training.

Nick Before:

141 pounds

Nick After:

163 pounds

Amanda Before:

147 pounds

Amanda After:

117 pounds

*Results not typical.