Nourish Your World
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 Nutrition 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 your healthier, happier lifestyle starts now!
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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 Nutrition 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 Nutrition Formula 1 shakes, Personalized Protein Powder, Protein Drink Mix, Formula 1 Express Meal Bar and Protein Bar Deluxe.

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**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 Nutrition Formula 1 shakes, Protein Drink Mix, Formula 1 Express Meal Bar and Protein Bar Deluxe.

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**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 Nutrition Formula 1 shakes, Herbalife Nutrition Active Fiber Complex and Formula 1 Express Meal Bar.

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**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®, Tri-Shield®, CoQ10 Plus and Core Complex.

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**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 Nutrition Formula 1 shakes, Protein Drink Mix, Formula 1 Express Meal Bar and in dietary supplements such as Herbalife Nutrition Formula 2 Multivitamin Complex.

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**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.

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**HYDRATION**

**What:** We recommend eight 8 fl. oz. glasses 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 Nutrition also offers an option for enhanced hydration during exercise, Herbalife24® CR7 Drive.

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**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!

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**REST**

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

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

**Where:** A cool, comfortable sleeping environment with the support of Herbalife Nutrition Sleep Now, Relax Now and Relaxation Tea.

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More than two-thirds (73.6%) of U.S. adults are overweight or obese.† Herbalife Nutrition is committed to helping people choose better nutrition and lead healthy, active lives.

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†Source: Centers for Disease Control and Prevention, 2017-2018.

*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.
The development of Herbalife Nutrition® products is guided by Herbalife Nutrition 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.

*The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition® products.*
Maximize Your Nutrition

Cellular Nutrition with Our Core Products

**FORMULA 1**
Healthy Meal Nutritional Shake Mix

*Our bodies are made up of 100 trillion cells*

Formula 1 is a healthy meal with 21 vitamins and minerals and 3 g of fiber

**FORMULA 2**
Multivitamin Complex

Formula 2 has antioxidant Vitamins A (as beta-carotene), C and E to support your immune system*

**FORMULA 3**
Cell Activator®

Formula 3 is formulated with alpha-lipoic acid, which supports normal mitochondrial energy production*

A Healthier LIFESTYLE!

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The Perfect Blend

Core nutrition focuses on the micronutrients and macronutrients you need to thrive each day. Our trio of Core Products works together to kick-start your healthy eating habits.

**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 nutritional needs

Lots of great-tasting flavors, endless combinations

Check out all the flavors (30 Servings) *†*1,2,1,4

- Banana Caramel | #2628
- Café Latte | #2775
- Cookies ’n Cream | #3110
- Dulce de Leche | #2674
- Dutch Chocolate | #3107
- French Vanilla | #3106
- Mango Pineapple | #039K
- Mint Chocolate | #3138
- Orange Cream | #1164
- Piña Colada | #3141
- Pralines and Cream | #0191
- Strawberry Cheesecake | #018K
- Wild Berry | #3108

**CALORIES**

| 170 | When prepared with 8 fl. oz. of nonfat milk

**FIBER**

| 3 g | As much fiber as 1 small apple

**PROTEIN**

| 17–24 g | As much protein as 3 large eggs

**CALCIUM**

| 420 mg |

**VITAMIN C**

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

**VITAMIN E**

| 4.5 mg |

**VITAMIN A**

| 420 mcg RAE |

*On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.
†25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.
1Herbalife Nutrition designation.
2Herbalife Nutrition® products do not treat diabetes, but diabetics can use them.
3Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.
**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  

**Formula 3**  
**Cell Activator®**  
Mitochondrial and nutrient absorption support*  
- Formulated with alpha-lipoic acid, which helps regenerate antioxidant activity† within the cells*  
- Formulated with aloe vera, which may help support the body’s absorption of micronutrients*  
60 Capsules  |  #3123  

*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.
†Glutathione and Vitamin C.
Enjoy both on their own, as a pair, or blended with your favorite fruits and vegetables for a colorful, customized boost.

**Formula 1 Select**

**A nutrient-dense, healthy meal**

- 10 g of a high-quality, easily digestible protein blend (pea, rice, quinoa) to sustain energy and satisfy hunger
- 5 g of fiber
- 21 vitamins and minerals
- 6 g of sugar
- Made with non-GM ingredients

| Natural Vanilla Flavor (30 Servings) | #1626 |

**Protein Drink Mix Select**

**A healthy snack or protein booster**

- 15 g of a high-quality, easily digestible protein blend (pea, rice, quinoa) to sustain energy and satisfy hunger
- 24 vitamins and minerals
- 3 g of sugar
- Low glycemic
- Made with non-GM ingredients

| Natural Vanilla Flavor (22 Servings) | #1627 |

*Images of fruits are only serving recommendations. Product does not contain these fruits.

*On the basis of laboratory tests of Formula 1 Select for Glycemic Index (GI) value, this is a low-GI food.*
Formula 1 Select and Protein Drink Mix Select are:

- Certified Kosher
- Certified Gluten-Free
- Vegetarian Certified
- Suitable for Diabetics
- Made with no artificial flavors or sweeteners
- Not made with soy or dairy

1Products that do not contain any meat, poultry, fish, seafood or insects.
2Herbalife Nutrition designation.
3Herbalife Nutrition products do not treat diabetes, but diabetics can use them.
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 Nutrition Independent Distributor for more information.

