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

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

- One-to-one approach
- Continuous coaching
- Ongoing advice
- Back-up from our experts
- Informed and relevant advice
Setting the standard
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.

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.

Source: Euromonitor International Limited; per Consumer Health 2022ed, weight management and wellbeing category definition; % RSP share GBO, 2021 data.
Backed by science

* The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.
World-class experts
Our products are backed by science and a global network of over 300 experts and doctors in nutrition, science and health who ensure quality and stringent compliance with government regulations. Guided by research, driven by quality, with no compromises, we deliver excellence on every level.

Tried and tested
Test, retest, and test again - that’s what we do! Internally and through third party certifying organisations, we get validation that our products are best in class.
Great products win great awards
Our dedication to innovation and science has made it possible for our products to be awarded across the world.

Product of the Year
Belgium.

Product of the Year
France & Netherlands.
From seed
Great products grow from great ingredients

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

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

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

Herbalife Foundation (HNF)

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

Nutrition for Zero Hunger (NFZH)

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

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

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

**Formula 1 Shake Mix**

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

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

2. Fluids

**AloeMax**

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*.

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.
Formula 1 Shake Mix

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 nine tasty flavours, and are available in canisters or handy sachets for when you’re on the go.

- Approximately 17.7 g* Protein
- Approximately 4.5 g Fibre
- 24 Vitamins
- Approximately 942 kJ
- Gluten free

* When mixed with semi-skimmed milk (1.5 % fat)
Customers say
“Wins hands down on taste and texture.”

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

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

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

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

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

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

**Sachets**
Customers say

“Adding Protein Drink Mix to my usual F1 Shake Mix makes a deliciously thick and smooth shake.”
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.

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

Protein Drink Mix Vegan and Formula 1 Shake Mix

- 24.2 g protein
- 26 vitamins & minerals
- Gluten free

Vanilla Cream Flavoured: 21 servings, 550 g #4466
Vanilla Flavoured: 20 servings, 560 g #172K
Formula 1 Chocolate Orange Flavoured Shake Mix

Formula 1 Chocolate Orange Flavoured limited edition is a joyful addition to the Formula 1 family.

- High in protein
- Naturally lactose free*
- Gluten free
- Artificial colourants and artificial flavourings free

21 servings, 550 g

*When mixed with PDM Vegan and 300 ml water.
Customers say
“The huge choice of flavours means I never get tired of using Formula 1 Shake Mix.”
Formula 1 Savoury Shake Mix

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

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

18.8 g protein* 905 kJ* 24 vitamins & minerals Vegan ingredients Gluten free

21 servings, 550 g #092K

* Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.
Creamy mushroom flavoured pasta

Preparation time: 5 minutes
Cooking time: 20 minutes

Ingredients for 1 serving

2 scoops (26 g) F1 Savoury Shake Mix
1 tbsp cornflour
100 ml skimmed milk (1.5 % fat)
½ lemon, zested
40 ml water
55 g wholemeal penne pasta
25 g half fat creme fraiche
2 tbsp chopped flat leaf parsley
Black pepper

Step 1 In a saucepan, mix together the F1 Savoury Shake Mix and cornflour, then mix in 4 tbsp of the milk. Stir in the remaining milk gradually, continuing to stir, then add the zest and juice of the lemon, as well as 40 ml water. Season with pepper and cook on a medium heat, stirring constantly for 1-3 mins, until thickened, smooth and hot.

Step 2 In the meantime, put the penne in a separate saucepan and cook for 10-12 mins or until cooked to your liking. Drain then add to the pasta sauce. Mix through the crème fraiche and parsley, then serve immediately, sprinkled with more pepper.

Nutritional values per portion*:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (g)</th>
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<tbody>
<tr>
<td>Energy (kJ)</td>
<td>1621</td>
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<tr>
<td>Protein (g)</td>
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<tr>
<td>Total Fat (g)</td>
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<tr>
<td>of which saturates (g)</td>
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<tr>
<td>Carbohydrate (g)</td>
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<tr>
<td>Carbohydrate of which starches (g)</td>
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<tr>
<td>Fibre (g)</td>
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<tr>
<td>Salt (g)</td>
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</table>

* Only when prepared as instructed on the product label does our product deliver the full nutrition 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.

Customers say
“It’s delicious and creamy... A great alternative for cold nights.”
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.
Product packaging may differ in Southern Africa.
Vegan life

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

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

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

It can help to use plant protein powders, such as our Protein Drink Mix-Vegan (p22). Made from soy protein, it will help supplement intake and these protein powders are easy to add to shakes, soups and bakes.

