

Herbalife 



NUTRITION FOR YOUR BEST LIFE

Changing people's lives for more than 40 years

DELIVERING OPTIMUM NUTRITION

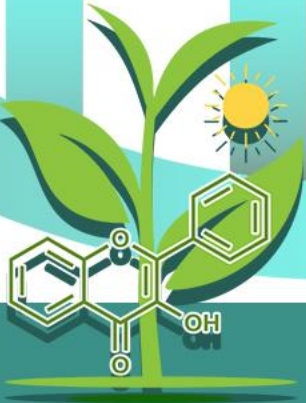
**Cellular Science + Personal
Nutrition Needs**



Protein



Hydration



Phytonutrients



Fiber



Healthy Fats



Vitamins
&
Minerals

QUALITY

Starts with our Seed to Feed Process

Ingredients with a
PURPOSE

CARE
at every stage

Nutrition you can
TRUST



Global Nutrition Philosophy

WHAT YOUR BODY NEEDS

Targeted Nutrition



Digestive Support



Enhancers



Mahalagang Paalala: Ang mga produktong ito ay hindi gamot at hindi dapat gamiting panggamot sa anumang uri ng sakit.

Disclaimer: These product are not intended to diagnose, treat, cure, or prevent any disease.

30%
Healthy Fats

30%
Protein

40%
Carbohydrates

Heart Support



Personalized Weight Support



Aloe Body & Hair Care



Sports Nutrition



Our products work together to help you get started with your healthy eating habits



Live your best life. **Start Now.**



Protein

- ✓ First solid component in your body
- ✓ Essential part of your body composition
- ✓ Helps with muscle growth



Formula 1 Nutritional Shake Mix

9g
Protein

90
Calories

19
Vitamins
&
Minerals

**Antioxidants
A, C, & E**
to combat
oxidative
damage



Weight
Management



Fitness Goals



Option for
Everyday Health



A solution to your body's nutrition needs available in flavors:

French Vanilla

Dutch Chocolate

Wild Berry

Cookies & Cream

Dulce de Leche

Sources:
www.medicalnewstoday.com/articles/325873
- Dana Ryan PhD, M. M. (2021). 5 Key Benefits of Protein for Health and Athletic Performance.
Retrieved from lamherbalifenutrition.com: <https://lamherbalifenutrition.com/fitness/protein-benefits/>

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PERFECT ADDITION TO YOUR SHAKE:

- + Formula 3 Personalized Protein Powder
- + Simply Probiotic

Low & High GI Food and Hunger

Low GI

Complex Carbohydrates
Gradual blood sugar increase
Feel full longer

High GI

Refined Carbohydrates
Large blood sugar fluctuations
Rapid rise & drop*
Feel hungry quickly



Herbalife Formula 1
Nutritional Shake Mix



Banana, Apple, Nuts



Corn, Pumpkin, Sweet Potato,
Whole Grain Rye Bread



White Rice, Honey, White Bread,
Potato

Low GI
0-55

Medium GI
56-69

High GI
>70



All these nutrients in one shake

9g of Protein

as much as 2 eggs (76g)



18.75mg of Vitamin C

as much as 1 cup of blueberries (148g)



3.4g of Fiber

as much as 1 banana (126g)



397.5mcg of Vitamin A

as much as 1 peach (147g)



10 IU of Vitamin E

as much as 2 avocados (402g)



250mg of Calcium

as much as 2 cups of cottage cheese (290g)



Power Up!

Personalized Protein Powder



Formulated with a blend of good quality soy and whey protein.



Protein provides essential amino acids needed in tissue building and growth.

5g Total Protein per tablespoon **20** kcal per serve



Key Ingredients:

Soy protein Isolate and Whey Protein Concentrate

A great additional **protein intake**

Consume in two delicious ways:



Add it to your Formula 1 Shake

Prepare it with tasty, calorie-controlled snack

Sources: Gunnars, K. (2019, March 8). 10 Science-Backed Reasons to Eat More Protein.

Retrieved from [www.healthline.com: https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein](https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein)

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Herbalife



Discover your healthy pleasure High Protein Iced Coffee

80
calories per serving

ZERO Sugar

15g
Protein

Made with good quality
**100% Robusta Espresso
Coffee Beans**
roasted in Brazil



Key Ingredients:
**Soy protein
Isolate and Whey Protein Concentrate**



Suitable for vegetarians



Gives an energy lift



Perfect mid-morning or afternoon snack

Flavors:



Cafe Latte



Mocha

Hydration

Experts recommend drinking roughly **11 cups of water** per day for the average woman and **16 cups of water** per day for men.

