



# Herbalife



## PRODUCT CATALOGUE





# Nutrition for life





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When you buy Herbalife products, we see it as more than just a one-off purchase but part of a life-long plan to enhance your overall wellbeing - both inside and out.

Your body can only perform at its best when fuelled with the correct nutrients. Not always easy to obtain from food alone, our product range is designed to plug the gaps with a perfectly balanced combination of all essential nutritional elements, along with face-to-face management to help keep your goals on track.

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# Nutrition & nurture

**Making a lifestyle change can be tough. Some can accomplish goals on their own, but many need a stronger push. Having a mentor by your side can make all the difference.**

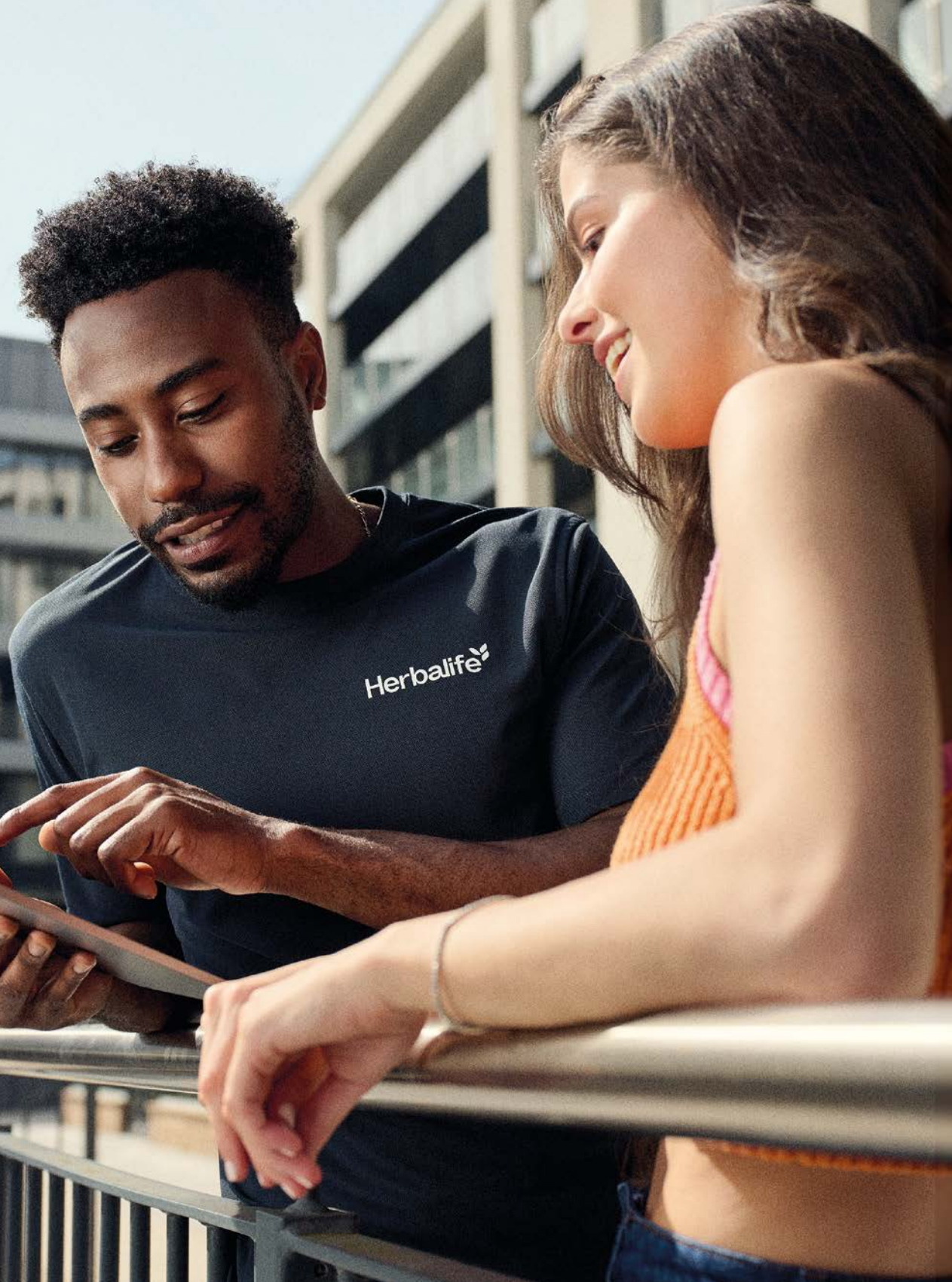
## **Our 'Distributor Difference'**

We are the full package! With products only available to buy from our Independent Members, it means you are also invested in their expertise. Whether you want to improve fitness or manage weight, the personal connection with your distributor will provide a clear direction and tailored plan to achieve your wellness goal, as well as offer social support, motivation, encouragement, and accountability.

This extra one-to-one, high-touch approach is what differentiates Herbalife from other nutrition companies.







Herbalife





# Setting the standard



**There's a reason Herbalife is classed as the #1 brand in the world in weight management and wellbeing.**

Our products are designed by science to support personal health and nutrition goals, along with our Herbalife24 brand, specifically developed to support the nutritional needs of athletes, gym-goers and fitness enthusiasts.

**Highest quality ingredients**

We use only the finest quality ingredients from farmers who lead the charge in their high standards for planting and conservation. After all, quality ingredients produce premium products trusted by our customers. Our products, manufacturing, and business model have received numerous international awards, gold-stamping our high-quality standards.



ISO 17025 certifies the technical capability of labs and consistency in results.



The Herbalife24® products are batch-tested for prohibited substances by an independent third party. For more information, please see the product label.









# Backed by science



## World-class experts

Our products are backed by science and a global network of over 300 experts and doctors in nutrition, science and health who ensure quality and stringent compliance with government regulations. Guided by research, driven by quality, with no compromises, we deliver excellence on every level.

## Tried and tested

Test, retest, and test again - that's what we do! Internally and through third party certifying organisations, we get validation that our products are best in class.







Great  
products  
win great awards



**Our dedication to innovation and science  
has made it possible for our products to  
be awarded across the world.**



### **Most Innovative Sports Food Product**

Food+ Awards, Turkey.



### **Product of the Year**

Belgium.



### **Product of the Year**

France & Netherlands.





# From seed





# to feed

## Great products grow from great ingredients

At Herbalife, we guarantee the highest quality products by following our in-house “from seed to feed” production and quality assurance process.

We invest in responsible cultivation methods and our team of worldwide dedicated scientists and producers are committed to sourcing the best raw materials. Every ingredient goes through in-house analysis to ensure it meets strict specifications. From tea farms in China and aloe farms in Mexico to soybean farms in the U.S., we use the finest ingredients to develop outstanding products.

Every effort is made to ensure that Herbalife products meet or exceed our own quality standards and the standards of our industry. The purity and nutritional value of each ingredient is without question, as is the integrity of the processes we follow.





# Nourishing & planet

## Herbalife Nutrition Foundation (HNF)

HERBALIFE NUTRITION



Thanks to the support of Members and employees, HNF provides millions of dollars in funding to 167 orphanages, hospitals, schools, and organizations in more than 59 countries. In 2021 alone, we served more than 216,000 children and their communities.

## Nutrition for Zero Hunger (NFZH)

Working towards Zero Empty Plates.

Our NFZH initiative aligns with the United Nation's Sustainable Development Goal #2 – Zero Hunger. It calls for bold action to end hunger by 2030, to achieve food security, improved nutrition and promote sustainable agriculture.



To help make it happen, we support organisations that tackle these issues, such as Feed the Children, The Hunger Project, and the Power of Nutrition.





people



# Ideal breakfast

Kickstart your morning with our healthy and balanced breakfast – great-tasting, packed with nutrients and takes seconds to make.





# 1. Nourish

## Formula 1 Healthy Meal

Nourish your body with a deliciously creamy Formula 1 shake – a healthy meal, packed with nutrients.



## 2. Hydrate AloeMax

Hydrate with a glass of AloeMax – cold-pressed Aloe Vera juice that's low in calories and naturally refreshing.

## 3. Refresh Instant Herbal Beverage

Refresh with a tasty cup of Instant Herbal Beverage. Infused with green and black tea, every serving packs 87.5mg\* of caffeine.



\* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women). A single dose of 200 mg caffeine should not be exceeded.



# Formula 1

Packed with high-quality plant-based protein and 25 essential vitamins and minerals. Our Formula 1 Healthy Meal shakes come in nine tasty flavours, and are available in canisters or handy sachets for when you're on the go.

