

JIM Jay

Before: 235 lbs After: 165 lbs Lost: 70 lbs



If his genetic history was any indication, Jim Jay knew he'd have to improve his health—and it would have to start with his weight. At 235 pounds, Jim had already tried everything short of joining an official program to lose the excess weight that had plagued him since childhood. But that was before Herbalife.

Jim aimed high from the get-go and began his weight loss with the Ultimate ShapeWorks™ Program. “The beauty of the ShapeWorks™ Program is that it’s simple! Just following the 3-2-1 steps,” says Jim. And he’s right. Two years have since passed, and he’s managed to keep off the 70 pounds he lost using ShapeWorks™ products.

“What kept me going was the peace of mind that I was doing something good for myself,” explains Jim. He adds that Herbalife helped him not only improve his lifestyle, but it also gave him energy to spare!*

How I Did It

- * Get support from positive, upbeat people.
- * Participate in regular exercise.
- * Take additional Herbalife supplements, including Rose Ox®† and Schizandra Plus, to improve overall health and energy.*

†Rose Ox® is a registered trademark of Zuellig Botanicals, Inc.

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

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

My weight loss led to so many other healthful benefits.

