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

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

For further information on all our products visit Herbalife.com.

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Nutrition & nurture

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

Our 'Distributor Difference'

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

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







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

Highest quality ingredients

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



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



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





Backed by science



World-class experts

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

Tried and tested

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





Product of the Year 2022 Nutrition Hero 2021 Men's and Women's Fitness

United Kingdom





Product of the Year 2022

France

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





to feed

Great products grow from great ingredients

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

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

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







The Herbalife Family Foundation (HFF) partners with charities and organisations, including Herbalife, to help provide the proper nutrition and education necessary for the wellness of children and communities around the world.

Since its inception, in 2005, HFF provided funding for 178 nonprofit organisations, such as, hospitals, orphanages, schools, and organisations, in over 60 countries.

Impact at a glance

In the past year, HFF's Casa program provided over 206,000 children across global communities with the proper nutrition needed to lead enriching lives.

With the help from our generous donors, over \$50 million were granted through the years, to organisations around the world.





How can you give back?

Donate today to improve the lives of disadvantaged children around the world.



Kickstart your morning with our delicious and convenient breakfast - great-tasting, convenient and takes seconds to make.





Formula 1 Shake Mix

A delicious shake that can be prepared in seconds; it provides protein and key nutrients.



HERBALIFE NUTRITION

AloeMax Concentrate Drink

NET VOLUME: 473 ml



2. Fluids

AloeMax Concentrate Drink

Support your fluid intake with a glass of AloeMax -A tasty and low kilojoule controlled drink, to support your fluid intake.

3. Refresh

Instant Herbal Beverage with Tea Extracts

A refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder. Every serving contains 87.5 mg of caffeine*.





Formula 1 Shakes are made with ingredients suitable for vegans, are gluten free and provide 24 vitamins and minerals. Our Formula 1 Shake Mix come in a variety of delicious flavours, with some also available in sachets for when you are on the go.











* When mixed with semi-skimmed milk (1.5 % fat).



Banana Cream Flavoured 21 servings 550 g #4462



Café Latte Flavoured 21 servings 550 g #4465



Cookie Crunch Flavoured 21 servings 550 g #4467



Mint Chocolate Flavoured 21 servings 550 g #4471



Raspberry & White Chocolate Flavoured 19 servings 500 q #4469



Smooth Chocolate Flavoured 21 servings 550 g #4468





Strawberry Delight Flavoured 21 servings 550 g #4463



Summer Berries Flavoured 21 servings 550 g #4470



Vanilla Cream Flavoured 21 servings 550 g #4466



Vanilla Cream Flavoured 30 servings 780 g #048K

Sachets



Cookie Crunch Flavoured

7 x 26 g, 182 g #228K

Smooth Chocolate Flavoured

7 x 26 g, 182 g #229K



The protein power couple

Upgrade your day by combining Protein Drink Mix Vegan and Formula 1 Shake Mix for a shake with more protein and more fibre than a regular Formula 1 Shake – extra thick and creamy.

Or support your daily protein intake by combining Formula 1 Shake Mix, PDM Vegan and water for a delicious vegan shake mix and contains that contains a combination of protein, fibre, vitamins, and minerals.





Protein Drink Mix Vegan and Formula 1 Shake Mix



F1 Vanilla Cream Flavoured	21 servings, 550 g #4466
PDM Vegan Vanilla Flavoured	20 servings, 560 g #172K



A warm and savoury shake mix that's quick to prepare. Formula 1 Mushroom and Herbs flavoured delivers a rich and creamy soup, that's full of flavour.

Customers say

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



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



21 servings, 550 g

#092K

* When prepared with 250 ml hot semi-skimmed milk (1.5 % fat)

Asparagus Tortilla

Servings: 1

Ingredients

Salt – to taste 80 g asparagus shoots Water, ice



For the dough

1 scoop (13 g) F1 Savoury

40 g whole wheat flour1 egg white2 g curry powder

For the sauce

1 scoop (13 g) F1 Savoury

50 g natural yogurt (3.2 %)

Step 1: Boil up water, add salt and dip asparagus shoots into water for 2 minutes. Take out asparagus shoots and dip them into cold water and ice.