18 g  
protein\*

5 g  
fibre

25  
Vitamins

Low in  
sugar

220  
kcal

Gluten  
free

\* When mixed with semi-skimmed milk



Banana Cream  
21 servings  
550 g #4462



Café Latte  
21 servings  
550 g #4465



Cookie Crunch  
21 servings  
550 g #4467



Mint & Chocolate  
21 servings  
550 g #4471



Raspberry &  
White Chocolate  
19 servings  
500 g #4469



Smooth Chocolate  
21 servings  
550 g #4468



**Customers say**  
 “Wins hands down on  
 taste and texture.”



**Strawberry Delight**  
 21 servings  
 550 g #4463



**Summer Berries**  
 21 servings  
 550 g #4470



**Vanilla Cream**  
 21 servings  
 550 g #4466



**Vanilla Cream**  
 30 servings  
 780 g #048K

## Sachets



**Vanilla Cream** 7 x 26 g, 182 g #053K

**Cookie Crunch** 7 x 26 g, 182 g #228K

**Smooth Chocolate** 7 x 26 g, 182 g #229K



## Customers say

"Adding Protein Drink Mix to my usual F1 shake makes a deliciously thick and smooth meal."





# The perfect meal

Upgrade your breakfast by combining Protein Drink Mix and Formula 1 for a healthy meal with more protein, more fibre and less calories than a regular Formula 1 shake.

Or combine Protein Drink Mix Vegan with Formula 1 for a healthy meal that is lactose free, 100% vegan and contains the perfect balance of protein, fibre, vitamin, and minerals.



## Protein Drink Mix Vegan and Formula 1 Healthy Meal

24 g  
protein

26 vitamins  
& minerals

Gluten  
free

F1 Vanilla Cream

21 servings, 550 g #4466

Vanilla

20 servings, 560 g #172K



# Formula 1 Yuzu Passionfruit Healthy Meal

Our Formula 1 Shakes provide a healthy meal to replace breakfast, lunch or dinner. High in protein to support the maintenance and growth of muscle mass, it's also balanced with key vitamins, minerals and fats. The perfect solution for high-end nutrition that's also convenient.



Be quick to try this limited edition of Yuzu Passionfruit before it's gone! The tropical flavour of passionfruit with the twang of Yuzu is perfect for the summery months and beyond.



21 servings, 550 g

#255K

\* When mixed with PDM Vegan and 300 ml water.





## Customers say

"The huge choice of flavours means I never get tired of using Formula 1."





# Formula 1 Savoury Meal

A hearty, warming and nutritious savoury meal that's quick to prepare – Formula 1 Mushroom and Herb delivers a rich and creamy soup, that's full of flavour.



Enjoy all the benefits of Formula 1 in a savoury flavour that is healthy and delicious.

19 g  
protein\*

216  
kcal\*

25 vitamins  
& minerals

Vegan

Gluten  
free

21 servings, 550 g

#092K

\* When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please follow the preparation instructions on the product label.



## Tomato and mushroom-flavoured salsa toast

Preparation time: 10 minutes

Cooking time: 5 minutes



### Ingredients for 1 serving

#### 2 scoops (26g) F1 Savoury

300g fresh tomatoes, roughly chopped

1 garlic clove, finely chopped

1 (50g) red onion, finely sliced

1 red chilli, sliced

2 tbsp each of chopped fresh coriander, mint and basil, plus extra to garnish

2 limes

50ml water

2 slices (60g) Wholemeal bread

**Step 1** Mix together the tomatoes, garlic, red onion, chilli and herbs in a large bowl. Season with black pepper and mix thoroughly. Allow to stand for 5 minutes

**Step 2** Zest the limes into a bowl, then add the juice and mix in the F1 Savoury and 50ml of cold water thoroughly. Mix the F1 Savoury mixture into salsa, then toast the bread and cut into triangles. Serve the salsa with the extra herbs to garnish and the toast.

### Nutritional values per portion\*:

|                                    |     |
|------------------------------------|-----|
| Energy (kcal)                      | 311 |
| Protein (g)                        | 20  |
| Total Fat (g)                      | 4.9 |
| of which saturates (g)             | 0.8 |
| Carbohydrate (g)                   | 16  |
| Carbohydrate of which starches (g) | 30  |
| Fibre (g)                          | 14  |
| Salt (g)                           | 1.9 |

\* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label

## Customers say

"It's delicious and creamy... A great alternative for cold nights."



## Formula 1

# Express Healthy Meal Bars

A nutritionally complete meal on-the-go, these top-tasting indulgent bars help satisfy both hunger and sweet cravings.



7 x 56 g, 392 g

Dark Chocolate #4472

7 x 56 g, 392 g

Cranberry & White Chocolate #4473

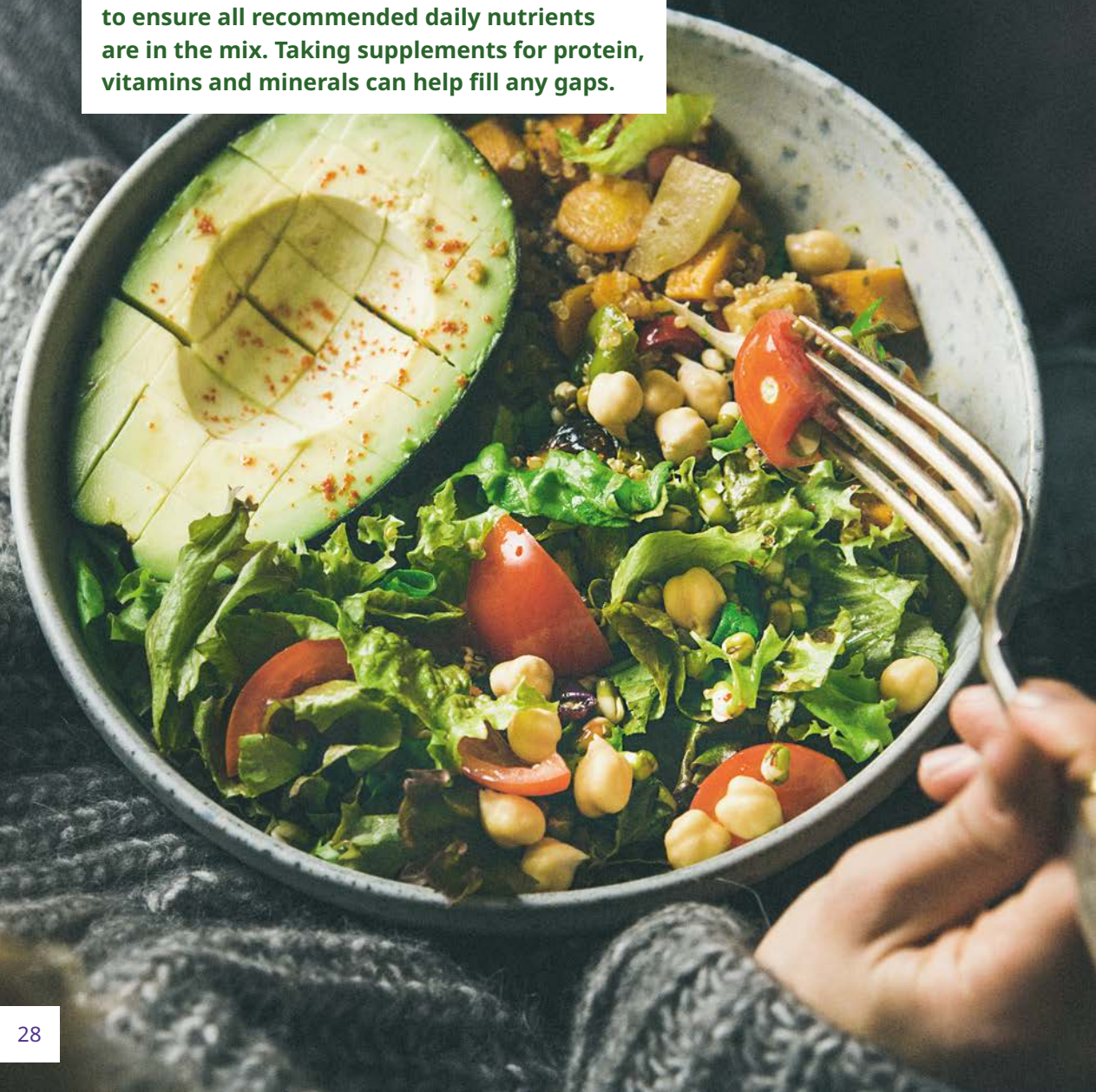






# Vegan life

A vegan diet calls for careful meal planning to ensure all recommended daily nutrients are in the mix. Taking supplements for protein, vitamins and minerals can help fill any gaps.





# Plan ahead to get ahead

When adopting a vegan diet, you need to make up proteins and essential amino acids readily available in meat, as well as Vitamin D and calcium - normally obtained from dairy.

