



# Niteworks™

AT THE HEART OF GOOD HEALTH

## Dr. Louis Ignarro

Nobel Laureate in  
Physiology or Medicine  
For Nitric-Oxide Research



 HERBALIFE®



*Dr. Ignarro's  
Nobel Prize Medal*

IN 1998, DR. LOUIS IGNARRO was named a Nobel<sup>†</sup> Laureate, joining an elite group of scientists including Albert Einstein, Linus Pauling and Marie Curie, whose discoveries have had a dramatic impact on humankind.

Dr. Ignarro received the Nobel<sup>†</sup> Prize for his groundbreaking research on Nitric Oxide. A tireless researcher, he has continued to push the boundaries of science even further. The result is a unique formulation of ingredients based on Cellular Nutrition<sup>®</sup> that optimizes production of health-enhancing Nitric Oxide in the body.\*

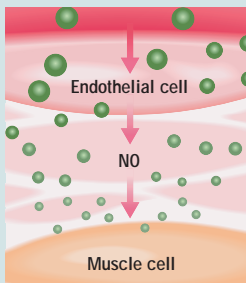
Among his many distinctions, Dr. Ignarro was inducted into the National Academy of Sciences and the American Academy of Arts and Sciences in 1999. He received the Basic Research Prize of the American Heart Association for his outstanding contributions to the advancement of cardiovascular science. He is also the founder and president of the NITRIC OXIDE Society, as well as founder and editor-in-chief of the scientific journal *NITRIC OXIDE Biology and Chemistry*.

<sup>†</sup> The Nobel<sup>†</sup> Prize is a registered trademark of The Nobel Foundation.

# Highlights

from Dr. Ignarro's soon-to-be-published book

*Though you may never have heard of Nitric Oxide, scientific research from around the world has demonstrated that Nitric Oxide is one of the most significant molecules in the human body and is crucial to your well-being. The difference between health and dysfunction is often the level and activity of Nitric Oxide in your body. Nitric Oxide is critical to the promotion of both your health and longevity.*



*Nitric Oxide is actually a gas that acts throughout the body as a messenger, sending and receiving messages that regulate the activity of cells. Nitric Oxide instructs the body to perform certain key functions. In fact, Nitric Oxide influences the functioning of virtually every organ in the body, including the lungs, liver, kidneys, stomach, genitals and, of course, the heart.*

*The cardiovascular system uses Nitric Oxide to control blood flow to every part of the body. Not only can Nitric Oxide relax and dilate (enlarge) the blood vessels, thus ensuring that blood can efficiently nourish the heart and tissues of the entire body, Nitric Oxide can also support healthy blood pressure levels.*



*The immune system uses Nitric Oxide to combat toxins, providing a strong internal defense system.*

*The brain relies on Nitric Oxide to store and retrieve long-term memories*

***Nitric-Oxide deficiency can contribute to nearly every major disease of our times.***

*and to transmit information within the nervous system.*

*Nitric Oxide enhances blood flow to the genitals, thus playing an important role in normal sexual functioning.*

*Nitric Oxide is a powerful antioxidant, inactivating so-called "oxygen radicals" (free radicals) in the body that can contribute to cell damage.*

*A deficiency in Nitric Oxide can have a dramatic impact on your health. Nitric-Oxide deficiency can contribute to nearly every major disease of our times. A total lifestyle approach to supporting Nitric-Oxide levels including a healthy diet, exercise and nutritional supplementation, provides a wide range of benefits throughout the body.*

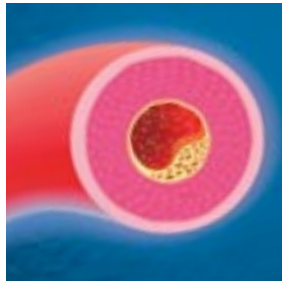
*Nitric Oxide influences the functioning of virtually every organ in the body.*

# Vascular Nutrition and Your Health

Why is vascular nutrition so important? Your vascular system, which is made up of arteries, veins and capillaries, delivers oxygen-rich blood to cells throughout your body. Youthful, properly nourished vessels are flexible. This elasticity allows them to deliver a healthy flow of blood throughout the body, providing nutrition to your cells.

## HARDENING OF THE ARTERIES

As we age, the walls of our arteries may thicken and become rigid, while at the same time, deposits or cholesterol-laden plaques can build up along the lining of the vessels. This process is called atherosclerosis, commonly known as “hardening of the arteries.” As the heart pumps blood through a now-smaller opening in the vessel, blood pressure rises and puts stress on the heart and other parts of the body. These are prime conditions for cardiovascular disease, the leading cause of death in the United States.

