

Nutrition Solutions for

Everybody



Herbalife

Product Information Guide

Nourish your life

We want you to succeed at living your healthiest life.

How often have you thought to yourself, “I wish I had more energy,” or “I want to eat better and live healthier”? We’ve all been there before, wanting our bodies to look different, feel energised and perform at higher levels.

That’s why we provide high-quality, science-based products that deliver the nutrients your body needs to thrive on a daily basis. Great nutrition has the power to help people do great things.

Of course, our products don’t stand alone. They go hand in hand with healthy eating and regular

exercise. They also come with the support of Independent Herbalife Members. Our Members will help you get started with better nutritional choices and will guide you along the way to continued success.

We love improving people’s lives and have helped millions of people around the world incorporate convenient and customised nutrition into their routine. Now it’s your turn. As you read the pages ahead, reflect on what living a healthy life means to you. Forget about where you’ve been or what obstacles have stood in your way before. The journey to your best self starts now!

Contents

Our Nutrition Philosophy

Herbalife® products start with great science that delivers healthy nutrients right down to cellular level.

Getting Started & Daily Nutrition

Whatever your health goals are, start achieving them today with our Daily Nutrition products.

Weight Management

Personalised weight management helps you achieve and reveal your best shape.

4

Targeted Nutrition

Zoom in on your specific health needs with Herbalife Targeted Nutrition products.

10

Energy & Fitness

Get a healthy energy boost to make the most of your day and your workout.

18

Outer Nutrition

Just as your body needs proper nutrition for long-term health, your skin and hair require the right nourishment to keep you looking your best.

32

44

56



“

We're changing the nutrition habits of the world, one person at a time.”

Mark Hughes

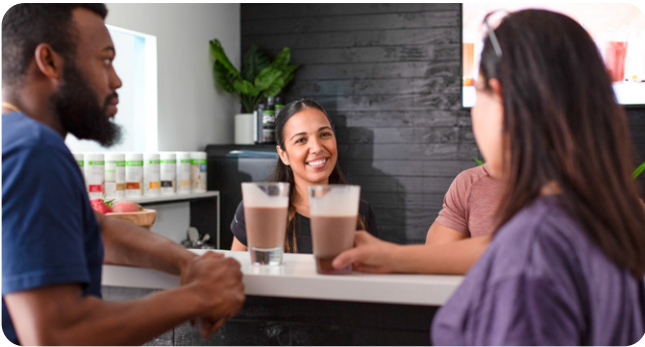
(1956–2000)

Herbalife Founder and First Member

For more product information and product labels, visit the Order Products section on: MyHerbalife.com.au (AUS) or MyHerbalife.co.nz (NZ)

LET'S IMPROVE PEOPLE'S LIVES TOGETHER

Thank you for joining Herbalife. Herbalife is a global leader in nutrition with more than 40 years of experience in improving the nutritional habits of our Members and customers. We offer a range of great tasting, high-quality nutrition products to help people get the right balance of healthy nutrition every day.



ESTABLISHED SINCE

1980



5.3 MILLION

HERBALIFE PROTEIN SHAKES
CONSUMED EVERY DAY

5.5
BILLION

IN NET SALES
IN 2020

OPERATIONS IN
OVER

90

COUNTRIES

150+

SPONSORED
SPORTING EVENTS,
TEAMS AND ATHLETES
AROUND THE WORLD

5 SPONSORED
OLYMPIC
COMMITTEES



TRADED PUBLICLY
ON THE NYSE

(HLF)



150+ COMMUNITY-
BASED HNF
PROGRAMS



1.9+
BILLION

SERVINGS OF HERBALIFE
FORMULA 1 SHAKES SOLD
WORLDWIDE IN 2020



300+

SCIENTISTS ON STAFF

50+

OF WHOM
ARE PhDs



HERBALIFE
OFFERS THE
GOLD STANDARD
IN DIRECT
SELLING



HIGH
PERCENTAGE

OF PRODUCT REVENUES
PAID TO MEMBERS



MORE THAN

40 YEARS

OF TESTED AND PROVEN
BUSINESS PLAN



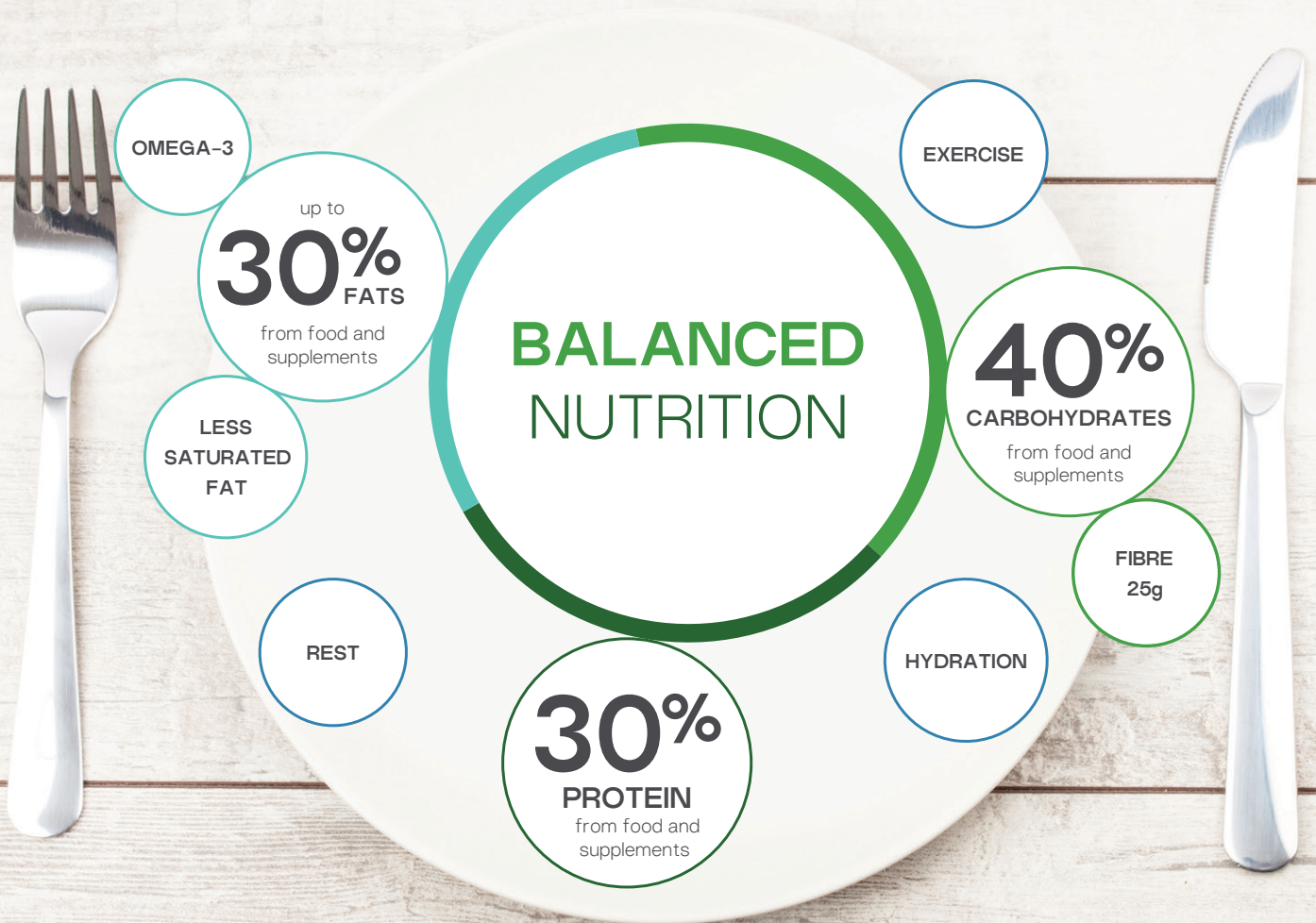
- LOW START-UP COST
- MONEY-BACK GUARANTEE
- UPFRONT, WRITTEN EARNINGS EXPECTATIONS

The Roadmap to Success:

It's All About Balance

Our nutrition philosophy is simple: it's a combination of balanced nutrition, healthy activity and a personalised program with support from an Independent Herbalife Member.

Let's break it down. So you know you need to eat right, but what does eating "right" really mean? For optimal wellbeing, make sure you're covered in the following areas:



DID YOU KNOW?

Just as your body needs proper nutrition for long-term health, your skin and hair require the right attention to look their best. Herbalife offers Herbalife SKIN® and Herbal Aloe Body Care products to choose from.

Herbalife® products start with great science

Scientific Leadership

Herbalife® product development is guided by experts in the fields of nutrition and health.

Herbalife has more than 20 Ph.D.s on staff in science, R&D, product science, safety & compliance, quality assurance, sourcing and operations.

Nutrition Advisory Board

The Nutrition Advisory Board (NAB) is comprised of leading experts from around the world in nutrition, science and health. The NAB helps educate and train Herbalife Members on leading a healthy, active life and getting proper nutrition, including the purpose and use of Herbalife® products. The NAB is chaired by David Heber, M.D. Ph.D., F.A.C.P., F.A.S.N.

Clinical Strategy

Herbalife supports clinical research at major universities to provide scientific support for protein-rich meal replacements in weight management in China, India, Mexico and other markets where dietary habits differ from American habits. Herbalife also complies with all local regulations and registration requirements, conducting studies as needed for local approval of its product offerings.



DID YOU KNOW?

A fad diet is any diet that promises fast weight loss or radically improved health, without a scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients.

Dieticians' Association of Australia June 2017



KRISTY APPELHANS
NMD, M.S.
Senior Director,
Global Postmarket
Medical Surveillance



KENT BRADLEY
M.D., MBA, MPH
Chief Health &
Nutrition Officer



SUSAN BOWERMAN
M.S., R.D., CSSD,
CSOWM, FAND
Senior Director,
Worldwide Nutrition
Education & Training



LAURA CHACON-GARBATO
LME
Director, Worldwide
Nutrition Education &
Training



SAMANTHA CLAYTON
OLY, ISSA-CPT
Vice President,
Sports Performance &
Fitness Education



LUIGI GRATTON
M.D., MPH
Vice President,
Training



DAVID HEBER
M.D., PH.D., FACP,
FASN
Chairman,
Herbalife Institute



LOUIS IGNARRO
PH.D.
Nobel* Laureate In
Medicine
Member, Nutrition
Advisory Board



ROCÍO MEDINA BADIANO
M.D.
Co-chairperson and
Member, Nutrition
Advisory Board



MICHELLE RICKER
RDN
Director, Worldwide
Health Education &
Training



DANA RYAN
PH.D., M.A., MBA
Director, Sports
Performance, Nutrition
& Education



GARY SMALL
M.D.
Member, Nutrition
Advisory Board



GARY SWANSON
MSc
Senior Vice President,
Quality Assurance &
Control



MICHAEL YATCILLA
PH.D., M.S.
Senior Vice President,
Research &
Development

Our staff, state-of-the-art equipment and quality control systems throughout the entire manufacturing process help us ensure every product meets Herbalife's stringent standards of quality.



Proud Supplier of Soy for



**HERBALIFE
NUTRITION**

Herbalife:

From Seed To Feed



An overview of our rigorous SEED TO FEED process:



Seed to Feed is our commitment to ensuring the highest quality, safety and effectiveness of all Herbalife® products. While the process is far more extensive, **Seed to Feed** is founded on three main standards:

Ingredients with purpose

We are invested in new discoveries, responsible farming and advanced production methods to craft the best products possible. Our team consists of leading nutrition and health experts from around the world.

Care at every stage

We go to great lengths to ensure Herbalife® products meet or exceed a variety of industry standards in quality. You can be confident in the purity and effectiveness of our individual ingredients, as well as the integrity of our processes.

Nutrition you can trust

Using advanced technology, we carefully monitor the environment where our products are stored – ensuring they are just as pure and powerful when you receive them as when they were first developed.

Nourish your body from the inside out!



Healthier cells for a healthier you

Cells are the fundamental unit of the body and make up our tissues, organs and body systems. It is vitally important to take care of your cells, so that they can take care of you. You should nourish them with the vitamins, minerals, antioxidants and other nutrients they need. Herbalife's Cellular Science provides the elements that the body needs on a daily basis to maintain good health.

Cellular Science

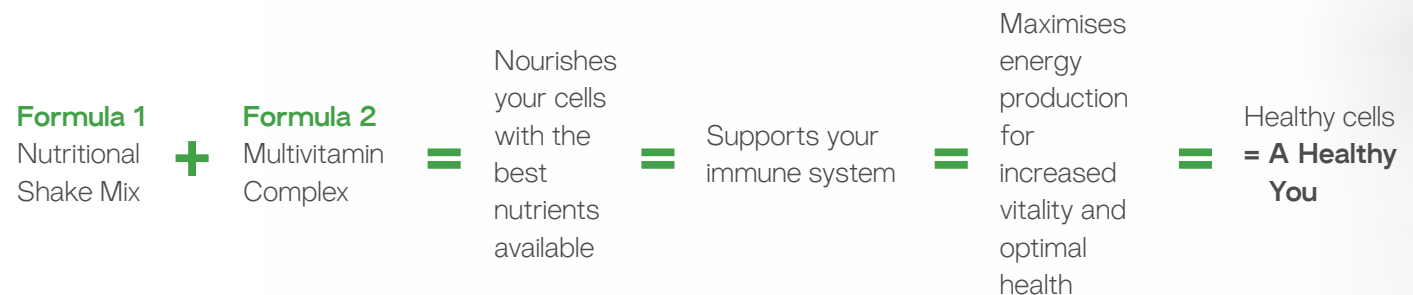
Cellular Science driven ingredients are infused into Herbalife products through

Soy has superior nutritional quality including all of the essential amino acids making it a complete protein

Green Tea is Water Extracted which makes for cleaner ingredient and superior product.

Aloe Vera raw plant is filtered which removes the bitter Aloin giving a superior ingredient without laxative effect.

Cellular Science with...