Step 2: For the dough - Mix egg white with F1 Savoury with whole wheat flour and add curry. Make dough, roll it out into a thin sheet, shape a circle. Fry each side on a heated dry frying pan for 30 seconds. Cover tortilla with sauce, fold it in half, and put asparagus inside.

Step 3: For the sauce - Mix yogurt and F1 Savoury Meal.

Nutritional values per serving (238 g)*:

reactification values per serving (250 g) .	
Energy (kJ)	1271
Protein (g)	24.5
Fat (g)	5.6
of which saturates (g)	1.57
Carbohydrate (g)	8.4
of which sugars (g)	4.5
Fibre (g)	6.7
Salt (g)	1.6

^{*}Only when prepared as instructed on the product label does our product deliver the full nutritional benefits described on that label. Please remember that if a Herbalife product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

^{*} When you consume Formula 1 Shake Mix as part of a weight control or weight management, please read carefully the instructions on the product label.

Formula 1

Formula 1 Express Bars, are a great on-the-go snack. Offering both great taste and convenience in one delicious bar. Formula 1 Express Bars contain a blend of protein, fibre, vitamins and minerals.





7 x 56 g, 392 g #4472

Cranberry & white chocolate flavoured

7 x 56 g, 392 g #4473





High Protein Iced Coffee

Every batch has been brewed to be smooth and bold with Robusta espresso coffee beans. Our iced coffee provides 80 mg* of caffeine per serve, 336 kilojoules with no added sugar and we've ramped it up with 15 g of protein per serving. Take it with you everywhere and just add water for a delicious High Protein Iced Coffee experience.



Latte Macchiato Flavoured

14 servings, 308 g #012K





Meet your protein needs





Protein Drink Mix

A delicious protein shake that can be mixed with Formula 1 Shake Mix or enjoyed on its own.



Vanilla Flavoured

21 servings, 588 g #2600

Protein Drink Mix Vegan

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

15.1 g 22 vitamins Gluten added protein & minerals free sugar Vanilla Flavoured

Vanilla Flavoured Sachet

7 x 28 g, 196 g #441K

20 servings, 560 g #172K





Formula 3 Personalised **Protein Powder**

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



40 servings, 240 g

#0242

Convenient protein snacks

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

Plus, they another chance to fuel your body!





Protein Bars

Satisfy your chocolate cravings with a delicious, high protein snack, or enjoy as a treat pre or post exercise.



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

Never fried. Always Popped.





Product packaging may differ in Southern Africa.