<table>
<thead>
<tr>
<th></th>
<th>WEIGHT LOSS</th>
<th>EVERYDAY NUTRITION</th>
<th>WEIGHT GAIN</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><img src="image1" alt="Shake" /></td>
<td><img src="image2" alt="Chocolate Shake" /></td>
<td><img src="image3" alt="Smoothie" /></td>
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<tr>
<td><strong>SNACK</strong></td>
<td><img src="image4" alt="Herbalife Bar" /></td>
<td><img src="image5" alt="Berries" /></td>
<td><img src="image6" alt="Soup" /></td>
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<tr>
<td><strong>LUNCH</strong></td>
<td><img src="image7" alt="Chocolate Shake" /></td>
<td><img src="image8" alt="Salad" /></td>
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<tr>
<td><strong>SNACK</strong></td>
<td><img src="image10" alt="Soup" /></td>
<td><img src="image11" alt="Herbalife Bar" /></td>
<td><img src="image12" alt="Smoothie" /></td>
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<tr>
<td><strong>DINNER</strong></td>
<td><img src="image13" alt="Salad" /></td>
<td><img src="image14" alt="Salad" /></td>
<td><img src="image15" alt="Chocolate Shake" /></td>
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</table>
A healthy weight-management program should include modest caloric intake, balanced diet and regular physical activity.

‡On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.

§Herbal Tea Concentrate provides 85 mg of caffeine per serving and Total Control® provides 82 mg of caffeine per serving. It is recommended that products containing caffeine be used by healthy adult consumers and not recommended for those sensitive to caffeine. Pregnant or nursing women, individuals with medical conditions, or those taking medications should consult with a health care professional before use.

**Aminogen® is a registered trademark of Innophos, LLC.

QUICKSTART PROGRAM
Includes the basics for weight management†
- Three Core Products – Formulas 1, 2 and 3 to support Cellular Nutrition
- Herbal Tea Concentrate§ (1.8 oz.)

Choose your Formula 1 flavor
- Café Latte | #4004
- Cookies ’n Cream | #4803
- Dutch Chocolate | #4800
- French Vanilla | #4799
- Piña Colada | #3494
- Wild Berry | #4801

ADVANCED PROGRAM
Includes ALL Quickstart Program products, PLUS:
- Total Control® with caffeine that stimulates metabolism*†§
- Cell-U-Loss® with corn silk to support healthy elimination of water*

Choose your Formula 1 flavor
- Café Latte | #4006
- Cookies ’n Cream | #4808
- Dutch Chocolate | #4805
- French Vanilla | #4804
- Piña Colada | #3496
- Wild Berry | #4806

ULTIMATE PROGRAM
Includes ALL Advanced Program products, PLUS:
- Snack Defense® with gymnema and chromium that help support blood sugar levels already within the normal range*
- Aminogen®** to break down proteins into smaller peptides*

Choose your Formula 1 flavor
- Café Latte | #4008
- Cookies ’n Cream | #4813
- Dutch Chocolate | #4810
- French Vanilla | #4809
- Piña Colada | #3498
- Wild Berry | #4811

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§Herbal Tea Concentrate provides 85 mg of caffeine per serving and Total Control® provides 82 mg of caffeine per serving. It is recommended that products containing caffeine be used by healthy adult consumers and not recommended for those sensitive to caffeine. Pregnant or nursing women, individuals with medical conditions, or those taking medications should consult with a health care professional before use.
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HEALTHY WEIGHT  |  ENHANCERS

The Healthy Way to Lose Weight

Herbalife Nutrition has a number of products designed to enhance your weight-management efforts, and some Herbalife Nutrition® products contain caffeine to boost your metabolism.

Total Control®

Stimulates metabolism*

Total Control® tablets are formulated with a proprietary blend of tea extracts and caffeine, which quickly stimulates metabolism and provides an energetic and alert feeling.*

- Quickly stimulates metabolism*
- Increases alertness*
- Provides an energetic sensation*

90 Tablets  |  #0077
Packets  |  #0076
(3 Tablets Per Packet/20 Packets Per Box)

Prolessa® Duo

Control hunger, reduce fat*

This dual-action hunger control and fat-reduction powder* can be used as a boost once a day to an Herbalife Nutrition shake or you can add it to your milk or yogurt.

- A dual-action formula with clinically tested ingredients
- A unique emulsion of palm and oat oils helps to reduce calorie intake and provide a feeling of fullness*
- Conjugated linoleic acid helps decrease body fat*
- No added stimulants

7-Day Trial Size  |  #1095
30 Servings  |  #1076

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†Caffeine is known for its natural thermogenic (metabolism-boosting) benefits and green tea for its antioxidant properties.
Herbal Tea Concentrate is formulated with caffeine, which jump-starts your metabolism and provides a boost to help you feel revitalized.

