

# Herbalife<sup>®</sup>



## Live your best life

# Today's the Day

## We want you to succeed at living your healthiest life

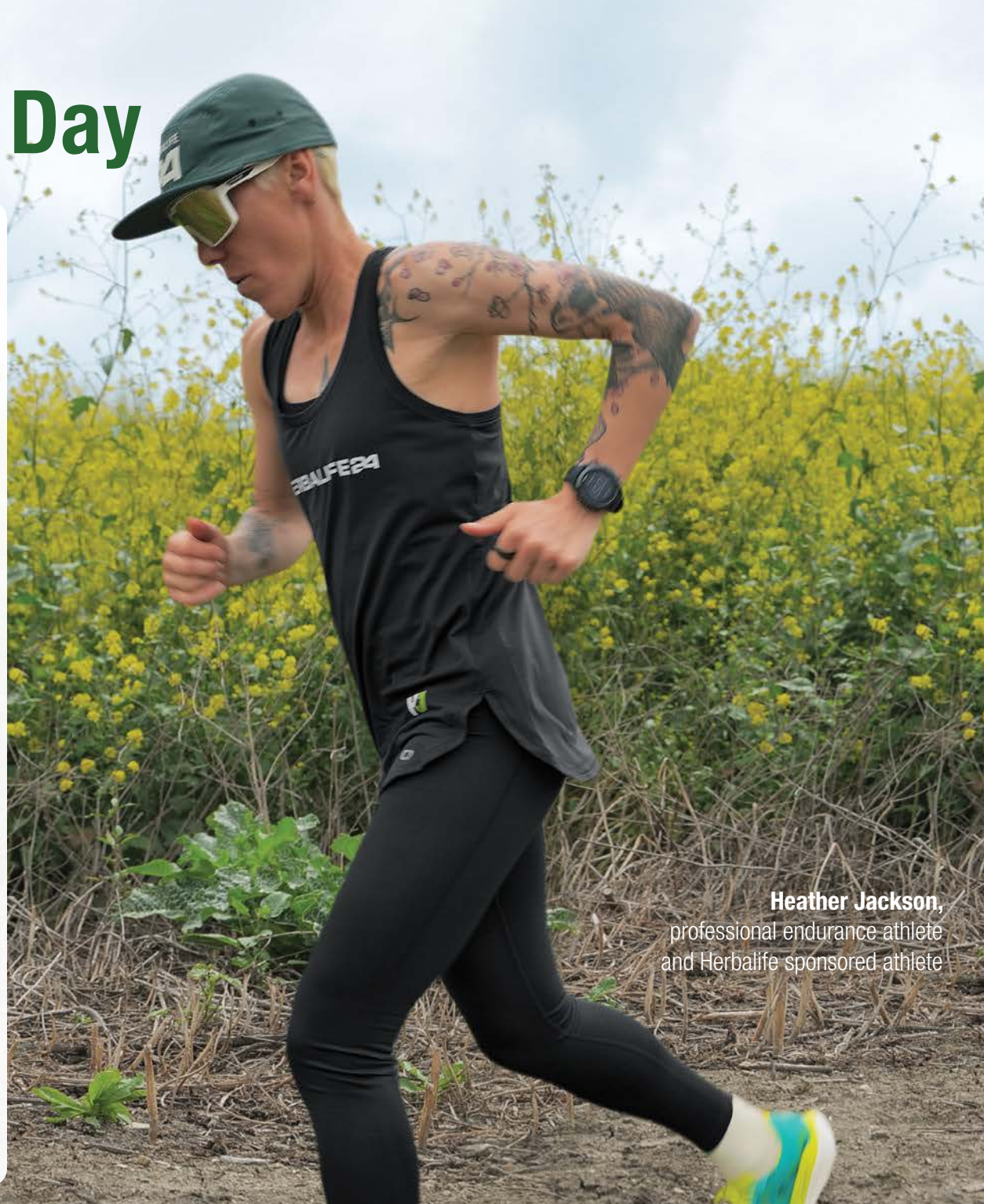
Have you ever thought, "I wish I knew then what I know now"? So many of us wish that we had established better eating habits and taken living a healthier lifestyle more seriously earlier on. We browse social media and look at other people living their best lives and we wish we had the same energy and vitality.