Our delicious Tri Blend Select (p33), made from pea protein, flaxseed and quinoa, also delivers a protein shake in banana and coffee caramel flavours.

If you’re on a vegan diet, care should be taken to also supplement calcium, vitamin D, iron, zinc, and vitamin B12 to ensure essential nutrient needs are covered. See vitamins and minerals (p42).
Coffee with protein power

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.

15 g whey protein 80 mg caffeine 336 kJ

Latte Macchiato Flavoured 14 servings, 308 g #012K
Mocha Flavoured 14 servings, 322 g #011K

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.
Tri Blend Select

Is a great tasting and deliciously creamy protein shake. With a combination of ingredients, Tri Blend Select is also gluten free and high in fibre. We have carefully selected Pea, Quinoa and Flax Seed as part of a vegan blend to deliver a protein source providing essential amino acids, vitamin C and 7 key minerals.

- 20.2 g protein
- 6.1 g fibre
- With ingredients sourced naturally
- Suitable for vegans
- 634 kJ

<table>
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<td>#013K</td>
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<td>Coffee Caramel Flavour</td>
<td>15</td>
<td>600 g</td>
<td>#052K</td>
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Product packaging may differ in Southern Africa.
Balancing protein

and why it’s important

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

The right balance

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

Soy is one of the best vegetable sources as it is a ‘complete protein’ providing all 9 essential amino acids. Others are nuts, seeds and lentils but as ‘incomplete proteins’, you’ll need to include varied sources to garner the benefits that each provides. You can be confident when using our range of Formula 1 Shake Mixes, that they contain the complete proteins needed to support your personal goals.

Upping your protein

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

Keeping up with your daily protein intake can be easy.

Our range of protein products are a convenient way to support your daily goals.
Protein Drink Mix
A delicious protein shake that can be mixed with Formula 1 Shake Mix or enjoyed on its own.

14.9 g protein
22 vitamins & minerals
7 g carbohydrates
457 kJ

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.

High in protein
22 vitamins & minerals
Gluten free
No added sugar

Vanilla Flavoured 20 servings, 560 g #172K

Pro 20 Select
A practical and convenient way to help you meet your specific goals.

13 g protein
4 g fibre
24 vitamins & minerals
Artificial sweetener and artificial colourant free.
396 kJ

Vanilla Flavoured 23 servings, 630 g #1660

Formula 3 Personalised Protein Powder
An easy one-step way to boost your protein intake.

5 g protein
97 kJ

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 with nutrients!

Gourmet Tomato Soup

Deliciously flavoured with Mediterranean herbs, this warming snack is ready in seconds.

7 g protein 3.6 g fibre 438 kJ

21 servings, 672 g #0155
Gourmet Tomato Soup

A minute away from the traditional flavors of fine Mediterranean cuisine.

Tomato and Mediterranean herb-flavored soup.

HERBALIFE

NET WT. 67.5 g

Serving Suggestion
Never fried.
Always Popped.

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

- 11.8 g protein
- Gluten free
- Lacto-Vegetarian

10 servings, 30 g #142K

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

- 11.3 g protein
- Gluten free
- Vegan

10 servings, 30 g #141K

Product packaging may differ in Southern Africa.
Protein Chips

Customers say
“Takes away the craving for salt without breaking the kilojoules.”
Immunity support

Much is yet to be learned about the immune system, but we do know it is linked to nutrition and gut health.
What we eat, where we live, how much we sleep, how we exercise, and even who we live with, all cause chemical reactions that can affect our body.

Around 70-80% of body’s immune cells are located in the gut* our immune system is located near the intestines, which monitors food intake and how the body uses it. So, it is critical for our diet to include the right vitamins, minerals, and other nutrients while maintaining a healthy lifestyle.

The four essential groups of nutrients to help strengthen your immune system are protein, vitamins and phytonutrients, probiotics and prebiotics and Omega-3 fatty acids.

Our vitamins and minerals product range can help support your diet to maintain a healthy lifestyle.

* Wiertsema SP, et al, Nutrients. 2021; 13(3)
For Everyday Support
Pro-Core

Pro-Core is formulated with the ingredient EpiCor® and a blend of key vitamins and minerals. Pro-Core is great for everyday support when you’re on the go.