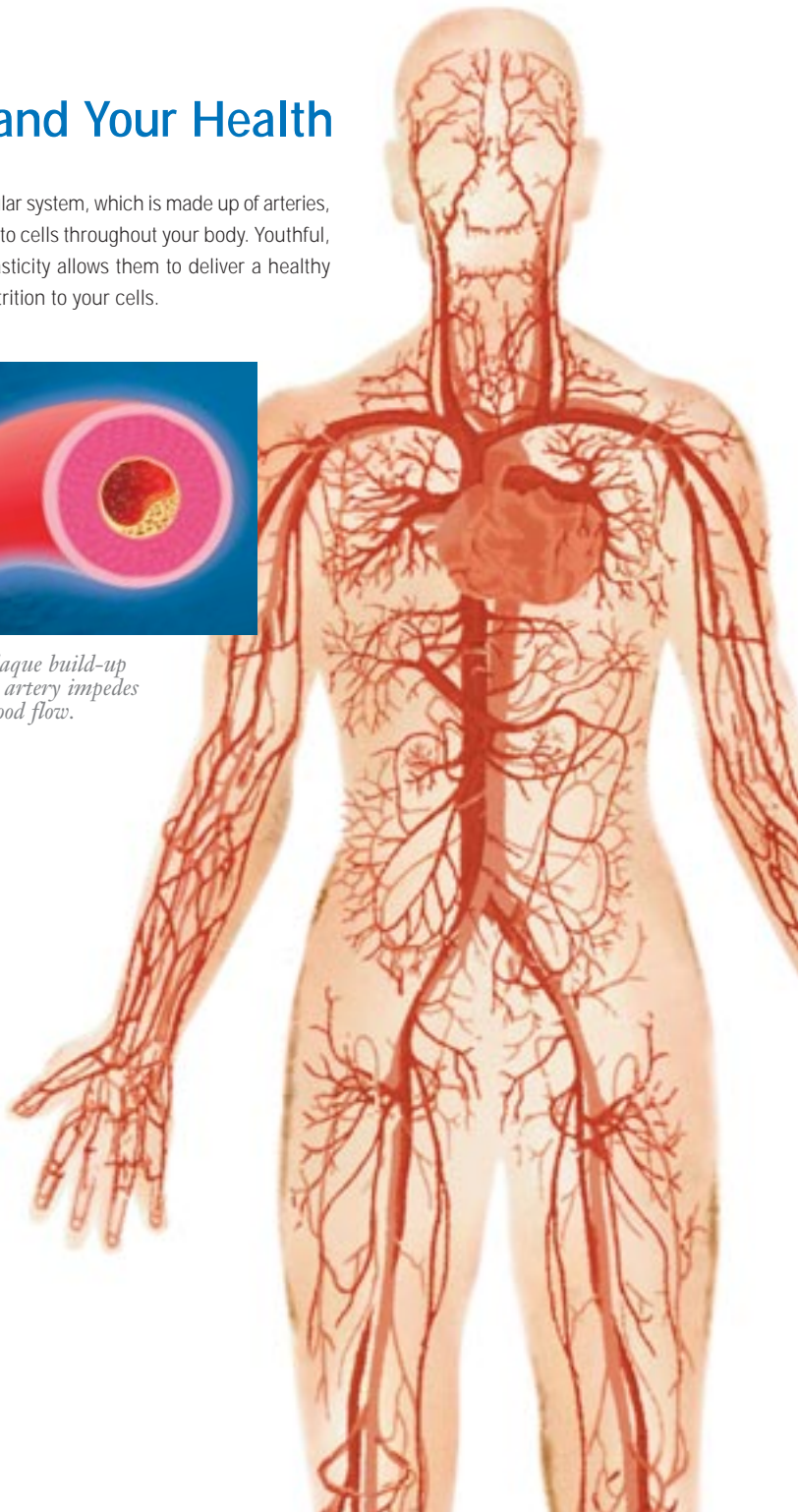


*Plaque build-up in artery impedes blood flow.*

## NOBEL' PRIZE-WINNING RESEARCH

So how can you preserve the health of your vessels? Dr. Ignarro's breakthrough research tells us that Nitric Oxide, a naturally occurring compound in your body, is the key to healthy vessels. And conversely, Nitric Oxide deficiency can contribute to serious ailments that typically occur with aging.

Through vascular nutrition, you can increase the production of Nitric Oxide, which “exercises” or expands your vessels, increasing their youthful elasticity. In addition, Nitric Oxide is an important biological messenger that causes a cascade of benefits at the cellular level which can improve circulatory, immune- and nervous-system function.



*Your vessels deliver oxygen-rich blood throughout your body.*

# Niteworks™

## An extension of Cellular Nutrition®



Cellular Nutrition® is the cornerstone of Herbalife's wellness philosophy. It provides a scientific foundation for health by nourishing cells for proper metabolism, growth, repair, detoxification and reproduction. Our products help optimize cell functioning and potential. This proprietary system is the reason why people who use our weight-management, nutritional and herbal products say they can "feel" the Herbalife difference.



