

TOTAL HEALTH WOMEN'S FORMULA

Beachbody Nutritionals™
See your goals take shape.

Although women work out the same as men, their bodies require specific nutrients to help them achieve their personal Beachbody® fitness goals and conquer unique challenges. Total Health Women's Formula** contains a proprietary blend of herbs that provide the added energy and nutritional support women need to maximize weight loss and muscle shaping, and to stay balanced.*



KEY BENEFITS*

- Helps you lose weight, reshape, and feel great
- Helps increase energy and stamina, accelerate fat loss, and assist in faster workout recovery
- Special blend of key ingredients, including iodine and bladder-wrack, which may help improve proper thyroid function† in response to any exercise
- Contains soy isoflavones, which may help reduce some PMS, perimenopausal, and menopausal symptoms, like hot flashes and moodiness
- Ephedra-free

USAGE

As a dietary supplement, take three tablets every day with water. For best results, avoid taking with carbohydrate foods.

THE BEACHBODY® DIFFERENCE

Total Health Women's Formula helps stabilize monthly cycles PLUS supports optimal thyroid function.*

DID YOU KNOW?

- The thyroid gland plays a key role in removing fat the body stores and using it for energy.
- One of soy's many benefits is its ability to help minimize the negative effects of PMS and menopausal symptoms and has quickly become one of the most recommended nutritional products for women.
- Isoflavones are compounds unique to soy that help protect heart and bone health.

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

*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.

**This product is only available to residents of the United States and its territories.

† WARNING: If a pre-existing thyroid condition exists, you should consult your physician before taking Total Health Women's Formula.

