



Herbalife



PRODUCT CATALOGUE

ZAMBIA



Nutrition for life



Contents

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.

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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.





Herbalife



Setting the standard

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.





Great
products
win great awards



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



Most Innovative Sports Food Product

Food+ Awards, Turkey.



Product of the Year Belgium.



Product of the Year France & Netherlands.



From seed



to feed

Great products grow from great ingredients

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

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

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



Nourishing & planet

Herbalife 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.



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*

Approximately
4.5 g

24
Vitamins

Approximately
942 kJ

Gluten
free

* When mixed with semi-skimmed milk.



**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 g #4469



**Smooth Chocolate
Flavoured**
21 servings
550 g #4468

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**
 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

Customers say

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



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.

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, vitamin, and minerals.



Protein Drink Mix Vegan and Formula 1 Shake Mix

24.2 g
protein

26 vitamins
& minerals

Gluten
free

F1 Vanilla Cream Flavoured

21 servings, 550 g #4466

PDM Vegan Vanilla Flavoured

20 servings, 560 g #172K

Formula 1 Yuzu Passionfruit Flavoured Shake Mix

Our Formula 1 Shakes can be enjoyed for breakfast, lunch or dinner. High in protein and made with ingredients that are suitable for vegans. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



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

High in protein

25 vitamins & minerals

Naturally lactose free*

Gluten free

Made of ingredients that are suitable for vegans.

21 servings, 550 g

#255K

* When mixed with PDM Vegan and 300 ml water.



Customers say

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



Formula 1 Savoury Shake Mix

A warm and smooth 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."

Tomato and mushroom-flavoured salsa toast

Preparation time: 10 minutes

Cooking time: 5 minutes



Ingredients for 1 serving

2 scoops (26 g) F1 Savoury Shake Mix

300 g fresh tomatoes, roughly chopped

1 garlic clove, finely chopped

1 (50 g) red onion, finely sliced

1 red chilli, sliced

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

2 limes

50 ml water

2 slices (60 g) Wholemeal bread

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

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

Nutritional values per portion*:

Energy (kilojoules)	1300
Protein (g)	20
Total Fat (g)	4.9
of which saturates (g)	0.8
Carbohydrate (g)	16
Carbohydrate of which starches (g)	30
Fibre (g)	14
Salt (g)	1.9

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

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

18.8 g
Protein*

905
kilojoules*

24 Vitamins
& minerals

Vegan
ingredients

Gluten
free

21 servings, 550 g

#092K

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

Formula 1

Express Bars

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.



866
kJ

25 vitamins
& minerals

13.5 g
protein
per bar

6.6 g
fibre
per bar

Artificial
colourant
free

Suitable for
Ovo-lacto
Vegetarians

7 x 56 g, 392 g

#4472



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 (p21 or p35)**. 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 (p31)**, 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.



Essential nutrients



Calcium



Vitamin D



Iron



Zinc



Vitamin B12

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



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

Carefully selected



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

Banana Flavour

15 servings, 600 g #013K

Coffee Caramel Flavour

15 servings, 600 g #052K

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.



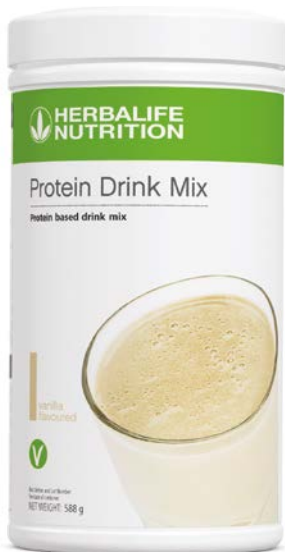
Herbalife

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.

15.1 g
protein

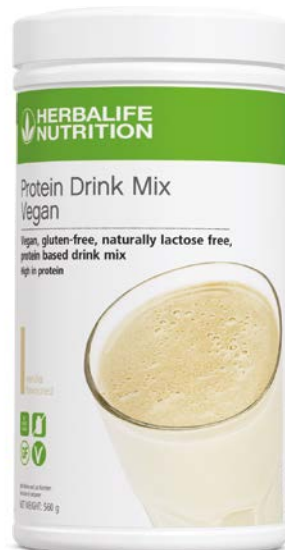
22 vitamins
& minerals

Gluten
free

No
added
sugar

Vanilla Flavoured

20 servings, 560 g #172K



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!





Protein Bars

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

Approximately
9.7 g protein

16 g
carbohydrates

Approximately
583 kJ

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 g, 490 g #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.

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

Protein Chips

A still life photograph set against a textured, light pink background. In the upper left, a white rectangular box is positioned below the title. To the left, a white scalloped-edge plate holds a pile of golden-brown, circular protein chips. In the center-right, a clear glass filled with a pinkish-orange beverage, ice cubes, and a lime wedge sits on the surface. Below the glass, a small white bowl is filled with a thick, green guacamole, topped with a drizzle of yellow oil and black pepper. To the right of the bowl, a small potted succulent with green leaves is partially visible. A red fern frond is in the top right corner. The scene is lit from the upper left, casting soft shadows.