The good news is, it's never too late to start your journey toward a healthier lifestyle. And one of the best ways to begin is by improving your daily nutrition. Great nutrition is the key to establishing the foundation upon which you can build your best life. We provide high-quality, science-based products that deliver the nutrients your body needs to thrive every day, inside and out.

But the thing that makes our products so special is that they come with a unique and enthusiastic support system of Herbalife Independent Distributors. Our Distributors are always available to help you get started with better nutritional choices, offer tips for healthy eating and regular exercise, and guide you along the way to continued success.

We've helped millions of people around the world incorporate convenient and customized nutrition into their routine. As you read the pages ahead, reflect on what inspired you to pick up this catalog. No matter where you've been or what obstacles have stood in your way previously, the power to change is literally in your hands right now.

The journey to living your best life starts now!



**Heather Jackson,**  
professional endurance athlete  
and Herbalife sponsored athlete

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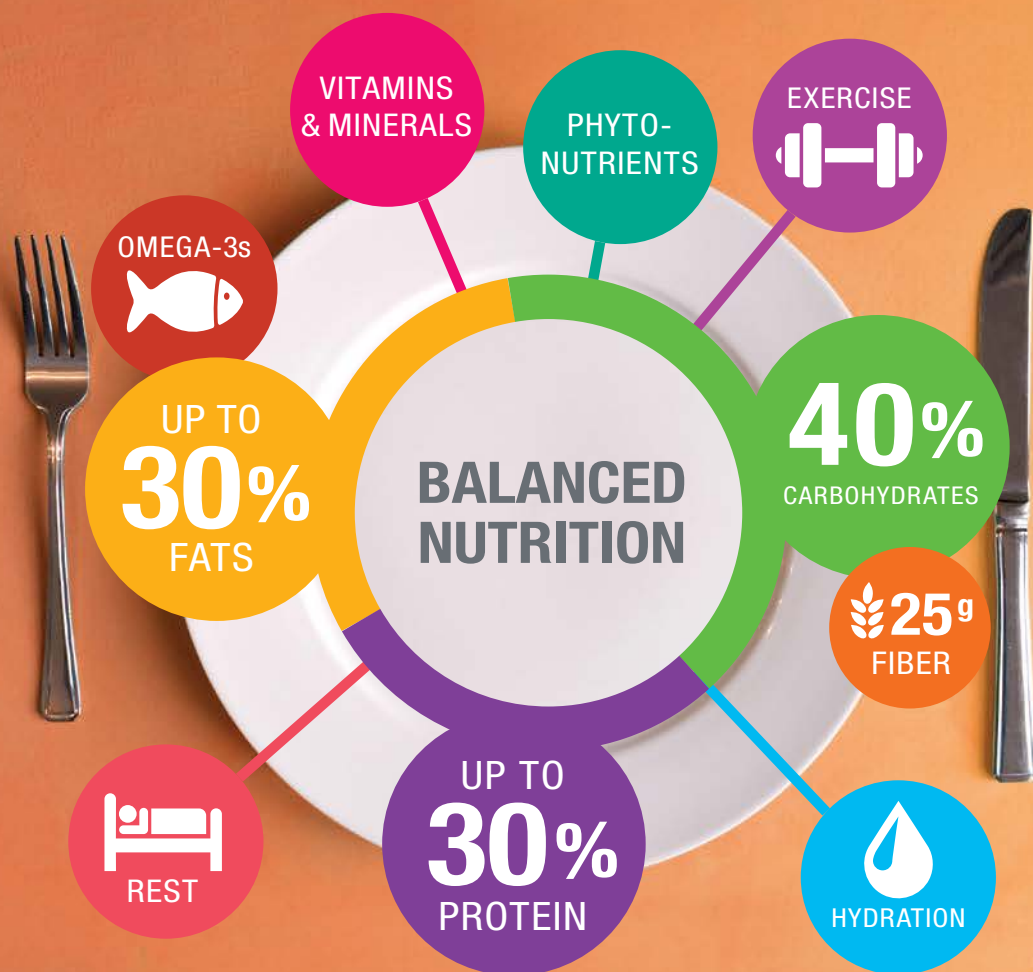


# A Simple Plan for Healthy Living

It's all about balanced nutrition and a healthy lifestyle

**Our nutrition philosophy is simple:** It's a combination of balanced nutrition, healthy activity and a personalized program with support from an Herbalife Independent Distributor.