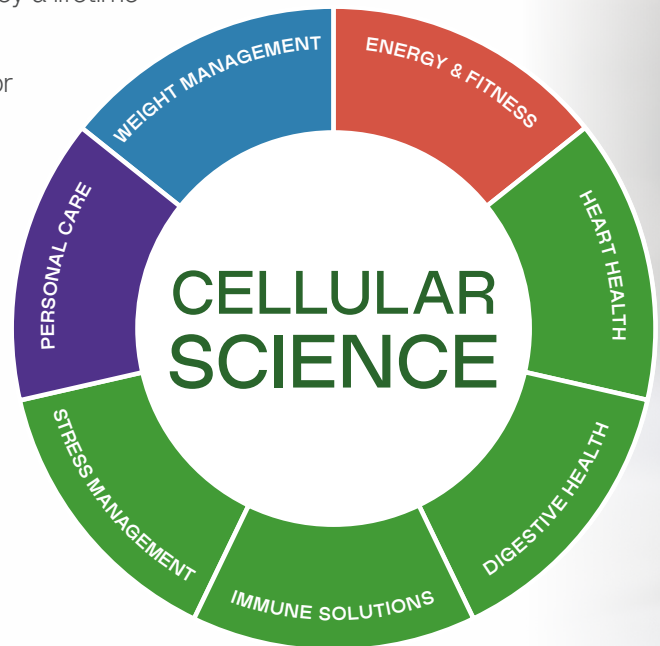


The Cellular Science Wheel below shows you how the Herbalife® product range fits perfectly within a healthy, active lifestyle. Start with the Herbalife® Daily Nutrition Products at the core of the wheel – Formula 1 and Formula 2.

To this foundation of Daily Nutrition products, you add the Targeted Nutrition supplements that best suit your needs.

These Targeted Nutrition products provide the nutrients and botanical support you need to enjoy a lifetime of good health.

Laying the foundation for a lifetime of good health is only the first step. Herbalife offers a range of products that can be personalised to suit your lifestyle, providing nutritional solutions appropriate for your life stage.



*Source Euromonitor International Limited; per Consumer Health 2022ed, meal replacement and protein supplements definitions; combined % RSP share GBO, 2021 data.

Your personal Herbalife® program will always begin with Daily Nutrition — a healthy shake and a multivitamin tablet.

DID YOU KNOW?

The health of your cells is crucial if you want to live a long, healthy and vibrant life.

Why? Cells provide the power for everything you do from thinking to growing.

Simply put, you cannot be healthy unless your cells are healthy.

Balanced Nutrition

A healthy, active lifestyle starts with achieving...

Getting started

A balanced nutrition plan is essential for providing our bodies with the nutrients required to help them function properly.

Unfortunately today's busy modern lifestyles mean we don't always make healthy food and drink choices – so we often miss out on necessary nutrients. Processed food has often lost essential vitamins, minerals and other nutrients so it's important that we adopt good eating habits and use supplements when necessary.

Maximise your health. Maximise your nutrition.

The Herbalife range of quality products aims to provide the elements every body needs on a daily basis to maintain optimum health.

A nutrition plan should provide bodies with balanced levels of energy, vitamins, minerals, good carbohydrates, plant-based protein, healthy fats and beneficial fibres, herbs and antioxidants. The Herbalife Philosophy is based on balanced nutrition; leading a healthy, active life; and following a personalised program with the support of a Member.

Balanced nutrition is founded on consuming a healthy mix of protein, carbohydrates, beneficial fats and other nutrients.

Start your day the right way, with a healthy shake

No matter what your health goal, achieving it is as easy as 3-2-1...

3

Times a Day

Take your supplements and enhancers three times daily to support health and weight management.

2

Shakes, Personalised

Enjoy two meal-replacement shakes, personalised to the protein needs of your body, plus protein snacks to keep your metabolism up and hunger at bay. Shakes are simple to make, tasty and fun.

1

Colourful Meal

Eat one healthy meal of foods you love each day, making sure to include a source of lean protein plus colourful fruits and vegetables.

Once you achieve your weight-loss goal, or if you're already at your ideal weight, our products can help you maintain it.



Formula 1 Nutritional Shake Mix

We make every calorie count with the right essential nutrients to help you achieve your goals. Whether you are having it as a meal replacement for weight management or a healthy breakfast, you can have Formula 1 Nutritional Shake Mix for a healthy dose of nutrients.



Key benefits:

- Herbalife Formula 1 Nutritional Shake Mix is tested as low GI*
- Only 205 calories per serving when mixed in 300 mL/320 mL skim milk
- Low in saturated and unsaturated fat
- Rich in minerals and vitamins, including the antioxidant Vitamins C and E, that can contribute to cell protection from free radical damage
- Helps to ensure the diet receives good quality dietary fibre
- Formula 1 has been scientifically developed to provide a balanced and easily absorbed source of quality nutrition
- Easy to prepare, either shake by hand in a sealed flask, use a mini-blender, or an electric blender. The final product froths up readily, and has a smooth and creamy consistency

- Convenient, resealable canister allows for easy storage and quick use
- Helps weight management, as part of a calorie-controlled diet and regular exercise program
- Create your own shake recipes by adding fresh fruit and ice
- Available in 5 delicious flavours.

GI (Glycemic Index)

Glycemic Index (GI) is a measurement carried out on carbohydrate containing foods and their impact on our blood sugar.

The glycemic index (GI) is a ranking of carbohydrate-rich foods on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.

Low GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar.



Contains milk, oat and soybean ingredients. Always read the label – use only as directed. (Vanilla, Chocolate, Berry, Cookies 'n Cream)

Contains milk, wheat, oat and soybean ingredients. Always read the label – use only as directed. (Mint Chocolate)

*GI value is for powder only and the values are; French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21, Cookies 'n Cream 15 and Mint Chocolate 22.

Assisting you by:

Formulated by Herbalife's nutritional experts, Formula 1 is packed with vitamins and minerals, high-quality soy protein, carbohydrates and dietary fibres – a great way to start the day!

Key ingredients:

Vitamins: A, Thiamin, Riboflavin, B12, B6, Niacin, Ascorbic Acid, D, E, Folate, Biotin, Pantothenic Acid, K.

Minerals: Calcium, Iodine, Iron, Phosphorus, Magnesium, Zinc, Manganese.

Protein: Soy and milk protein – Each serving provides approximately 9 g of protein, helping to meet the body's protein requirements and helps to preserve lean body mass.

Fibre: from plant source.

DID YOU KNOW?

After 8–12 hours overnight without food, your body's energy reserves need to be replenished. Without breakfast, your brain and your muscles will not have the energy they need to maintain activity throughout the day.

– American Dietetic Association, 2010

French Vanilla	SKU #0141
Dutch Chocolate	SKU #0142
Berry Flavour	SKU #0143
Cookies 'n Cream	SKU #0146
Mint Chocolate	SKU #2789
Volume Points:	23.95
Packaged:	560 g

Directions for use:

Applies to French Vanilla, Dutch Chocolate, Berry Flavour and Cookies 'n Cream

Mix 28 g with 300 mL of skim or soy milk**. (28 g is equal to 3 level 15 mL Herbalife measuring spoons).

Applies to Mint Chocolate Flavour

Mix 28 g (2 scoops) with 320 mL of skim or soy milk**.



**When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.



Formula 1 Select Nutritional Shake Mix

Essential Nutrition For your Select needs. Kick-start your healthy lifestyle with Formula 1 Select Nutritional Shake Mix. A delicious and easy way to treat your body to a nutritious and balanced meal in no time! Made with a mix of pea, quinoa and rice proteins.



Key benefits:

- 20 Vitamins and minerals
- Source of Antioxidant Vitamins C and E
- Sustains energy & satisfies hunger
- No artificial flavours or sweeteners
- Contains Stevia
- Made with non-GM ingredients
- Gluten free
- Not made with soy or dairy
- Nut free.

Assisting you by:

A formulated meal replacement made with 20 essential vitamins and minerals to support overall wellbeing. Made with non-GMO ingredients and not made with dairy or soy.

Key ingredients:

Vitamins: A, Thiamin, Riboflavin, B12, B6, Niacin, Ascorbic Acid, D, E, Folate, Biotin, Pantothenic Acid, K.

Minerals: Calcium, Iodine, Iron, Phosphorus, Magnesium, Zinc, Manganese.

Protein: Pea, rice and quinoa provides approximately 10g of protein, helping to meet the body's protein requirements and helps to preserve lean body mass.

Fibre: Fibre from plant source.

Natural Vanilla Flavour	SKU #1124
Volume Points:	27.55
Packaged:	750g

Directions for use: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 rounded scoops (30 g) of Formula 1 Select with 320 mL of your favourite protein beverage, skim milk or soy milk.

For Those Who Wish to Enjoy a Soy and Gluten Free Shake: Mix two scoops (30 g) of powder with 320 mL of skim milk.

For Those Who Wish to Enjoy a Lactose and Gluten Free Shake: Mix two scoops (30 g) of powder with 320 mL of soy milk.

Try this recipe!

CHOCOLATE RASPBERRY SHAKE*

- Formula 1 Select Nutritional Shake Mix, Vanilla Flavour – **28 g**
- Non-fat milk or soy milk – **1 cup**
- Raspberries – **¾ cup**
- Cocoa powder – **1 tsp.**
- Ice cubes (optional) – **3-5**

Directions:

Place all ingredients in the blender and blend until smooth.

*The calorie amount and nutritional value of your shake will alter.



Always read the label – use only as directed.

Formula 2 Multivitamin Complex

Many vitamins are easily destroyed by storing food for too long, and then processing and cooking. Formula 2 Multivitamin Complex has been scientifically developed to supply your body with over 20 essential nutrients and antioxidants essential for daily nutritional support and everyday good health.



Key benefits:

- Maintains a healthy immune system
- Support strong bones and healthy skin
- Contains essential nutrients and antioxidants for daily nutritional support.

Vitamins are essential for:

- Normal growth and development
- Energy production
- Carbohydrate metabolism
- Protection of the body from stress.

Minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body. They play a multifunctional role:

- Zinc and Iron support the immune system
- Iron supports oxygen transportation
- Antioxidant properties (Selenium, Manganese, Copper)
- Calcium and Magnesium is essential for nerve and muscle function.

Poor eating habits, stressful lifestyles and environmental pollutants can rob our bodies of vital nutrients and wreak havoc on our immune system, making it even more difficult to maintain our ideal weight.

Multivitamin Complex is part of a nutritional maintenance system designed to help replenish the body's natural resources and create a foundation to support long-term good health.

Key ingredients:

Multivitamin Complex supplies the body with the following key ingredients: Betacarotene, B1, B2, B3, B5, B6, B12, C, D and E, Folic Acid, Biotin, Iodine, Zinc and Molybdenum.

Includes antioxidant Vitamins E, C, Betacarotene and Selenium to help fight free radicals generated daily through stress and pollution.

Formula 2 Multivitamin Complex	SKU #3115
Volume Points:	19.95
Packaged:	90 tablets

Directions for use:

One tablet three times daily.

DID YOU KNOW?

Vitamins are required in small amounts for many chemical reactions in the body, whilst minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body.

Always read the label – use only as directed.
Contains tableting aids.

WARNING: Not for the treatment of iron deficiency conditions. Vitamins can only be of assistance if the dietary vitamin intake is inadequate. Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible [Contains vitamin B6].

Weight Management



Manage your weight and look great!

Tailored nutrition solutions – formulas for success

Herbalife was one of the first companies to pioneer powdered weight management products in 1980. Today, Herbalife is one of the most successful companies selling products in over 90 markets around the world.

We all have different needs and goals – to improve health, increase fitness levels, manage weight, or just stay healthy.

With Herbalife you can tailor programs for success and turn your goals into reality!

Our in-house staff of scientists and researchers evaluate new ingredients and develop new products. We also conduct clinical studies to investigate different aspects of nutrition and show the effectiveness of our products. Healthy nutrition or weight management, Herbalife has a solution for everyone.

To learn more, go to www.herbalife.com.au



Personalised Protein Powder

Besides being low in carbohydrates and calories, Personalised Protein Powder is also formulated with a blend of good quality soy and fast absorbing whey protein. This supports lean body mass while keeping you feeling full longer when mixed with Formula 1 Nutritional Shake Mix.

Key benefits:

- Helps to supplement your protein intake
- Contains approximately 5 g of protein per level dessert spoon
- Includes soy and whey protein
- Contains no artificial colours
- Mixes easily in any beverage, hot or cold, is unflavoured and can be sprinkled onto food
- Adding Personalised Protein Powder to a Formula 1 shake increases your protein intake without adding extra carbohydrate calories.

Assisting you by:

All too often, dieters cut back on protein in an effort to trim calories and lose weight. This can lead to deficiencies that are not only detrimental to health, but can also trigger nutritional imbalances in your body that can actually slow your weight reduction and eventually lead to weight gain, commonly referred to as 'yo-yo dieting.'

To get out of this vicious cycle, you need to feed your body the proper balance of nutrients, especially protein.

Recommended* daily intake of protein for an average male adult is 0.84 g per kilogram of body weight and an average female adult is 0.75 g. The amount of protein consumed may vary depending on the level of daily activity.

One to three level tablespoons of protein powder a day can add up to 15 g of high-quality protein to your diet. This increases the feeling of fullness and helps assure adequate protein intake. By using Personalised Protein Powder, customers can tailor-make their Formula 1 shakes to meet their specific protein needs without adding any unnecessary carbohydrate calories.

Key ingredients:

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

Personalised Protein Powder	SKU #0194
Volume Points:	28.50
Packaged:	360 g

Directions for use:

One dessert spoon (one serving) supplies 5 g of protein.
Take 1 to 4 servings daily.

TIP

Boost your shakes with 5g extra protein per serve



Contains milk and soybean ingredients. Always read the label – use only as directed.

*Australian Government, Ministry of Health Manatu Haurora, Nutrient Reference Values for Australia and New Zealand 2014.



Protein Bar

Individually wrapped for convenient on-the-go use. Protein Bars give you a protein boost and satisfy your hunger. These delicious snacks help support your active lifestyle goals.

Key benefits:

- Chewy protein bar that helps sustain energy
- No artificial sweeteners or trans fats
- Assists in the development and maintenance of lean muscle mass
- Available in three delicious chocolate covered flavours
- Combines protein and carbohydrates for sustained energy release
- Provides more than 9 g of protein per bar.

Assisting you by:

These convenient and tasty bars are the solution when you want a healthy snack.

These nutritionally balanced bars are

scientifically developed with vital nutrients and protein to support good health as well as facilitate weight management.

Satisfies hunger: Because the bars are high in protein, they can help stop hunger pangs and satisfy cravings.

Snack alternative: Provides a delicious tasty treat, morning or afternoon.

They contain plenty of protein which contributes to the growth of muscle mass.

Key ingredients:

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

Vanilla Almond ¹	SKU #0364
Chocolate Peanut ²	SKU #0365
Citrus Lemon ³	SKU #0366
Volume Points:	13.22
Packaged:	14 x 35 g bars per box*

Directions for use:

Enjoy one or two bars per day.

DID YOU KNOW?

A sufficient amount of high-quality protein is critical to the success of a diet. Protein helps build muscle mass, provides building blocks for hormones and neurotransmitters. It contains some of the necessary elements for the body to constantly renew itself.

¹Contains milk, soy and nuts (almonds) ingredients. May contain traces of peanuts, other nuts and gluten.