- Jump-starts thermogenic (metabolic) activity
- Boosts the feeling of energy
- 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
- Peach | #0257
- Raspberry | #0256

**60 Servings**
- Chai (Non-GM) | #0761
- Cinnamon | #0195
- Lemon | #0188
- Original | #0106
- Peach | #0190
- Raspberry | #0189

**Single-Serve Packets (100 Per Bag)**
- Chai (Non-GM) | #134K
- Lemon | #138K
- Raspberry | #133K

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1 Made with ingredients that have not been genetically modified.
2 Herbalife Nutrition designation.
3 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.
Get On the Right Track with Fat Release

Sometimes it can be difficult when you find yourself somewhere with no healthy food options available. Fat Release, in convenient powder form, helps trim the fat from food* to keep you on track with your healthy lifestyle. Fat Release helps ease the guilt from those “less-than-perfect meals” by binding fat calories in food when taken as directed.*

Fat Release
For weight-loss program support**†

- Reduces a portion of calories from being absorbed when taken with a meal containing fats*
- Enhances the amount of dietary fat eliminated from the body*
- Formulated with Litramine® to promote a feeling of fullness*
- Fruit Twist (30 Stick Packs Per Box) | #163K

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†Weight-loss plans are supported by taking the product three servings a day.
Everyone Can Use a Little Help

Eating right and exercising is a good start, but what if you need a little more help?

Aminogen®†
Enzymes to support protein digestion*

- Enzymes help break protein chains into smaller peptides, which are smaller molecules that the body can absorb*

60 Tablets | #0101

Thermo-Bond®

- Formulated with sodium cholate in a proprietary blend

90 Tablets | #0167

*Aminogen® is a registered trademark of Innophos, LLC.
Snack Defense®
Supports blood sugar levels already within a normal range*
- Gymnema and chromium help support healthy blood sugar levels already within normal range*
- Excellent source of chromium

60 Tablets | #0079

Cell-U-Loss®
Electrolyte balance
- Formulated with corn silk, an herb traditionally used for healthy elimination of water*
- Minerals to help you maintain electrolyte balance and a healthy pH level*

90 Tablets | #0111

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Even More Delicious Possibilities

Need a boost of protein to help satisfy your hunger and energize your day? Expand your nutritious snack horizons with more protein in your favorite baked treats, beverages and more!

Protein Baked Goods Mix

Nutrient-dense meal

Combine with Formula 1 Healthy Meal Nutritional Shake Mix to make nutritious muffins, waffles, pancakes and more.*

- 15 g protein (24 g when prepared with Formula 1)
- 21 vitamins and minerals†
- 5 g of fiber†
- No artificial sweeteners

22 Servings | #2185

*For recipe ideas, visit Herbalife.com/recipes.
†When combined with Formula 1 that is made with no artificial sweeteners, is gluten-free and low glycemic.
‡Not a low-calorie or reduced-calorie food.
Personalized Protein Powder
Boost your protein

Personalized Protein Powder is a high-quality, nutrient-dense 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
- Protein 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 nutrient-dense snack.

- 15 g of soy protein per serving to help satisfy hunger and give you energy
- 24 vitamins and minerals
- 1 g of sugar
- 5 g of carbohydrates
- Low glycemic

22 Servings | #1,2,3,4

- Chocolate | #1123
- Peanut Cookie | #1250
- Vanilla | #1122

30 Servings
- Vanilla | #1426

Beverage Mix
An anytime, nutrient-dense protein snack

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

14 Servings | #1,2

- Peach Mango | #3121
- Wild Berry | #3119

1Herbalife Nutrition designation.
2Herbalife Nutrition® products do not treat diabetes, but diabetics can use them.
3Products 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 nutritious snacking habit can help you manage your weight and balance your diet. Try these products when looking to sustain your energy throughout the day.

High Protein Iced Coffee

A delicious and healthy snack

- 15 g of protein
- 100 calories
- 80 mg of caffeine
- Up to 2 g of sugar
- No artificial flavors or added colors

14 Servings Per Pouch

- Enjoy up to 2 servings per day
- Low glycemic

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Protein Bar Deluxe

Rich and chewy
• 10 g of protein per serving
• Excellent source of protein, which helps sustain energy, satisfy hunger, and build and maintain lean muscle mass
• Milk chocolate-covered protein snack with 140 calories per bar

14 Bars Per Box
Chocolate Peanut | #0365
Citrus Lemon | #0366
Vanilla Almond | #0364

Protein Bites

Snack smart
• 4 g of protein and 60 to 65 calories per piece
• No artificial sweeteners
• Fun-size bites in three delicious flavors

28 Bites Per Box
Crunchy Caramel Lemon | #002K
Crunchy Caramel Vanilla | #001K
Crunchy Salted Caramel | #006K
Treat Yourself to Something Savory

Looking for a protein-rich treat, but not in the mood for something sweet? From soup to nuts, our savory protein snacks are a delicious way to satisfy your between-meal cravings!

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
- Low glycemic

Chile Lime (12 Packets Per Box) | #3142
Instant Soup

Protein snack for energy and nutrition

Made with the comforting flavors of chicken and vegetables, just add hot water for a nutritious and high-protein snack that’s ready in minutes.

- 15 g of plant-based protein
- 3 g of fiber
- 0 g saturated fat
- No artificial sweeteners, preservatives or added colors
- Not made with dairy

Chicken and Vegetables Flavor* (15 Servings) | #129K

*Natural and artificial chicken and vegetable flavors.
Nutrition When You Need It

Always make sure to have some of these on-the-go meals around to help meet your goals.

*25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.

†On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.
**Formula 1 Instant Healthy Meal Nutritional Shake Mix**

*A quick meal anytime for healthy nutrition and weight management*

- An instant healthy meal anytime, anywhere
- 20 g of protein
- 21 vitamins and minerals, including calcium of an 8 fl. oz. glass of milk
- Excellent source of antioxidant Vitamins C and E

**12 Servings**
- Creamy Chocolate | #2794
- Vanilla Dream | #2795

**Formula 1 + PDM On The Go**

*A convenient, protein-packed meal*

Offers a combination of Formula 1 Cookies 'n Cream and Protein Drink Mix Vanilla to deliver a rich flavor and creamy texture with an extra boost of protein.

