

Our lives are totally different!

WEIGHT LOSS

ALFREDO

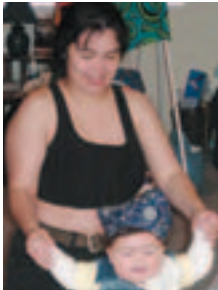
Rodriguez &

CARMEN

Ramirez

ALFREDO Before: 300 lbs After: 202 lbs Lost: 98 lbs

CARMEN Before: 197 lbs After: 123 lbs Lost: 74 lbs



The love and joy of having a newborn was everything Carmen Ramirez expected. It was the extra pounds she had put on during her pregnancy that she

didn't predict. Her husband, Alfredo Rodriguez, introduced her to Herbalife products, which had helped him overcome digestive problems and lose weight. As he began to feel and look better, Carmen realized she, too, could lose her unwanted weight through the ShapeWorks™ Program.

When she began the ShapeWorks™ Program with Total Control® tablets, she never felt like she was on a diet. "Most diets are about not eating this or that, but with Herbalife I was eating five times a day," she says, acknowledging the numerous ill effects she experienced from previously. Having both reshaped their bodies, Carmen and Alfredo also improved their energy, enhanced their self-esteem and created a livelier atmosphere at home for their family.

"With Herbalife, our lives are totally different!"*

How We Did It

- * Regular exercise—both aerobic activity and weight training.
- * Continued use of Herbalife's weight-loss products—including the ShapeWorks™ one-shake-a-day maintenance plan.
- * Taking Total Control® regularly and the 21-Day Herbal Cleansing Program every three months.

*These results are not typical. Individual results will vary.