Protein Chips

Sour Cream and Onion Flavoured

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



10 servings, 30 c

#142k

Protein Chips

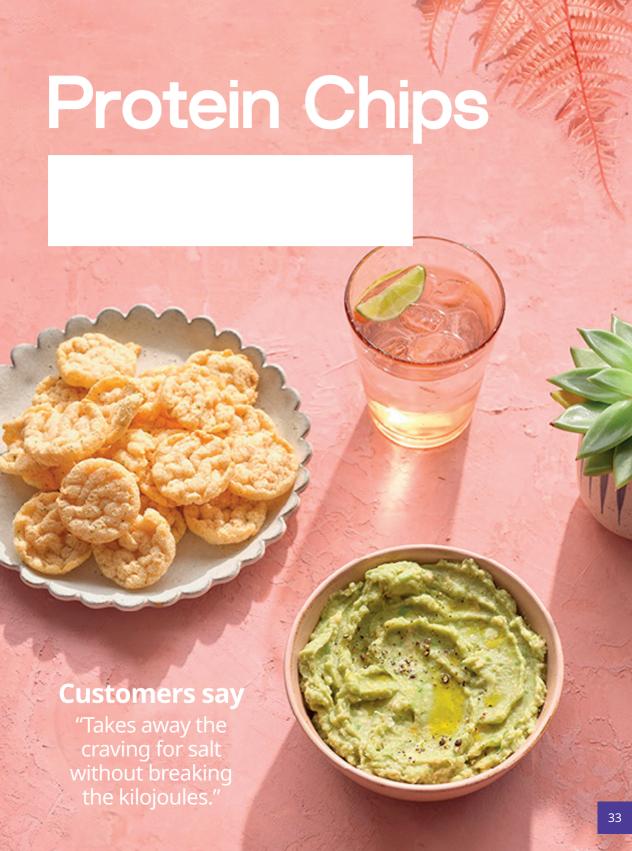
Barbecue Flavoured

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



10 servings, 30 c

#1/1K



For Everyday Support





Get the most from your body

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

While a balanced diet is the best way to obtain these nutrients, it can be hard to manage a our food intake in order to meet the sufficient levels required. Taking vitamin and mineral supplements is a convenient way to keep up with your recommended daily amount.



A blend of caffeine from green tea and yerba mate. Source of Vitamin C.

Contains 84 mg of caffeine per serving.



84 mg caffeine

90 tablets, 78.9 g

#0050







Niteworks®

Night time support



L-Arginine L-Citrulline L-Taurine

15 servings, 150 g

#3150

Cell Activator

B vitamins to unlock the energy in foods.
Source of vitamins B1, B2 and B6.

Source of Zinc.

B vitamins

90 capsules, 48.1 q

#0104



Be sure of your fats

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

Today, we know it's more about achieving fat balance, especially between omega-3 and omega-6 polyunsaturated fats.

The western diet

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

As a concentrated source of kilojoules, Herbalife Philosophy recommends limiting your fat intake to not more than 30 % of your daily kilojoules.

Aim to eat two portions of fatty fish, such as sardines, salmon, or trout, weekly. The long-chain omega-3 fatty acids (EPA and DHA) found in fish, is not efficiently produced by the body, so we need them from food.



Omega-3 Supplement



A marine lipid complex (fish oil) providing EPA and DHA. A capsule with the addition of thyme, clove and peppermint oils.

77 mg of EPA per capsule

48 mg of DHA per capsule

90 capsules, 73 g

#0065









Multifibre

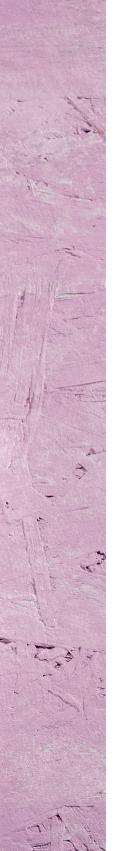
A delicious way to increase daily fibre intake and can be enjoyed with water or mixed with your favourite Formula 1 Shake Mix.



30 servings, 204 g

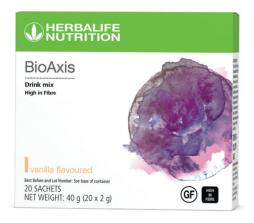
#2554





BioAxis

Formulated to offer you a combination of live bacteria and fibre that work together in harmony to help support your personal goals. It is artificial sweeteners, colourants and preservatives free and doesn't need for refrigeration making it ideal to take wherever you go.





Vanilla flavoured

20 sachets x 2 g, 40 g #173K

The Value of Water

The human body is almost 70 % water, so it stands to reason that we need to keep well-hydrated to stay healthy.

Mineral Addition

Our bodies require enough water to perform various vital functions within the body. From transportation, lubrication and helping you keep your cool, the bottom line is every cell, tissue, and organ needs water. It's basic body housekeeping.









Herbal Aloe Concentrate Drink

Liven up your water to help you to achieve adequate fluid intake of approximately 2 litres per day.

40 % aloe vera juice

Low kilojoule concentrate

Artificial flavouring and colourant free

Mango Flavoured

473 ml #1065

Original Flavoured

473 ml #0006

HERBALIFE

AloeMax Concentrate Drink

97 % Aloe vera juice

NET VOLUME: 473 ml

ine from colourants, sweeteners ad favourings

AloeMax

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

97 % aloe vera juice

9 kJ per serving Artificial colourant, sweetener and flavourings free

473 ml #1196

Herbal aloe concentrate Concentrate Drink mango flavoured

NET VOLUME: 473 ml

NETTOVOLUMEN: 473 ml

Fluid Goals Tea Italnole





Instant Herbal Beverage with Tea Extracts

Lift your day with a cup of Instant Herbal Beverage with Tea Extracts, containing 87.5 mg caffeine*.