- Essential nutrients, including 24 vitamins and minerals
- High in protein
- Up to 5 g of fiber

**7 Packets Per Box**
- 17 g of protein per serving | #3145
- 24 g of protein per serving | #1235

**Formula 1 Express Meal Bar**

*Great-tasting meal replacement with protein and fiber*

Enjoy the Formula 1 experience in a convenient bar option.

- Contains 21 vitamins and minerals
- 15 g of protein per serving
- 4 g of fiber to help support weight management
- Individually wrapped for on-the-go use

- Cookies ‘n Cream (7 Bars Per Box) | #2792

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1Herbalife Nutrition designation.

2Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.
Give Your Digestive Health a Tropical Boost

Boost your daily fiber intake with Active Fiber Complex Select Tropical Twist, a delicious and convenient option to help support a healthy digestive system.

Active Fiber Complex Select

A tasty way to help you reach your daily fiber goals

- 6 g of fiber (excellent source)
- Promotes regularity
- Helps support and maintain a healthy digestive system
- Supports growth of friendly intestinal bacteria
- Low glycemic
- Made with non-GM ingredients
- No added colors

Enjoy on its own or added to your favorite Formula 1 shake, Herbal Aloe or Herbal Tea Concentrate. Combine with Simply Probiotic for added digestive health benefits.
Active Fiber Complex Select is:

- Certified Kosher
- Certified Gluten-Free
- Vegetarian Certified*  
- Made with no artificial flavors or sweeteners1
- Suitable for Diabetics1, 2
- Suitable for Vegans1, 3
- Not made with soy*
- Certified Kosher
- Certified Gluten-Free
- Vegetarian Certified*
- Made with no artificial flavors or sweeteners1
- Suitable for Diabetics1, 2
- Suitable for Vegans1, 3
- Not made with soy*

*Products that do not contain any meat, poultry, fish, seafood or insects.
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2Herbalife Nutrition® products do not treat diabetes, but diabetics can use them.
3Products 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.
You might be familiar with aloe vera gel and its variety of uses in topical form. But there is another form of aloe that has a number of benefits – like soothing your stomach and helping to support healthy digestion. Herbalife Nutrition Herbal Aloe products are formulated with premium-quality aloe vera, and can be used on a daily basis.

**Digest and Feel Your Best**

Herbal Aloe Concentrate

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

**Herbal Aloe Ready-to-Drink**

- Cranberry | #1966
- Mandarin | #070K
- Mango | #1188

**Herbal Aloe Concentrate**

- Cranberry | #1189
- Mandarin | #2631
- Mango | #1065
- Original | #0006

**Herbal Aloe Ready-to-Drink**

- Original | #0004

*4 servings per day.
1Herbalife Nutrition designation.
2Herbalife Nutrition products do not treat diabetes, but diabetics can use them.
**Active Fiber Complex**

**Up to 6 grams of soluble and insoluble fiber**

- Promotes regularity
- Supports growth of friendly intestinal bacteria
- Add to Formula 1 for a thicker, smoother shake
- Combine with Simply Probiotic for added digestive health benefits
- Low glycemic

**30 Servings**

- Apple | #2864
- Unflavored | #2865

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Talk to your Herbalife Nutrition Independent Distributor to get the support you need to start making simple, proactive changes to your diet and lifestyle today.

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2 Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.
Your Daily Dose of Balance

Simply Probiotic is a daily, science-backed probiotic that can get you back on track. Powered by a patented GanedenBC₃₀® probiotic strain, it helps to promote the growth of friendly, beneficial bacteria, maintaining balance in your microbiome to keep you operating at your best.
3 Easy Steps to a Balanced Life

STEP 1
Try Simply Probiotic with your favorite food or drink – hot, cold or frozen.
Mixes easily into your favorite hot or cold Herbalife Nutrition shake, tea or aloe drink. Use as directed.

STEP 2
Incorporate Simply Probiotic into your daily routine.
Don’t worry; you won’t need to change your current lifestyle. Simply Probiotic requires no refrigeration and comes in a convenient powdered format, making it easy to take with you everywhere you go.

STEP 3
Continue to eat healthy and stay active.
Your gut – and digestive health – will love you for it!

Simply Probiotic
A convenient way to add 1 billion active probiotic cultures to your daily nutrition routine

• Formulated with a GanedenBC® probiotic
• Delivers 1 billion active probiotic cultures per serving, which promote digestive health
• Made with non-GM ingredients
• 0 calories per serving

30 Servings | #1829

*GanedenBC® is a registered trademark of Kerry Group.
Keep Yourself on Track

21-Day Herbal Balancing Program

Begin and maintain your digestive health regimen

- AM Renew Formula – A morning tablet formulated with milk thistle, traditionally used for liver support*
- PM Reset Formula – An evening tablet formulated with dandelion, traditionally used for healthy fluid balance*

21 Servings
(84 Tablets Total) | #1154

Digestive Health Program

Supports healthy gastrointestinal function*

Keep your system on track with our 3-in-1 Starter Kit. Includes:

- Herbal Aloe Concentrate (Original or Mango flavor)
- 21-Day Herbal Balancing Program (AM/PM companion formulas)
- Simply Probiotic