Not all of those cups have to come in plain water; some can come from:

 **Water flavored with fruit or vegetables**
(lemon, berries, orange or cucumber slices)

 **Coffee**

 **Tea**



Herbalife

Herbal Aloe Concentrate

Keeps you
Refreshed

0-2 calories per serving
depending on variant

Supports
Digestive System

Premium-quality
Aloe Vera Concentrate



Perfect partner with:

- ▶ Herbal Concentrate Instant Powder Mix
- ▶ Formula 1 Nutritional Shake Mix



Available in: • Original • Mango • Mandarin

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Herbalife

Herbal Concentrate Instant Powder Mix



Provides
Energy support

☀️ Mental Acuity ☀️ Energy Boost

Infused with natural
Green & Black Tea Extract

5 calories per serving

Zero Sugar

Available in:

• 51g Original • 102g Original • 102g Apple Chamomile

PERFECT ADDITION TO YOUR TEA:

⊕ Simply Probiotic



Key Ingredients:
**Green Tea, Black Tea
Orange Pekoe**

Source: [healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea)

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Herbal Retreat Tea



Relaxes the body and calms mind



Peppermint Flavor

Supports



Positive Mood



Restful Sleep

No Artificial
flavors or sweeteners



Key Ingredients:
**Lemon Balm, Lavender
Chamomile, Passionflower**

1 Source: <https://www.mentalhealth.org.uk/a-to-z/s/stress>

2 Source: European Medicines Agency (2013). Community herbal monograph on *Melissa officinalis* L., folium. C. o. H. M. P. (HPMC). London, UK, European Medicines Agency.

3 Source: Health Canada (2019). Monograph: Lemon Balm. Natural Health Products Ingredients Database. Health Canada

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Any tea, any time



Whether you want a burst of energy or a soothing and relaxing moment, you can count on us. Take a look at our various blends below for your perfect cup of tea.

Product



*Herbal Tea Concentrate Original Flavor



*Herbal Retreat Tea Peppermint Flavor

Benefit

Jumpstart your day with an energizing boost

Support relaxation and a feeling of calmness

Type of Tea

Blend of Black, Orange Pekoe and Green teas

Blend of Lemon Balm, Chamomile, Lavender & Passionflower

Details

- Instant tea with 5 calories
- 30 servings per bottle (51g)
- 60 servings per bottle (102g)
- Each serving is 1.8g (more than ½ teaspoon)
- Naturally and artificially flavored

- Instant tea with 4 calories
- 60 servings per bottle (51g)
- Each serving is 0.8g (a little less than ½ teaspoon)
- No artificial flavors or sweeteners

Caffeine Level

54mg

No added caffeine



Vitamins & Minerals

- ✓ Micronutrients are vitamins and minerals
- ✓ Micronutrients are essential and must be obtained through your diet
- ✓ An adequate micronutrient supply is key for sustainable health



Formula 2 Vitamins & Minerals

24
Vitamins
&
Minerals



**Immune
Support**

**Energy
Support**

**Antioxidants
(Vit A, C & E)**



Incorporate our **Vitamins & Minerals** into your daily regimen to help draw the gap of meeting your daily nutrients requirements.

Complete with 24 Vitamins and Minerals, to provide and support your daily active lifestyle needs.



PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Herbal Aloe Concentrate
- + Herbal Tea Concentrate

Sources:

1. Fletcher, J. (2019, July 16). A guide to antioxidant foods. Retrieved from medicalnewstoday.com: <https://www.medicalnewstoday.com/articles/3258732>.
2. Maggini, C., and Maggini, S. (2017, November 3). Vitamin C and Immune Function. Retrieved from www.ncbi.nlm.nih.gov: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>

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Herbalife

Immulift

EPICOR®
Clinically
Researched

**Blackcurrant
Flavor**

Multiple
levels of
**Immune
Support**



Herbalife Immulift provides multiple levels of immune lift through EpiCor®, Vitamin C, Vitamin D3, Selenium and Zinc.



Perfect to take with:

- Formula 1 Nutritional Shake Mix
- Herbal Aloe Concentrate
- Herbal Tea Concentrate

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

DISCLAIMER: THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

MAHALAGANG PAALALA: ANG PRODUKTONG ITO AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT

Herbalife

Mineral Herbal Complex

Supports
**Electrolyte
Balance**

Supports
**Balanced
pH level**

Magnesium

Sodium

Calcium

Potassium



If you are not having sufficient electrolytes in your diet, you might want to incorporate **Mineral Herbal Complex** in your daily regimen.

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Herbal Aloe Concentrate
- + Herbal Tea Concentrate
- + Vitamins & Minerals

Source: medlineplus.gov/fluidandelectrolytebalance.html

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Herbalife

Xtra-Cal Advanced



Xtra-Cal Advanced is a nutritional supplement that provides calcium, which helps in the formation and maintenance of bones and teeth.