²Contains milk, soy and peanuts ingredients. May contain traces of nuts and gluten.

³Contains milk, soy and egg ingredients. May contain traces of nuts (including peanuts) and gluten.

Always read the label – use only as directed. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.



Tri Blend Select Protein Shake Mix

A delicious plant-based protein shake offering you naturally sourced nutrition. This carefully selected premium vegan blend delivers a complete protein source, all essential amino acids, Vitamin C and 7 key minerals.

With a unique combination of high quality wholefood ingredients, it is a good source of dietary fibre and low in sugar.

Key benefits:

- Vegan blend of Pea Protein, Quinoa and organic Flax Seed
- Good source of protein and dietary fibre, with Vitamin C to help reduce tiredness and fatigue, maintain normal function of the immune system and a normal energy-yielding metabolism
- Naturally sourced wholesome vegan ingredients for your evolving nutritional needs
- Low in sugar, full in flavour
- Available in Coffee Caramel and Banana Flavour.

Assisting you by:

A great vegan snack with complete protein source that contains all the essential amino acids. Made with no artificial colours, flavours or sweeteners and free of soy, dairy and wheat.

Key ingredients:

- Blend of Pea, Quinoa and Flax Seed with naturally sourced ingredients
- Good source of protein (20 g per serving)
- Good source of dietary fibre (6 g per serving).

Banana Flavour	SKU #013K
Coffee Caramel Flavour	SKU #052K
Volume Points:	61.10
Packaged:	600 g

Directions for use:

Enjoy Tri Blend Select once at anytime during the day. Mix 40 g of powder with 250 mL of water or your favourite milk. Adjust the liquid amount for the consistency you require. Enjoy this product once a day as part of a healthy lifestyle.

DID YOU KNOW?

Tri Blend Select has plant-based ingredients that are carefully chosen and sourced from around the globe, in keeping with our seed to feed commitment.



High Protein Iced Coffee

Whether you are on-the-go, or just need a caffeine boost, enjoy our refreshing High Protein Iced Coffee! It's expertly blended with 100% Robusta espresso coffee beans with the benefits of 15g whey protein.

It has no added sugar, no colours or preservatives, suitable for vegetarians and is only 80 Cal per serving.

Perfect for those who want an early-morning and afternoon pick-me-up. It is available in two great tasting flavours, Latte Macchiato and Mocha.

Key benefits:

- 100% Robusta espresso coffee beans for an authentic coffee taste with 80 mg caffeine
- High protein (15 g whey protein) contributes to the growth and maintenance of muscle mass
- Only 80 Cal and low fat
- Made with non-GMO ingredients
- Contains no artificial colours or preservatives
- No added sugar – made using a naturally sourced sweetener (Stevia)
- Suitable for vegetarians.

Assisting you by:

- Offering two flavours for those new to coffee and coffee lovers alike
- Delivering a healthy snack that is high in protein without added sugar
- Providing a delicious tasty treat; morning, noon and night.

Key ingredients:

- Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.
- Coffee Powder sourced from Robusta Espresso Coffee Beans. Robusta beans are sourced from Brazil.

Mocha Flavour	SKU #011K
Latte Macchiato Flavour	SKU #012K
Volume Points:	30.55
Packaged:	308 g

Directions for use:

Fill your shaker with 320 mL cold water. Add approximately 2 scoops of High Protein Iced Coffee. Shake and pour over ice. If you don't have a shaker, blend on low speed.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

DID YOU KNOW?

Herbalife High Protein Iced Coffee includes Whey Protein and Coffee Powder sourced from Brazilian Robusta Espresso Coffee Beans.

Always read the label – use only as directed.

Formulated Caffeinated Beverage, contains caffeine and is not recommended for children, pregnant or lactating women and individuals sensitive to caffeine. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet.



Cell-u-loss®

Cell-u-loss® contains Corn Silk that is traditionally used to support fluid balance and support individuals with mild fluid retention.

Key benefits:

- Supports individuals with mild fluid retention
- Contains Corn Silk that is traditionally used in Western Herbal medicine to support fluid balance and regulate body water.

Assisting you by:

Cell-u-loss® is for individuals with mild fluid retention. This unhealthy retention of water sometimes presents itself as swollen feet.

The minerals in Cell-u-loss® are important for maintaining the electrolyte balance in your body. Electrolytes are inorganic salts or complex molecules that separate into

positively charged ions when dissolved in water. These ions are responsible for numerous physiological activities and excess levels are regularly excreted in the urine.

Electrolytes play a key role in maintaining the system that regulates water balance.

Therefore, low levels of electrolytes have been added to replace any that may be lost with any increased urinary output.

Key ingredients:

Corn Silk

Magnesium

Calcium

Cell-u-loss®	SKU #0111
Volume Points:	15.75
Packaged:	90 tablets (30 day supply)

Directions for use:

Take one tablet with a meal three times a day.

DID YOU KNOW?

The human body can last weeks without food, but only days without fluid. Fluid regulates the body's temperature through perspiration, the kidneys remove waste via urine and carries nutrients and other substances throughout the body.

Always read the label – use only as directed.

WARNING: Contains Sulfites.

If symptoms persist, seek the advice of a healthcare professional.

Keep out of reach of children.



Instant Herbal Beverage

Our Instant Herbal Beverage is infused with extracts from green and orange pekoe tea to support your mental acuity while providing you the additional boost of energy to help you stay focus on your daily tasks.

Key benefits:

- Combines ancient herbal wisdom with modern day ingenuity to contribute to your wellbeing and helps support normal vitality
- Includes the health benefits of green tea and specially selected herbs and extracts*
- Formulated with Natural Flavours and Natural Sweeteners.**

Assisting you by:

Water is one of the five elements essential to life. Every cell in the body is dependent upon a plentiful supply for proper function.

A lack of water disguises itself by producing many ailments that are not at first recognised as water deficiency. Plain water is often the last option when choosing a drink, despite its importance to our wellbeing.

Too much coffee can rob the body of essential nutrients and increase free radical damage. Fizzy drinks contain on average, six teaspoons of sugar in each can.

Drinking Instant Herbal Beverage regularly can help increase water consumption.

Key ingredients:

Green tea extract* (Camellia sinensis): Well-researched and shown to be rich in polyphenol antioxidant nutrients; contributes to a general feeling of wellbeing. Green Tea contains caffeine; generally, tea contains one third less caffeine per cup than coffee.

Orange pekoe extract: A medium-grade black tea consisting of many whole tea leaves composed purely of new flushes.

Cardamon seed extract: Comes from the ginger family of plants.

Malva sylvestris extract: Also known as mallow.

Hibiscus flower powder.

Original*	SKU #0106
Peach*	SKU #0190
Cinnamon*	SKU #0195
Volume Points:	34.95
Packaged:	102 g

Directions for use:

Mix 1/2 teaspoon (approx. 1.7 g) with 200–250 mL of hot or cold water.

TIP

Enjoy hot or cold. Add some Herbal Aloe Concentrate for a sweet twist!



*Contains caffeine. Green tea is known for its natural antioxidant properties.

**Natural sweetener only available in Peach and Cinnamon.



Chitosan Fibre Complex

The typical western diet nowadays tends to be high in fat and low in fibre. Scientific and nutritional experts recommend an increased consumption of dietary fibre and a lower intake of fat and calories may help maintain good health.

Key benefits:

- Helps support healthy cholesterol
- Chitosan Fibre Complex provides 1.9 g of dietary fibre per day when consumed as directed
- Each capsule contains 330 mg Poliglusam (Chitosan) and 110 mg Trigonella Foenum – graecum (Fenugreek) powder.

Assisting you by:

The typical western diet nowadays tends to be high in fat and low in fibre. Scientific and nutritional experts recommend an increased consumption of dietary fibre and a lower intake of fat and calories to help maintain good health.

A good intake of dietary fibre reduces the amount of time food spends in the intestinal tract, and so assists in the removal of toxins and wastes from the body. Nutritional experts recommend a daily intake of 25–30 g of fibre each day but the average diet contains just 20–25 g.

Key ingredients:

Poliglusam (Chitosan): an amino polysaccharide derived from Chitin, which is found in the shells of shellfish such as crab and prawns.

Fenugreek: a soluble fibre renowned for its beneficial qualities.

Chitosan Fibre Complex	SKU #0210
Volume Points:	24.05
Packaged:	90 capsules

Directions for use:

5 Capsules per day taken over 3 meals. Drink plenty of water.

DID YOU KNOW?

Viscous soluble fibres, and Chitosan in particular, are known to interfere with dietary fat metabolism. Unlike other viscous soluble fibres, Chitosan has a positive chemical charge to its molecular structure, which is the key element for its high fat-binding capacity.

Always read the label – use only as directed.

WARNING: Poliglusam (chitosan) should be taken at least one hour after any other medication as it may reduce the effect of other medication. Derived from seafood. Contains crustacea or crustacean products.

Weight Management Programs



Quickstart Program

Dispose of poor eating habits

Our QUICKSTART Program is designed to help you dispose of poor eating habits and move on to a healthier lifestyle, safely. Maximise your weight loss efforts, by indulging in two easy-to-make, delicious protein shakes each day – choose from French Vanilla, Dutch Chocolate, Berry Flavour or Cookies 'n Cream – then simply enjoy a balanced meal of your choice during the day.

Who does this program apply to?

Anyone serious about losing weight who...

- Finds losing weight difficult
- Often giving up and putting weight straight back on
- Is too busy to prepare nutritionally balanced meals, misses meals and fills up on processed junk food
- Tends to snack at the wrong times, for instance during the evening.

Those who mentally...

- Want to make lifestyle changes to gain a new image
- Are unhappy with their current shape and size.

People who are physically...

- Permanently tired due to excess body weight.

French Vanilla	SKU #2072
Dutch Chocolate	SKU #2073
Berry Flavour	SKU #2074
Cookies 'n Cream	SKU #2075
Volume Points:	96.75

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-u-loss®
- Active Fibre Complex
- NRG

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Weight Management Programs



Advanced Program

Go that one step further

Our ADVANCED Program takes you that one step further than the Quickstart Program, by adding a refreshing drink, rich in antioxidants. Instant Herbal Beverage contains a select blend of distinct herbs and botanicals. Feel the difference as it contributes to the building and preservation of the body's normal vitality and wellbeing, giving you a natural lift.

Who does this program apply to?

People who are physically...

- In need of a vitality boost
- Lethargic through lack of exercise
- Stressed and overworked.



I used to skip breakfast until I found that preparing a Formula 1 Healthy Meal Nutritional Shake and an Instant Herbal Beverage was easy. That helped me to break the bad cycle. Now my Formula 1 breakfast is the most important meal of the day.”

Cistalia

Herbalife Customer

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

French Vanilla	SKU #2076
Dutch Chocolate	SKU #2077
Berry Flavour	SKU #2078
Cookies 'n Cream	SKU #2079
Volume Points:	131.70

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-u-loss®
- Active Fibre Complex
- NRG
- Instant Herbal Beverage (Original)

Weight Management Programs



Ultimate Program

Achieve your body's true potential

Our Ultimate Program helps put you in complete control as your body reaches its nutritional balance. It can help your body reach its optimum weight and you'll begin to reap the full benefits of your new lifestyle. Achieve your body's true potential with these amazing weight management products.

Who does this program apply to?

People who...

- Feel their diet is inadequate
- Want to support good digestion or simply want a refreshing healthy drink.



I upgraded to the Ultimate Program and went on to lose 8kgs in total. Since then my body has kept on reshaping. On the inside, I feel good about myself and my confidence has increased."

Olivia

Herbalife Independent Member



French Vanilla	SKU #2106
Dutch Chocolate	SKU #2107
Berry Flavour	SKU #2108
Cookies 'n Cream	SKU #2109
Volume Points:	177.15

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-u-loss®
- Active Fibre Complex
- NRG
- Instant Herbal Beverage (Original)
- Herbal Aloe Concentrate (Original)
- Probiotic Complex

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

At Herbalife, we make weight management easy...

If you've tried to lose weight before and failed, take heart. Herbalife's science-based products combine Cellular Science and the power of protein so you can manage your hunger, maintain a healthy metabolism and feel energised as you lose those unwanted kilos.

Discover what's right for you:

Whether you wish to lose a few extra kilos, have a bit more energy each day, or want to improve your general health and wellbeing, Herbalife has a solution just for you!



Shape Up Pack

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-u-loss®

French Vanilla	SKU #1777
Dutch Chocolate	SKU #1778
Berry Flavour	SKU #1779
Cookies 'n Cream	SKU #2595
Volume Points:	59.65



Healthy Breakfast Pack

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Herbal Aloe Concentrate (Original)
- Instant Herbal Beverage (Original)

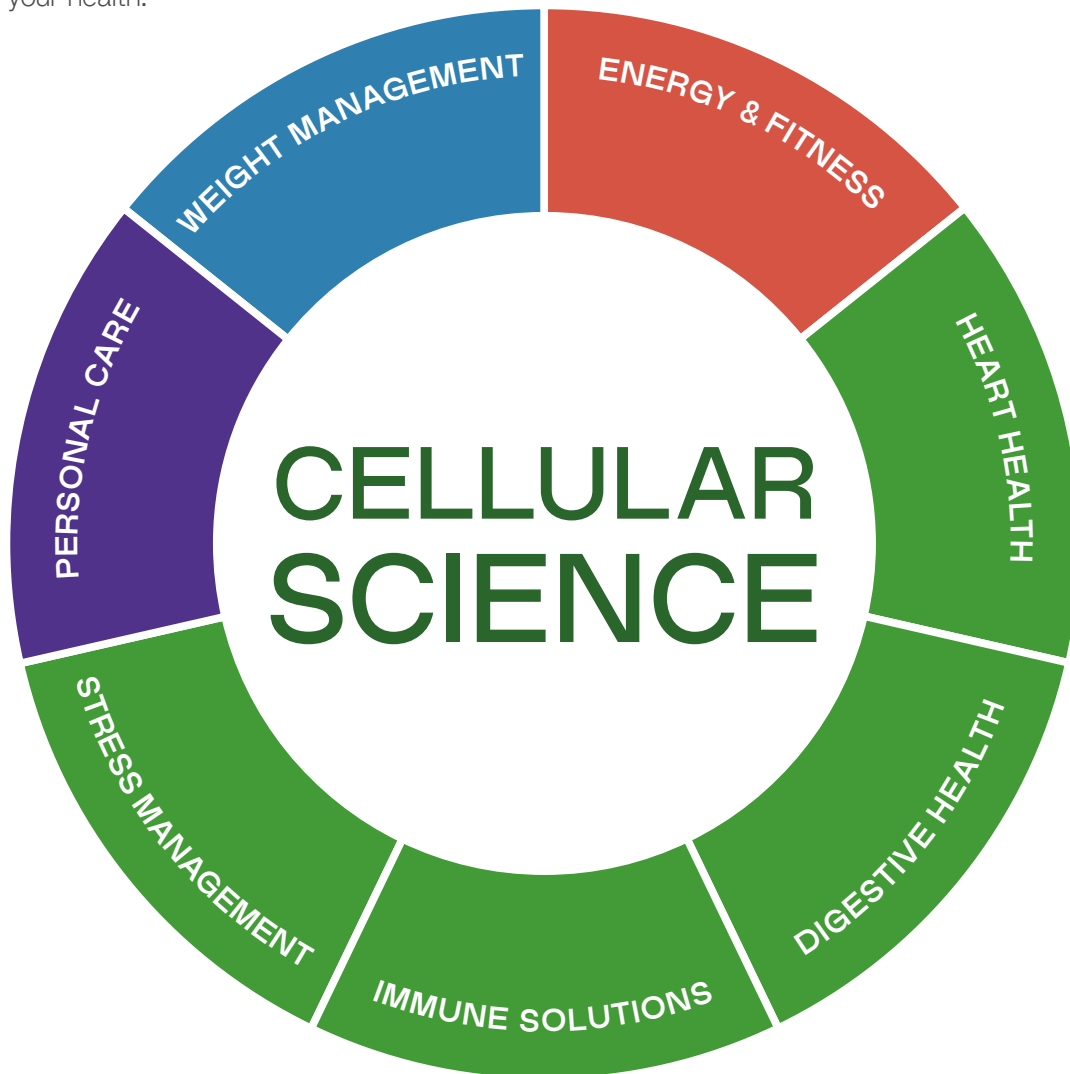
French Vanilla	SKU #3336
Volume Points:	103.8

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management program. Always read the label. Use only as directed.