- Mango | #1226
- Original | #1225

*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.
Nutrition for Your Brain

Keep your focus with MemoryArmor®, a specially formulated supplement with Bacopa and B vitamins to support short-term memory recall and promote cognitive resilience as you age.*

MemoryArmor®
Support your short-term memory with Bacopa†
• Delivers Vitamin D and B vitamins to promote healthy brain function*
• Formulated with Bacopa to support cognitive resilience as you age*
• Formulated with Bacopa to support auditory learning*
• Vitamin B6 assists in fatigue reduction to support short-term memory recall and attention*

30 Capsules | #101K

†MemoryArmor® is specially formulated with Bacopa, which, some studies show, supports mental attention, auditory learning and short-term working memory.
A Healthy Today for a Healthy Tomorrow

**A Herbalifeline®**
A blend of high-quality omega-3 fatty acids, EPA and DHA

- 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
- Supplementing your dietary omega-3 intake helps promote healthy blood pressure that is already within normal range*

60 Softgels | #0065

**B Niteworks®**
Nighttime supplement with folic acid to support a healthy cardiovascular system*

- Amino acids L-arginine and L-citrulline support Nitric Oxide production and blood flow for the healthy function of the heart, brain and other organs*
- Nitric Oxide production supports healthy blood pressure levels already within a normal range and blood vessel elasticity*
- L-arginine and L-citrulline help keep blood vessels toned and flexible for healthy vascular function*

30 Servings
- Lemon | #0036
- Orange-Mango | #0038

15 Servings
- Lemon | #3150

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Core Complex

Advanced heart support on the go*

Convenient daily packets contain six softgels, including:
• Herbalifeline®
• Tri-Shield®
• CoQ10 Plus
• Plant sterols help support healthy cholesterol levels already within a normal range.* B vitamins help to maintain healthy homocysteine levels that are already within a normal range.*

30 Packets Per Box | #1096

CoQ10 Plus

Energy for the heart*

• CoQ10 provides energy to heart cells and supports the heart muscle*
• Vitamin D supports heart health*
• Antioxidant activity of CoQ10 protects cells from damaging effects caused by oxidative stress*

30 Softgels | #1500

Mega Garlic Plus

Formulated with garlic in a convenient tablet form

• Garlic supports healthy circulation, heart health and healthy triglyceride and cholesterol levels already within a normal range*
• Vitamin C provides antioxidant support*

30 Tablets | #0032

Tri-Shield®

Krill-sourced omega-3s

• This proprietary blend is formulated with omega-3 fatty acids from krill oil, which support cardiovascular health*

30 Softgels | #0100

“If you haven’t considered the health of your heart in the past, the good news is you can start supporting your cardiovascular system now by making heart-healthy lifestyle changes. You have the power to support your heart health!”

Louis Ignarro | Ph.D., Nobel Laureate in Medicine, Member, Nutrition Advisory Board

†Dr. Lou Ignarro, a Nobel Laureate in Medicine, is a scientific advisor to Herbalife Nutrition and member of the Nutrition Advisory Board, and receives compensation for his endorsement of Herbalife Nutrition® products. The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition® products.
**Support Heart Health with the Right Nutrients**

The Herbalife Nutrition Heart Health line, endorsed by Dr. Lou Ignarro,† is a part of maintaining cardiovascular wellness.

### Support Healthy Circulation
Garlic supports healthy circulation.*

### Maintain Healthy Cholesterol Levels
Omega-3 fatty acids help maintain cholesterol levels already within normal range.*

### Support Cardiovascular Health
Omega-3 fatty acids from krill oil support cardiovascular health.*

### Support Vascular Health
Niteworks® is a dietary supplement formulated with L-arginine and L-citrulline that help the body create more life-supporting Nitric Oxide.* Research indicates that Nitric Oxide production supports healthy blood pressure levels already within a normal range and blood vessel elasticity.*

### Specialized Nutrition

<table>
<thead>
<tr>
<th></th>
<th>Mega Garlic Plus</th>
<th>Herbalifeline®</th>
<th>Tri-Shield®</th>
<th>Core Complex</th>
<th>Niteworks®</th>
<th>CoQ10 Plus</th>
</tr>
</thead>
</table>

†Dr. Lou Ignarro is a scientific advisor to Herbalife Nutrition and receives compensation for his endorsement of Herbalife Nutrition® products.
Rest and Rejuvenate

Rest is an important part of a healthy lifestyle for all ages. It rejuvenates your body and mind and regulates your mood.

Relaxation Tea

Herbal tea blend to calm body and mind

- Specially formulated with lemon balm, passionflower, lavender and chamomile
- 0 calories
- Made with non-GM ingredients
- Peppermint Flavor | #044K
  (60 Servings)

Sleep Now

Helps you get the rest you need

- Melatonin supports sound sleep so you can rest easy

60 Tablets | #0138

Relax Now

Helps you cope with occasional stress

- Jujube, passionflower and ashwagandha are traditionally used to help you cope with occasional stress and maintain a healthy mood

30 Tablets | #0055

*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.

1Lemon balm is traditionally used to improve relaxation.

Herbalife Nutrition designation.
Finding That Missing Piece

Theodora
Herbalife Nutrition Independent Distributor

A chance encounter on vacation leads to a new opportunity.