Protein can be found in plant foods, such as beans, lentils, whole grains and soy-based tofu. However, unlike most animal proteins, so called “complete” because they contain all nine essential amino acids, most plant foods lack one or more (except for soybeans). So, consuming a wider variety of foods is essential. For example, the essential amino acid lacking in beans, peas and lentils is abundant in whole grains. And, conveniently, what grains lack, the beans can provide.



It can help to use plant protein powders, such as our **Protein Drink Mix-Vegan (p21)**. Made from soy protein, it will help supplement intake for relatively few calories and these protein powders are easy to add to shakes, soups and bakes.

Our delicious **Tri Blend Select (p31)**, made from pea protein, flaxseed and quinoa also delivers a protein packed shake in banana and coffee caramel flavours.

If you're on a vegan diet, care should be taken to also supplement calcium, vitamin D, iron, zinc, and vitamin B12 to ensure essential nutrient needs are covered.

See vitamins and minerals (p48-49).



## Essential nutrients



Calcium



Vitamin D



Iron



Zinc



Vitamin B12



# Coffee with protein power



## High Protein Iced Coffee

Every batch is expertly brewed using 100% Robusta espresso coffee beans to deliver a smooth, bold taste. Coffee at its best, providing 80 mg caffeine\*, 15 g protein, no added sugar, and only 80 calories per serving. Just add water and recharge!

15 g whey protein

80 mg caffeine

80 kcal

Latte Macchiato

14 servings, 308 g #012K

Mocha

14 servings, 322 g #011K



\* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources. (200 mg for pregnant and lactating women)



# Naturally selected



## Tri Blend Select

Our flavoursome vegan protein shake packs a punch with its carefully selected blend of pea, quinoa and flaxseed for a complete protein\* hit, plus, it's a source of fibre, vitamins and minerals.

20 g  
protein

6 g  
fibre

Vitamin C

Low in  
sugar

151  
kcal

Banana

15 servings, 600 g #013K

Coffee Caramel

15 servings, 600 g #052K

\* The addition of rice protein delivers a complete protein



# Balancing protein

## and why it's important

As protein serves so many important bodily functions, it's crucial you get your daily intake right, based on your weight and muscle mass. Protein is a macronutrient made up of 21 'building blocks' called amino acids, which support muscle mass growth, and muscle and bone maintenance.



### The right balance

The most accurate method to calculate protein requirement is with your lean body mass (weight without fat content), but you can just use your overall body weight as a guide. The calculation using body weight in kg, is to multiply that weight by 1.5 and this gives a reasonable target for your daily protein intake in grams. So, someone who weighs 64kg should aim for about 100g of protein a day.



### Protein sources

Soy is one of the best vegetable sources as it is a 'complete protein' providing all 9 essential amino acids. Others are nuts, seeds and lentils, but as 'incomplete proteins', you'll need to include varied sources to garner the benefits that each provides. You can be confident when using our range of healthy shakes, that they contain the complete proteins needed to support your nutritional needs.



### Upping your protein

As a rough guide, common sources of protein food contain around 25 g of protein and protein snacks (e.g. **Herbalife Nutrition Protein Bars**) contain around 10 g. If you need to up your protein, meal replacement or protein shakes can bridge that gap, and be tailored to your personal needs. Look at **Formula 1 Healthy Meal**, **Formula 1 Savoury Meal** or **Tri Blend Select** and **Protein Drink Mix Vegan** for vegan friendly options.





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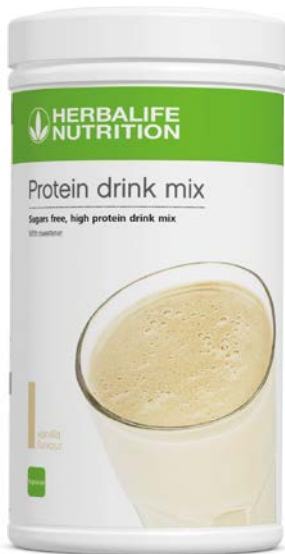
# Meet your protein needs

**Keeping up with your daily protein intake can be easy.**

Our range of protein products are a convenient way to ensure your daily recommended protein levels stay on target.







## Protein Drink Mix

A delicious, high-quality protein shake that can be mixed with Formula 1 or enjoyed on its own.



Vanilla

21 servings, 588 g #2600

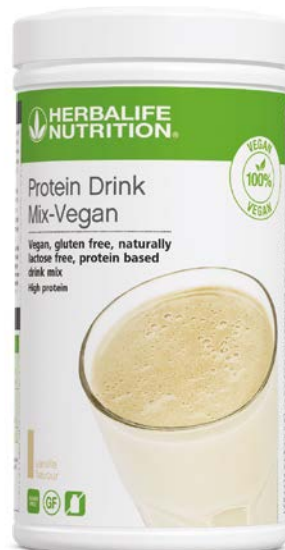
## Protein Drink Mix Vegan

An ultra-creamy vanilla flavoured drink. Mix with Formula 1 for a healthy vegan meal or enjoy it solo as a shake.



Vanilla

20 servings, 560 g #172K



## Formula 3 Personalised Protein Powder

An easy one-step way to boost your protein intake.



40 servings, 240 g

#0242



# Smart protein snacks



**Contrary to popular belief, snacking can be helpful for those who want to stay on track with their nutritional goals.**

What's more, they're another chance to fuel your body with nutrients! A clinical study even found that healthy, calorie-controlled snacks in portioncontrolled packs help people to eat less throughout the day<sup>1</sup>.



<sup>1</sup> Nijke et al (2016), Snack food, satiety, and weight. Adv. In Nutrition, 7(5).





## Protein Bars

Satisfy your chocolate cravings with a delicious, high-protein snack, or enjoy as a boost when you're exercising.

10 g  
protein

104  
kcal

|                  |                        |
|------------------|------------------------|
| Chocolate Peanut | 14 x 35 g, 490 g #3972 |
| Vanilla Almond   | 14 x 35 g, 490 g #3968 |
| Citrus Lemon     | 14 x 35 g, 490 g #3976 |



# Never fried. Always Popped.



## Protein Chips Sour Cream and Onion

Savour the smooth, tangy taste of our Sour Cream and Onion Protein Chips.

12 g  
protein

Gluten  
free

Vegetarian

10 servings, 30 g

#142K



## Protein Chips Barbecue

Treat your taste buds to the subtle heat and smoky undertones of our barbecue flavoured Protein Chips.

11 g  
protein

Gluten  
free

Vegan

10 servings, 30 g

#141K

\* 50% less fat than fried potato chips



# Protein Chips



## Customers say

"Takes away the craving for salt without breaking the calories."





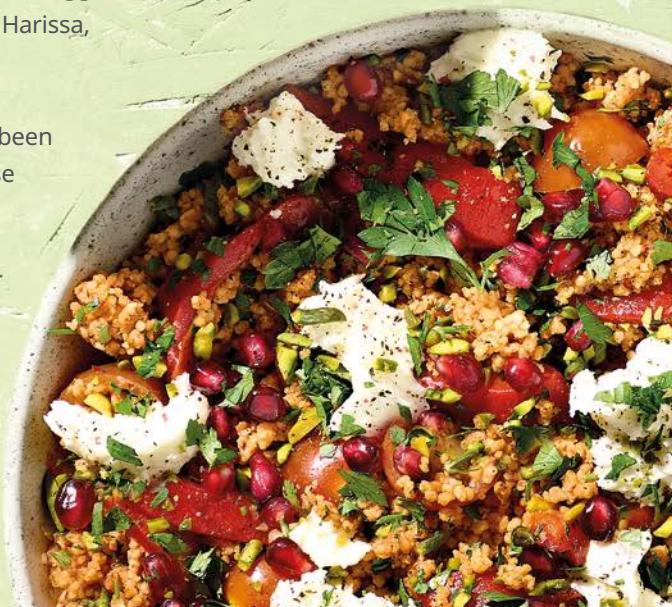
## The Cookbook

# Hot off the press!

**The latest edition of our Herbalife Cookbook, Volume 2 is now out!**

We've curated an exciting collection of 80 unique recipes from Europe and Africa, that will enhance your cooking, elevate your taste buds and very conveniently nourish your body - all at the same time. From Party Pleasers to Workout Fuel and Wellness Dishes, there's a world of innovative dishes to discover, such as Veggie Loaded Aubergine, Vegan Flambe, Couscous Harissa, Acai Bowl and Plantain Pancakes.

There are also much-loved dishes, that have been adapted to be a truly nutritious version. These recipes are smart, light and packed with flavour, showcasing next level usability of your favourite Herbalife products. This cookbook will encourage a more rewarding connection with food that will transform how you prepare, cook and even shop - with each recipe featuring a QR code for a quick shop list.



