

Sport Nutrition

UK & IRELAND

Page 1 of 14

Providing the finest
nutritional products
in the world !



PREVIOUS

CLOSE

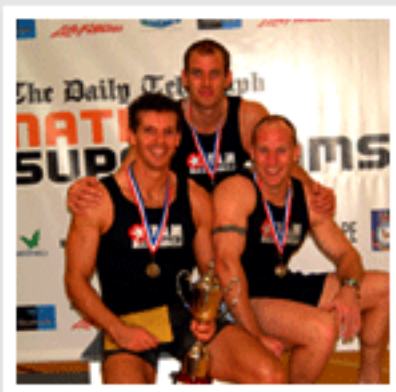
NEXT



NETFIT Team Captain

"The Netfit team have won every major fitness competitions in the UK since they were formed four years ago to promote health and fitness.

This includes the Ultrafit X-Training Competition, the Superteams competition and the Dream Team Challenge. The Daily Telegraph Dream Team Challenge ([Held 4 times - won each time by Netfit](#)) - an event where teams of 6 compete in a final over 7 different disciplines against the Dream Team, which has included athletes such as [Linford Christie](#), [Jamie Bulch](#), [James Cracknell](#), [Jonathon Edwards](#), [Audley Harrison](#), [Dean Macey](#) to name just a few.



As dedicated athletes, the team knows that good nutrition is essential, that's why we regularly use [Herbalife products](#), especially the [Formula 1](#) as a good source of protein. We are supported by one of the country's leading sports nutrition suppliers, however are eagerly awaiting the new and exciting Herbalife sports supplements range to complement the numerous Herbalife products we use on a regular basis, to maintain optimum performance.

Our achievements both individually and as a team, would be too long for any testimonial, in short Herbalife is part of the team - poor nutrition equals poor performance - we've chosen and are using a winning product."

Double World Kayak Sprint Champion, Experienced Olympic Coach

"The highlight of my active sporting career was becoming Double World Kayak Sprint Champion. Although there were many exciting and successful occasions throughout my career; from becoming Junior world silver medallist, having a place in the Guinness Book of Records, 8 successful participations in World Championships, 2 Olympics Games, Swiss National Coach and coaching athletes from regional country level through to world class Olympic finalists.

December last year I was an overweight (89 kg), not particularly healthy and an international business manager. I just could not find a way to mix business travel and health.

Then I learnt about Herbalife, and started to use the weight control products, within a few months I had reduced my weight to 79 kg. I have since started phase two of my health plan, building muscle, endurance and all round fitness.

Now I am still an international business manager, but my weight is 80 kg, magnitudes fitter, very healthy and overflowing with energy and vitality.

My strength, endurance and speed have all made huge leaps forward, while my recovery times instantly went through the floor. In fact, I blast my body with a heavy training session in the morning and already by the afternoon I want to go at it again.

Business commitments don't normally allow this, but here too the changes are remarkable, more concentration, energy and drive.

THANK YOU Herbalife for the results so far ... and for those to come, not only in sport but the health and vitality throughout life."



SOCRATES PARPARINOS

Cyprus Water Polo National Team Captain

Page 4 of 14

"My name is Socrates Parparinos from Cyprus. I have been playing water polo for the last eight years and I am currently the [captain of the Cyprus Water Polo National Team](#). My team is called Nicosia Nautical Club (N.N.C.) and we play in the first league of the Cyprus Water Polo Championship. [We have held the championship for the last four years.](#)

I started using the Herbalife products seven months ago. The first thing that I noticed was the increased energy that I had - it was unbelievable.

Water polo is a very tough sport with hours of training on a daily basis. My energy levels went up and my recovery time was astonishing.

[Taking Schizandra](#) after the training every night really helped as my muscles were very tense. [The Formula 1](#) together with the [Protein Powder](#) is delicious and the effects of taking it with [N-R-G](#), [Herbalifeline](#) and the [Cell-Activator](#) is magic!"



SIMON BAAIJ

1999 Dutch Marathon Championship - Gold Medallist in the age 60-65 category

"Coincidentally, the nutritional balance in Herbalife's products turned out to be the exact ratio of protein and carbohydrate recommended for marathon training by my sports physician."



PREVIOUS

CLOSE

NEXT



TONY UNDERWOOD

England Rugby International

Page 5 of 14

"The Herbalife products have allowed me to keep in just as good a shape as I had when I was playing top class rugby. My full time job currently consists of sitting in a cockpit hours on end, it is a very sedentary existence.

I have now taken control of my nutrition and not only have I stopped middle-aged spread. Thankfully, I have discovered these products and they have made a huge difference to me. I am positive that whatever your challenges the products can help you too.

Don't look back with regret as I do now. You have the gift of good nutrition right now. Take the products, feel the difference and enjoy a new beginning."



JUDY HEYLEN

1999 State Masters Surf Lifesaving Competitions, Gold Medallist

"Herbalife's products have been effective beyond my expectations ! No doubt, Herbalife's nutritional products helped me improve my general health and allowed me to pursue my fitness goals."



