

Supplement Facts

Serving Size: 1 packet (3.4 g)

Servings Per Container: 30

	Amount Per Serving	% DV**
Total Carbohydrate	<1 g	0%
Total Sugars	0 g	
Includes 0 g Added Sugars		0%
Vitamin A (as Retinyl Palmitate)	860 mcg RAE	96%
Vitamin C (as Ascorbic Acid)	120 mg	133%
Vitamin D (as Cholecalciferol)	23 mcg	115%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	25 mg	167%
Vitamin K (as Phytonadione)	90 mcg	75%
Thiamin (as Thiamine Mononitrate)	1.4 mg	117%
Riboflavin	1.6 mg	123%
Niacin (as Niacinamide)	18 mg NE	113%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate (as Folic Acid)	500 mcg DFE (300 mcg folic acid)	125%
Vitamin B12 (as Cyanocobalamin)	3 mcg	125%
Pantothenic Acid (as Calcium D-Pantothenate)	4.9 mg	98%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Phosphate)	610 mg	47%
Iron (as Ferrous Fumarate)	6.8 mg	38%
Phosphorous	425 mg	34%
Iodine (as Potassium Iodide)	290 mcg	193%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	9.1 mg	83%
Selenium (as Sodium Selenite)	49 mcg	89%
Copper (as Copper Gluconate)	0.8 mg	89%
Manganese (as Manganese Sulfate)	1.3 mg	57%
Chromium (as Chromium Chloride)	11 mcg	31%
Molybdenum (as Sodium Molybdate)	13 mcg	29%

** Percent Daily Values (% DV) are based on a 2,000 calorie diet.

Formulated and distributed exclusively by: HERBALIFE INTERNATIONAL OF AMERICA, INC.

800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA

Made in USA with US and imported ingredients

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Who knew so much happiness could take so much out of you. As a new mom, it's only natural to put your child's needs above your own. Not only is sleep a distant memory, but you may also struggle to maintain a healthy nutrition plan. New Mom for Wellness helps take care of YOU by providing vitamins and minerals uniquely needed by new mothers - in addition to your meals - helping you feel more focused* and more like yourself again! Simply add the booster once a day to your Herbalife® Formula 1 Shake healthy snack to supplement your diet for everyday wellness.

- Vitamins and minerals support healthy mental performance and focus*
- Folate reduces fatigue*
- Vitamin B6 contributes to the regulation of hormonal activity*

No added flavors, colors, sugars or sweeteners.

STORE IN A COOL, DRY PLACE.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

* 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.



HERBALIFE NUTRITION

Shake Booster

New Mom

For wellness

- **Vitamins and minerals support healthy mental performance and focus***
- **Folate reduces fatigue***
- **Vitamin B6 contributes to the regulation of hormonal activity***



DIETARY SUPPLEMENT

30 PACKETS 0.12 OZ (3.4g) EACH
NET WT: 3.6 OZ (102g)

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Add to Your Formula 1 Shake

DIRECTIONS: Pour packet into 8 fl oz of your favorite Herbalife® Formula 1 Shake healthy snack once a day. Blend or stir and enjoy.

PRODUCT	OPTION 1	OPTION 2	OPTION 3
New Mom	1 packet	1 packet	1 packet
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk or Soy Milk			

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out Herbalife.com for additional shake recipes.