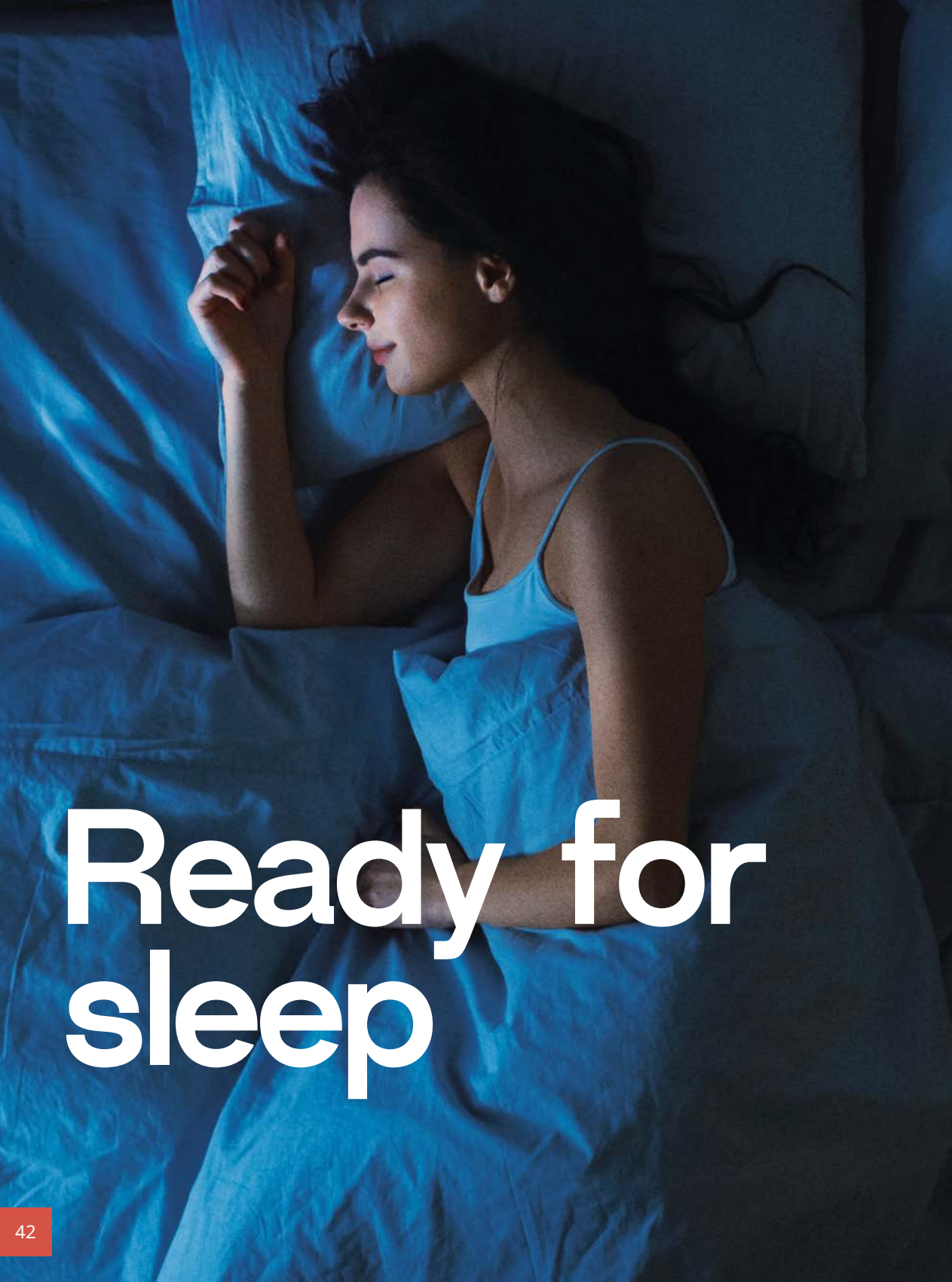


Herbalife

# The Cook Book







Ready for  
sleep



# When was the last time you had a really good night's sleep?

Sleep is so important for your physical and mental wellbeing as it supports brain function, mood, and your overall health. If -like many others-, you struggle to quieten your mind, making the move to incorporate these steps into your daily routine to encourage a full night's sleep, will really pay off.



## Eat mindfully

Stopping eating at least three hours before bedtime allows for proper digestion and helps avoid heartburn that can keep you awake.



## Make exercise the norm

We know exercise has numerous health benefits, but it also helps your body relax into sleep, releasing endorphins that make you feel good, naturally. Try low-intensity workouts such as yoga, Pilates, or a relaxing walk in the early evening hours.



## Prepare for rest

Follow the digital detox rule of no computers or digital readers at least one hour before bedtime – that includes TV too!



## De-stress with relaxation techniques

The evening is a good time to perform relaxation techniques. Build in some headspace to let your mind and body unwind with deep breathing, relaxing stretches and meditation.



## Keep a schedule

Life can get in the way of maintaining a healthy sleep pattern - try and make the effort to go to sleep and wake up at the same time each day to develop a sleep routine.



## Enjoy a night-time drink

Try **Herbalife Night Mode**, a chamomile and peach flavoured drink with saffron extract and vitamins (Riboflavin and B6) while you enjoy a few moments of headspace.



# Discover your dream sleep

## Herbalife Night Mode

A calming night-time drink infused with saffron extract, scientifically shown to improve sleep quality in 7 days\*. Saffron extract helps to reduce insomnia\*\*, it can also improve your mood after awakening and increase melatonin, which supports your sleep/wake cycle\*\*.

Vital for well-being, a proper night's sleep allows our bodies to recover, repair and regenerate, while enhancing our mental clarity and emotional balance, so enhancing mood, energy levels and focus.



Night Mode also contains a blend of vitamins to help support normal psychological and nervous system function\*\*\*. So, optimise your sleep by including Night Mode into your night-time wind-down. Sit back, relax and savour the subtle flavour of Chamomile and Peach.

Riboflavin

Vitamin B6

Caffeine free

Gluten free

Vegan

21 servings, 550 g

#282K

\* Results typically seen after 7 days intake of 28 mg saffron extract daily based on clinical trial results

\*\* Result typically seen after 28 days intake of 28 mg saffron extract daily based on clinical trial results

\*\*\* Vitamin B6 and Riboflavin







# Smart nutrition for your immune system







## Immune Booster

High in Vitamin C with Vitamin D, selenium, and zinc, to help support immune system function and protect cells from oxidative stress. Over a dozen published studies show EpiCor® fermentate helps to deliver immune health and gut health benefits<sup>1</sup>.



Berry

21 x 3.7 g, 77.7 g, #233K

<sup>1</sup> Seven published preclinical studies and eight published human clinical trials.



# Fine-tune your diet

**Vitamins and minerals are key micronutrients essential for many everyday chemical reactions performed by your body.**

While a balanced diet is the best way of obtaining these nutrients, it's not always manageable to ensure our food contains the necessary levels. Taking vitamin and mineral supplements is a convenient way to keep up with your recommended daily amount.

## Vitamin & Mineral Complex Men & Women

Designed specifically for the needs of men and women, this is an all-round nutritional support with 24 key nutrients, including micronutrients your body itself can't generate or sustain. Created to work with your favourite Formula 1 shake.\*

Vitamins  
A & C

Riboflavin &  
Magnesium

Pantothenic  
acid

Men

60 tablets, 84.3 g #1800



Vitamins  
B6 & B12

Calcium  
& zinc

Women

60 tablets, 84.3 g #1819



\* Each serving delivers 71 different health benefits, from immunity, optimised physical and mental performance, to healthy hair, skin & nails.





## Niteworks®

Nutrition while you sleep. Protect your cells from oxidative stress. It's high in vitamins C and E which protect your cells from oxidative stress.

Vitamins  
C & E

L-Arginine  
L-Citrulline  
L-Taurine

15 servings, 150 g

#3150



## Xtra-Cal®

This product contains over 100% of your Calcium-NRV per daily dose, needed for the maintenance of healthy bones and teeth.

Vitamin-D

Calcium &  
Magnesium

90 tablets, 131 g

#0020



# Active Mind Complex

## Maximise your brain power



**Scientifically proven to support focus, concentration and working memory – even on your most hectic days.**

Expertly developed with a patented spearmint extract and a blend of carefully selected vitamins to support normal psychological function, mental performance and functioning of the nervous system.



60 capsules, 40.2 g

#243K







# Phyto Complete

**Phyto Complete works just as hard as you do. Contains Fiit-NS™, an ingredient proven to support the reduction in waist circumference, abdominal fat and improves vitality and energy.\***

Carefully formulated with Fiit-NS™, Vitamin C and Chromium. Fiit-NS™ is a scientifically studied combination of Vitamin B3 and botanical extracts including guarana, green tea, grapefruit, grape and black carrot, providing phytonutrients and natural caffeine.



