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Global Nutrition Conference Focuses on Nutrition for Healthy Aging

LOS ANGELES--(BUSINESS WIRE)-- A distinguished panel of physicians and nutrition scientists from around the world met for the second annual [Global Nutrition Transition Conference](#), which focused on the effects of changing worldwide dietary patterns on the aging process, specifically the role of nutrition in the health of the brain, skin, immune system and muscles as we age.

The Nutrition Transition refers to shifting global patterns in diet and lifestyle that are leading to a dramatic rise in the incidence of increased weight and obesity in countries where, until recently, obesity was virtually unknown.

Speaker quotes:

- "Brain fitness and proper nutrition can support the health of the aging brain. Fat makes up 70 percent of the brain mass so it is not surprising that balanced nutrition is important for normal brain function," Gary Small, M.D., Parlow-Solomon professor on aging at the David Geffen School of Medicine at UCLA, director of the UCLA Center on Aging.
- "Everything we eat, drink and inhale ends up in our skin. The skin has to be fed balanced nutrition from both the outside and the inside," Jenny Kim, MD, Ph.D. Division of Dermatology, West Los Angeles VAMC, Los Angeles and David Geffen School of Medicine at UCLA.
- "Mexico has surpassed the U.S. with 68 percent of its people overweight or obese," Simon Barquera, MD, Ph.D. Instituto de Salud Publica de Mexico, Cuernavaca, Mexico.
- "South Asians are experiencing a rapid increase in the incidence of overweight and while they appear lean, they face special challenges since their excess fat is often concentrated in the abdomen," Anoop Misra, M.D., director of the Diabetes and Metabolic Diseases department of the Fortis Group of Hospitals in New Delhi.
- "Research shows the connection between poor nutritional habits and the aging process," Bharat Aggarwal, M.D., Director, Cytokine Research Laboratory, MD Anderson Cancer Center, Houston, Texas.

The benefits of a total nutrition solution - one which encompasses the inclusion of a range of plant foods, and an emphasis on low fat proteins and healthy fats - is a cornerstone in building new dietary patterns that will help to support a longer and healthier life.

The conference was sponsored by the [Herbalife Nutrition Institute](#), an online resource to promote excellence in the field of nutrition with information on nutrition science and fitness science. Its mission is to encourage and support research and education on the relationship between good health, balanced nutrition and a healthy, active life.

The speakers at the event are members of the editorial board of the Herbalife Nutrition Institute. Additionally, Dr. Small is a member of the company's Nutrition Advisory Board.

* The University of California as a matter of policy does not endorse specific products or services. Drs. Small's and Kim's credentials as professors are for identification purposes only.

About Herbalife

[Herbalife Ltd.](#) (NYSE:HLF) is a global network marketing company that sells weight-management, nutrition, and personal care products intended to support a healthy lifestyle. Herbalife products are sold in 75 countries through a network of approximately 2.1 million independent distributors. The company supports the [Herbalife Family Foundation](#) and its Casa Herbalife program to help bring good nutrition to children. Herbalife's website contains a significant amount of information about Herbalife, including financial and other information for investors at <http://ir.Herbalife.com>. The company encourages investors to visit its website from time to time, as information is updated and new information is posted.

Source: Herbalife