PREVIOUS

CLOSE

NEXT



Triathlete

"Triathlon is an endurance sport consisting of swimming, cycling and running in concession without a break. [The distances I personally race at vary from 750m-swim/20km cycle/5km run to 3.8km-swim/180km cycle/42km run.](#) The training required must reflect the distances you race hence the importance of high quality nutrition to aid recovery from intensive training which in turn leads to increased performance.

On a personal level, pre-January 2003 would of seen me trying to combat the effects of "over-training" with constant fluctuations in weight, reduced vitality levels, poor training and race performances plus numerous colds. Very frustrating !

I was introduced to the Herbalife business in January 2003 and immediately started using the products I had in my I.B.P. The nutrition I was receiving enabled me to increase my training volume safely within a short period of time, aid recovery from hard sessions and has ultimately increased my performance.

I would use the [F1](#) and [Protein Powder](#) twice a day to supplement my existing diet. Once as an addition to my porridge/cereal for breakfast and an additional shake directly after a harder training session. I would normally train twice daily for up-to 16hrs/week. The addition of [Schizandra](#) and [Rose Ox](#) has also enhanced my ability to recover, powerful antioxidants and the ability to utilise the oxygen in your blood plays a key role for endurance athletes looking for that extra edge the legal way!

[2003 saw me qualify for the World Triathlon Championships as part of the British Age Group Team \(30-34\) in Queenstown-New Zealand, smash my Personal Best over Half-Marathon from 1hr21mins to 1hr16mins and already in early 2004 beat my 10k run time on a hilly course by 45 seconds. Herbalife Sports Nutrition really is THE BEST!"](#)



PREVIOUS

CLOSE

NEXT



VIC CHARLES

British, European, Commonwealth and World Karate Champion

Page 7 of 14

"I have won pretty much every major karate title including [British, European, Commonwealth and World Heavyweight Titles](#). I was the first karate athlete to be [awarded an MBE for services to karate](#)

[I am currently the Performance Director for the British Sport Karate Association and now coach several elite karate champions.](#)

I believe that to achieve and maintain competitive edge in any active sporting arena you have to have excellent nutrition. I understand this from both a coaching and competitor's perspective.

The unique balance and convenience of Herbalife products has definitely helped me in recovery after intense activity.

[That's why I am recommending it for my elite squad of athletes.](#)



PREVIOUS

CLOSE

NEXT



DERRICK VARLEY

Marathon Runner

Page 8 of 14

"My name is Derrick Varley and I live in Leeds, West Yorkshire. I have always considered myself fairly fit, having been into athletics for many years. My good friend David Bevan introduced me to the Herbalife products.

My energy levels and recovery times improved enormously. Having completed previous Marathons in Athens, Greece and Disney Land America, only two and four months earlier, I then ran the London Marathon and knocked 44 minutes off my finish time!

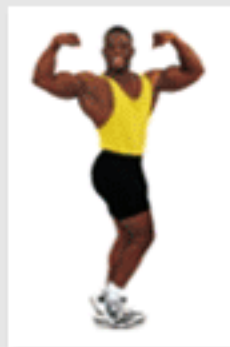
I am now fifty-one years old and today have more energy and I am stronger than I was in my twenties. These products are truly amazing !"



ZACHARY ODUMES

Bodybuilder

"Even though I bulked up, I went from a part size 32 to a slim size 29. After years of trying, Herbalife helped me reach my potential."



PREVIOUS

CLOSE

NEXT



Professional Footballer for Manchester United

Andy Hill played professional football for Manchester United, Bury, Manchester City, Port Vale and now coaches in the United States PDL League and Nevada's Olympic Development Programme.

"I was introduced to Herbalife products whilst coaching in Nevada in the United States. Several of the players started taking the products the results of which were quite astonishing.

After two months of using the Herbalife products, the players took a physical condition test which revealed that their blood was in excellent condition, their cholesterol was at a very healthy level and that all the players taking the products were in a lot better shape compared to previous tests. They recovered far more quickly after exercise.

I am totally convinced that these products will help improve the sports performance of any one who uses them. Pre Season in Nevada starts in March and all my players will be using them throughout the season."



PREVIOUS

CLOSE

NEXT



Double World Heavyweight Contender

"As I look back over my boxing career, my only regret was not having Herbalife nutritional products in my life at that time. I started boxing in January 1967 and became national AAU Heavyweight Championship in 1969. Later that year I started my professional boxing career and the legend of my punching power started to unfold.

My résumé of opponents resembles includes Muhammad Ali, Larry Holmes, Ken Norton, Jimmy Ellis, Jerry Quarry, Jimmy Young, Joe Bugner, James "Quick" Tillis, Randal "Tex" Cobb, Roger "Tiger" Williams, Ron Lyle, Henry Clark, Chuck Leslie, Vincente Rondon, Bernardo Mercado, among many others.