Targeted Nutrition

Our Targeted Nutrition products are designed to zoom in on your specific health needs.

Add our Targeted Nutrition products to your daily regime and give yourself a nutritional edge. Herbalife® products are based on a foundation of balanced nutrition and include a range of scientifically-proven nutrients including Omega-3 fatty acids, Calcium and other ingredients that can help maintain your health.



**Whatever your health concern,
Herbalife has it covered!**



Herbal Aloe Concentrate

Herbal Aloe's soothing properties support good digestion with nutrients found in the Aloe Vera plant in a refreshing digestive beverage.



Key benefits:

- Contains the goodness of the Aloe Vera plant to maintain a good digestive system
- Supports healthy digestion
- Soothes the stomach
- Contains natural flavours
- Supports absorption of micronutrients.
- Supports intestinal health
- Supports to ease occasional indigestion.

Assisting you by:

Experts recommend we should consume at least two litres of water every day for our bodily systems to function optimally. Dehydration is not often recognised as the problem behind many ailments, however, every cell in the body is dependent upon a rich fluid content.

Herbal Aloe Concentrate is a positive and refreshing way to ensure you maintain an adequate level of water consumption.

Herbal Aloe Concentrate aids digestion.

Consider replacing cordial with Herbal Aloe Concentrate to help you minimise your intake of sugar.

Key ingredients:

Aloe Vera: can have positive effects on the body both internally and externally. Internally it is used to promote a healthy digestive system.

Chamomile: a well-known and widely used ancient herb, sacred to the Anglo-Saxons.

Natural Lemon (Original) – provides a refreshing taste.

Natural Mango Flavour – a refreshing and uplifting taste.

Mandarin Flavour – infused with the sweet flavour of Mandarin.

Grape Flavour – unique and refreshing grape taste.

Original	SKU #0006
Mango	SKU #1065
Mandarin	SKU #2631
Grape	SKU #1610
Volume Points:	24.95
Packaged:	473 mL

Directions for use:

Mix 3 capfuls (15 mL) in 120 mL of water and enjoy one to two times per day.

TIP

Try mixing with sparkling water for a refreshing twist!



Active Fibre Complex

If you need more Fibre in your diet, you might want to consider incorporating Herbalife Active Fibre Complex as a part of your healthy diet. It contains a blend of insoluble and soluble Fibre which helps to promote a sense of overall wellbeing by maintaining healthy digestion.



Key benefits:

- A balanced formula of soluble and insoluble fibres for digestive health
- One serving provides 5 g of the recommended 25 g daily intake of fibre
- Contributes to regular laxation
- Support your daily fibre needs
- Delicious apple flavour.

Assisting you by:

Fibre is important for digestive health. Most people do not get the recommended daily allowance of fibre. Women need 25 g while men need 30 g of fibre per day.

We recommend to add this product to Formula 1 Shakes, assisting in your daily fibre intake and your weight management regimen.

Key ingredients:

Dietary fibre. It contains 5 g of fibre, 2 g of soluble and 3g of insoluble per serve.

Apple Flavour	SKU #2864
Volume Points:	22.95
Packaged:	210 g (30 servings)

Directions for use:

Mix 1 scoop with 240 mL of water. Take 1 to 2 times per day.

DID YOU KNOW?

Besides digestive health, fibre also has protective effect on the heart health as it helps to promote healthy cholesterol.



Probiotic Complex

Probiotic Complex has 4 billion probiotic organisms per capsule. Probiotics are micro-organisms that are a good form of bacteria. The digestive system usually includes both 'good' as well as 'bad' bacteria, which needs to be balanced to maintain optimal health.

Key benefits:

- Helps maintain healthy digestive function
- Assists to restore beneficial intestinal bacteria
- Aids, assists or helps in the maintenance of general wellbeing
- Helps to maintain good gastrointestinal health
- Promotes the growth of friendly bacteria.

Assisting you by:

When using Probiotic Complex once a day, you are provided with friendly bacteria to help maintain healthy digestive function.

Key ingredients:

Lactobacillus acidophilus (13.5 mg)
– equivalent to 1.7 billion organisms.

Bifidobacterium longum (38.5 mg)
– equivalent to 2.3 billion organisms.

Both of these probiotic strains work together in the gut to ensure the growth of good bacteria.

Probiotic Complex	SKU #0075
Volume Points:	20.50
Packaged:	30 capsules (30 day supply)

Directions for use:

Adults take one capsule with water once a day.

DID YOU KNOW?

Lactobacilli and bifidobacteria are two probiotics that are most widely studied, and are both included in Probiotic Complex (lactobacillus acidophilus and bifidobacterium longum). Thus, Probiotic Complex helps to maintain healthy digestive function.

Targeted Nutrition



Herbalifeline®

Herbalifeline® is an excellent way to supplement your daily intake of Omega-3 fatty acids, with its exclusive blend of highly refined marine lipids containing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for cardiovascular health.

Key benefits:

Herbalifeline supports:

- Heart health
- Eye health
- Cognitive function
- Brain health.

Assisting you by:

In the human body, essential fatty acids play a multifunctional role:

- Key component in the membranes of all cells
- Essential for normal health and development
- Important for fat transport and metabolism.

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids. These fatty acids are essential because the body cannot produce Omega-3s and must obtain them from dietary sources.

Key ingredients:

Omega-3 Triglycerides: Essential fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These Omega-3 fatty acids help to maintain a healthy cardiovascular system and assist in the maintenance of general wellbeing.

Vitamin E: Antioxidant to help preserve the freshness of the fish oil.

Thyme, Peppermint & Clove Oils.

Herbalifeline®	SKU #0065
Volume Points:	25.75
Packaged:	90 softgel capsules

Directions for use:

Adults: Take one to two softgel capsules three times a day, preferably with meals.

DID YOU KNOW?

To consume the Recommended Daily Intake (RDI) of Omega-3's, you would need to eat almost nine cans of tuna daily! Most people are pushed to consume one portion of fish per week.

Always read the label – use only as directed. Contains fish and soybean.

Niteworks®

Niteworks is a dietary supplement formulated with L-arginine and L-citrulline that help the body create more life supporting nitric oxide.* Niteworks is also an excellent source of folic acid to support a healthy cardiovascular system and is rich in antioxidant vitamins C and E.* For heart health benefits, take it at night or before bedtime, when nitric oxide levels are lowest.



Key benefits:

- Proprietary Blend (L-Arginine, L-Citrulline, L-Taurine, Lemon Balm Extract & Alpha-Lipoic Acid) – Helps support healthy production of Nitric Oxide.
- Folic Acid – May help to improve and support Nitric Oxide bioavailability³.
- Vitamin C & E – Act as antioxidants.

Key ingredients:

- Proprietary Blend consisting of L-Arginine, L-Citrulline, L-Taurine, Lemon Balm Extract & Alpha-Lipoic Acid
- Folic Acid
- Vitamin C & E

Peppermint Flavour	SKU #3150
Volume Points:	48.75
Packaged:	150 g

Directions for use:

Mix 2 scoops (10 g) in 8 fl oz of cold water. May also be mixed with sparkling water or juice.

Take 1 serving per day.

Always read the label – use only as directed.

1. Moncada S, Higgs EA. The discovery of nitric oxide and its role in vascular biology. BrJ Pharmacol. 2006;147 1:S193–201.

2. Furchgott RF, Ignarro LJ, Murad F. Discovery concerning nitric oxide as a signaling molecule in the cardiovascular system. Nobel Prize in Medicine and Physiology 1998.

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5155615/>

* The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.

**Herbalife products are not intended to diagnose, treat, cure or prevent any disease.

†Dr. Lou Ignarro, a Nobel laureate in medicine, is a scientific advisor to Herbalife and receives compensation for his endorsement of Herbalife® products.

Calming Complex

Chamomile has been traditionally used in Western herbal medicine to relieve nervous tension. Chamomile also supports a restful sleep.



Key benefits:

- Supports restful sleep
- May help to relieve mild nervous tension and sleeplessness.

Key ingredients:

Chamomile: The flower heads of *Matricaria recutita* (German chamomile) have been used for medicinal purposes since ancient times due to its reputed anti-inflammatory and antispasmodic properties. Known for its ability to soothe smooth muscle tissue, chamomile is perfect for relaxing muscles and easing tension, making it ideal for promoting a restful night's sleep.

Calming Complex	SKU #0003
Volume Points:	12.50
Packaged:	60 tablets (20 day supply)

Directions for use:

Take one tablet three times daily.

DID YOU KNOW?

For centuries, Chinese herbalists have considered Dong Kuei is a 'superior herb' that can be taken on a daily basis as a tonic. In China today, people still add it to soups and broths to increase nutritional value.

Relaxation Tea

Relaxation Tea is a specially formulated herbal blend to help support relaxation. Lemon Balm is traditionally used to help cope with occasional stress, maintain a healthy mood and support restful sleep. Rest and rejuvenate with a cup of this calming tea.



Key benefits:

Relaxation Tea, calms the body and mind.

- Herbal blend of Lemon Balm, Passionflower, Lavender and Chamomile
- No caffeine
- Low in calories
- No artificial flavours or sweeteners
- Made with non-GM ingredients
- Gluten Free.

Assisting you by:

Relaxation Tea is a herbal tea without caffeine, made with a herbal blend of lemon balm extract designed to help the body to relax, calm and support restful sleep.

Key ingredients:

Herbal blend of:

- **Lavender:** A fragrant plant of the mint family used since ancient times and grown around the world
- **Lemon Balm:** Native to Europe and the Mediterranean, stemming from a bushy perennial herbal mint
- **Peppermint:** A hybrid mint first grown in Europe and now cultivated throughout the world
- **Passionflower:** A tropical climbing plant discovered in South America in the 16th century
- **Chamomile:** Traditionally grown in Europe, with a bitter yet aromatic taste.

Peppermint Flavour	SKU #044K
Volume Points:	34.95
Packaged:	48 g (60 serves)

Directions for use:

Shake well before use.
Mix a rounded ¼ teaspoon (0.8 g) with 180 – 350 mL of hot water. Can be enjoyed hot or warm at any time of the day. Instant and easy to prepare.



DID YOU KNOW?

Lemon Balm is traditionally used to support relaxation. Herbalife Innovation & Manufacturing (H.I.M.) Changsha facility is strategically positioned in Hunan Province, well known for its fertile soil, where many of the world's most beneficial botanicals are grown.



Xtra-Cal

Calcium is required for healthy bones, teeth and skin, yet few adults obtain enough through their daily diets. Xtra-Cal assists with promoting strong bones and includes Vitamin D and Magnesium, for better calcium absorption and utilisation.

Key benefits:

- Calcium may help prevent osteoporosis when dietary intake is inadequate. A diet deficient in calcium can lead to osteoporosis in later life
- Includes Vitamin D and Magnesium for better Calcium absorption and utilisation
- Can[†] provide the Calcium needed for strong and healthy bones.

Assisting you by:

Studies suggest the main culprits for inadequate calcium levels are high, non-dairy protein diets, excessive coffee, or lack of Calcium. Protein is an acid-forming substance. When there is an excess of acid, the body tries to neutralise it with alkaline agents (Calcium and Sodium), which then reduces the body's alkaline reserves.

Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones.

To become less susceptible to osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure Calcium intake is adequate (at least 1000 mg daily).

Key ingredients:

Calcium: the most abundant mineral in the body, providing strength for the skeleton and is important in nerves and muscles

Magnesium: plays a role in bone structure

Vitamin D: helps to absorb calcium.

Xtra-Cal	SKU #0020
Volume Points:	10.25
Packaged:	90 tablets (30 day supply)

Directions for use:

Take one tablet three times daily, with meals.

DID YOU KNOW?

The entire skeleton of an adult is replaced every 7-10 years. The calcium content of the body weighs approximately 1.36 kg, 99% of which is in the bones and teeth. The remaining 1% has such an important function in the body that when deficiency arises, it is taken from the bones. Regular exercise stimulates and strengthens bones.

Always read the label – use only as directed.

[†]Vitamins can only be of assistance if the dietary vitamin intake is inadequate.



Joint Support Advanced

Support joint health with a specially formulated blend of Glucosamine Hydrochloride, Selenium, Manganese and Copper.

Key benefits:

- Joint Support Advanced helps maintain healthy joint function. It also contains Selenium and Manganese, both of which are essential minerals.

Assisting you by:

Joint Support Advanced has been specially formulated to provide nutritional support for active people to help maintain healthy joints.

Key ingredients:

Glucosamine hydrochloride: supports healthy joint function and comfort

Selenium: an essential mineral vital for normal function of the immune system and thyroid gland

Manganese: a mineral that is good for bone and cartilage health and acts as a co-factor in several metabolic and enzymatic reactions

Copper: the third most abundant trace mineral in the body, but it is often deficient in a person's diet because food sources high in this mineral are not always consumed frequently (such as oysters and liver). Copper works together with iron to make red blood cells and it is the major component of the outer coating of nerve fibres and collagen. Copper is used by the body to manufacture numerous enzymes, many of which work as antioxidants.