**Let's break down your calories.** So you know you need to eat right, but what does eating "right" really mean? For optimal well-being, we believe you should adopt a plan in the following areas:



## PROTEIN

**What:** The building block of body proteins, including muscle.

**Why:** Helps satisfy hunger, maintain lean muscle mass and gives you lasting energy.

**Where:** Lean meat, poultry, fish, eggs, Herbalife® Formula 1 shakes, Personalized Protein Powder, Protein Drink Mix and Protein Bar Deluxe.

## CARBOHYDRATES

**What:** Your body's preferred source of fuel.

**Why:** A primary source of energy and fuel for the body.

**Where:** Fruits, vegetables, seeds, beans, whole grains, Herbalife® Formula 1 shakes, Protein Drink Mix and Protein Bar Deluxe.

## FIBER

**What:** A plant-based substance that aids in digestion.

**Why:** For digestive health, helps fill you up and supports the growth of friendly intestinal bacteria.

**Where:** Found in fruits, vegetables, beans, peas, lentils, nuts, seeds, whole grains, Herbalife® Formula 1 shakes and Herbalife® Active Fiber Complex.

## FATS

**What:** A source of energy.

**Why:** Omega-3 fatty acids help support cardiovascular health.\*

**Where:** Olive oil, avocados, egg yolks, ocean-caught fish, nuts, seeds and in dietary supplements like Herbalifeline®.

## VITAMINS & MINERALS

**What:** Organic and inorganic substances used by the body for healthy growth.

**Why:** Play a key role in cell function, help convert macronutrients into energy (B vitamins) and support the immune system (antioxidant Vitamins C and E).\*

**Where:** Found in fruits, vegetables, dairy products, eggs, meats, grains and Herbalife® Formula 1 shakes, Protein Drink Mix and in dietary supplements such as Herbalife® Formula 2 Multivitamin Complex.

## PHYTONUTRIENTS

**What:** Plant-based substances that can have health-supporting functions.

**Why:** Can help nourish cells and organs so they function properly.

**Where:** Fruits, vegetables, grains, beans and nuts.

## HYDRATION

**What:** We recommend 64 fl. oz. of water per day for healthy hydration. However, individual fluid needs will vary.

**Why:** A hydrated body is less susceptible to fatigue, constipation, dry skin and muscle cramps.

**Where:** Herbalife also offers an option for enhanced hydration during exercise, Herbalife24 CR7 Drive.

## EXERCISE

**What:** Movement that gets your body active and your heart pumping.

**Why:** Just 30 minutes of exercise a day can make a difference.

**Where:** Indoors or outdoors – you don't need fancy gym equipment to get moving!

## REST

**What:** Giving your body a much-needed break.

**Why:** Getting your z's is a critical piece of the feel-good/look-good puzzle.

**Where:** A cool, comfortable sleeping environment.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Scientific Leadership Team

The development of Herbalife® products is guided by Herbalife Scientific Leadership, made up of professionals in the fields of nutrition and health from around the world, who participate in the company's product development and testing programs. The company and scientific staff are members of various research and professional societies and dietetic groups worldwide.



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Chief Health and Nutrition Officer,  
Chairman, Nutrition Advisory Board