### INTRODUCING NITWORKS™

Niteworks™, our new product resulting from a collaboration between Dr. Ignarro and our scientific team, brings Cellular Nutrition® to the next level. Niteworks™ is a refreshing lemon-flavored nighttime powder mix that offers the life-enhancing benefits of L-Arginine and L-Citrulline that convert to increased Nitric Oxide.\* This exclusive, patent-pending new product assists with optimum blood flow, thus delivering nutrients to the cellular level to improve function of virtually every organ in your body.\* And, according to the FDA, "Consumption of antioxidant vitamins may reduce the risk of certain kinds of cancer."\*\*

### THE SOPHISTICATION OF TARGETED NUTRITION

Together, Cellular Nutrition® and Niteworks™ allow you to target the nutritional health of your vascular system.\* Now you can actually zero in on taking care of your vascular system simply by incorporating this remarkable advancement in nutritional science in your daily life.\*

\* 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.

\*\* Some scientific evidence suggests that consumption of antioxidant vitamins may reduce the risk of certain forms of cancer. However, FDA has determined that this evidence is limited and not conclusive.



## KEY INGREDIENTS

### Here is an overview of the key ingredients in Niteworks™.

#### L-ARGININE

A naturally occurring amino acid found in food, L-Arginine is a protein that the body uses to make Nitric Oxide. It's difficult to consume enough L-Arginine through food to get the same Nitric-Oxide boost available by drinking Niteworks™.

#### L-CITRULLINE

An amino acid that may be found in melons, L-Citrulline supports the production of additional L-Arginine, which in turn produces more Nitric Oxide.

#### D-ALPHA TOCOPHEROL (Vitamin E)

This preeminent fat-soluble antioxidant can penetrate the cell membrane to neutralize free radicals and promote cell health.\* Vitamin E supports the activity of Nitric Oxide and improves endothelium (vessel lining) health.\*

#### ASCORBIC ACID

Vitamin C is a water-soluble antioxidant. Studies show that the combination of vitamin C, vitamin E and L-Arginine work synergistically to enhance Nitric-Oxide production.

#### ALPHA LIPOIC ACID

A co-factor in vital energy-producing reactions in the body.\* Assists in dilation or expansion of vessels.\* Also has strong antioxidant activity, while helping recycle vitamins C and E.\*

#### FOLIC ACID

Promotes healthy levels of homocysteine, which, in excess, can damage the lining of the arteries.\*

#### CALCIUM FOLINATE

A source of folic acid. This compound is bioavailable and helps promote healthy homocysteine levels, which at high levels can injure the arterial lining.\*

#### LEMON BALM

Perennial herb in the mint family with a history dating back 2,000 years. Acts as a calming agent.\*

\* 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.



## Benefiting from Cutting-Edge Science

With the addition of Niteworks™ to our product line, we've taken Cellular Nutrition® to the highest level—the leading edge of scientific research. Through the process of working with Herbalife to develop Niteworks™, Dr. Ignarro has become a member of Herbalife's Scientific Advisory Board.



This may be the first time you've heard of Nitric Oxide, but guaranteed, it won't be the last. As the key to good health, it's the missing link that may make the difference in understanding all kinds of age-related illnesses and circulatory disorders. The cascade of benefits from increased Nitric Oxide are suggested by the growing body of research indicating the role of healthy vessels in preventing cardiovascular disease and age-related disorders.

**MORE THAN ANY OTHER SINGLE FACTOR, NITRIC OXIDE MAY BE THE KEY TO LIVING A LONGER, HEALTHIER LIFE.**

Dr. Ignarro has never been one to rest on his laurels. That's why Niteworks™ goes even beyond Dr. Ignarro's Nobel<sup>†</sup>-prizewinning research. It's a refinement that's all about a synergistic blend of ingredients with complementary action to produce more Nitric Oxide and maintain higher Nitric-Oxide levels in the body.\*

Herbalife is proud to bring you Niteworks™ for your long-term good health.\* Again, putting a lifetime of well-being within reach.

## Make Niteworks™ a Priority

### NUTRITION THAT COUNTS

Exercise and certain foods promote Nitric-Oxide production in your body. Niteworks™ is designed for nighttime consumption when your body is producing the least amount of Nitric Oxide from food and exercise. However, this formula can also be used during the day. Nighttime or daytime, it would be difficult to ingest the same amount of L-Arginine from foods as what your body gets from Niteworks™.

### MIX IT UP

Blend Niteworks™ powder mix with water or sparkling water for a refreshing lemon-flavored drink. For a different flavor combination, mix with your favorite juice. Be sure to use the recommended two scoops for optimum benefit.

\* 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.



**GREAT FOR MEN AND WOMEN OF ALL AGES.**

*Enjoy Niteworks™ every evening and wake up feeling refreshed and rejuvenated.*

<sup>†</sup> The Nobel<sup>†</sup> Prize is a registered trademark of The Nobel Foundation.



 **HERBALIFE**®