Joint Support Advanced	SKU #0555
Volume Points:	20.9
Packaged:	90 tablets (30 day supply)

Directions for use:

Take one tablet before each meal with water three times a day.

RoseGuard®

Keep your immune system strong and stay healthy all year long with our immune solutions.



Key benefits:

- Antioxidant activity-free radical scavenger
- RoseGuard® is beneficial for those who may not receive adequate intake of antioxidants through the daily diet
- Support a healthy immune system.

Assisting you by:

A blend of herbs and vitamins to support immune function.

Key ingredients:

- Vitamin C
- Vitamin E.

RoseGuard®	SKU #0139
Volume Points:	23.75
Packaged:	60 tablets (30 day supply)

Directions for use:

Take two tablets daily.

DID YOU KNOW?

Scurvy is a disease caused by severe and chronic vitamin C (ascorbic acid) deficiency. Most people think of scurvy as a disease of the past, when sailors had to spend months at sea without access to fresh fruit and vegetables. While scurvy may be uncommon in modern society, it does still exist. Anyone whose diet is inadequate in vitamin C is at risk.*

Always read the label – use only as directed.

WARNING: Vitamin supplements should not replace a balanced diet.

*Source: 1. Department of Health & Human Services, State Government of Victoria, Australia.

Collagen Drink

Supplement your collagen intake everyday to nourish your body from within. With the additional benefits of antioxidant vitamins, selenium and biotin, this refreshing strawberry and lemonade flavoured drink offers a perfect blend of ingredients.



Key benefits:

- Formulated with Bioactive Verisol® collagen
- Contains antioxidant vitamins, Biotin, Selenium and Zinc
- Provides at least 30% RDI of Vitamin C, Niacin, Iodine, Selenium and Zinc
- Provides at least 20% RDI of Biotin and Copper
- No artificial flavours or sweeteners
- Gluten free
- Low in calories*
- Strawberry Lemonade flavour.

Assisting you by:

Providing a perfect blend of ingredients to nourish from within.

Key ingredients:

- Powered by 2.5 grams of high-quality collagen peptides
- Antioxidant Vitamins; A (beta-carotene), C & E
- Biotin
- Key minerals including Selenium, Zinc, Copper and Iodine.

Collagen Drink	SKU #0831
Volume Points:	30.75
Packaged:	171 g

Directions for use:

Enjoy Collagen Drink everyday.

Mix 1 scoop* (5.7 g) in a glass (240 mL) of water.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

DID YOU KNOW?

Collagen is a protein that's made up of amino acids and it makes up approximately 30% of the proteins found in your body. In your 30's your natural collagen stores start to deplete.**

Always read the label – use only as directed.

Verisol® is a registered trademark of Gelita AG and uses collagen obtained from porcine.

*Contains energy 35 kJ/100 mL

**Source: Gelse K, Pöschl E, Aigner T. Collagens – structure, function, and biosynthesis. Adv Drug Deliv Rev. 2003;55(12):1531-46.

Energy & Fitness

Stay on top of your game every day with our exclusive Energy and Fitness products

Sometimes you need a pick-me-up to get you through the week and help you remain focused. Herbalife Energy and Fitness products deliver just what you need.

Our energy solutions are powered by Guarana, Caffeine and Taurine. Like all Herbalife products, the Energy and Fitness line is based on the concept of the Cellular Science wheel – helping you to reach your personal wellness goals.

Long hours at the office and poor nutrition lead to low energy and lack of fitness. In our modern, sedentary way of life, workloads have increased dramatically and, consequently, so have our waistlines. Having an active

lifestyle, or even taking the first steps toward one, can seem like a real challenge when you've got a gruelling schedule.

With Herbalife, there's no better – or easier – time to get active and stay healthy than right now!

Our Energy & Fitness category includes products for the general consumer, as well as for athletes.

Our energy products can help anyone gain extra stamina throughout the day. And our fitness products can help fitness enthusiasts and athletes achieve their goals faster.

Life can often be non-stop with a need to juggle many different tasks each day.





HERBALIFE[®] 24

NUTRITION FOR THE
24-HOUR ATHLETE

Herbalife24 is a comprehensive performance nutrition line dedicated to helping active people and athletes achieve their goals. This product line is customisable so you can determine your day-to-day needs based on activity levels and training demands.



Every batch of Herbalife24 product is analysed for substances that are banned by organizations like the World Anti-Doping Agency (WADA) or other national professional and amateur sports associations.



In some countries around the world, we have received certifications such as NSF Certified for Sport[®], BSCG Certified Drug Free[®], and Informed Sport.





Herbalife24 Formula 1 Sport

Herbalife24 Formula 1 Sport is specifically formulated to cater for every athlete's daily dietary needs. Provides a good source of quality protein derived from Milk Protein Isolate to help in the development of lean body mass and recovery.

Key benefits:

Gain confidence from your pre-workout nourishment. Balanced with carbohydrates, proteins, vitamins and minerals, Formula 1 Sport establishes a solid nutritional foundation for performance whilst tasting great.

- Sustained energy
- Supports immune function
- Maintains muscle mass
- Delicious creamy vanilla flavour.

Assisting you by:

- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- Antioxidant support.

Key ingredients:

Milk protein, Vitamins C and E.

Herbalife24 Formula 1 Sport	SKU #015K
Volume Points:	34.65
Packaged:	700 g

Directions for use: Blend or stir 28 grams of Formula 1 Sport with 320 mL of skim milk or low fat soy milk. Contains milk and soybean ingredients.

Herbalife24 Rebuild Strength

For immediate and sustained muscle recovery with a blend of Whey and Casein proteins that helps to rebuild muscles over a multi-period of exercises.

Key benefits:

- For use after aerobic exercise
- Contains 25 g protein that contributes to the growth and maintenance of lean muscle mass, delivering protein to fatigued muscles
- Naturally coloured, flavoured and sweetened
- Contributes to the growth of muscle mass
- Delicious chocolate flavour.

Assisting you by:

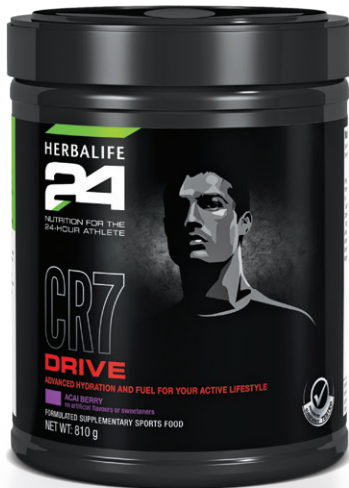
- Stopping breakdown. Start rebuilding.
- Immediate and sustained muscle recovery. We've created a sustained muscle building shake that delivers whey and casein protein to help rebuild fatigued muscles.

Key ingredients:

Whey Protein, Casein Protein, Vitamin C, Thiamine (Vitamin B1), Iron and Magnesium.

Herbalife24 Rebuild Strength	SKU #1459
Volume Points:	54.75
Packaged:	1010 g

Directions for use: Mix 50.5 g with 280 mL of water and shake vigorously. Consume one shake per day within 30 minutes following physical activity.



Herbalife24 CR7 Drive

Co-developed with Cristiano Ronaldo, CR7 Drive has been developed to rapidly fuel your workouts and enhance hydration. With natural flavours and colours, Herbalife24 CR7 Drive is a modern sports drink, light tasting and formulated to fuel the drive in all of us.

Key benefits:

Co-developed with Cristiano Ronaldo, to support ideal hydration during physical activities.

- No artificial flavours or sweeteners
- Contains electrolytes
- Subtle, refreshing acai berry flavour.

Assisting you by:

- Enhance hydration with vital electrolytes lost during exercise
- Brain-fuelling glucose helps promote quick and accurate game-time decision making
- Lightly flavoured with no artificial flavours or sweeteners.

Key ingredients:

Electrolytes, Vitamins B1 and B12.

Herbalife24 CR7 Drive	SKU #1463
Volume Points:	24.90
Packaged:	810 g

Directions for use: Mix 1 scoop (13.5 g) of powder with 250 mL of water. For moderate workouts consume 1 to 3 servings a day and for endurance workouts consume 2 to 4 servings a day.

Herbalife24 Hydrate

Hydration is the key to a good performance. Refill your body's electrolytes while staying hydrated with Herbalife24 Hydrate.

Key benefits:

- Low-calorie hydration drink
- Vitamin C antioxidants
- Subtle orange flavour
- Provides B vitamins (B1, B2, B12), calcium and magnesium
- Naturally coloured
- Supports physically active people.

Assisting you by:

- It's simple – performance is tied to hydration
- Replenish your body with bioavailable electrolytes to enhance fluid absorption, ensuring you are ready to perform
- Hydrate contains 0.16 mg Vitamin B1, 0.21 mg B2, 0.37 mcg B12 and 0.9 mg B5
- When mixing with water, it's the perfect drink to quench your thirst.

Key ingredients:

Vitamin C, Calcium, B Vitamins and Magnesium.

Herbalife24 Hydrate	SKU #1458
Volume Points:	22.20
Packaged:	20 x 5.3 g Stick Packs

Directions for use:

Mix one stick pack with 500 mL of water. Consume no more than one serving per day.



Herbalife24 BCAAs

Herbalife24 BCAAs provides 5 g of branched-chain amino acids, including 3 grams of leucine, 1 g of isoleucine and 1 g of valine to spark lean muscle growth and recovery. Made with non-GMO ingredients, containing only 25 calories per serving, and with its crisp green apple flavour, Herbalife24 BCAAs is the perfect addition to your healthy, active lifestyle.

Key benefits:

- Supports lean muscle growth
- Reduces muscle breakdown
- Supports muscle recovery
- Fuels your workout

Key ingredients:

Branched-chain amino acids, including leucine, isoleucine and valine.

Green Apple	SKU #298K
Volume Points:	31.0
Packaged:	203 g

Directions for use: Mix one scoop (about 7 g) in 14 fl. oz of water 1–2 times a day before or during your workout.

Herbalife24 Prepare

Since inadequate oxygen reaching the muscles limits performance, Prepare's Nitric Oxide (NO) precursor system supports NO production, helping increase oxygen delivery to working muscles. Other ingredients include creatine, which supports fast-twitch muscle contraction required for explosive athletic movement.*

Key benefits:

- Arginine supports healthy blood flow.*
- Formulated with 2.1 grams of creatine per serving to support muscle strength.*
- Caffeine helps maintain focus and performance.*

*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.

Key ingredients:

Arginine, Creatine and Caffeine

Watermelon	SKU #299K
Volume Points:	43.95
Packaged:	400 g

Directions for use: Gently shake the canister prior to each use as contents may settle. Mix 2 scoops into 16 oz. of water and consume once a day prior to or during exercise.



Herbalife24 Liftoff

Quick feeling of energy* whenever and wherever you need it. Herbalife24 Liftoff* is a unique blend of Panax ginseng, L-tyrosine, caffeine, guarana extract, inositol, vitamin C and B vitamins. Herbalife24 Liftoff is a portable, convenient energy product for use at the gym or in everyday life. And its clean, NSF certified formulation with no artificial flavours or sweeteners means customers can feel good about what they're putting into their body.

Key benefits:

- Gives you the caffeine boost you need to stay alert and focused
- Helps reduce the feeling of mental fatigue

*Product and/or flavours may not be available in every region.

*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.

Key ingredients:

Panax ginseng, L-tyrosine, caffeine, guarana extract, inositol, vitamin C and B vitamins.

Blackberry Spark†	SKU #132K
Volume Points:	52.35
Packaged:	30 x 5 g Stick Packs

Directions for use: Mix one serving (one 5 g stick pack) with 8 fl. oz. of water. Enjoy as a morning or midafternoon pick-me-up.



Herbalife24 Achieve Protein Bars

A deliciously simple approach to high-protein snacking. Made with simple nutritious ingredients delivering 20 g of high-quality whey and milk protein and 4 g of sugar. Making it easy to reach your nutrition and fitness goals without compromising taste.



Key benefits:

- 20 g of high-quality protein supports lean muscle growth and maintenance
- Keeps you fuller longer
- High in fibre
- Only 4 g sugar
- No artificial sweeteners or flavours
- No added colours
- Prohibited substance tested for piece of mind.

Assisting you by:

Providing long lasting energy to fuel your active lifestyle and get you through your day. Achieve Bars will fuel your active lifestyle – at the gym, at the office, or at home with the kids.

Key ingredients:

- Powered with 20 g of high-quality whey and milk protein
- Prebiotic fibre from tapioca
- Natural flavours
- Available in Dark Chocolate Brownie and Chocolate Chip Cookie Dough flavours.

Chocolate Chip Cookie Dough	SKU #2124
Dark Chocolate Brownie	SKU #2126
Volume Points:	30.75
Packaged:	6 x 62 g bars per box

Directions for use:

Consume 1–2 bars daily between meals, around workouts, or when your cravings hit for an indulgent, satiating snack with protein packed energy.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

CONTAINS MILK, SOY, CASHEW AND TREE NUTS.

Manufactured in a facility that also processes Egg, Other Tree Nuts, Peanut and Wheat.



Herbalife24 Program

The Herbalife24 Program surpasses industry standards of pre, during, and post-workout nutrition to help you train, recover and perform like never before with all the nutritional support you need as an athlete.

Who does this program apply to?

Herbalife24 is specifically formulated to provide a robust nutrition solution for those with an active lifestyle all the way up to professional athletes.

Program	SKU #504Z
Volume Points:	136.50

Includes:

- Rebuild Strength
- Formula 1 Sport
- CR7 Drive
- Hydrate
- Herbalife24 branded drawstring bag and a Herbalife24 product brochure.

DID YOU KNOW?

Herbalife® products are regularly tested and monitored to meet numerous detailed specifications to guarantee product stability and that all ingredients match label claims.



Our promise is to assure that athletes, trainers and coaches can trust our supplements and to instil confidence among Independent Herbalife Members.

Our dedicated global quality control team works to ensure all products meet the stringent guidelines set forth by the dietary supplement Good Manufacturing Practices (GMPs). Herbalife individually assesses all ingredients and suppliers, and visits all the facilities to make sure they satisfy our rigorous performance standards.

LiftOff™

Conveniently wrapped in an individual pocket-size sachet, LiftOff™ is formulated with a blend of B-vitamins and caffeine to provide support in energy production and help you to stay alert and focus.



Key benefits:

- Contains less than 10 calories per individual sachet
- Convenient, pocket-size sachets
- No refined sugars (sucrose or glucose)
- Available in two flavours: Lemon-Lime Blast and Ignite-Me Orange.