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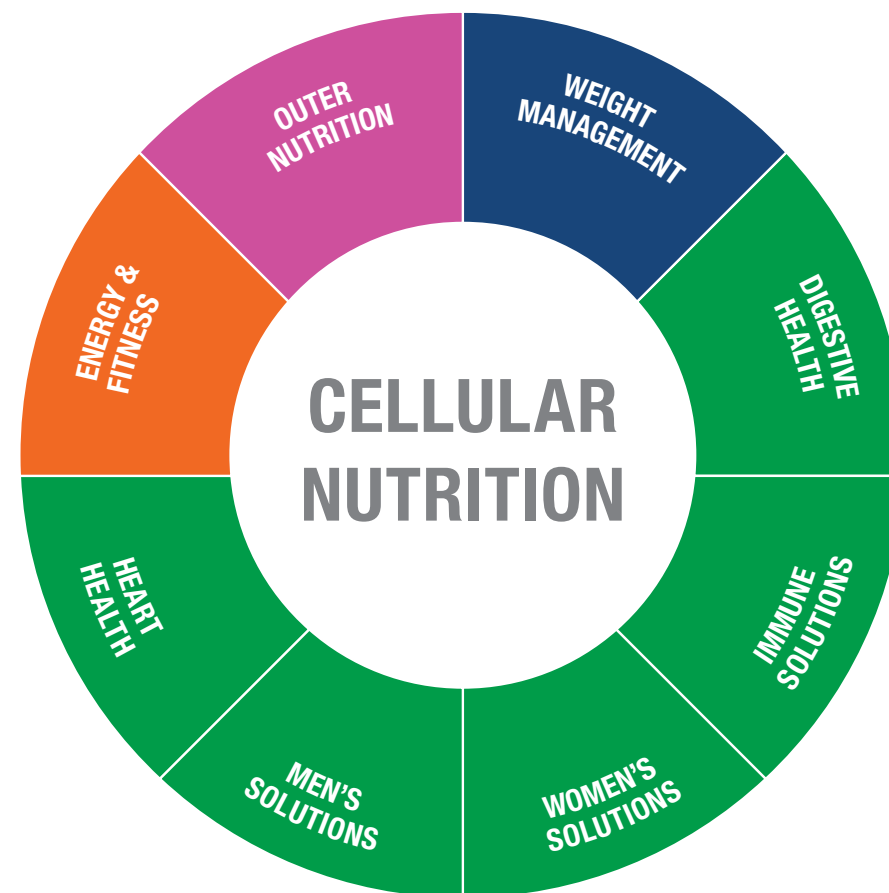
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Chairperson, Dietetic Advisory Board



**Michelle Ricker**  
RDN  
Director, Worldwide Health  
Education and Training



 **100+ DOCTORS**

 **250+ STAFF SCIENTISTS**

 **25+ EXPERTS**  
From around the world, in the fields of nutrition, science and health, compose the Herbalife Nutrition Advisory Board.

# The Perfect Blend

Core Nutrition focuses on the micronutrients and macronutrients you need to thrive each day.

## Ⓐ Formula 1 Healthy Meal Nutritional Shake Mix

Balanced nutrition: protein, fiber and vitamins

### WHAT'S IN IT?



- 17–24 g of high-quality protein per serving, when prepared with 8 fl. oz. of nonfat milk or one serving (2 scoops) of Protein Drink Mix
- A good source of fiber
- 21 vitamins and minerals
- Excellent source of antioxidant Vitamins C and E
- Nutrient-dense meal or snack

### WHAT DOES IT DO?

- A mix of protein, carbs and fiber helps satisfy hunger
- Protein helps build muscle tissue and maintain lean muscle mass
- Easy to customize for your taste and needs

## Formula 1: Great-tasting flavors, endless combinations

30 Servings    <sup>1,2</sup> <sup>1,4</sup>

Banana Caramel | #2628   
 Cookies 'n Cream | #3110   
 Dutch Chocolate | #3107 

French Vanilla | #3106   
 Mango Pineapple | #039K   
 Wild Berry | #3108 

Trial Size (10 Servings)  

Dutch Chocolate | #2118  
 Pumpkin Spice | #2117

**CALORIES** | 170

**CALCIUM** | 420 mg

**FIBER** | 3 g  
 As much fiber as 1 small apple

**PROTEIN** | 17 g  
 As much protein as 3 large eggs

**VITAMIN C** | 27 mg  
 As much Vitamin C as 2 small peaches

**VITAMIN E** | 4.5 mg

**VITAMIN A** | 420 mcg RAE

When prepared with 8 fl. oz. of nonfat milk.