- A refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder.
- · Can be enjoyed hot or cold

25 kJ per serving

No added sugar**

Original Flavoured

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



Lemon Flavoured
30 servings, 51 g #180K



Raspberry Flavoured 30 servings, 51 g #182K



Peach Flavoured

30 servings, 51 g #181K

^{*} Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

^{**} Lemon, Peach and Raspberry flavoured variants contains 0.1 g of intrinsic sugar per serving.

Beauty edit

Relieve

Soothing Aloe Cleanser

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

150 ml

Normal to Dry Skin #0765





Cleanse

Polishing Citrus Cleanser

Deep cleansing microbeads leaves skin clean and revitalised.

150 ml

Normal to Oily Skin #0766

Herbalife SKIN range is clinically tested and formulated with botanicals and vitamins. With no added parabens and sulphates, it is prepared with ingredients such as Aloe Vera, Vitamin C, E and B3, to promote softer, smoother and more radiant skin*

Tone

Energising Herbal Toner

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

50 ml #076

Refresh

Purifying Mint Clay Mask

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

120 ml Normal to Oily Skin #0773



Target

Line Minimising Serum

RBALIFE

Line Minimising Serum Ορός Αντιγήρανσης

○ 50 ml **○** 1.7 fl az

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

50 ml #082

Revitalise

Firming Eye Gel

Improves the appearance of firmness around the eyes.

15 ml #0770



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

Exfoliate

Instant Reveal Berry Scrub

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

120 ml

#0772

Protect

SPF 30 Protective Moisturiser

Our moisturiser leaves skin smooth and soft. Provides broad spectrum UVA/UVB protection.

50 ml

#0828







Moisturise

Daily Glow Moisturiser

All-purpose hydrating lotion with illuminating properties to give your face an instant glow.

50 m

#0830

Replenish

Replenishing Night Cream

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

50 ml

#0827

Hydrating Eye Cream

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

15 m

#0771



Beautiful skin

Collagen Complex Drink Mix contains bioactive collagen peptides* called Verisol® P. This product is a source of key vitamins and minerals

Customers say...

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

Source of key vitamins and minerals

Refreshing strawberry and lemon flavoured



Collagen Complex Drink Mix

Strawberry and Lemon Flavoured

30 servings, 171 g #076K

Say aloe to stronger hair and skin

Haircare infused with botanicals and no added Parabens and Sulphates.



Herbal Aloe Strengthening Shampoo

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

250 ml

#2564

Herbal Aloe Strengthening Conditioner

- Strengthens strands for a softer and silkier feel after just one use
- Contains hydrolysed wheat protein

250 ml

#2565









- Gentle plant-derived cleansers help relieve dryness and moisturise your skin
- Blend of desert botanical extracts helps maintain healthy skin