The physical demands on your body are immense when you are fighting for the Heavyweight Championship of the World. It's therefore vital that you nurture your body with the very best nutrition available

When I had Muhammad Ali hurt in the second round, I could have finished him off and not worried about punching myself out. And when I had Larry Holmes down and hurt in the seventh round, I could have finished him off. *You see, all I needed was Herbalife nutritional products to become Champion of the World.*

I have used a lot of good nutritional products over the years and they have helped, but none of them gave me the energy or can compare to Herbalife nutritional products – they are the best I've ever used in my entire life.

These products will help to ensure that you "feel the difference" and stay energised throughout the day. I only wish I had these products during my fight career."



PREVIOUS

CLOSE

NEXT



SUE WORLEY

World Age Group Championship, Gold Medallist

"I cut 15 minutes off my 'previous best' triathlon time and won a gold medal at the World Age Group Championship! After only a few months on Herbalife's products I was running lighter, feeling better and my recovery time after competitions was a lot quicker."

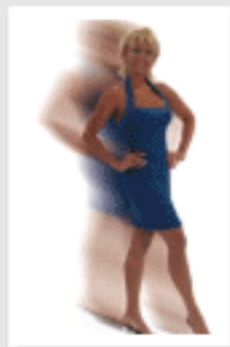


Page 11 of 14

NANCY ROGERS

1998 Mrs. Minnesota Fitness, 1998-99 Mrs American Fitness National, Bronze Medallist

"Not only have I increased the amount of weight I'm able to lift, but I've also found that my recovery rate after a workout has greatly improved."



PREVIOUS

CLOSE

NEXT



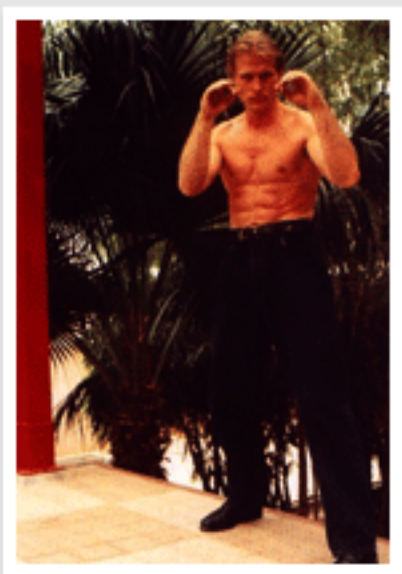
Actor and martial artist ([shotokan Karate-2nd Dan](#))

My name is Thorsten Nickel, I'm an actor and martial artist ([shotokan Karate-2nd Dan](#)), trained in boxing and thaiboxing. My biggest movie so far would be the [Jackie Chan film 'Thunderbolt'](#) in which I'm the Co-Star, amongst others.

I worked with most known Hong Kong stars (Jet Li, Sammo Hung etc.), and to keep up with training to stay in shape, nutrition is one of the key factors. When you get older, recovery times slow down and energy levels seem to drop, but I learned that the right nutrition is half the battle.

Herbalife fits right into my programme. It works on the same principles I've been applying in recent years. [Those shakes don't just taste good, they also help tremendously in my recovery process and/or preperation for better workouts.](#)

I also use shakes as an ideal snack or just if pressed for time as a replacement meal. They are very versatile. In addition I use [Formula 2](#) and [Herbalifeline](#) and drink lots of water.



PREVIOUS

CLOSE

NEXT



I have competed on many different sizes of motorcycle ranging from 350cc to 1000cc since 1991. The races up to 1998 were primarily short circuit races, which consisted of 10 lap "sprints" on circuits like Brands Hatch or Donnington Park.

In 1998 I started Endurance racing. This comprises of a team of 3 riders, aided by a pit crew, racing one bike for 6 or 8 hours. I focused on Endurance until the end of 2002.

My wife Tina who successfully lost 35lbs in weight and had a fantastic health result introduced me to Herbalife. I have now been using the [sports nutrition](#) programme of [Formula 1](#) and [Protein Powder](#) to fuel and refuel my body and [Formula 2](#), [Cell Activator](#) and [Schizandra](#) to help my body deal with the stress of exercise and aid recovery.

Nutrition is especially vital on race day as each race or segment of racing is like a workout and as I would need to be out on the track several times during the day, refuelling and recovery are major aspects of this sport.

Since 2002 I have had the energy and stamina to compete in the [British Endurance Championship](#) riding a 600cc bike for the [Kawasaki Team](#) as well as racing a [Yamaha R1](#) in the [Nationwide Powerbike Championships](#).

I have had many wins and am one of the front-runners in both championships.

[Herbalife](#) has tuned my body for success and it has had a direct influence on my winning results improving my stamina, concentration and recovery.



PREVIOUS

CLOSE

NEXT



“Providing the finest
nutritional products
in the world.”

All these sportsmen and women have achieved
incredible results from our products.

They all now feel the terrific health benefits
of using our products and have that nutritional “edge”
in their chosen sport.

If you want to be fitter, recover faster with more explosive power
why don't you join them?

To find out more please contact your nutritional advisor,
their details are on the email that pointed you to this e-book.

Then you can start your own journey
to improved performance through superior nutrition.

Good Luck!”



PREVIOUS

CLOSE

NEXT