## Ⓑ Formula 2 Multivitamin Complex

For everyday good health\* with vitamins and minerals

- Provides 21 essential micronutrients
- Antioxidant Vitamins A (as beta-carotene), C and E to support your immune system\*
- Includes folic acid, calcium and iron
- Promotes healthy bones, skin and hair\*

90 Tablets | #3115 

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>1</sup>On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.

<sup>2</sup>Herbalife designation.

<sup>3</sup>Herbalife® products do not treat diabetes, but diabetics can use them.

<sup>4</sup>Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.

# Set Your Goal Today

These are suggested programs. Timing of shake and snack consumption will vary based on your personal needs. Talk to your Herbalife Independent Distributor for more information.



## WEIGHT LOSS



Breakfast



Snack



Lunch



Snack



Dinner



## EVERYDAY NUTRITION



Breakfast



Snack



Lunch



Snack



Dinner



## WEIGHT GAIN



Breakfast



Lunch



Dinner

# The Healthy Way to Lose Weight

Herbalife has a number of products, including those formulated with caffeine, to boost your metabolism.



## Herbal Tea Concentrate <sup>1,3</sup> Metabolize and revitalize

Herbal Tea Concentrate is formulated with caffeine, which jump-starts your metabolism and provides a boost to help you feel revitalized.

- Caffeine is known for its natural thermogenic (metabolism-boosting) benefits and green tea for its antioxidant properties. Provides antioxidant support.
- Instant and low calorie
- For optimal experience, mix a little more than ½ teaspoon (1.7 g) with 6 to 12 fl. oz. of hot or cold water

### 30 Servings

Lemon | #0255  
Original | #0105  
Raspberry | #0256

### 60 Servings

Lemon | #0188  
Original | #0106  
Raspberry | #0189

<sup>1</sup>Herbalife designation.

<sup>3</sup>Products that contain no animal or animal by-products whatsoever, including dairy and eggs. No animal ingredients or by-products are used in the manufacturing process and no animal testing is performed on the final product.

# Need a Boost?

Nutrient-dense protein snacks for energy and nutrition.



## Ⓐ Personalized Protein Powder Boost your protein

Personalized Protein Powder is a high-quality protein blend that supports your weight-management and fitness goals. Increased protein intake helps you feel fuller longer and maintain your energy level between meals.

- Helps build and maintain lean muscle mass
- Nutrient-dense protein booster to satisfy hunger
- 5 g of soy and whey protein, providing all 9 essential amino acids
- Low glycemic

60 Servings | #0194 

## Ⓑ Protein Drink Mix Satisfy your hunger and stay energized with the power of protein

Add to your favorite Formula 1 shake to boost your protein intake to 24 grams per serving, or enjoy as a nutritious snack.

- 15 g of protein per serving to help satisfy hunger and give you lasting energy
- 24 vitamins and minerals
- 1 g of sugar\*
- 5 g of carbs
- Low glycemic

Vanilla (22 Servings) | #1122    

## Ⓒ Beverage Mix An anytime, nutrient-dense protein snack

- 15 g of protein help boost your energy while satisfying hunger between meals
- 70 calories
- 0 grams of sugar\*
- Low glycemic

Peach Mango (14 Servings Per Canister) | #3121

\*Not a low-calorie or reduced-calorie food.

<sup>†</sup>Herbalife designation.

<sup>‡</sup>Herbalife® products do not treat diabetes, but diabetics can use them.

<sup>§</sup>Products that do not contain any meat, poultry, fish, seafood or insects.

Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.

# Protein-Powered Snacks

A healthy snacking habit can help you manage your weight and balance your diet. Try these products when looking to sustain your energy throughout the day.

## Roasted Soy Nuts

### Salty, crunchy and nutritious

- 9 g of protein (good source)
- 100 calories per packet
- Convenient, portion-controlled snack for on-the-go use

Chile Lime (12 Packets Per Box) | #3142

## Protein Bar Deluxe

### Rich and chewy

- 10 g of protein per serving
- Helps sustain your energy
- 140 calories per bar

Chocolate Peanut (14 Bars Per Box) | #0365

Vanilla Almond (14 Bars Per Box) | #0364

## Protein Bites

### Snack smart

- 4 g of protein and 65 calories per piece
- No artificial sweeteners

Crunchy Caramel Lemon  
(28 Bites Per Box) | #002K

# Digest and Feel Your Best





Dietary fiber is an important part of overall digestive health. Fiber can help you feel fuller longer, as well as aid in healthy digestion.