Provides 100% of your NRV of vitamins A and C to support a normal and healthy immune system.

Vegan

No artificial  
sweeteners

Gluten  
free

No artificial  
flavour

No added  
sugar

60 capsules, 42.8 g

#236K

\* Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improves vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+.

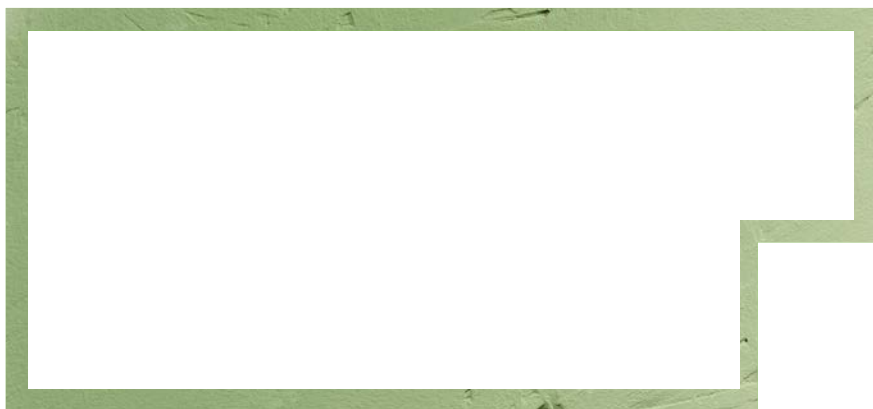


# What are phytonutrients?

Phytonutrients have been studied for their powerful antioxidant properties and may deliver many health benefits, such as supporting metabolic health. They can be found in fruits, vegetables, spices and even edible flowers, and often give foods their colourful pigments such as carrots which contain carotenoid and tomatoes, lycopene.







**Saturated is bad.  
Polyunsaturated is good...  
It's a little more complex than that.**

Today, we know it's more about achieving fat balance, especially between omega-3 and omega-6 polyunsaturated fats. The right amount (250 mg daily) of omega-3 fatty acids, EPA and DHA, contribute to the maintenance of normal vision and brain function, and also contribute to the normal function of the heart.

**The western diet**

The typical western diet provides an excess of total and saturated fat, without enough of the healthy kind, such as fats from fish, nuts, olive oil and avocados.

As a concentrated source of calories, Herbalife's Philosophy recommends limiting your fat intake to no more than 30% of your daily calories. Fish oil is linked to brain health, so aim to eat two portions of fatty fish, such as sardines, salmon, or trout, weekly.

The long-chain omega-3 fatty acids (EPA and DHA) found in fish, is not efficiently produced by the body, so we need them from food. It also helps to support heart health. Not fussed on fish? Then a dietary supplement can help.





# Herbalifeline® Max

Rich in Omega-3 fatty acids



This potent food supplement delivers increased levels of omega-3 fatty acids, EPA and DHA (per capsule<sup>1</sup>), which support heart<sup>1</sup>, vision<sup>2</sup> and brain<sup>2</sup> function. A vegetarian gel capsule with the addition of thyme and peppermint essential oils to help freshen the taste.

375 mg  
of EPA  
per capsule

250 mg  
of DHA  
per capsule

30 capsules, 42 g

#0043



Endorsed by Friends  
of the Sea. For more  
information please visit  
[FRIENDOFTHESEA.ORG](http://FRIENDOFTHESEA.ORG)

## Recommended use



Maintenance of normal  
heart<sup>1</sup> function

Maintenance of normal vision<sup>2</sup>

Maintenance of normal  
brain function<sup>2</sup>



Maintenance  
of normal  
blood  
triglyceride  
levels<sup>3</sup>



Maintenance  
of normal  
blood  
pressure<sup>4</sup>

<sup>1</sup> On average 3 times more EPA and DHA compared to the current Herbalifeline formula. <sup>1</sup>Beneficial effect obtained with daily 250 mg intake of EPA and DHA;

<sup>2</sup> Beneficial effects obtained with daily 250 mg intake of DHA.

<sup>3</sup> Beneficial effect obtained with daily 2 g intake of EPA and DHA.

<sup>4</sup> Beneficial effect is obtained with a daily 3 g intake of EPA and DHA; A supplemental daily intake of 5 g of EPA and DHA combined must not be exceeded.



# Your body loves fibre







## Fibre is the thing that helps maintain normal gastrointestinal function.

It's a type of carbohydrate, which can't be broken down by the human digestive system, so most passes undigested, through the small intestine, providing bulk.

Although it's such an important dietary component, the average person consumes less than half the daily recommended amount of 25g. Our fibre-rich supplements can help boost your intake, although it's best to increase slowly alongside drinking plenty of water.



### Beta heart®

Contains the key ingredient OatWell® oat beta-glucan, shown to lower or maintain blood cholesterol. Mix 2 scoops with water or your favourite drink or shake.



15 servings, 229 g

#0267



### Oat Apple Fibre

A delicious way to increase daily fibre intake to support healthy digestion and can be enjoyed with water or mixed with your favourite Formula 1 shake.



30 servings, 204 g

#2554



A woman is shown from the waist up, wearing a dark green, ruffled crop top and grey leggings. She is holding her stomach with both hands, palms facing each other. The background is a solid light green color. Overlaid on the image is the text "Give to your gut" in large white letters, and below it, "For healthy digestion" in white letters inside a green rectangular box.

# Give to your gut

For healthy digestion



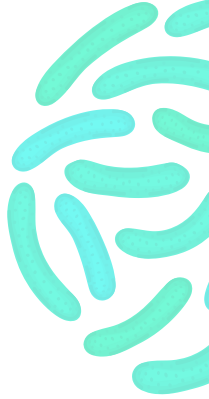


## The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

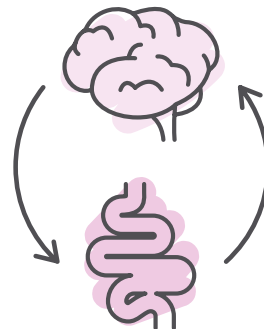
What you eat plays such a crucial part in looking after the health of your gut and its resident micro flora which work together to help your two brains work symbiotically together. That's right, we have a 'second brain' - our complex digestive system, which sends and receives information to and from our 'first brain' and using it to regulate the digestive function. Prebiotics are high-fibre foods, such as fruit, vegetables, beans, and whole grains, and are the life force for probiotics influencing other organs and systems in the body, helping to keep blood sugar and cholesterol levels within the normal range. Humans lack the ability to break down certain carbohydrates and fibre, so the microbes in your gut do the job for you.

### Your source of prebiotics

Today's busy lifestyles means many of us aren't eating enough food with good sources of prebiotics. Ideally, your body needs a combination of prebiotics and probiotics, which is why taking supplements is so important. Probiotics stimulate the growth and activity of the good bacteria in your digestive tract - the same bacteria that has been taken from foods or supplements. A rich source of good bacteria is found in fermented food, such as yoghurt and kefir, where they convert sugar and carbohydrates into acids. They all have a part to play in enhancing the body's immune response control and are believed to have a positive effect on mood.



Check out our  
Microbiotic Max (p61)  
for gut health support





## Customers say

"The vanilla flavour makes it perfect to combine with any F1 shake."





# Microbiotic Max

Formulated to offer you a combination of probiotics and prebiotic fibre, delivering 2 billion live bacteria (CFU) per serving. It contains no sweeteners, colours or preservatives and doesn't need refrigeration, making it ideal to take wherever you go.



Vanilla flavour

20 sachets x 2 g, 40 g #173K

\* Please add Microbiotic Max after blending and use liquids at a temperature below 25°C, to avoid affecting product efficacy.



# Water with added value

For intense workouts, you can do your body a favour by quenching your thirst with a specially designed sports drink – both during and after exercise.

## Mineral Addition

When you sweat, you lose important minerals like sodium, chloride and potassium. Often called electrolytes, they are essential for your body. Sports drinks may enhance your liquid consumption, and provide magnesium which contributes to electrolyte balance during exercise. Try **Herbalife 24 Hydrate**, a caloriefree electrolyte drink, or **Herbalife 24 LiftOff Max** containing caffeine and vitamins B6, B12 and C which contribute to a reduction in tiredness and fatigue.







## Give it a lift

Another way to keep hydrated is by flavouring your water. Try **Herbalife AloeMax**, containing 97% aloe vera juice that elevates your drink with the subtle flavour of Aloe. Or wake up to a refreshing herbal beverage.