250 ml #2561



Herbal Aloe Soothing Gel

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

200 ml

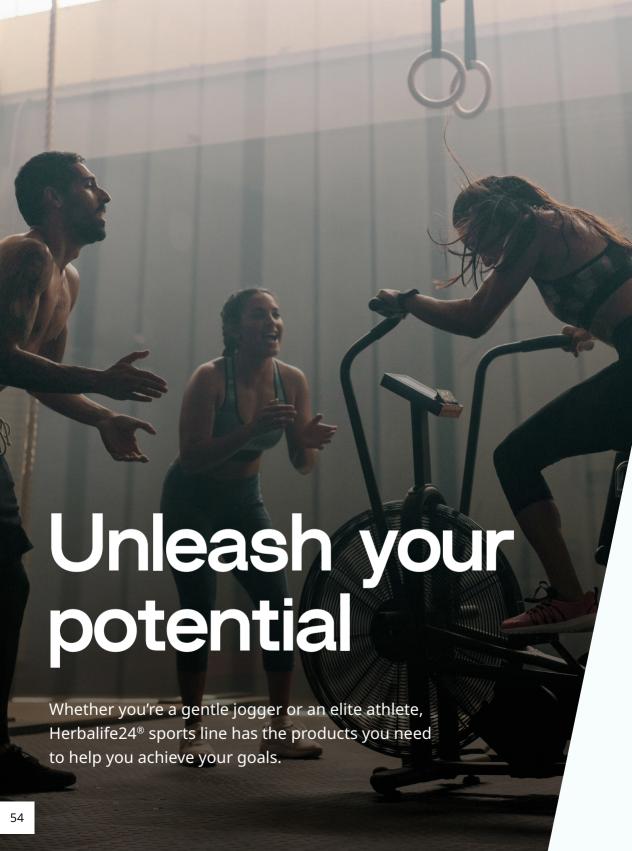
Treat your hair to an intensive conditioning treatment – leave Herbal Aloe Conditioner to soak in for 3 minutes before rinsing for hair that's super-soft and shiny.



Herbal Aloe Everyday Soothing Hand & Body Lotion

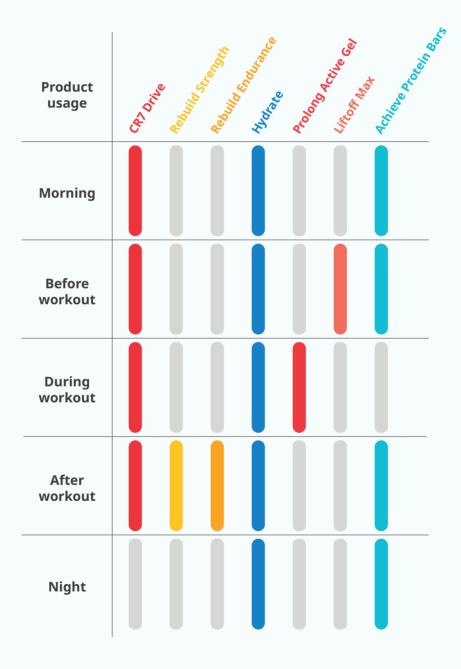
- Lock in moisture for lasting hydration
- Aloe Vera and African shea butter absorb quickly and leave skin feeling soft and smooth

200 ml #2563



Customise Your Herbalife24 programme







1

How can exercise gels support you during exercise?

"When exercising intensively, your body mainly uses carbohydrates as an energy source. However, after 60-90 minutes of intense exercise, carbohydrate stores can be depleted.¹⁻³

Therefore, an exercise gel that provides a blend of carbohydrates can support performance during a prolonged exercise session." $^{4-6}$

How quickly does an exercise gel work?

"Varying factors can determine this, such as:

- · The intensity of your workout
- · Current hydration levels
- · Food and drink already consumed

They often provide optimal carbohydrate sources that are easy to absorb and are generally well-tolerated.⁷⁻⁹

Exercise gels won't work instantly as it can take time to transport the carbohydrates to the muscles."

What are the differences of exercise gels vs carbohydrate-containing food and drinks?

- Exercise Gels are a ready-to-consume and convenient
- They often provide optimal carbohydrate sources that are easy to absorb and are generally well-tolerated.⁷⁻⁹
- For the equivalent amount of carbohydrates, often food sources need to be consumed in larger volumes.

What are the benefits of having a 1:0.8 glucose to fructose ratio?

"At the 1:0.8 ratio, more fructose can be tolerated, therefore a greater total amount of carbohydrate can be provided without causing gastrointestinal upset." 10-15

Should I take an exercise gel with additional fluids?

"Yes. When you exercise for a long time and/or at high intensity you lose fluids through sweat, therefore it's advisable to take exercise gels with fluids and stay hydrated."

When should I take an exercise gel?

"During exercise, you should consume around 30 g of carbohydrates per hour, which might mean taking a gel every 20-30 minutes."

7

Which types of sports are exercise gels suitable for?

"Intense sports such as running, cycling, and team sports like football, especially when these activities last over an hour." 1-3

Check out our new H24 Prolong Energy Gel. For more information visit bit.ly/herbalifeprolong or scan the QR code.