## Herbal Aloe Concentrate

### Supports healthy digestion

Formulated with premium-quality aloe vera, Herbalife® Herbal Aloe Concentrate can be used on a daily basis.

- Soothes the stomach
- Supports healthy digestion
- Relieves occasional indigestion
- Supports nutrient absorption and intestinal health

Mango (Pint/31 Servings) | #1065  <sup>1,4</sup>  
Original (Pint/31 Servings) | #0006  <sup>1,4</sup>

## Active Fiber Complex

### 5 grams of fiber

- Promotes regularity
- Supports growth of friendly intestinal bacteria\*
- Add to Formula 1 for a thicker, smoother shake

Apple (30 Servings) | #2864  <sup>1,3</sup>



\*4 servings per day.

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# A Whole New Frontier

## Ashley

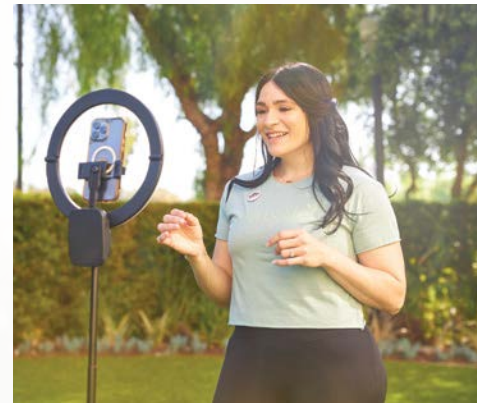
Herbalife Independent Distributor

## A military spouse in Alaska discovers her true calling.

### This is Ashley's Herbalife Story:

I'm a military wife and mom originally from Puerto Rico and currently living in Alaska. It was only a few years ago that I was working as an administrative assistant and lifeguard at the military installation where my husband is stationed.

While I loved spending time with my husband and our daughter, I was definitely feeling unfulfilled at work. I had always dreamed of something more, of being a leader rather than an assistant with no control over my professional growth and career path. It didn't help that I was in a pretty remote part of the country, far away from my family and friends from home.



I was also unhappy with my weight and decided that I needed to make some changes in my lifestyle. I had been following Fabiola B. on social media for a couple of years, and she was such an inspiration to me that I eventually reached out to her for advice. She introduced me to Herbalife and ended up becoming my Sponsor.

I got started with Formula 1 shakes and Herbal Tea Concentrate, which I still use every day. Others began to notice my results and wanted to try Herbalife for themselves. That was when I officially got on board as a Distributor.

For the first eight months, I did Herbalife part time along with my other two jobs. I had no real game plan in the beginning. I was just super excited about sharing my experiences with the products and trying to lead by example. The first time that one of my clients lost over 80 pounds\*

following the meal plan I had set up for her using Herbalife® products, I actually cried like a baby because I realized I had discovered my purpose and the vehicle to help me fulfill it.

Today, I run fitness challenges both in person locally and online with clients around the country. These challenges are designed to help people set a small goal and to give them the products and tools they need to achieve it. I still use Formula 1 and Herbal Tea Concentrate every day, along with Protein Drink Mix and Herbal Aloe Concentrate.

I'm so grateful to Herbalife for the products and for making it possible for me to help others achieve their goals.

\*These results are not typical; individual results will vary. Any reasonable diet or weight-management program includes exercise and sensible meals. Always consult with your primary physician before starting an exercise or weight-management program.

# A Healthy Today for a Healthy Tomorrow



## Herbalifeline®

### A blend of high-quality omega-3 fatty acids

- Omega-3 fatty acids help maintain healthy triglyceride levels already within a normal range\*
- Taking DHA regularly also helps to support normal brain function and vision\*
- Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease

60 Softgels | #0065

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# Small Steps Make a Big Difference

Life can be a whirlwind of work, family gatherings and other events, but that doesn't mean you have to put your wellness on the back burner. With a little commitment, it's easy to squeeze in some exercise and stay on track.