This is Theodora’s Herbalife Nutrition Story:

I’m a single mom of four and a full-time speech pathologist from Queens, New York. I had worked very hard to get to where I was in my career, but I felt like something was missing. I was considering going to law school or becoming a CPA. I didn’t know what it was that I was looking for, but I knew that there was something more out there for me.

I went on a trip to Los Angeles and while I was there, in a Halloween store of all places, I met Brian. He was very persistent about keeping in touch on social media and sharing his story with me. I was really impressed by his energy, and we soon became friends. A few months later, I visited L.A. again with some friends and we visited Brian’s Fitness Camp.

*Atypical achievements shown came from hard work, skill and dedication. Most people work part-time and typically earn $201 in a month in their 1st year, before expenses. For more, see Herbalife.com/SAGC.

DISTRIBUTOR REFUND POLICY: If Distributorship is canceled for any reason, you may return all unopened products that were purchased in the previous 12 months for a full refund. To obtain a refund, Distributors may call Herbalife Nutrition at 866-866-4744 or submit the refund form available at MyHerbalife.com.
That was when I tried the products for the first time, and when I had that first shake, I just felt like it touched my soul. I had no idea what was in it, but I loved it. Even after I came home to New York, I continued using the products every day because I felt so good. Feeling this way changed my outlook and even made me a better mom. My kids commented to me that I wasn’t even yelling at them anymore.

Meanwhile, I couldn’t stop telling people about how wonderful these products were, and I’d refer them to Brian to try for themselves. Brian, while grateful for the customers, kept telling me that I should give the business a try for myself. After a while, I decided to go for it.

I love that I’m able to have my Herbalife Nutrition business without giving up my career as a speech pathologist.* In fact, a number of my speech clients have become Herbalife Nutrition customers.

I’m at the gym four to five days a week, so I’m always meeting new people and catching up with current customers. I make sure I’m always available. I always answer my phone and I respond to every text and voice message I get.

I consider myself emotionally attached to the products. There hasn’t been a single day since I started that I haven’t had them. That’s how I’m able to motivate and encourage my customers, just by being the proof of what’s possible with these products.

I am the standard.
Support Your Immune System*

Best Defense®

Supports immune health*
• Formulated with Echinacea to support immune health*
• 1,000 mg of Vitamin C, a powerful antioxidant
• Contains 8 mg of zinc to support the body’s immune function*
• Convenient for on-the-go use

Orange Boost
(10 Tablets) | #1502

RoseGuard®

Contains Vitamins C and E for immune support*
• Provides antioxidant support with Vitamins A (as beta-carotene), C and E*
• Vitamin C helps to recycle the antioxidant activity of Vitamin E*

60 Tablets | #0139

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Schizandra Plus

Excellent source of selenium

- Selenium and Vitamins A (as beta-carotene), C and E provide general antioxidant support against free radicals*
- Vitamins C and E support the immune system*
- Excellent source of selenium and Vitamins A (as beta-carotene), C, E and B6
- Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive.

60 Tablets  |  #0022

Immunity Essentials

Strengthens and supports immune health daily*

- EpiCor® Acts Like a Multivitamin for Your Immune System®†
- EpiCor® supports mucosal defense*
- Excellent source of zinc and Vitamins C and D
- Enhanced with light rosemary extract
- Add to Herbal Aloe Concentrate, Herbal Tea Concentrate, Relaxation Tea or enjoy with water

30 Servings  |  #047K

†EpiCor® and Acts Like a Multivitamin for Your Immune System® are registered trademarks of Embria Health Sciences.
Nutrition for Growing Kids

As a parent, you only want what’s best for your children. Give them the specific nutrition they need to help them grow and develop as they should with Kids for Healthy Development, a flavor-neutral shake booster.

Add to their favorite Formula 1 shake as a snack!

Kids for Healthy Development

Supporting healthy development for kids on the go*

- Choline supports normal neurological function*
- Calcium, magnesium and Vitamin D support healthy growth and development of bones and teeth*
- Provides essential, everyday nutrition*
- Supports overall wellness*
- No added flavors, colors, sugars or sweeteners

30 Packets Per Box | #4977

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Well-Being at Any Age

Women have specific needs that change over time. Herbalife Nutrition Women’s Health products can help you to find balance and comfort when you need it.

Did You Know?

“It’s not about looking young forever, it’s about feeling younger every day. Taking care of yourself in early stages makes a huge difference in maturity.”

Rocío Medina, M.D.
Vice Chairwoman and Member, Nutrition Advisory Board
Tang Kuei Plus
For PMS support*
• Tang Kuei Plus is formulated with Dong Quai root, which has been traditionally used for PMS support*

60 Tablets  |  #0566

Woman’s Choice
For menopausal support*
• Soy isoflavones and chasteberry support comfort and well-being for women during monthly hormonal fluctuations and menopause*

30 Tablets  |  #1061

Xtra-Cal® Advanced
Supports bone health as you age*
• Calcium and Vitamin D support bone mineral density and healthy teeth*
• Vitamin D improves the absorption of calcium for bone health*
• Adequate calcium and Vitamin D, as part of a well-balanced diet, may reduce the risk of osteoporosis later in life

90 Tablets  |  #0565

New Mom for Wellness
Boosts new mom powers – add to your Formula 1 shake
• Folate contributes to the reduction of tiredness and fatigue*
• Vitamins and minerals support healthy mental performance and focus needed by new moms*
• Vitamin B6 contributes to the regulation of hormonal activity*

30 Packets Per Box  |  #1700

*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.
Vitality and Well-Being for Men

Addressing your male-specific health needs benefits your overall well-being. Herbalife Nutrition Men’s Health products help you get the most out of life.