- EpiCor®: 80.0 mg
- Vitamin C: 10 μg
- Vitamin D: 55 μg
- Selenium: 3.0 mg
- Zinc: 3.0 mg

Elderberry Flavoured

21 x 3.7 g, 77.7 g, #233K
Your body loves fibre
Fibre is an important macronutrient.

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

Although it’s such an important dietary component, the average person might not consume enough to meet their personal goals. Our products that are high in fibre can help boost your intake, although it’s best to increase slowly alongside drinking plenty of water.

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

5 g fibre
Artificial Sweetener free
No added sugar*
75 kJ per scoop

30 servings, 204 g #2554

* Contains 0.1 g of intrinsic sugar per serving.
Give to your gut

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

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

Your source of prebiotics

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

Check out our BioAxis (p50)
Customers say
“The vanilla flavour makes it great to combine with any F1 Shake Mix.”
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.

* Please add BioAxis after blending and use liquids at a temperature below 25 °C, to avoid affecting product efficacy.
The human body is almost 70 % water, so it stands to reason that we need to keep well-hydrated to stay healthy.

Our bodies require enough water to perform the vital function of digesting foods. Nutrients can be delivered to your cells, and waste substances can be eliminated.

Water also plays a huge role in controlling body temperature, keeping joints lubricated, and maintaining muscle power. The bottom line is every cell, tissue, and organ needs water to function properly. It’s basic body housekeeping.
Top tips

1. Make it accessible
   Put a jug, glass or bottle of water wherever you are – at your desk, by your bedside, on the kitchen work top.

2. Take it with you on the go
   Invest in a re-usable bottle, so water is always on hand.

3. Drink before you eat
   Hunger can sometimes be mistaken for thirst, so try a glass of water first - before adding to the kilojoules unnecessarily!

4. Flavour it
   Plain water can be hard to drink, flavour it naturally with a slice of fresh lemon or lime, some cucumber or fresh mint or try adding our mango flavoured Herbal Aloe Concentrate Drink.

5. Eat it
   Hydrating fruits and vegetables like cucumbers and watermelons contribute to your daily fluid intake. Low fat milk, tea, coffee and juice can also contribute. Our Instant Herbal Beverage with Tea Extracts range is great if you also want a pick-me-up.
Fluid Goals

Aloe range

Herbal Aloe Concentrate Drink

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

- 40% aloe vera juice
- Low kilojoule concentrate
- Artificial flavouring and colourant free

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<table>
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<tbody>
<tr>
<td>Mango Flavoured</td>
<td>473 ml</td>
<td>#1065</td>
</tr>
<tr>
<td>Original Flavoured</td>
<td>473 ml</td>
<td>#0006</td>
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AloeMax Concentrate Drink

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

- 97% aloe vera juice
- 9kJ per serving
- Artificial colourant, sweetener and flavourings free

473 ml #1196
Fluid Goals

Tea range

**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**

<table>
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<tr>
<th>Type</th>
<th>Servings</th>
<th>Weight</th>
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<td>51 g</td>
<td>#178K</td>
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<td>102 g</td>
<td>#179K</td>
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<td>Lemon Flavoured</td>
<td>30</td>
<td>51 g</td>
<td>#180K</td>
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<tr>
<td>Raspberry Flavoured</td>
<td>30</td>
<td>51 g</td>
<td>#182K</td>
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<tr>
<td>Peach Flavoured</td>
<td>30</td>
<td>51 g</td>
<td>#181K</td>
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</table>

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.
** Contains 0.1 g of intrinsic sugar per serving.
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.*

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

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

Customers say...
“The results are fantastic! My skin looks amazing.”

Support

Collagen Complex Drink Mix
Strawberry and Lemon Flavoured

30 servings, 171 g #076K

* Verisol® P and bioactive collagen peptides are trademarks of Gelita AG.
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

Replenish

Replenishing Night Cream
This rich, luxurious cream helps deliver much needed moisture to the skin at night.
50 ml #0827

Moisturise

Daily Glow Moisturiser
All-purpose hydrating lotion with illuminating properties to give your face an instant glow.
50 ml #0830

Hydrate

Hydrating Eye Cream
Helps minimise the appearance of fine lines and wrinkles around the eyes.
15 ml #0771
BE YOUR OWN BOSS
WITH A BRAND YOU CAN TRUST
Low start-up costs • Part-time income • Product discounts
Money back guarantee • Be part of an inspiring community
Help improve people’s lives • Full training and support
Contact your Herbalife distributor now to find out more.

To find out more, contact me today:

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

www.herbalifeproductbrochure.com

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