**Herbalife Instant Herbal Beverage** is a unique blend infused with extracts of green tea leaf, orange pekoe tea leaf with added cardamom seed extract, and hibiscus flower powder. Each serving contains 87.5 mg caffeine to lift your day – and this still contributes to your hydration goals as moderate amounts of caffeine will not deplete the water in your body.



# Hydration Aloe range

## Herbal Aloe Concentrate Drink

Liven up your water with a refreshing mango taste to help you achieve adequate fluid intake of approximately 2 litres per day.

40%  
aloe vera  
juice

No added  
sugars

No  
artificial  
flavours or  
colours

Mango

473 ml #1065

## AloeMax

Our hand-picked Aloe Vera leaves are carefully selected and come straight from our fields - to your glass.

97%  
aloe vera  
juice

2 kcal  
per serving

No  
flavouring  
sweetener  
or colour

473 ml #1196





# Hydration Tea range



## Instant Herbal Beverage

Wake up to a refreshing herbal drink, containing 87.5 mg caffeine\*.

- A unique blend of orange pekoe – traditional black tea, and green tea with extracts of hibiscus powder and cardamom
- Can be enjoyed hot or cold



Original

30 servings, 51 g #178K  
60 servings, 102 g #179K



Lemon

30 servings, 51 g #180K



Raspberry

30 servings, 51 g #182K



Peach

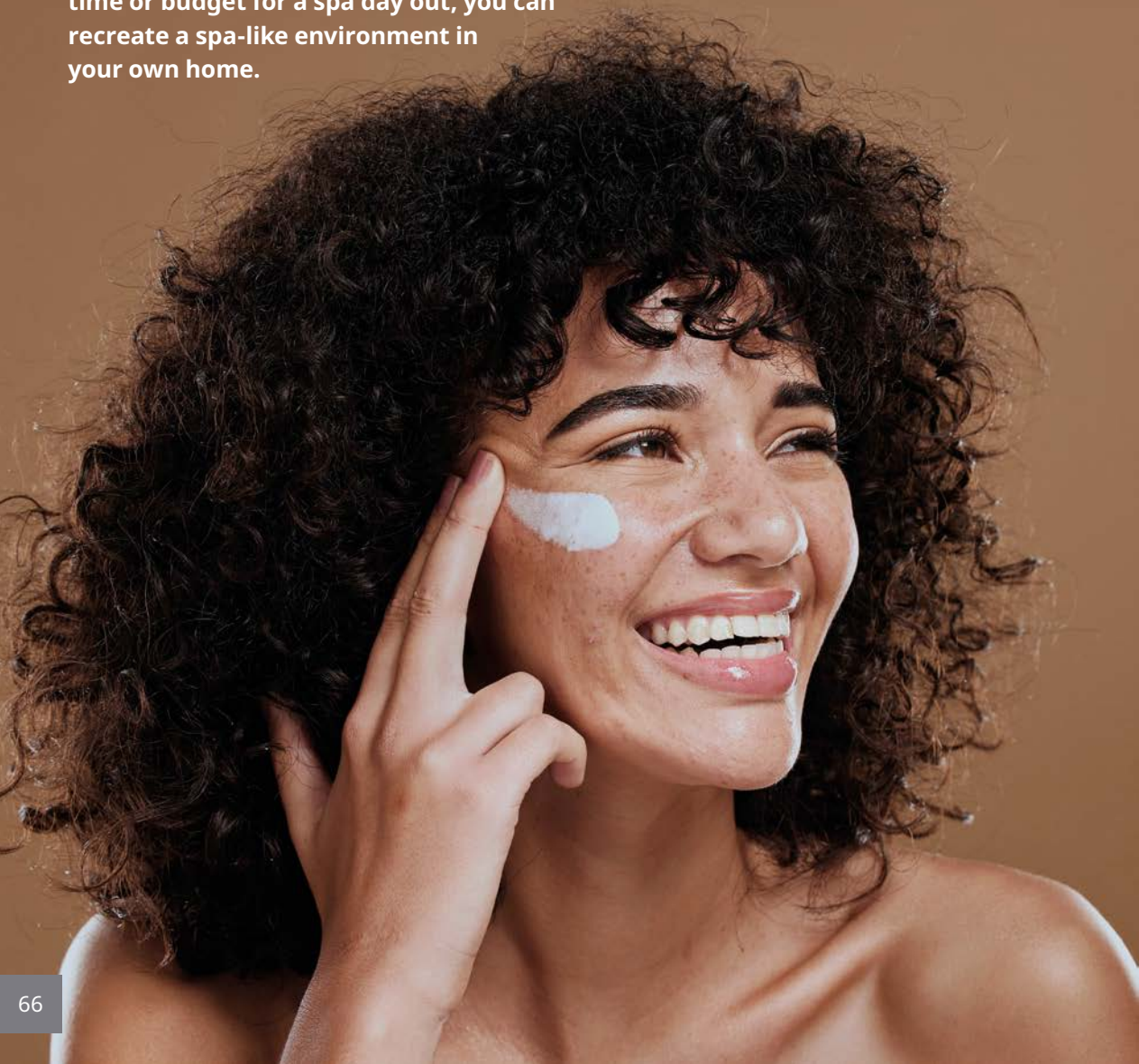
30 servings, 51 g #181K

\* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).



# Create a home spa day

Looking after you is so important for your well-being. Whilst we don't always have the time or budget for a spa day out, you can recreate a spa-like environment in your own home.





## Relax into a bubble bath

Light a candle or two and add some music while you run a bath dropping in a splash of your favourite sulphate-free fragranced bubble bath or oil – and submerge into relaxation. A warm soak relieves muscle tension, loosens pores and clears a cluttered mind.

No bath tub? A warm steamy shower can work just as well. Try a blast of cold water after a warm shower, and see how it firms up the skin!

## Don't forget your hair

Indulge damaged, dry or frizzy hair too. Pick up the right conditioner for your hair type and apply to your ends while you soak, so it has the time to really moisturise and nourish.

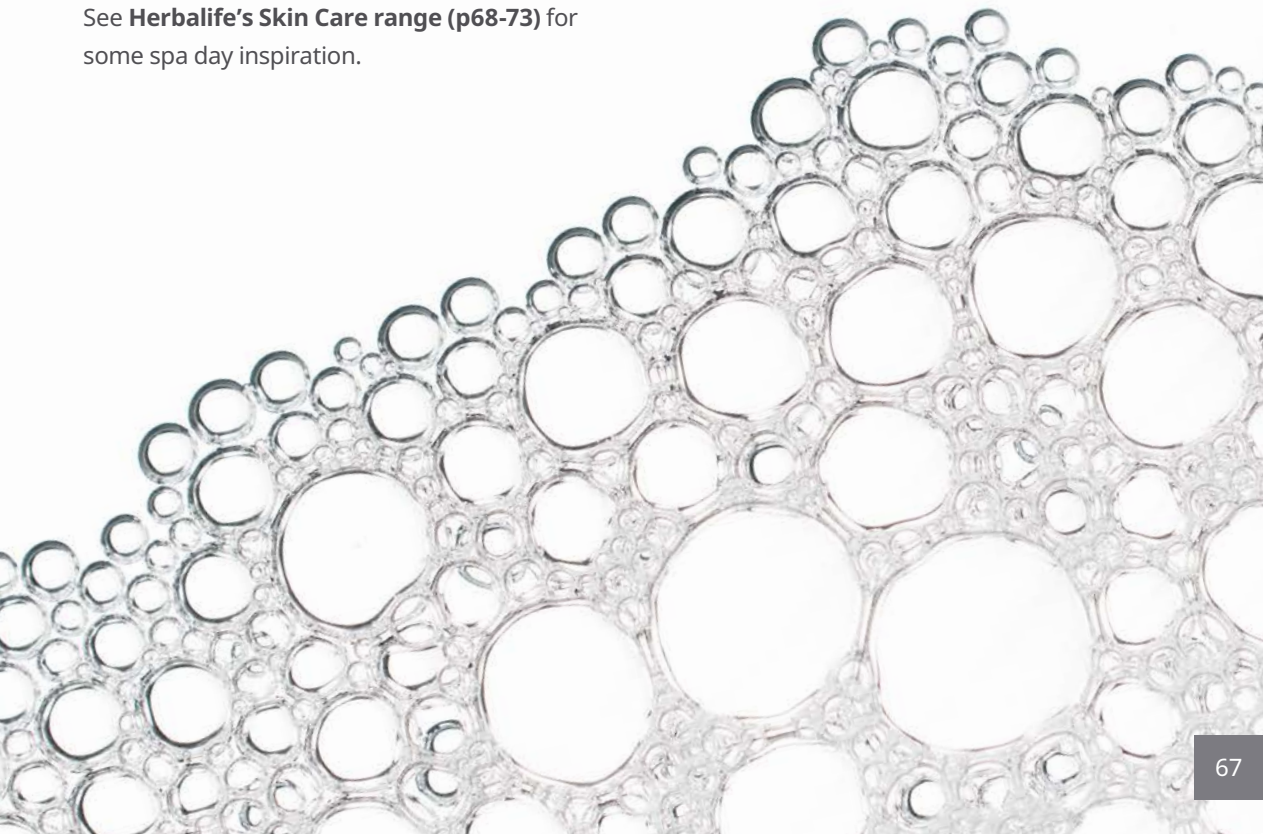
See **Herbalife's Skin Care range (p68-73)** for some spa day inspiration.