Prelox®† Blue
Supports male sexual health*
- Formulated with L-arginine and Pycnogenol®† to support male sexual health*

60 Tablets  |  #0039

Ultimate Prostate Formula
Promotes prostate health*
- Formulated with saw palmetto, which promotes prostate health and urinary function*
- Excellent source of antioxidant Vitamin E

60 Softgels  |  #0053

†Prelox® and Pycnogenol® are trademarks of Horphag Research Ltd. This product is sold under license of U.S. patents 6,117,872 and other rights.
It’s never too early to focus on healthy aging. Herbalife Nutrition Healthy Aging products are formulated to help you stay active no matter what age you are.

### Joint Support Advanced
**Support for joint health**
- Formulated with glucosamine to support healthy joint function and comfort*
- Excellent source of antioxidant selenium to support healthy aging*
- Excellent source of manganese and a good source of copper

**90 Tablets | #0555**

### Ocular Defense Formula
**Supports healthy vision**
- Lutein supports eye health and healthy vision*
- Provides antioxidant Vitamins A (as beta-carotene), C and E*

**30 Tablets | #0064**

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Power Your Purpose

Whether you’re competing at an elite level or just taking your first steps on your own personal fitness journey, you need dynamic nutrition that fits your specific needs. **Herbalife24** is a sports nutrition line that can be customized based on your specific schedule. Achieve the next level in training, performance and recovery with nutrition for the 24-Hour Athlete.

> If you’re exercising, getting your heart rate up and sweating, you’re an athlete! Every athlete needs good nutrition to prepare, fuel, and recover from his or her workout. **Herbalife24®** products provide good-quality carbohydrates and proteins to help you maximize every workout.

Dana Ryan  
Ph.D., M.A., MBA, Director, Sports Performance, Nutrition and Education

<table>
<thead>
<tr>
<th>Product</th>
<th>MORNING</th>
<th>SNACK/BOOST†</th>
<th>BEFORE WORKOUT</th>
<th>DURING WORKOUT</th>
<th>AFTER WORKOUT</th>
<th>SNACK/BOOST†</th>
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Suggested product usage will vary based on activity level.  
†Consume Liftoff® supplement for a caffeine boost.*
ACHIEVE Protein Bar
Long-lasting energy

Perfect for a pre-workout boost, a post-exercise recovery aid, or a nutritious snack, the Herbalife24 ACHIEVE Protein Bar delivers 20 grams of high-quality whey and milk protein to power your adventure. Long live energy.

- 20 g of high-quality whey and milk protein to promote lean muscle growth
- 4 g of sugar
- Contributes to recovery from exercise
- No added colors

6 Bars Per Box

Chocolate Chip Cookie Dough | #2124
Dark Chocolate Brownie | #2126

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1Herbalife Nutrition designation.
2Certified for Sport® is a registered trademark of NSF International.
On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.

Whey protein isolate, milk protein concentrate, whey protein concentrate, hydrolyzed whey protein, and micellar casein.

Prepare

Nitric Oxide precursor (L-arginine, L-citrulline, and ornithine) and creatine supplement system*
- L-arginine supports healthy blood flow*
- Formulated with 2.1 g of creatine per serving to support muscle strength and fast-twitch muscle contractions*
- Caffeine helps maintain focus and performance*

Formula 1 Sport

Healthy meal for athletes
- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- L-glutamine supports muscle growth and immune function
- Antioxidant support

BCAAs

Essential amino acids for exceptional benefits
- 5 g of branched-chain amino acids, including 3 g of leucine
- Supports lean muscle growth*
- Reduces muscle breakdown*
- Supports muscle recovery*
- Fuels your workout*

25 Servings
- Tropical Mango | #1414
- Watermelon | #074K

30 Servings
- Creamy Vanilla Flavor | #1412

30 Servings
- Green Apple | #024K

*On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.

†Whey protein isolate, milk protein concentrate, whey protein concentrate, hydrolyzed whey protein, and micellar casein.
**Rebuild Strength**

*Immediate and sustained muscle recovery*

- 24 g of whey and casein proteins per serving create a rapid and sustained protein-building state*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery*
- Iron essential for red blood cell production*
- Branched-chain amino acids support muscle growth*
- L-glutamine supports immune function and promotes muscle repair*

**Enhanced Protein Powder**

*Nutrition meets versatility*

- 24 g of protein
- 5 types of protein†
- Protein and BCAAs help reduce muscle soreness and improve muscle recovery and repair*
- B vitamins support energy metabolism*
- 0 g added sugar

20 Servings
- Chocolate | #1417
- Strawberry Shortcake | #1520
- Vanilla Ice Cream | #3058

20 Servings
- Natural Flavor | #1120

**Restore**

*Helps combat exercise-induced muscle inflammation*

- Contains antioxidant Vitamins A (as beta-carotene), C and E and botanical ingredients to support against free radicals*
- Supports immunity*

30 Capsules | #1418

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†Herbalife Nutrition designation.
CR7 Drive

Advanced hydration and fuel for your active lifestyle

- Formulated with vital electrolytes like 135 mg sodium, 125 mg potassium and 60 mg magnesium to help enhance hydration
- B12 is essential to supporting metabolism, and CR7 Drive contains 130% DV of methylcobalamin, the biologically active form of Vitamin B12

Açaí Berry Flavor

Canister (60 Servings) | #1445
Packets (15 Per Box) | #1475

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

–Sponsored Soccer Star Cristiano Ronaldo

1Certified for Sport® is a registered trademark of NSF International.
2Products that do not contain any meat, poultry, fish, seafood or insects.
3Temporary benefit based on consumption of ginseng by healthy young adults.
Elevate Your Daily Pick-Me-Up

Available as a powder in convenient stick packs, Herbalife24® Liftoff® is NSF® Certified for Sport®† and is available in two delicious flavors. Its unique blend of ingredients provides a refreshing boost to help you beat energy slumps throughout the day.*

Two Flavors!