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Vitamins & Minerals



Calcium

Vitamin D

Supports
**Development of
Bones & Teeth**



Magnesium

Zinc

Copper

Ocular Defense

Supports
**Good
eyesight**



Vitamin A

Vitamin C

Vitamin E

Lutein



Aging and environmental factors may contribute to deterioration of the vision of the eye.

Ocular Defense is formulated with lutein and Vitamins A, C & E.

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Herbal Aloe Concentrate
- + Herbal Tea Concentrate
- + Vitamins & Minerals

Cell Complex



Formulated with care, **Cell Complex** combines carefully selected botanicals and essential nutrients to create a potent blend.

This unique formulation ensures that each tablet is enriched with the goodness of nature and different antioxidants.

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Vitamins & Minerals

Supports
Aging well

Supports
**Strong
immune
system**



**Alpha-Lipoic
Acid**

Resveratrol

Aloe Vera Gel


**Pomegranate
Extract Powder**

N-R-G (Nature's Raw Guarana)

Guarana
Seed Powder

Provides
**Energy support
and mental
alertness**

3
calories
per tablet



Guarana is loaded with compounds that have antioxidant properties, which is similar to green tea.

Get recharged with this product which contains natural occurring caffeine from Guarana Seed.

Caffeine helps to support mental alertness and provides a gentle perk-me-up to help you stay focused through the day.

Source: [healthline.com/nutrition/guarana-benefits](https://www.healthline.com/nutrition/guarana-benefits)

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Herbalife

Triple Berry Complex



A combination of three different types of berries - **cranberries**, **blueberries** and **bilberries** that contains proanthocyanidins which has antioxidant properties.¹

Supports **Women's optimal wellness and general daily nutrition**



Cranberries

Bilberries

Blueberries

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Herbal Aloe Concentrate
- + Herbal Tea Concentrate
- + Vitamins & Minerals

Source: ¹[www.webmd.com > diet > features > antioxidants-in-fruits](http://www.webmd.com/diet/features/antioxidants-in-fruits)

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Herbalife

Tang Kuei Plus

a combination of Chinese herb with modern science

Supports
**Women's optimal
wellness and
general daily
nutrition**

Chamomile

Dong Quai

Vitamin C



This product contains **Dong Quai Extract** which is known to:

- Help relieve pain from pre-menstrual syndrome (PMS)¹
- Help improve blood circulation²
- Great supplement to support general wellness

Sources: ¹Villanes, Z. (2023, March 21). What are the benefits of chamomile tea? [www.Medicalnewstoday.com/](https://www.medicalnewstoday.com/). <https://www.medicalnewstoday.com/articles/320031> ²Raman, R., MS RD (2020, February 19). 7 Impressive Ways Vitamin C Benefits Your Body. [Www.Healthline.com](https://www.healthline.com/nutrition/vitamin-c-benefits). <https://www.healthline.com/nutrition/vitamin-c-benefits> ³Heitz, D. (2019, April 1). Why Is Dong Quai Called the 'Female Ginseng'? [www.Healthline.com](https://www.healthline.com/health/dong-quai-ancient-mystery). www.healthline.com/health/dong-quai-ancient-mystery

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Herbalife

Fiber

An adequate fiber intake is required to support our digestive health, which affects our immune system and overall health.

Dietary fiber is essential for proper diet and nutrition.



Fiber & Herb

Fiberbond



Key Ingredients:

Papaya
Parsley
Fennel Seed
Peppermint
Chamomile



DIGESTIVE SUPPORT



Key Ingredients:

Apple
Acacia
Orange
Oats

Fiber and Herb should be taken after meals as a fiber supplement (as add on to food rich in fiber.)

Fiberbond should be taken ½ hour before meals with full glass of water



Dietary fiber supports the digestive process, helps to fill up and promotes the growth of friendly bacteria in digestive tract. They are called the prebiotics.

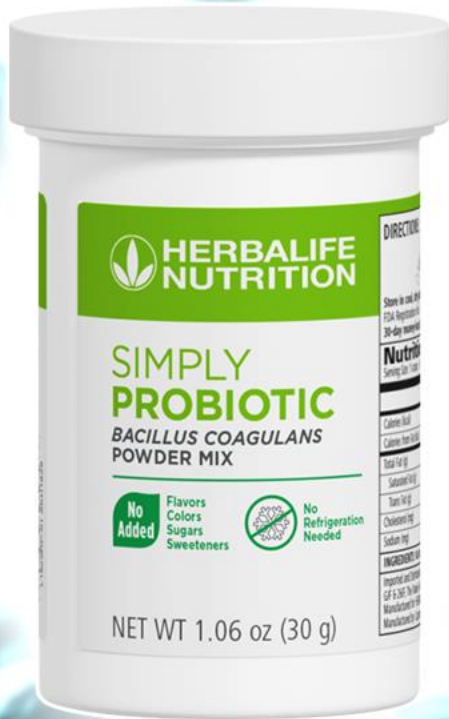
Source: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983)

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Herbalife

Simply Probiotic



Simply Probiotic contains Bacillus Coagulans. Probiotics are good bacteria for your digestive system.