Assisting you by:

Everyone is looking to get the most out of their day: busy professionals who get tired working long hours, students preparing for exams, busy parents working and looking after their children, sports enthusiasts or simply those with an active and healthy lifestyle.

If you're sensitive to Caffeine, you shouldn't take it too late in the day as this may affect your sleep. The exclusive blend of ingredients helps to give you the boost you need for body and mind without increasing your calorie or fat intake.

Each sachet contains 75 mg of Caffeine, derived from Guarana and caffeine powder.

Key ingredients:

Caffeine: a natural stimulant. In LiftOff™, the caffeine is sourced from Guarana

Guarana*: a South American native shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities

Taurine: an amino acid that serves many different functions in the body. In certain situations, Taurine can provide a boost as the body is not capable of making enough Taurine to meet its needs

Thiamin (Vitamin B1): breaks down glucose to release energy; aids in the function of the nervous system

Niacin (Vitamin B3): a water soluble vitamin which is a vital component of the human diet. Assists in regulating metabolism and cell repair.

Lemon-Lime Blast	SKU #2871
Ignite-Me Orange	SKU #2872
Volume Points:	15.95
Packaged:	10 x 4.5 g sachets*

Directions for use:

Pour one sachet into 250 mL of water.

DID YOU KNOW?

An average fizzy drink contains at least six teaspoons of sugar.

*Contains caffeine. Always read the label. Use only as directed.



NRG

NRG tablets provide you with the benefits of one of nature's most energising herbs – Nature's Raw Guarana.

Key benefits:

- Provides a gentle energy lift to support alertness
- Helps maintain mental alertness and energy levels
- Convenient tablets to use anytime, anywhere
- Guarana seed powder amount 280 mg and each tablet contains 32 mg of caffeine.

Assisting you by:

Reducing calorie intake can play havoc with your energy levels resulting in periods of physical tiredness. Guarana can help provide an invigorating lift.

You can take up to two NRG tablets during the day (but avoid taking them during the evening unless you particularly want to stay up late). Take them with water instead of drinking coffee mid-morning and mid-afternoon, for maximum benefit.

Key ingredients:

Guarana*: a climbing shrub native to South America. It has been used for centuries by the Amazon Indians for its spirited and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is preferred by many as an alternative to coffee.

NRG	SKU #0124
Volume Points:	14.15
Packaged:	60 tablets

Directions for use:

Take one tablet up to two times per day.

DID YOU KNOW?

Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

*Contains caffeine.

WARNING: Adult only. Each tablet contains total 32 mg caffeine.

A cup of instant coffee contains approximately 80 mg of caffeine.

Caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding.

Show your SKIN some love

Herbalife SKIN

Enhance the appearance of your skin with our optimum blend of Vitamin B3, antioxidant Vitamins C and E, Aloe Vera and other botanical ingredients.

Pamper yourself with lush textures; soothe yourself with silky soft lathers. Be inspired by radiant essential oils and fresh, rejuvenating fragrances.




Surprise yourself each day – and all day – with experiences as illuminating as they are luxurious.

Our clinically-tested products help you achieve maximum daily results including softer, smoother, more radiant skin and long-term benefits of a diminished appearance of fine lines and wrinkles.






Discover the best skin care products for your specific needs... with the Herbalife® SKIN range.

Daily Skin Care Regime (General)

STEPS	 AM	 PM
1 CLEANSE	Soothing Aloe Cleanser (For Normal to Dry Skin) – OR – Polishing Citrus Cleanser (For Normal to Oily Skin)	Soothing Aloe Cleanser (For Normal to Dry Skin) – OR – Polishing Citrus Cleanser (For Normal to Oily Skin)
2 TONE	Energizing Herbal Toner	Energizing Herbal Toner
3 TREAT	Line Minimizing Serum	Line Minimizing Serum
4 TARGET	Firming Eye Gel	Hydrating Eye Cream
5 MOISTURISE	Daily Glow Moisturizer – OR – Protective Moisturizer Cream SPF 30 Broad Spectrum	Replenishing Night Cream
 WEEKLY		
DEEP CLEANSE	Instant Reveal Berry Scrub (1–3 times a week)	
PURIFY	Purifying Mint Clay Mask (1–3 times a week)	

Daily Skin Care Regime (Men)

STEPS	 AM	 PM
1 CLEANSE	Polishing Citrus Cleanser (Shave)	Polishing Citrus Cleanser
2 TONE	Energizing Herbal Toner	Energizing Herbal Toner
3 TREAT	Line Minimizing Serum	Line Minimizing Serum
5 MOISTURISE	Protective Moisturizer Cream SPF 30 Broad Spectrum	Replenishing Night Cream
 WEEKLY		
DEEP CLEANSE	Instant Reveal Berry Scrub (1–3 times a week)	

Outer Nutrition | Herbalife SKIN

Herbalife SKIN is solution-based skin care nutrition that balances ingredients, botanicals and extracts with proven science for a luxurious experience and healthier looking skin every day. Pick from one of our amazing programs to start your skin transformation today.



Basic Program

Includes:

- Soothing Aloe Cleanser* OR Polishing Citrus Cleanser**
- Energizing Herbal Toner
- Daily Glow Moisturizer
- Replenishing Night Cream

*Normal to Dry skin
**Normal to Oily skin

Advanced Program

Includes:

- Soothing Aloe Cleanser* OR Polishing Citrus Cleanser**
- Energizing Herbal Toner
- Line Minimizing Serum
- Firming Eye Gel
- Hydrating Eye Cream
- Daily Glow Moisturizer
- Replenishing Night Cream

*Normal to Dry skin
**Normal to Oily skin

Normal to Dry	SKU #1492
Normal to Oily	SKU #1496
Volume Points:	86.25

Normal to Dry	SKU #1493
Normal to Oily	SKU #1497
Volume Points:	176.65



Normal to Dry	SKU #1494
Normal to Oily	SKU #1498
Volume Points:	203.95

Ultimate Program

Includes:

- Soothing Aloe Cleanser* OR Polishing Citrus Cleanser**
- Energizing Herbal Toner
- Line Minimizing Serum
- Firming Eye Gel
- Hydrating Eye Cream
- Daily Glow Moisturizer

*Normal to Dry skin
**Normal to Oily skin

- Replenishing Night Cream
- Purifying Mint Clay Mask
- Instant Reveal Berry Scrub

Step 1: Cleanse



Soothing Aloe Cleanser

This gentle cleanser leaves your skin clear, soft and clean. Hydrating Aloe enriched cleansing gel gently removes impurities and makeup leaving skin clean and refreshed.



Polishing Citrus Cleanser

Deep cleansing microbeads refresh your skin for a healthy glow. Polishing jojoba beads in a citrus infused cleansing gel gently removes impurities and makeup leaving skin clean and refreshed.

Key benefits:

- Aloe Vera-based cleanser with a fresh and gentle scent. Perfect for normal to dry skin
- Silky, soft lather gently removes excess oil, dirt and light makeup from the skin without irritation
- Aloe Vera softens and moisturises skin.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Coconut-derived cleansing ingredients.

Key benefits:

- Vibrantly-scented cleanser with hints of juicy orange and grapefruit. Perfect for normal to oily skin
- Clinically tested to show a reduction in the skin's sebum after just one use**
- Light gel formula with energising micro beads
- Leaves your skin feeling amazingly refreshed and exhilarated.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Orange oil/Citrus oils, Grapefruit oil/Citrus oils, Apple-derived cleansing ingredients, Jojoba Esters.

Soothing Aloe Cleanser	SKU #0765
Volume Points:	16.75
Packaged:	150 mL

Polishing Citrus Cleanser	SKU #0766
Volume Points:	16.75
Packaged:	150 mL

Directions for use: Gently massage onto damp skin in a circular motion. Rinse with warm water, pat dry. Follow with toner, serum, and moisturizer. Use AM and PM.

Directions for use: Gently massage onto damp skin in a circular motion. Rinse with warm water, pat dry. Follow with toner, serum, and moisturizer. Use AM and PM.

**Tested on subjects, measuring sebum levels immediately after application. 100% of subjects showed sebum reduction on surface of skin after one use.

Step 2: Tone



Energizing Herbal Toner

Herbalife SKIN brings you a refreshing daily experience. Aloe Vera-infused, alcohol-free facial toner with mandarin citrus scent provides hydration to your skin and refreshes tired-looking skin.

Key benefits:

- Gently conditions your skin
- Your skin will feel fresh and clean without dryness or stinging
- Suitable for all skin types
- No added parabens and dermatologist tested.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Potassium alum.

Energizing Herbal Toner	SKU #0767
Volume Points:	12.70
Packaged:	50 mL

Directions for use: Apply after cleanser. Spritz lightly on face for a deep clean or apply with a cotton ball. Follow with serum and moisturizer. Using AM / PM helps prepare your skin to better receive your serum, day or night time moisturizer for maximum results.

Step 3: Treat



Line Minimizing Serum

Beautiful, healthier, younger-looking skin. This multi-functional serum helps diminish the visible signs of ageing.*

Clinically tested to show remarkable improvement in skin softness, smoothness, radiance, glow and luminosity in just seven days.*

Key benefits:

- AM/PM use helps maximise your results
- Reduces the appearance of fine lines and wrinkles.#

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Chestnut seed extract, Peptide.

Line Minimizing Serum	SKU #0768
Volume Points:	37.70
Packaged:	30 mL

Directions for use: Apply after cleanser, toner and before moisturizer. Use AM and PM.

*Tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in all five areas over seven days.
Tested on subjects for skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

Step 4: Target



Firming Eye Gel

Enhance the appearance of your skin.

Helps improve the appearance of the delicate eye area by increasing your skin's elasticity.*



Hydrating Eye Cream

Minimises the appearance of fine lines and wrinkles around the eyes, an area which has a lower amount of both sweat and oil glands, making it highly susceptible to dehydration.

Key benefits:

- Helps improve the appearance of firmness to the eye area*
- Suitable for all skin types.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Cucumber extract.

Key benefits:

- Clinically tested to show a significant increase in the skin's moisture over eight hours**
- Suitable for all skin types.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Macadamia nut oil, Cucumber extract, Peptide.

Firming Eye Gel	SKU #0770
Volume Points:	26.35
Packaged:	15 mL

Hydrating Eye Cream	SKU #0771
Volume Points:	26.35
Packaged:	15 mL

Directions for use: In the morning, gently pat a small amount around the eye area, until absorbed.

Directions for use: At night, gently pat a small amount around the eye area.

*Tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 85% of subjects, improvement was seen in firmness/elasticity in skin under the eye at 42 days.

**Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 97% of subjects showed significantly higher moisture levels over baseline after eight hours.

Step 5: Moisturise

Daily Glow Moisturizer



All-purpose hydrating lotion with illuminating properties to give your face a healthy glow. Skin looks radiant, even without makeup.

Key benefits:

- Clinically tested to show that skin looks more glowing and feels softer and smoother in just seven days[†]
- Clinically shown to double skin's moisture for eight hours[‡]
- This product is ideal for any occasion where you want your skin to look fresh and silky soft or when you just want some light-weight moisture.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Sunflower seed oil, Spilanthes Acmella Flower Extract, Macadamia nut oil, Olive oil, Sesame seed oil.

Daily Glow Moisturizer	SKU #0769
Volume Points:	28.40
Packaged:	30 mL

Directions for use: Apply after cleanser, toner and serum.

Replenishing Night Cream



This rich, luxurious cream helps deliver much needed moisture to the skin at night. Long-term hydration allows you to awaken with softer, smoother skin.

Key benefits:

- Clinically tested to show skin looks smoother and feels softer in just seven days*
- Provides noticeable improvement of overall skin complexion and luminosity in just one week*
- Clinically tested to show skin's moisture is doubled for eight hours[#]
- Suitable for all skin types
- No added parabens and dermatologist tested.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Sunflower seed oil, Macadamia seed oil, Olive fruit oil, Sesame seed oil, Spilanthes Acmella Flower Extract.

Replenishing Night Cream	SKU #0774
Volume Points:	28.40
Packaged:	30 mL

Directions for use: Apply after cleanser, toner and serum.

Protective Moisturizer Cream



SPF 30 Broad Spectrum

A long-lasting moisturizer that leaves your skin smooth and soft, while providing broad spectrum UVA/UVB protection against the sun's damaging rays.

Key benefits:

- Provides broad spectrum SPF 30 and UVA/UVB protection
- No added parabens and dermatologist tested

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera.

Protective Moisturizer Cream SPF 30 Broad Spectrum	SKU #0899
Volume Points:	28.40
Packaged:	30 mL

Directions for use: Apply liberally after cleanser, toner or serum. Use AM or before sun exposure. Apply to skin in generous amounts over all of the exposed areas 15–20 minutes before sun exposure. Reapply every two hours or more often when sweating, and reapply after swimming or towelling.

[†] Tested on subjects measured by visual expert grading on intervals of two, four and seven days. 96% of subjects showed improvement over seven days in smoothness, softness, glow and radiance. 93% showed improvement over seven days for luminosity.

[‡] Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

* Tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in smoothness, softness and glow over seven days. 97% of subjects showed improvement in radiance and luminosity.

[#] Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

Deep Cleanse and Purify

Instant Reveal Berry Scrub

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



Purifying Mint Clay Mask

This rich, creamy clay mask has the absorbent and toning effects of bentonite clay to remove dirt and absorb excess oil.



Key benefits:

- Reveals healthy-looking skin
- Fresh and fruity fragrance enlivens the senses
- Suitable for all skin types
- No added parabens or sulphates and dermatologist tested.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Coconut-derived cleansing ingredients, Exfoliating beads, Blueberry seeds.

Instant Reveal Berry Scrub	SKU #0772
Volume Points:	13.10
Packaged:	120 mL

Directions for use: Gently massage onto damp skin in a circular motion (avoid the eye area) rinse with warm water, pat dry. Follow with toner, serum and moisturizer. Use 1–3 times per week as needed.

Key benefits:

- Clinically tested to improve the appearance of pores after just one use*
- A hint of spearmint and rosemary uplift your senses while leaving your skin softer and smoother
- Prepares skin to better receive the benefits of our serums and moisturisers
- Suitable for all skin types
- No added parabens and dermatologist tested.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Bentonite Clay, Rosemary leaf oil, Spearmint oil.

Purifying Mint Clay Mask	SKU #0773
Volume Points:	14.20
Packaged:	120 mL

Directions for use: Apply after cleanser. Allow mask to set for 5–10 minutes, rinse with warm water, pat dry. Follow with serum and moisturizer. Use 1–3 times a week as needed.

*Tested on subjects, measuring pore appearance by visual expert grading immediately after application. 95% showed improvement in appearance of pores immediately after use.

Nourish Your Skin

With Vitamin Masks



HOW TO USE VITAMIN MASKS



Step 1:
Cleanse your face and apply toner.