Customers say

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



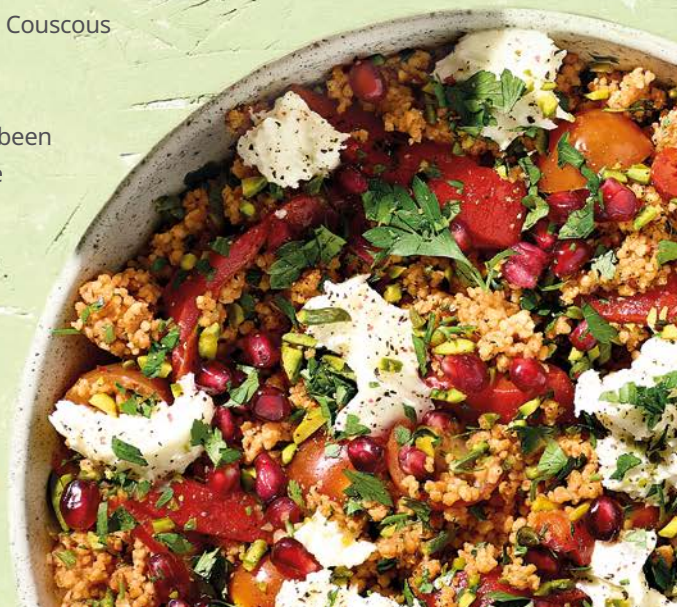
The Cookbook

Hot off the press!

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

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

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



Herbalife

The Cook Book





Ready
for sleep

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

Sleep is very important for your wellbeing as it supports various crucial body functions and your overall health. If like many others, you struggle to quieten your mind, making the move to incorporate these steps into your daily routine to encourage a full night's sleep, will really pay off.



Make exercise the norm

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



Prepare for rest

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



De-stress with relaxation techniques

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



Keep a schedule

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

Add some flavour to your night time routine

Night Mode

A cosy drink mix infused with saffron extract and vitamins.

Add one scoop (6 g) to half a cup of cold or warm water (around 150 ml), mix and enjoy approximately one hour before bedtime.

Use once daily.



Immerse yourself in a moment of mindfulness with our Night Mode and cosy up to the warm, subtle flavours of chamomile and peach, tomorrow is coming with a whole new light.

High in
Riboflavin

Source of
vitamin B6

Artificial
flavourings
free

Gluten
free

Suitable for
vegans

30 servings, 180 g

#282K



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



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
serving

30 servings, 204 g

#2554

* Contains 0.1 g of intrinsic sugar per serving.

A woman is shown from the waist up, wearing a dark green, ruffled crop top and grey leggings. She is holding her hands over her midsection, with her fingers spread, as if feeling or supporting her stomach. The background is a solid light green color.

Give to your gut

For healthy digestion

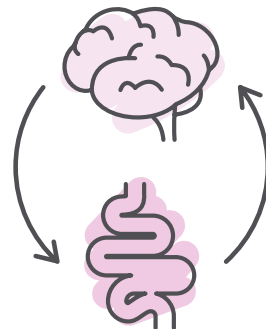
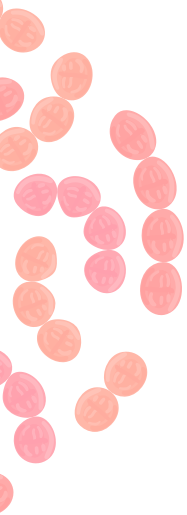
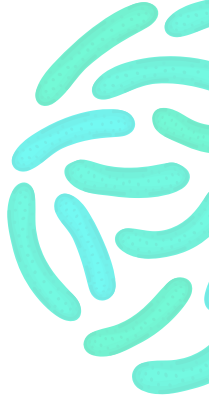


The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

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.



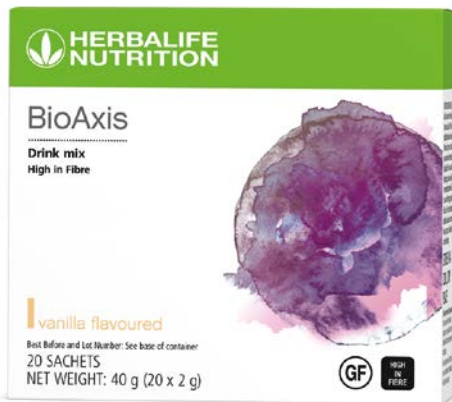
Customers say

"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.



High in
fibre

Live
Bacteria

Gluten
Free

Vanilla flavoured

20 sachets x 2 g, 40 g #173K

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

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.





Give it a lift

Another way to keep hydrated is by flavouring your water. Try **Herbalife AloeMax**, containing 97 % aloe vera juice that shakes up your drink with the subtle flavour of Aloe. Or lift your day with a refreshing herbal beverage, **Herbalife Instant Herbal Beverage** infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder. Each serving contains 87.5 mg caffeine to lift your day*.

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

Fluid Goals

Aloe range



Herbal Aloe Concentrate Drink

Liven up your water with a refreshing mango taste 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



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

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**

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.

VICTORY STARTS ON THE INSIDE

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



HERBALIFE
24





Tottenham Hotspur Women Team



ELEVATE YOUR POTENTIAL

BE YOUR OWN BOSS WITH A BRAND YOU CAN TRUST

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

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

Building the Nation through Income Creation



DIRECT SELLING ASSOCIATION OF SOUTH AFRICA

Herbalife