H24 Prolong Active Gel

Support your workouts and reach for new heights.

H24 Prolong Active Gel is a ready-to-consume exercise gel. It contains a 1:0.8 glucose to fructose ratio blend of carbohydrates, making it your partner to help you stay on track during long workouts.

Artificial colourants and artificial sweeteners free.



Strawberry flavoured

10 sachets, 45 g per sachet #402K

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



Stay on track with Prolong



Customers say

"Tastes great and is easy to carry.

Raising the bar



Customers say

"Has an excellent non-chewy texture."

H24 Achieve Protein Bars

A convenient post-workout snack that contains 20.6 g – 21 g of protein to support your fitness goals.

These delicious bars come in two tempting flavours, decadent Dark Chocolate Flavoured or yummy Chocolate Chip Cookie Dough Flavoured. Artificial colourant and artificial flavouring free they're also suitable for lacto-ovo vegetarians!



Dark Chocolate Flavoured

6 servings, 60 g #150K

Chocolate Chip Cookie Dough Flavoured

6 servings, 60 g #149K



Rebuild Strength Pouch

A high protein recovery shake, use after intense exercise. It has added L-Glutamine and BCAAs for athletes. Consume Rebuild Strength following high-intensity or extended exercise.



Chocolate Flavoured

20 servings, 1000 g #1437

Rebuild Endurance

A protein and carbohydrates drink mix with added L-Glutamine and L-Carnitine. Consume Rebuild Endurance within 30 minutes following aerobic activity.



Vanilla Flavoured

20 servings, 1000 g #1436



H24 Prolong Active Gel

An energy gel to consume during intense exercise. Each 45 g pack delivers 30 g of carbohydrates, plus vitamin B12 to support your goals when you need it most.



Strawberry flavoured

10 sachets x 5.3 g, 106 g #402K

Hydrate

A low kilojoule, orange flavoured drink. Hydrate is a perfect option to enjoy throughout the day.



Orange Flavoured

20 sachets x 5.3 g, 106 g #1433



Feel recharged wherever you are with LiftOff® Max. It is a delicious grapefruit twist flavoured energy drink mix that contains 180 mg of caffeine per serve. Enjoy before a workout or whenever you need to get back on track.



H24 LiftOff® Max

Is high in vitamin C, vitamins B6 and B12.



Grapefruit Twist Flavoured

10 sachets x 4.2 g, 42 g #192K



LiftOff®



Lemon & Lime Flavoured

10 sachets x 4.5 g, 45 g #3152



N-R-G Instant Guarana Beverage

40 mg of caffeine per serving



Product packaging may differ in Southern Africa.





CR7DRIVE

A delicious and refreshing carbohydrate-electrolyte drink to take during exercise, developed in partnership with Cristiano Ronaldo. Flavoured with Acai Berry, CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to support your fitness goals.



CR7 Drive



Acai Berry Flavoured

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

VICTORY STARTS ON THE STARTS ON THE

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





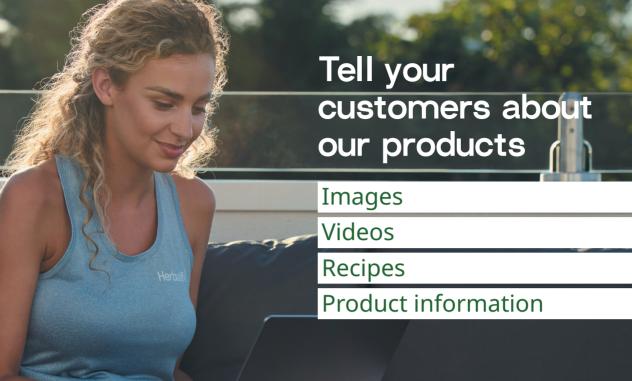




Notes	

Ref. p56/57

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

Contact your Herbalife distributor now to find out more.

To find out more, contact me today:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code

Building the Nation through booms Creation

ORRECT SELLING ASSOCIATION OF SOUTH AFRICA