Step 2:
Apply mask and adjust around
the eyes and mouth.



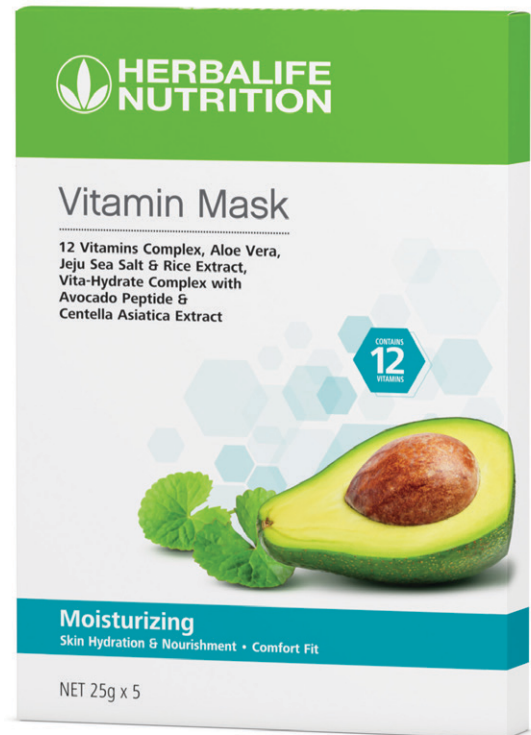
Step 3:
Remove mask after 15 to 20 minutes.



Step 4:
Gently pat skin for absorption.

Moisturizing Vitamin Mask

Herbalife Moisturizing Vitamin Mask is formulated with 12 Vitamins Complex, Aloe Vera, Jeju Sea Salt and Rice Extract. Achieve a beautiful and healthy facial complexion with Herbalife Vitamin Mask.



How does it benefit you?

Formulated for normal, dry or dehydrated skin, Vitamin Mask Moisturizing helps skin hydration and nourishment.

Who is it suitable for?

Target Consumer: Fuss Free skin care user who wants basic skin care

Skin Condition / Concern: Normal, dry, dehydrated skin

Recommendation: Use it daily.

Key ingredients:

12 Vitamins Complex

Vitamins are a natural constituent of human skin and are part of the system that protects the skin from environmental stress. Vitamins such as niacinamide has been found to improve skin barrier function, reduce skin wrinkles and fine lines, and support skin radiance.

Aloe Vera

Aloe Vera is hydrating, soothing and cooling. It has a high water content of 99.5%, and contains numerous beneficial plant compounds – antioxidants, enzymes, vitamin C and E minerals and amino acids.

Jeju Sea Salt

Jeju Sea Salt has a high concentration of clean minerals that have been naturally filtered for years

Jeju Rice Extract

Rice has been extensively studied for its great quantity of beneficial bioactive compounds, including antioxidants, on our skin

Vita-Hydrate Complex

Triple Hyaluronic Acid – Plays a role in skin barrier function and hydration

Avocado – Contains vitamin K, C, A, E and B6

Centella Asiatica – An antioxidant-rich extract for skin health.

Moisturizing Vitamin Mask	SKU #111K
Volume Points:	9.50
Packaged:	5 x 25 g sachets



Herbal Aloe Strengthening Shampoo & Conditioner

Gentle enough for everyday use while strengthening your hair and keeping it healthy. Infused with botanical ingredients and no added parabens, colourants and sulphates. Revitalises the appearance of damaged hair and reduces hair breakage.

Key Benefits

- For everybody, every day
- Hydrolysed wheat protein helps protect, repair and strengthen your hair*
- Leaves hair 10 times stronger*
- Reduces hair breakage by 90%*
- Colour preserving formula
- Individual hair strands feel softer, smoother and silkier
- No added parabens, colourants and sulphate.

Key ingredients:

Aloe Vera

Hydrolysed Wheat Protein

Herbal Aloe Strengthening Shampoo	SKU #2564
Volume Points:	8.30
Packaged:	250 mL
Herbal Aloe Strengthening Conditioner	SKU #2565
Volume Points:	8.30
Packaged:	250 mL

*Tested on 4 tresses of cut human hair (each for treatment and non-treatment group). Tresses were subjected to bleaching and perming damage before treated with Herbal Aloe Strengthening Shampoo and Conditioner. Improvement in hair strength was measured by the reduction of hair breakage in a combing test. Tresses treated with Herbal Aloe Strengthening Shampoo and Conditioner had shown a 90% reduction in hair breakage versus untreated tresses in the combing test (Study reference 101110-HL). Individual results may vary.

Herbal Aloe Strengthening Shampoo, Winner of the Hair Wash Category in the WellBeing Magazine BE-YOU-T Awards for 2021 & 2022.



Herbal Aloe Hand & Body Wash

Enjoy a fresh, clean scent with a hand and body wash that leaves skin feeling soft and hydrated every time you wash. Herbal Aloe Hand & Body Wash contains no added sulphates and no added parabens, and is ideal for daily use when bathing or for regular hand washing.



No Added Sulphates,
No Added Parabens,
Includes Botanicals

Hand & Body Wash	SKU #2561
Volume Points:	8.30
Packaged:	250 mL

Herbal Aloe Hand & Body Cream

Containing Aloe Vera, African Shea Butter, Sunflower Seed Oil and Seaweed Extract, Herbal Aloe Hand & Body Cream has been shown to clinically increase skin hydration by 100% after just one use.¹



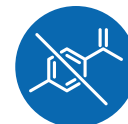
No Added Parabens
Contains Botanicals

1. Test measuring skin moisture by laboratory instrument, statistical data showed skin moisture level is increased by 100% over baseline after 20 mins.

Hand & Body Lotion	SKU #2563
Volume Points:	8.30
Packaged:	200 mL

Herbal Aloe Soothing Gel

Clinically shown to leave the skin smoother and softer², Herbal Aloe Soothing Gel moisturises and soothes skin and helps reduce the appearance of dry skin.



No Added Parabens
No Added Fragrances,
Contains Botanicals

2. Claims supported by individual panel testing.

Soothing Gel	SKU #2562
Volume Points:	8.30
Packaged:	200 mL

Cleanse and freshen your skin with our Herbal Aloe body care range. Ideal for those who prefer botanical-based body products and formulas that support their skin health, as well as those who want to moisturise and soften their skin gently and effectively.

*Herbalife products are not intended to diagnose, treat, cure or prevent any disease.

Glossary of Terms

Inner Nutrition

Aloe Vera – a plant that can have positive effects on the body both internally and externally. Internally used to promote a healthy digestive system.

Amino acid – an essential building block of proteins.

Aminogen* – a plant enzyme thought to help absorb protein in the body which is needed for healthy lean muscle mass, strength and energy. It is a naturally derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.

Antioxidant – a substance that helps create a barrier from free radical damage.

Ascorbic acid (Vitamin C) – an antioxidant needed for the growth and health of tissues in all parts of the body. Found in many foods and dietary supplements.

Asparagus root – is a restorative, cleansing herb and an excellent diuretic. It is high in folic acid, which is essential for production of new red blood cells.

Betacarotene – maintains a healthy immune system; antioxidant; converted into Vitamin A by the body.

Bioflavonoids – collectively known as Vitamin P and are sometimes called flavonoids, they are plant based nutrients known to have antioxidant health benefits.

Biotin – assists metabolism of fats; maintains healthy skin and hair.

Boron – helps maintain calcium balance and keeps bones healthy.

Broccoli leaf – is high in vitamin C, as well as dietary fibre.

Cabbage leaf – is an excellent source of vitamin C and also contains significant amounts of glutamine, an amino acid that has anti-inflammatory properties.

Caffeine – found naturally in many plants, it stimulates the body and mind.

Calcium – is one of the most important minerals for the human body. Calcium helps in the formation and maintenance of healthy teeth and bones.

Calcium caseinate – is a calcium source of protein produced from casein in skim milk. Its main food uses are for powders requiring rapid dispersion into water, such as in Formula 1 Nutritional Shake Mix, and may be more suitable for those with lactose intolerance.

Calcium hydrogen phosphate – tableting agent.

Calcium silicate – is used as an anti-caking agent and an antacid.

Cardamom seed – comes from the ginger family of plants. Widely used to treat digestive orders in traditional medicine.

Carotenoids – found in all plant foods, carotenoids are the naturally occurring pigments that cause the red, orange, and yellow colour of fruit and vegetables and are great sources of Vitamin A. In general, the greater the intensity of colour, the higher the level of carotenoids, in particular beta-carotene.

Carmellose sodium – thickening agent

Carrot – gets its characteristic and bright orange colour from betacarotene, which is metabolised into Vitamin A in humans; Carrots are also rich in dietary fibre, antioxidants, and minerals.

Casein Protein – The major proteins in milk are casein and whey. These two milk proteins are both excellent sources of all the essential amino acids, but they differ in one important aspect – whey is a fast-digesting protein and casein is a slow-digesting protein.

Cauliflower flower – Cauliflower is low in fat, but high in dietary fibre, folate, water, and Vitamin C, possessing a high nutritional density.

Cellulose powder – a complex carbohydrate (dietary fibre). Cellulose cannot be broken down by gastric juices and therefore helps with the evacuation of waste products from the digestive tract.

Cellulose microcrystalline – emulsifier

Chamomile – has gentle, soothing, calming qualities. A well-known and widely used ancient herb, sacred to the Anglo-Saxons. Due to its positive attributes and calming properties it is particularly popular with herbalists.

Chemical compound – the bonding of two ingredients – can be naturally occurring or man-made.

Chitosan – is an amino polysaccharide derived from Chitin, which is found in the shells of shellfish such as crab and shrimp. Chitosan works by binding lipids in the stomach to aid elimination.

Cholecalciferol – a form of Vitamin D

Choline bitartrate – a water-soluble essential nutrient and is usually grouped within the B-complex vitamins. Choline must be consumed through the diet in order for the body to maintain its health and is involved in many functions including memory and muscle control. It is used in the synthesis of the constructional components in the bodies cell membranes and is an important neurotransmitter.

Chromium – important in blood sugar regulation.

Citric acid – acidity regulator

Clove – an antioxidant.

Clove oil – essential oil that helps improve digestibility.

Cocoa – a seed of the cacao tree, it improves blood flow and is high in antioxidants and biflavonoids.

Cocoa butter – a pale-yellow, pure edible vegetable fat extracted from the cocoa bean. Cocoa butter is one of the most stable fats known, containing natural antioxidants that prevent rancidity.

Copper – is the third most abundant trace mineral in the body, but it is often deficient in a person's diet because food sources high in this mineral are not always eaten frequently (such as oysters and liver). Copper works together with iron to make red blood cells and is the major component of the outer coating

of nerve fibres and collagen. Copper is used by the body, along with zinc and manganese, to manufacture numerous enzymes, many of which work as antioxidants. Copper is also used in metabolising protein and iron, and producing melanin (colour pigment) in hair and eyes.

Corn silk – also known as zea mays, is the silk on the cob of a corn. Corn silk has been used to promote healthy activity of the urinary tract and is a mild diuretic. In Chinese medicine it is used as a treatment for water retention.

Cyanocobalamin (Vitamin B12) – helps make red blood cells, for cardiovascular health.

Dandelion leaf – A natural diuretic, it is commonly used to help remove excess water and toxins from the body.

Dextrins – is a low molecular weight carbohydrate – produced by the hydrolysis of starch (or glycogen) to sugars by heat, by acids and by enzymes. It is a natural fibre, which can aid your body's natural ability to expel waste.

Dextrose – see Glucose.

Docosahexaenoic acid (DHA) – DHA is an Omega 3 fatty acid and is the most abundant Omega-3 fatty acid in the brain and retina. Dietary DHA may reduce the risk of heart disease by reducing the level of blood triglycerides in humans. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Eicosapentaenoic acid (EPA) – EPA is an Omega 3 fatty acid that is converted into prostaglandins in the body – these hormone-like substances are considered to be essential for proper brain function, improve immune function and help reduce inflammation. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Electrolytes – are inorganic salts or complex molecules that separate into positively charged ions when dissolved in water. These ions are responsible for numerous physiological activities and excess levels are regularly excreted in the urine. They therefore play a key role in maintaining the system that regulates water balance.

Enzyme – a protein in the body that speeds up a biological process.

Essential fatty acids – EFAs are fatty acids that humans and other animals must ingest because the body requires them for good health but cannot synthesise them. Only two EFAs are known to be beneficial for humans: alpha-linolenic acid (an Omega 3 fatty acid) and linoleic acid (an Omega 6 fatty acid).

Fenugreek – a soluble fibre renowned for its beneficial qualities, forms a gel in the stomach, taking up room, so you are likely to eat less, feel full longer without hunger pangs and cravings.

Fibre – found in whole fruits, vegetables, beans, and grains like oats and brown rice. Contains plenty of vitamins and minerals, helps you feel full and keeps you regular.

Flavenoids – see bioflavonoids.

Folate – see folic acid

Folic acid – helps make red blood cells; important for women of childbearing age.

Free radical – a highly reactive and unstable molecule.

Fructose – a natural sugar found in most fruits and some vegetables.

Garlic – in herbal medicine, garlic has long been used for hoarseness and coughs. Garlic is also alleged to help regulate blood sugar levels and has been found to enhance thiamin absorption.

Ginger – in traditional medicine, often used to treat colds.

Glutamic acid hydrochloride – Glutamic acid, or glutamate, is an amino acid that occurs naturally in the body. Generally recognized for its power as a neurotransmitter, glutamic acid is a hydrochloride (HCL) and often used to flavour food or as a supplement to promote digestion.

Glucosamine sulphate – a natural compound found in healthy cartilage and connective tissue. The cartilage producing cells in our body can either synthesise glucosamine themselves or obtain it from circulating preformed glucosamine (supplements). As we age, the body's ability to produce glucosamine decreases so supplementation is advised to help repair and rebuild worn or damaged cartilage, associated with osteoarthritis.

Glucosamine hydrochloride – clinically proven to be as effective as a prescription medicine for the relief of the symptoms of mild to moderate osteoarthritis. Glucosamine also helps to delay the progression of the disease.

Glucose – also known as dextrose or grape sugar, is a simple sugar (monosaccharide) and is our body's primary source of energy. This type of sugar comes from digesting carbohydrates into a chemical that we can easily convert to energy.

Glutamic acid (HCL) – an excellent form of Hydrochloric acid which produces enzymes which assist in the breakdown and digestion of foods in the stomach, such as fibrous meat.

Green tea – a 4,000 year-old tea, rich in antioxidants. Has been well-researched and shown to be rich in polyphenol antioxidant nutrients. It contributes to a general feeling of wellbeing. Green Tea contains caffeine but in general, green tea contains one third less caffeine per cup than coffee.