Perform these exercises in order **three times a week** to maintain your **endurance and strength**.

#### Bicycle Crunch

• 16 Each Side



#### Forward Lunge\*

• 16 Each Side



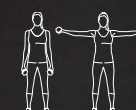
#### Squat

• 16



#### Lateral Side Raises\*

• 16



#### Bridge

• 16



\*With light weights.

# Sponsored Football Star Cristiano Ronaldo

“After training and games, it’s important to fuel the muscles. I cannot live without that and to be part of Herbalife is a pleasure. It’s a great honor for me. I think they have fantastic products and I take them.”

– Cristiano Ronaldo



Fuel your workout with this light-tasting sports drink, formulated to provide three components necessary for performance: enhanced hydration, metabolism-supporting Vitamin B12, and energy.

## Herbalife24 CR7 Drive

### Advanced hydration and fuel for your active lifestyle

- Enhances hydration with 320 mg of vital electrolytes lost during exercise
- Brain-fueling glucose helps promote quick and accurate game-time decision-making
- Easy-to-digest carbohydrate blend helps fuel muscles and sustain energy levels
- Lightly flavored with no artificial flavors or sweeteners

Açaí Berry Flavor (60 Servings) | #1445



As an independent, accredited organization, NSF tests and certifies products. The NSF Certified for Sport marking assures your Herbalife® products have been rigorously tested for quality and are free of athletic banned substances as defined by the World Anti-Doping Agency (WADA). Learn more about the stringent quality control measures that define NSF at [NSFSport.com/About.asp](https://www.nsf.org/About.asp).



# Hydrate for Your Health

You give 100% to your workouts and you're rewarded for your efforts, but in the process you lose fluids and vital electrolytes. Drink during physical activity to keep your body properly hydrated.



## H<sup>3</sup>O® Fitness Drink

### Rehydrate and replenish

- Essential electrolytes such as potassium, sodium and magnesium support rapid hydration and replace electrolytes lost in sweat
- Carbohydrate blend for immediate energy
- Excellent source of Vitamins C and E to neutralize free radicals
- Quenches thirst and replaces lost fluids

Orangeade 

Packets (15 Per Box) | #2718

# Boosts the Feeling of Energy\*



## Ⓐ N-R-G

### Gentle lift on the go

N-R-G tablets are infused with guarana, which contains caffeine, that provides a gentle boost and increases mental alertness and concentration.\*

- N-R-G tablets are a dietary supplement
- Take one tablet up to four times per day


60 Tablets | #0122 

## Ⓑ N-R-G Tea

### Enjoy a gentle boost, hot or cold

Get recharged with this uplifting tea blend of guarana, orange pekoe and lemon peel. Caffeine increases mental alertness and provides a gentle pick-me-up.

- Instant tea mix with 0 calories
- For optimal experience, mix a little less than ½ teaspoon (1 g) with 6 to 12 fl. oz. of hot or cold water

60 Servings | #0102 



Herbalife has instant and easy-to-prepare teas that can be enjoyed hot or cold and consumed at home or on the go.

## Gentle Boost with N-R-G Tea

Nature's Raw Guarana Tea

Contains approximately 40 mg of caffeine per serving and provides a gentle boost.

**Type of blend:** guarana and orange pekoe



## Boost Metabolism with Herbal Tea Concentrate

Contains approximately 85 mg of caffeine per serving, which jump-starts your metabolism and provides an energizing boost to help you feel revitalized.

**Type of blend:** green tea and orange pekoe



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# Results in 7 Days



## Polishing Citrus Cleanser

**Cleans and revitalizes your skin**

- Clinically tested to show a reduction in the skin's sebum after just one use\*
- Removes excess oil, dirt and makeup
- For normal to oily skin, including combination skin
- Great for shaving

STEP 1

150 ml Tube | #0766

## Energizing Herbal Toner

**Refreshes tired-looking skin**

- Hydrates, gently conditions and soothes skin
- Freshens and cleans skin without drying or stinging