4
calories
per serving

Formulated with
**Bacillus
Coagulans**

No added
flavors, colors, sugars
or any sweetener

You may enjoy it either
Hot/Cold

PERFECT TO TAKE WITH:

- + Formula 1 Nutritional Shake Mix
- + Herbal Aloe Concentrate
- + Herbal Tea Concentrate

Source: [healthline.com/health/bacillus-coagulans](https://www.healthline.com/health/bacillus-coagulans)

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Herbalife

Active Fiber Complex

Level Up Your Fiber Intake

Supports
Digestive Health

Contains
Soluble & Insoluble Fiber



Promotes
Regularity
and minimizes bloating

Contains
6g of Fiber
per serving

If you need more fiber in your diet, you might want to consider incorporating Herbalife Active Fiber Complex, as part of your diet.



Active Fiber complex contains a blend of insoluble and soluble fiber which helps to promote a sense of overall well-being by maintaining healthy digestion, promoting bowel regularity and the growth of good bacteria.

Source: www.nutritionsource.hsph.harvard.edu/carbohydrates/fiber/HealthExchange.Sg, SingHealth. Dietary Fibre: Health Benefits, Best Sources of Fibre and More. <https://www.healthxchange.sg/food-nutrition/food-tips/dietary-fibre-health-benefits-sources-fibre>

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Herbalife

Healthy Fats

Up to **30%** Healthy Fats from food and supplements



🔹 Omega-3 Fatty Acids



🔹 Omega-6 Fatty Acids

Herbalifeline

Boost your Omega-3

Heart Support

Rich in both EPA and DHA, which are two important components of Omega-3 essential fatty acids.

Omega-3 essential fatty acids is an important constituent found in each cell of your body.



Contains
Omega-3
consisting **EPA & DHA**

Niteworks

Embrace life's rhythm, nurture your heart

Heart Support

A revolutionary dietary supplement that contains a unique blend of L-Arginine and L-Citrulline with other blend of antioxidants.

Helps support the production of Nitric Oxide in the body.



Nitric Oxide

Folic Acid

Vitamin C & E

Mega Garlic Plus with Vitamin C

Heart Support

Potent benefits of garlic paired with the immune-boosting power of Vitamin C in Herbalife's Mega Garlic Extract.

High-quality supplement crafted to deliver the best of both worlds: the health-enhancing properties of garlic without the common drawback of lingering breath odor.



Contains
**Garlic &
Vitamin C**

HERBALIFE

24

NUTRITION FOR THE
24-HOUR ATHLETE

**Best athletes
powered by the
best products**



WORK HARD. **REBUILD.** REPEAT.

Rebuild Strength

Protein blend which provides essential amino acids needed to support tissue building and maintenance of muscle.

24g

Whey and
Casein Protein

190

calories
per serving

Helps support
**lean body
mass**



Mix 2 scoops with 240ml of water or any liquid of your choice.

Consume one shake per day within 30 minutes following physical activity





What's new with our Herbal Aloe Body Care?



New, gentle botanical formula

Our new skin body product features a gentle botanical formula that nourishes and revitalizes your skin.



Moisturizes and softens skin

Enriched with Aloe Vera, deeply moisturizes and softens your skin.



No added parabens, sulphates, colors and dyes

Features an improved botanical formula suitable for all skin types.

Herbalife[®] Herbal Aloe Body Care

All-New Gentle Moisturizing Care



Clinically shown to increase skin hydration by 100% after just one use ¹



Clinically shown to leave skin smoother and softer ²



New, gentle botanical formula



Moisturizes and softens skin



No added parabens, sulphates, colors and dyes

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

² Claims supported by individual panel testing

Herbalife[®]

body skincare routine

for a moisturized and hydrated skin



cleanse

hydrate

soothe



Use the products as frequently as needed

Herbalife[®]

Herbal Aloe Strengthening Shampoo and Conditioner

Healthier and Stronger Hair



Reduces hair breakage by 90%



Colour preserving formula



No added parabens, sulphates, colors and dyes



Key Ingredients:



Aloe Vera



Hydrolyzed Wheat Protein

10X

Clinically Shown

10x Healthier and Stronger Hair



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). These results are not typical. Individual results will vary. These products are not intended to diagnose, treat, cure or prevent any disease.



HERBALIFE IS THE #1 WEIGHT MANAGEMENT AND WELL-BEING BRAND IN THE WORLD

Source Euromonitor; CH2024ed, weight management & wellbeing definition; combined % RSP share GBO for 2023.

Herbalife

#1 weight management & well-being brand in the world