## Pamper your face

With a good face mask, you can get the same results that you do in a spa, and leaving it on while you soak, allows the heat and steam to help loosen up clogged pores. Try a mask containing bentonite clay for its amazing skin toning and absorbing properties.

## Moisturise from head to toe

Applying a hydrating moisturiser while your skin is still damp will really seal in moisture for more youthful looking skin that feels silky soft. Taking time out to take care of you is invaluable, whether it's a soothing bubble bath, a face mask, reading a book or relaxing for a few minutes with a cup of tea.





# Relieve

## Soothing Aloe Cleanser

This gentle cleanser leaves your skin clear, soft and clean.

150 ml

Normal to Dry Skin #0765



# Cleanse

## Polishing Citrus Cleanser

Deep cleansing microbeads refresh your skin for a healthy glow.

150 ml

Normal to Oily Skin #0766



# Beauty edit

Herbalife SKIN range is clinically tested and formulated with botanicals and vitamins. Free from parabens and sulphates, it is prepared with ingredients such as Aloe Vera, Vitamin C, E and B3, to promote softer, smoother and more radiant skin.\*

## Tone

### Energising Herbal Toner

Aloe Vera-infused, alcohol-free facial toner with mandarin citrus scent provides hydration and refreshes tired looking skin.\*

50 ml

#0767

## Refresh

### Purifying Mint Clay Mask

Removes dirt and absorbs excess oil with the absorbent and toning effect of bentonite clay.\*

120ml

Normal to Oily Skin #0773



## Target

### Line Minimising Serum

This multi-functional serum helps diminish the visible signs of ageing.\*

50 ml

#0829

## Revitalise

### Firming Eye Gel

Improves the overall appearance of the eye area.

15 ml

#0770

\* Tested on subjects for firmness and elasticity, measured by visual expert grading at intervals of seven days and 42 days. In 45% of subjects, improvement was seen in firmness/elasticity in skin under the eye at 42 days.



# Beautiful skin

## Customers say...

"The results are fantastic! My skin looks amazing."

Healthy looking skin starts from within with this refreshing, scientifically driven strawberry, and lemon -flavoured drink. It's a rich source of collagen peptides, proven to reduce eye wrinkles and improve skin elasticity in 4 weeks and reduce signs of cellulite after 3 months. With 9 vitamins and minerals, this is expert nutrition for your skin. High in key vitamins and minerals to support healthy skin, hair and nails\*.

Gluten free

Natural sweetener & flavouring

Results after 4 weeks\*\*

## Repair

### Collagen Skin Booster

Strawberry and Lemon

30 servings, 171 g #076K

\* Verisol® P and bioactive collagen peptides are trademarks of Gelita AG. \*\*Results shown on eye wrinkles and skin elasticity after 4 weeks, first results of reduction in visible signs of cellulite after 3 months. \*\*\*Biotin, Copper, Iodine, vitamin A and Zinc contributes to the maintenance of normal skin. Biotin, Selenium and Zinc contributes to the maintenance of normal hair.



## Protect

### SPF 30 Protective Moisturiser

Long-lasting moisturiser leaves skin smooth and soft. Provides broad spectrum UVA/UVB protection.

50 ml #0828



## Replenish

### Replenishing Night Cream

This rich, luxurious cream helps deliver much needed moisture to your skin at night.

50 ml #0827



## Exfoliate

### Instant Reveal Berry Scrub

Antioxidant-rich scrub with berry seeds for exfoliation, which helps achieve soft, smooth skin.

120 ml #0772



## Moisturise

### Daily Glow Moisturiser

All-purpose hydrating lotion with illuminating properties to give your face a healthy glow.

50 ml #0830

## Hydrate

### Hydrating Eye Cream

Helps minimise the appearance of fine lines and wrinkles around the eyes.

15 ml #0771





# Say aloe to stronger hair and skin

Ingenious haircare infused with botanicals and free from Parabens and Sulphates.



## Herbal Aloe Strengthening Shampoo

- Leaves hair 10 times stronger after just one use\*
- Hydrolysed wheat protein helps protect, repair and strengthen your hair\*

250 ml

#2564



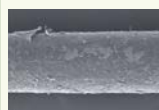
## Herbal Aloe Strengthening Conditioner

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner

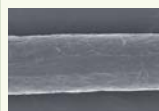
250 ml

#2565

### Study results:



**Before**  
Highly damaged cuticle structure.



**After**  
Significant improvement in cuticle structure.

\* When used in conjunction with the Strengthening Conditioner versus untreated hair. Results based on Strengthening and Breakage Study. Average value obtained from Combing Test conducted by an independent research laboratory on "damaged" hair tresses. Broken fibre counts were compared on untreated hair using Herbal Aloe Strengthening Shampoo and Strengthening Conditioner.





## Herbal Aloe Bath & Body Bar

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe Vera, olive oil and Vitamins A, C and E nourishes the skin

125 g

#2566



## Herbal Aloe Hand & Body Wash

- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin

250 ml

#2561



## Herbal Aloe Soothing Gel

- Infused with Aloe Vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragrance-free formula

200 ml

#2562



## Herbal Aloe Everyday Soothing Hand & Body Lotion

- Clinically shown to hydrate skin for deep nourishment
- Aloe Vera and African shea butter absorb quickly and leave skin feeling soft and smooth

200 ml

#2563

Treat your hair to an intensive conditioning treatment – leave Herbal Aloe Conditioner to soak in for 3 minutes before rinsing for hair that's super-soft and shiny.



HERBALIFE

24

NUTRITION FOR THE  
24-HOUR ATHLETE

# Unleash your potential

Whether you're a gentle jogger or an elite athlete, Herbalife24® sports line has the products you need to help you prepare, train and recover.



# Customise Your Herbalife24 programme



| Product usage  | CR7 Drive | Rebuild Strength | Rebuild Endurance | Hydrate | Prolong | Restore | Liftoff Max | Achieve Protein Bars |
|----------------|-----------|------------------|-------------------|---------|---------|---------|-------------|----------------------|
| Morning        |           |                  |                   |         |         |         |             |                      |
| Before workout |           |                  |                   |         |         |         |             |                      |
| During workout |           |                  |                   |         |         |         |             |                      |
| After workout  |           |                  |                   |         |         |         |             |                      |
| Night          |           |                  |                   |         |         |         |             |                      |



A young woman with blonde hair in a ponytail, wearing a light purple sports bra and dark leggings, is smiling and looking upwards in a gym. She has her arms raised. The background shows a large gym with a high ceiling and ropes.

# I'm wi

Helping you to





# th you

live your best life.

Herbalife's goal is to make the world a happier and healthier place. Our Members' purpose is to offer a one-to-one, high touch service. The essence of our brand is to not only advise on best products but to also arm you with the motivation to make lifestyle changes for the better. With our products, you befriend an accountability partner and mentor who will check in with you and keep you on the path to your nutritional and fitness goals.

**We are invested in your success, and this is what we call 'our Distributor Difference'.**



# Protein power

## Here's the thing

Proteins are made up of amino acids - the main building blocks of our muscles, bones, skin, tissues, and organs. During digestion, our body breaks down protein into individual amino acids to create new proteins - so it's important to keep our daily intake at the right levels.

## Boosts metabolism

Did you know your body uses more energy to digest protein compared to carbohydrates? So, to get your metabolism working harder, it makes sense to ensure you're consuming the optimum amount of protein in your daily diet. Protein also helps to maintain muscle mass, and as muscle tissue needs to burn energy to perform their daily task of contracting and relaxing, this also is key in boosting your metabolism.

## Supports muscle recovery and growth

Regular exercise and the right protein intake contribute to muscle growth. High-quality proteins containing every essential amino acid are found in animal-based protein foods, such as lean poultry, beef, fish, dairy and whole eggs, and for a vegan diet from a combination of beans, lentils, whole grain and soy-based tofu.

## Finding your protein

Protein shakes and supplements can help to boost your protein levels, and whether you opt for whey protein or plant-based protein, both can contribute to muscle growth.