Guarana – a South American native climbing shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is gentler on the digestive system than many other forms of caffeine, and preferred by many as an alternative to coffee. Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

Hibiscus flower – studies have shown that

drinking hibiscus tea can lower high blood pressure and reduce high cholesterol levels in many individuals.

Inositol – is a form of sugar that is produced by the human body from glucose. It is a naturally occurring nutrient that is usually classified as a carbohydrate. In the human body, it plays a major role in preventing the collection of fats in the liver, as well as promoting healthy hair growth. The presence of inositol also aids in efficient processing of nutrients into the conversion of energy, which in turn helps the body to maintain a healthy metabolism. Inositol also can be considered brain food, as the nutrient is necessary to properly nourish the brain.

Iodine – formation of thyroid hormones required for growth and development.

Iron – formation of red blood cells which are involved in transport of oxygen to all body tissues.

Isoflavones – types of bioflavonoids that are found naturally occurring in plants, most commonly found in the soybean; strong antioxidants.

Lactobacillus acidophilus – enhances the body's ability to control pathogenic microorganisms; helps support the immune function; and naturally improves bowel function. Acidophilus is found naturally in fermented foods, such as yoghurt and sauerkraut, and is regarded as the most beneficial and versatile of the Lactobacilli family of 'friendly' bacteria.

Lecithin – an emulsifier; is a lipid material composed of choline and inositol, is found in all living cells as a major component of cell membranes, which regulate the nutrients entering and exiting the cell. Chemically it is phosphatidylcholine, a phospholipid that is part of the cell structure in both animals as plants. Phospholipids are needed by every cell in the body and are key building blocks of cell membranes; without it, the cell membranes would harden.

Lemon peel – rich in bioflavonoids and is a natural antioxidant.

Linoleic acid – a polyunsaturated Omega 6 fatty acid that is found in the lipids of cell membranes. It is an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components.

Linolenic acid – is an unsaturated Omega 3 fatty acid and is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components. Commonly found in many vegetable oils.

LipoSan Ultra – a patented form of Chitosan that becomes soluble in stomach acid and works faster.

Malva sylvestris – also known as mallow, this gentle herb is often used in herbal teas to hydrate and soothe the digestive system, and to regulate its function due to its laxative action.

Manganese – a mineral that is good for bone and cartilage health and acts as a cofactor in several metabolic and enzymatic reactions. Is a component, with zinc and copper, of the antioxidant enzyme system. Needed for healthy bone and nervous system.

Magnesium – is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady.

Molybdenum – carbohydrate metabolism, vital role in iron utilisation.

Monounsaturated fat – Monounsaturated fatty acids are liquids at room temperature and semi-solid or solid when refrigerated, for example, olive oil. Monounsaturated fats can have a beneficial effect on health when eaten in moderation and when used to replace saturated fats or trans fats.

Niacin (Vitamin B3) – Also known as Nicotinamide, is a water soluble vitamin which is a vital component of the human diet. In addition to reducing cholesterol levels, it contributes to the regulation of metabolism and cell repair.

Oleic acid – a monounsaturated Omega 9 fatty acid that is found in various animal and vegetable fats. It is considered to be one of the healthier sources of fat in the diet. It is commonly used as a replacement for animal fat sources that are high in saturated fat.

Omega-3s – essential nutrients that help maintain a healthy heart, brain, eyes, skin, joints, hair and immune system. Omega 3s provide temporary relief from the pain of arthritis. These essential fatty acids play a part in many metabolic processes and supplementation is important because the body cannot produce Omega 3s and must therefore obtain them from dietary sources. Linolenic acid is the primary Omega 3 fatty acid.

Omega-6s – an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is the primary Omega 6 fatty acid.

Omega-9s – an essential fatty acid, but technically not an EFA, because the body can produce a limited amount, provided that essential EFAs are present. Oleic acid is the primary Omega 9 fatty acid.

Orange pekoe – a medium-grade black tea consisting of many whole tea leaves composed purely of new flushes – a flush is the flower bud plucked with two youngest leaves – any other leaves produce teas of lower quality.

Oxidation – occurs when life essential oxygen combusts within the human body and produces by-products called free radicals.

Pantothenic acid (Vitamin B5) – metabolism of carbohydrates, fats and proteins; antibody production; nervous system.

Parsley leaf – source of volatile oils and bioflavonoids, is also an excellent source of two vital nutrients : Vitamin C and Vitamin A (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene).

Pectin – is a complex carbohydrate, which is found both in the cell walls of plants, and between the cell walls, helping to regulate the flow of water in between cells and keeping them rigid. It is used in food as a gelling agent and is a good source of dietary fibre.

Glossary of Terms

Peppermint oil – essential oil that minimises after taste in Herbalifeline®.

Phosphorous – formation of teeth and bones; metabolism of fats, carbohydrates and protein.

Potassium – fluid regulation and transport of nutrients into and from cells; muscle contraction.

Phytonutrients – plant-derived nutrients with many health benefits and antioxidant properties. Polyunsaturated fat – Polyunsaturated fats lower total cholesterol and LDL cholesterol (bad cholesterol). Seafood like salmon and fish oil, as well as corn, soy, safflower and sunflower oils are high in polyunsaturated fats. Omega 3 fatty acids belong to this group.

Potassium – an essential mineral and micronutrient in human nutrition – found inside cells, it is an important mineral for maintaining fluid and electrolyte balance in the body.

Protein – a molecule with a mission. Our bodies require different types of proteins for different functions such as movement (muscles), growth (hormones), digestion (enzymes) and even sight. Protein also elevates our mood, helps control hunger, fatigue, and assists with weight management. Eating the right amount of protein daily helps you maintain lean body mass (LBM) as you lose weight. The more LBM you have, the higher your metabolism and the more rapidly you burn calories and stored fat.

Psyllium seed husk – herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis, and constipation.

Pyridoxine (Vitamin B6) – healthy immune system; formation of red blood cells; Premenstrual Syndrome (PMS).

Riboflavin (Vitamin B2) – maintains health of skin, mucous membranes, eyes and normal muscular function; breaks down protein and glucose.

Rose hip – the fruit of the rose plant and high in vitamin C content; also contain some vitamin A and B, essential fatty acids and antioxidant bioflavonoids.

Rosemary – extract produced from rosemary leaves and rich in antioxidants. Rosemary contains more than a dozen antioxidants, one particularly potent – rosmarinic acid. Herbalists consider Rosemary ideal as an all round tonic and to provide a natural uplifting effect. Studies show rosemary may protect against free radical damage both internally and externally.

Safflower oil – supplies oleic, linoleic and linonic acids that complement your diet. Contains the highest source of polyunsaturated fats than is found in any other type of vegetable oil.

Saturated fat – is solid at room temperature. It comes from animals (meat, cheeses, eggs etc.) and palm kernel oil. These fats are not essential and are the type that encourage free radical damage, and should be kept to a minimum. The more solid (saturated) a fat is, the more difficulty your body has digesting it, and because of this, it is more likely to be deposited and stored.

Selenium – essential mineral vital for normal function of the immune system and thyroid gland. Selenium is an antioxidant and due to declining amounts of selenium found naturally in soil, it is important to supplement your diet.

Silicon dioxide – an emulsifier.

Stearic acid – a saturated fatty acid.

Sodium – an essential mineral for all animal life.

Sodium chloride – also known as common table salt. Assists in the elimination of water by drawing out of cells through osmosis.

Sodium citrate – acidity regulator

Sorbitol – a sugar substitute that is also known as glucitol is about 60% as sweet as sucrose with fewer calories.

Soy protein – a protein derived from soybeans and the only vegetarian source of complete protein. It is equal to animal sources of protein such as meat, eggs and milk. This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Sucralose – an artificial sweetener made from sugar but with no calories.

Tableting agent/aid – can include diluents, binders or granulating agents, glidants (flow aids) and lubricants to ensure efficient tableting.

Taurine – an amino acid that serves many different functions in the body. In certain situations, taurine provides a boost as the body cannot make enough Taurine to meet its needs.

Thiamine or thiamin or vitamin B1, named as the “thio-vitamine” is a water-soluble vitamin of the B complex

Thyme oil – essential oil that helps improve digestibility.

Tomato fruit – rich in Vitamin C and the phytonutrient lycopene.

Turmeric – contains Vitamin C, E, and carotenoids.

Trans fat – is the common name for an unsaturated fat that has been hydrogenated. Hydrogenation is widely used to solidify liquid vegetable oils to make products such as margarines and shortenings and involves adding hydrogen to the oil. Unlike the ‘good’ unsaturated fatty acids found in fish and vegetable oils, trans fats behave similarly to saturated fats in the body and have similar health issues. The consumption of trans fats increases the risk of coronary heart disease by raising levels of ‘bad’ LDL cholesterol and lowering levels of ‘good’ HDL cholesterol.

Triglyceride – the chemical form in which most fat exists in food as well as in the body; triglycerides are also present in blood plasma and, in association with cholesterol, form the plasma lipids. Triglycerides in plasma are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates. Calories ingested in a meal and not used immediately by tissues are converted to triglycerides and transported to fat cells to be stored. Hormones regulate the release of triglycerides from fat tissue so they meet the body’s needs for energy between meals.

Unsaturated fat – Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. Unsaturated fats fall into two main groups – mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega 3 (alpha linolenic acid) and Omega 6 (linoleic acid) essential fatty acids.

Vitamin C – is a water-soluble vitamin that is essential for normal growth and development. Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. That means you need a continuous supply of such vitamins in your diet.

Whey Protein – is a mixture of globular proteins isolated from whey, the liquid material created as a by-product of cheese production. Whey protein is commonly marketed and ingested as a dietary supplement.

Zinc – needed for healthy reproductive and immune systems, it is also required for tissue repair and renewal. Is a component, with manganese and copper, of the antioxidant enzyme system.

Outer Nutrition

Aloe Vera – is a natural moisturizer that can also be used internally to aid in digestion.

Apple extract – source of vitamins A and C as well as zinc, all essential for healthy glowing skin.

Apricot Oil – this moisturising oil contains vitamins A and E and helps skin retain elasticity and suppleness; helps fight acne.

Avocado Oil – is high in sterolins which are reputed to reduce age spots and help heal sun damage and scars; deeply hydrates skin; helps prevent dry hair and scalp.

Beeswax beads – for smoothing & polishing skin.

Calendula flower – also known as pot marigold; soothes and softens hair and skin with natural anti-inflammatory and healing properties

Carrot extract – source of vitamins A, C and E.

Chamomile – Helps soothe irritation and rejuvenates the skin

Citrus extracts – contain Vitamin C for protection against free radical damage and give a fresh citrus scent.

Clover – hydrates skin without greasiness.

Eucalyptus Leaf Oil – balances skin's natural moisture barrier.

Eyeliss™* – a breakthrough ingredient that reduces water retention around the eyes, helping to minimise the appearance of under-eye puffiness and dark circles.

Ginger root – Helps stimulate healthy hair growth by allowing the maintenance of protein levels

Ginkgo leaf – antioxidant

Glucosamine – has internal and external benefits – it helps repair and maintain cartilage, and helps support joints and ligaments. It also helps to improve, repair and rebuild weak and damaged skin cells and is compatible with all skin tissue.

Grape seed – Helps stimulate healthy hair growth; an antioxidant which protects the skin from premature ageing.

Grapefruit extract – works deep into the skin to fight bacteria that causes acne.

Hydrolite 5 – acts as an excellent skin moisturizer.

Jojoba – Replenishes the natural oils produced by skin and hair; has natural moisturising properties and can provide healing benefits to the skin; its beads smooth and polish skin.

Kukui Nut Oil – derived from a nut grown in the Pacific Islands, this oil is an excellent emollient and has a non-greasy after-feel.

Lavender – helps the skin heal itself by stimulating cell growth, reducing inflammation and balancing the production of oil.

Lemon Extract – full of vitamin C, this adds a healthy glow to skin and improves its overall health.

Lime extract – rejuvenates the skin, keeps it shining and protects from infection due to high levels of vitamin C.

Linked Papain – a plant-derived enzyme from the papaya fruit, helps exfoliate dead and damaged cells from the skin's surface and enhances skin smoothness.

Milk Thistle Oil – also known as silybum marianum; cleanses and detoxifies

Nettle Extract – for added shine on hair

Olive Oil – nourishes and moisturises skin.

Orange Oil – balances skin's natural moisture barrier; full of vitamin C, this adds a healthy glow to skin and improves its overall health

Panthenol – a form of vitamin B5 that acts as a moisturizer; is absorbed deeply into the skin and adds essential moisture.

Pheohydrane P – derived from a marine source, this ingredient provides long-lasting moisturisation.

Rosemary extract – Helps strengthen and rejuvenate hair.

Tea Tree Oil – helps control shine and reduce oiliness.

Sage extract – conditions and softens hair while moisturising and soothing the scalp

Sesame seed oil – rich in antioxidants.

Shea Butter – derived from the Shea Tree, a plant species grown in Africa, Shea Butter moisturises and helps maintain the elasticity of the skin.

Siberian Ginseng Extract – tightens and smoothes the skin and helps reduce the appearance of fine lines.

Sunflower Seed Oil – light oil containing vitamins A and E.

Sweet Almond Oil – helps replenish oils lost during the cleansing process.

Vitamin A – antioxidant that guards cells from damaging free radicals; helps improve skin moisture and renewal.

Vitamin C – antioxidant that protects the skin against free radical damage and is the most prevalent vitamin found in the skin; helps produce collagen, promotes firm skin tone and supports the skin's immune system, but is rapidly depleted with exposure to the sun.

Vitamin E – antioxidant that plays an important role in protecting against premature ageing by reducing the appearance of fine lines and wrinkles; helps protect cells; helps smooth skin surface and reduce inflammation.

Wheat protein – a moisturising and strengthening protein known for increasing hair's ability to maintain and receive moisture

Wheatgerm oil – contains Vitamin E

Willowherb – works as a natural skin exfoliant to help unplug follicles and pores.

Witch Hazel – derived from a plant source, this ingredient is a skin freshener.

Ylang ylang – softens and smooths skin.



Contact your Independent Herbalife Member today:

© 2024 Herbalife Australasia Pty Ltd,
PO Box 61, Marleston, SA 5033.
All Rights Reserved.
A.B.N. 42 008 003 030.

All product and company names suffixed by an ® or ™ are registered or pending registrations of Herbalife International Inc.

Follow us



FACEBOOK
Facebook.com/
HerbalifeAustraliaNewZealand

Scan the QR code to follow
our **Facebook** page

INSTAGRAM
Instagram.com/
HerbalifeANZ



Scan the QR code to follow
our **Instagram** page

www.herbalife.com.au