STEP 2

50 ml Spray Bottle | #0767

## Protective Moisturizer Broad Spectrum SPF 30 Sunscreen

**Tested to:**

- Double skin's moisture for eight hours†
- Show that skin looks more glowing and feels softer and smoother in just seven days‡
- Reduce the appearance of fine lines and wrinkles
- Provide broad spectrum UVA/UVB protection SPF 30

STEP 5

30 ml Airless Pump | #0899

**Herbalife SKIN® products have been clinically tested to provide results in just 7 days.§**

Your skin is delicate and needs to be handled with care, but you also need products strong enough to deliver results. Quality ingredients, botanicals and extracts are combined with science to promote beautiful, healthy-looking skin. Herbalife SKIN® products have no added parabens or sulfates,\*\* and are dermatologist tested for safety.

## Instant Reveal Berry Scrub

**Helps reveal softer, smoother, healthy-looking skin by removing dead skin cells**

- Use in place of cleanser

120 ml Tube | #0772

## Purifying Mint Clay Mask

- Clinically tested to improve the appearance of pores and tighten and tone the skin after just one use\*\*
- Help the old layer of cells to shed with Bentonite clay

120 ml Tube | #0773

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

†Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 86% of subjects showed double the moisture levels over baseline after eight hours.

‡Tested on subjects, measured by visual expert grading on intervals of 2, 4, and 7 days. 100% of subjects showed improvement over 7 days in smoothness, softness, glow and radiance and luminosity.

§Results applicable to Protective Moisturizer Broad Spectrum SPF 30 Sunscreen.

\*\*Tested on subjects, measuring pore appearance by visual expert grading immediately after use. 100% showed improvement in appearance of pores immediately after use.

††Applicable to Polishing Citrus Cleanser and Instant Reveal Berry Scrub.

# Cleanse, Moisturize and Rejuvenate

Pamper your skin and hair with the benefits of Herbal Aloe.



## Soothing Gel

### Moisturizes and soothes skin

- Shown to leave skin smoother and softer\*
- Infused with aloe vera and skin-conditioning botanicals to moisturize and soothe skin
- No added fragrance

200 ml Tube | #2562

## Bath & Body Bar

### Cleanse and refresh your skin

- Gentle coconut-derived cleansers refresh skin
- Rich suds infused with aloe vera and olive oil
- Fresh, clean scent

125 g Bar | #2566

## Hand & Body Wash

### Cleanses and moisturizes skin

- Gentle plant-derived cleansers refresh skin
- Non-drying formula contains silkening moisturizers, including aloe vera, to leave skin soft and hydrated
- Perfect for bath, shower and sink-side

250 ml Tube | #2561

## Hand & Body Cream

### Hydrate your skin

- Clinically tested to increase skin's moisture by 100% after just one use†
- Aloe vera and African shea butter absorb quickly and leave skin smooth and soft

200 ml Tube | #2563

## Strengthening Shampoo

## Strengthening Conditioner

Plant-derived microproteins strengthen and moisturize for silky-smooth hair. Color-preserving formula without added sulfates.

### Clinically tested to:

- Leave damaged hair 10 times stronger after just one use‡
- Reduce damaged hair breakage by 90%‡

### 250 ml Tube

Strengthening Shampoo | #2564  
Strengthening Conditioner | #2565

Strengthens  
damaged hair  
**10x** after  
ONE use‡

\*In a self-assessment, 100% of subjects reported Herbal Aloe Soothing Gel left skin feeling soft and smooth and improved its appearance.

†Test measuring skin moisture levels by Novameter. Skin of 100% of subjects showed double the moisture levels over baseline after 20 minutes.

‡When using Herbal Aloe Strengthening Shampoo and Conditioner. Damaged tresses treated with Herbal Aloe Strengthening Shampoo and Conditioner saw average broken fiber counts reduced by 90% versus untreated tresses in a Combing Test.

# Ignite Your Metabolism

with this refreshing low-calorie tea



**Herbal Tea  
Concentrate  
Raspberry**

#0256 30 Servings  
#0189 60 Servings

See page 11

BE OUR NEXT  
**SUCCESS  
STORY**  
START TODAY

Contact Your Personal Wellness Coach Today

HERBALIFE INDEPENDENT DISTRIBUTOR