In addition to a balanced diet, protein shakes are a convenient option for individuals and athletes always on the go.

**See our H24 range for products to support your fitness at every stage**





“

“Protein is essential for everyone, but especially those who actively work out.”



# Raising the bar



**Customers say**

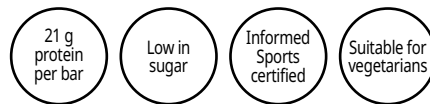
“Has an excellent non-chewy texture.”



# H24 Achieve Protein Bars

**A convenient post-workout snack that contains 21g of protein to fuel your goals.**

These delicious bars come in two tempting flavours, decadent Dark Chocolate or yummy Chocolate Chip Cookie Dough. Free from artificial flavours and colours, they're also suitable for vegetarians!



|                             |                        |
|-----------------------------|------------------------|
| Dark Chocolate              | 6 servings, 60 g #150K |
| Chocolate Chip Cookie Dough | 6 servings, 60 g #149K |

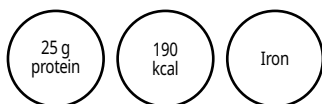


# From strength



## Rebuild Strength

A premium high-protein recovery shake to support growth and maintenance of muscle mass, plus iron to contribute to normal energy-yielding metabolism.



Chocolate

20 servings, 1000 g #1437

## Restore

A night-time support supplement, designed for recovery and relaxation to help balance high endurance sport routines.



30 capsules, 21.4 g

#1424

Take Restore as part of a varied and balanced diet and a healthy lifestyle, and consume as indicated on label. To learn more about Lactium™, visit [www.lactium.com](http://www.lactium.com).

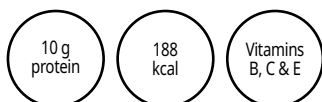


# to strength



## Rebuild Endurance

A recovery drink for consuming after endurance sports featuring a select blend of carbohydrates, quality dairy protein, iron and key vitamins.



Vanilla 20 servings, 1000 g #1436

## Prolong

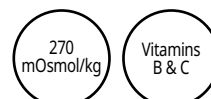
A carb-protein drink developed for prolonged, intense exercise with a selected blend of vitamins and minerals for sustained energy.



Citrus 15 servings, 900 g #1435

## Hydrate

Maintain fluid consumption with this calorie-free electrolyte drink containing 100% NRV for Vitamin C plus essential B vitamins, calcium and magnesium.



Orange 20 sachets x 5.3 g, 106 g #1433



A woman with blonde hair tied back, wearing a black baseball cap with 'REAL LIFE' and a logo, a black athletic tank top with mesh panels, and black shorts. She is running outdoors on a light-colored path, holding a white water bottle with a black cap. The bottle has 'HERO' and 'LIFT OFF' branding. The background is a soft-focus outdoor scene.

## Customers say

"LiftOff Max  
immediately  
gives me charge  
and energy!"

# LiftOff® to the max



**Feel refreshed and enjoy the sharp, zesty taste of grapefruit. Take before exercising or whenever you need to get back on track.**



## H24 LiftOff® Max

Boost your workouts with this sugar-free energy drink containing caffeine and vitamins B6, B12 and C to help reduce fatigue.



Grapefruit Twist

10 sachets x 4.2 g, 42 g #192K

## LiftOff®



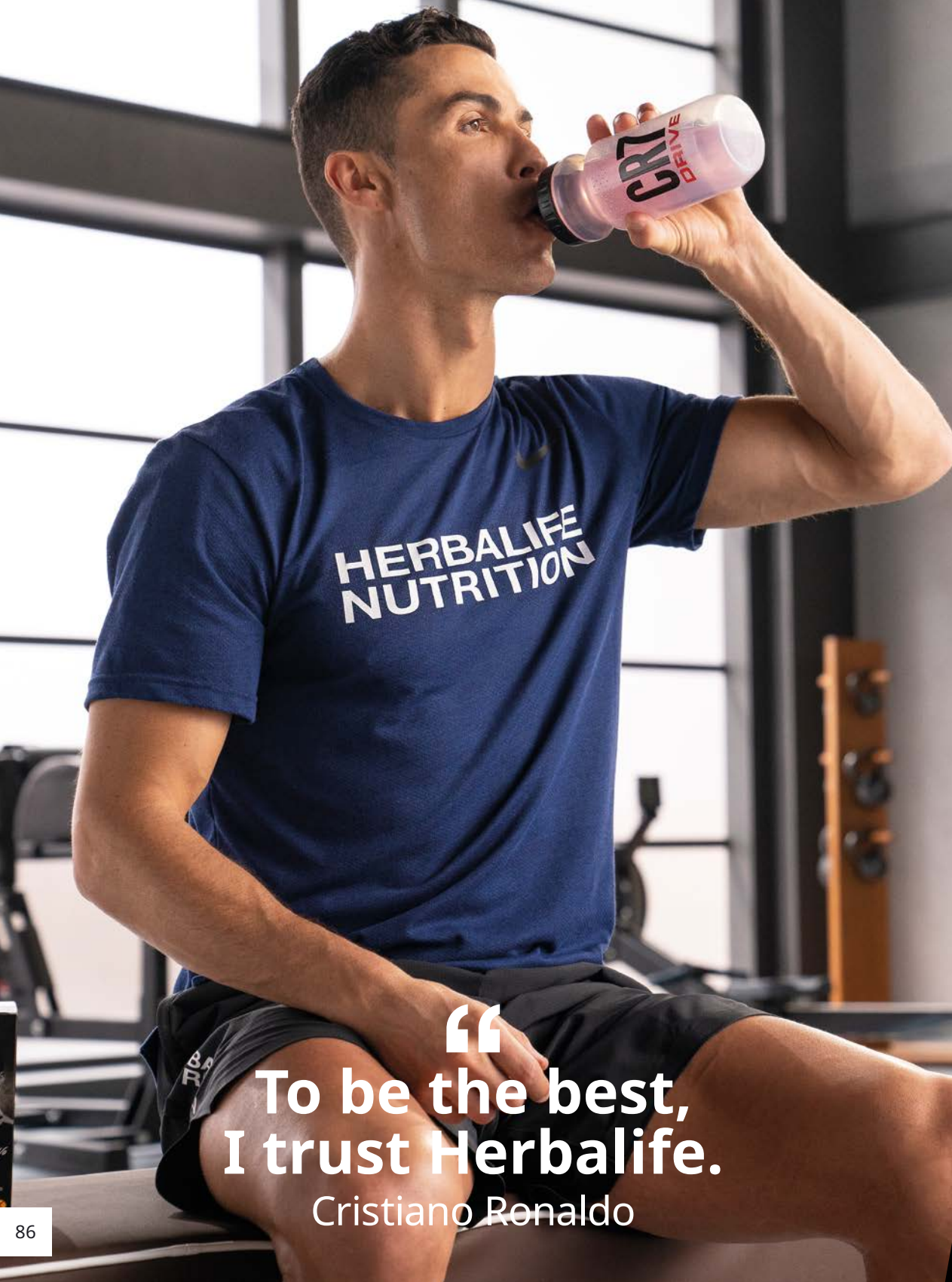
Lemon & Lime

10 sachets x 4.5 g, 45 g #3152



\* It is not recommended to exceed a daily intake of 400mg caffeine from all sources (200mg for pregnant or breast-feeding women).





HERBALIFE  
NUTRITION

“

To be the best,  
I trust Herbalife.

Cristiano Ronaldo



# CR7 DRIVE

Fuel your workouts with CR7 Drive, a scientifically formulated hypotonic sports drink developed in partnership with Cristiano Ronaldo. Flavoured with Acai Berry, CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to give advanced hydration, endurance and metabolism support.



## CR7 Drive

97 kcal

249 mg  
sodium

142 mg  
magnesium

100%  
NRV vitamin  
B1 & B12

Acai Berry

20 servings, 540 g #1466  
10 sachets x 27 g, 270 g #1467



# VICTORY STARTS ON THE INSIDE

MORE THAN 190 SPORTING  
TEAMS AND ATHLETES  
AROUND THE WORLD  
USE HERBALIFE24  
PRODUCTS TO HELP  
THEM PERFORM  
AT THEIR BEST



HERBALIFE  
24









## Notes

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# ELEVATE YOUR POTENTIAL

## BE YOUR OWN BOSS WITH A BRAND YOU CAN TRUST

Low start-up costs • Part-time income • Product discounts  
Money back guarantee • Be part of an inspiring community  
Help improve people's lives • Full training and support



MADE WITH  
**100%**  
RECYCLED  
PAPER

Contact your Herbalife Member now to find out more.

To find out more, contact me today:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code Models shown in this brochure are for illustrative purposes only.



# Herbalife

