



FOR IMMEDIATE RELEASE

Renowned European nutritionist and leading expert in obesity to lead Herbalife Wellness Tour

Sydney / Australia, April 1, 2015 – Herbalife, a global nutrition company dedicated to promoting wellness, balanced nutrition and a healthy, active life, is bringing leading nutritionist, Dr. Marion Flechtner-Mors to Australia and New Zealand. Joining the Herbalife Asia-Pacific Wellness Tour, which aims to raise public awareness of the importance of balanced nutrition as part of a healthy active life in the Region, Dr. Flechtner-Mors belongs to Herbalife's Nutrition Advisory Board and is an expert in the area of nutrition and the relationship between obesity and associated metabolic disorders. The Herbalife Nutrition Advisory Board (NAB) is comprised of leading experts in the fields of nutrition and health who help inform, educate and train Independent Herbalife Members and members of the public on the principles of good nutrition and regular physical activity.

Currently the Head of the Nutrition & Obesity research group at Ulm University in Germany, Dr. Flechtner-Mors has recently undertaken substantial experimental research on the alleviation of obesity through energy restricted and low calorie diets, meal replacements and medication. She will be joining the Wellness Tour training in Sydney on April 8th 2015 which will be open to Independent Herbalife Members and their guests, where she will discuss the results of her study and her evaluation of long-term weight management programmes and preventive strategies for nutrition-related disorders.

An epidemic in Australia, current trends predict that by the time a person reaches the age of 20, the next generation will have a shorter life expectancy than earlier generations due to obesity levels and expanding waistlines. Obesity here in Australia is a rapidly growing problem as we all know. 14 million Australians are currently classified as overweight or obese, and with the Australian population currently sitting at 23 million, it isn't surprising that Australia is now ranked as one of the 'fattest' nations in the developed world.* On a global scale, statistics show that between 2002 and 2010, the number of countries where more than 20% of 11, 13 and 15 year olds are overweight, rose from 5 to 11.**

Dr. Flechtner-Mors recently conducted a clinical study at the Ulm University in Germany involving overweight people, in which she found that drinking protein-enriched meal replacement shakes leads to more effective weight management than limiting calories alone. Significantly, 64 percent of those in the high protein group were considered to be at much lower risk of common health problems associated with being overweight, compared with 41 percent who consumed the standard amount of protein.

Using the results from her study, Dr. Flechtner-Mors will be offering exclusive insight into the alleviation of obesity, and the importance of changes in macronutrient composition of diets. With her background and knowledge, Dr. Flechtner-Mors will be educating attendees of the Wellness Tour on feasible daily nutrition in the modern age, obesity prevention and therapy in adults.

Citing the key to optimum health; a combination of healthy nutrition, self-monitoring of one's progress, regular physical activity (a mixture of cardiovascular fitness for weight loss and



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maintenance), Dr. Flechtner-Mors says the “role of protein during weight loss and maintenance of low body weight after weight loss was the core area of research.”***

To coincide with this belief, Herbalife have recently had their Formula 1 Nutritional Shake Mix tested by an Australian University, with the results proving that the product is low on the Glycaemic Index (Low GI)****. Furthermore, when combined with a healthy active lifestyle, the versatile shake is proven to contain only 205 calories per serving when mixed with 300ml of skim milk. Overall, it's up to individuals to aim for lifestyles that maintain healthy weight by combining physical activity and good nutrition.

For more information on Herbalife's nutritional product range, visit www.herbalife.com.au

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About Herbalife Ltd.

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy, sports and personal care products are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and excess weight by offering high-quality products, one-on-one coaching with a Herbalife Member and a community that inspires customers to live a healthy, active life. We support the Herbalife Family Foundation (HFF) and its Casa Herbalife Program to help bring good nutrition to children in need. We also sponsor more than 250 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, LA Galaxy FC, Western Sydney Wanderers FC and champions in many other sports. The company has over 7,400 employees worldwide, and reported net sales of US\$5 billion in 2014.

*Stats acquired from World Health Organization <http://www.modi.monash.edu.au/obesity-facts-figures/obesity-in-australia/>

**<http://www.euro.who.int/en/health-topics/noncommunicable-diseases/obesity/data-and-statistics>

<http://www.euro.who.int/en/health-topics/noncommunicable-diseases/obesity/multimedia/photo-story-how-can-the-obesity-epidemic-in-children-be-stopped>

*** Dr. Flechtner-Mors' clinical study titled 'Enhanced weight loss with protein-enriched meal replacements in subjects with the metabolic syndrome'

****The GI values for Formula 1 Nutritional Shake powder only are Vanilla 20, Chocolate 19, Berry Flavour 21 and Cookies n' Cream 15

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