Herbalife24® Liftoff® † Stay sharp and fuel your mind*

• Caffeine for the boost you need to stay alert and focused*
• Panax ginseng to support brain function, accelerate memory recall§ and help reduce the feeling of mental fatigue*
• Loaded with Vitamin C and a spectrum of energy-supporting B vitamins: B1, B2, B3, B5, B6, B7 and B12*

Powder Stick Packs (30 Per Box)
- Blackberry Spark | #132K
- Pineapple Push | #131K

†Herbalife Nutrition designation.
§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.
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.

H3O® 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
Canister (20 Servings) | #2745
Packets (15 Per Box) | #2718
Green Tea
Healthy hydration

With 25 mg of caffeine per serving, this refreshing tea has less caffeine than an 8 fl. oz. cup of coffee.

- Hydration for any time of day
- Supports the body’s antioxidant activity
- Protects against free radical damage
- No added colors
- Made with non-GM ingredients
- 0 calories
- For optimal experience, mix a little less than ½ teaspoon (0.8 g) with 6 to 12 fl. oz. of water

Pomegranate (60 Servings) | #1428
Energize Your Performance

N-R-G  🍓
Boosts the feeling of energy*

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
Single-Serve Packets (100 Per Bag)  |  #143K

*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.
Liftoff®
Gives you the caffeine boost you need to stay alert and focused*

• Supports brain function, accelerates memory recall† and helps reduce the feeling of mental fatigue with ginsenosides*
• Specially formulated with 351 mg of a unique, proprietary blend that includes panax ginseng, L-taurine, caffeine, guarana extract and inositol
• Loaded with Vitamin C and energy-supporting B vitamins: B1, B2, B3, B5, B6, B7 and B12*

Available in effervescent tablets or powder stick packs

10 Tablets
- Ignite-Me Orange | #3151
- Lemon-Lime Blast | #3152
- Pomegranate-Berry Burst | #2629
- Tropical Fruit Force | #2696

30 Tablets
- Ignite-Me Orange | #3277
- Pomegranate-Berry Burst | #081K

100 Tablets
- Ignite-Me Orange | #160K
- Lemon-Lime Blast | #162K
- Pomegranate-Berry Burst | #159K
- Tropical Fruit Force | #161K

Powder Stick Packs (30 Per Box)
- Ignite-Me Orange | #205K
- Lemon-Lime Blast | #206K
- Pomegranate-Berry Burst | #208K
- Tropical Fruit Force | #207K

†Temporary benefit based on consumption of ginseng by healthy young adults.
Results in 7 Days

Soothing Aloe Cleanser
Removes excess oil, dirt and makeup
• Softens and moisturizes
• For normal to dry skin

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

Energizing Herbal Toner
Refreshes tired-looking skin
• Hydrates, gently conditions and soothes skin
• Freshens and cleans skin without drying or stinging

STEP 1
150 ml Tube | #0765

STEP 1
150 ml Tube | #0766

STEP 2
50 ml Spray Bottle | #0767

*Results applicable to Line Minimizing Serum, Replenishing Night Cream, and Daily Glow Moisturizer.
†Clinically tested on 10 subjects, measuring sebum levels immediately after application. 100% of subjects showed sebum reduction on surface of skin after one use.
‡Clinically tested on 30 subjects for smoothness, softness, glow, radiance and luminosity, measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in all five areas in just seven days.
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.

**Line Minimizing Serum**

**Clinically tested to:**
- Reduce the appearance of fine lines and wrinkles
- Show improvement in skin softness, smoothness, radiance, glow and luminosity in just seven days†

**Firming Eye Gel**

- Helps to improve the appearance of the delicate eye area by increasing skin’s elasticity
- Ophthalmologist tested
- Formulated with cucumber extract

**Hydrating Eye Cream**

- Minimizes appearance of wrinkles and fine lines around the eyes
- Clinically tested to show a significant increase in the skin’s moisture for eight hours§

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*Clinically tested on 30 subjects, measuring skin moisture levels at eight-hour intervals. Skin of 97% of subjects showed double the moisture levels over baseline after eight hours.

**Applicable to Polishing Citrus Cleanser, Soothing Aloe Cleanser and Instant Reveal Berry Scrub.**
**A. Protective Moisturizer**
**Broad Spectrum**
**SPF 30 Mineral Sunscreen**
- Shown to moisturize for 8 hours*
- Leaves skin feeling soft and smooth
- Formulated with zinc oxide, Herbalife SKIN® Protective Moisturizer is a mineral sunscreen that protects your skin
- Provides broad-spectrum protection against both UVA and UVB rays

**STEP 5 ☀**
30 ml Airless Pump | #0899

**B. Daily Glow Moisturizer**
- Clinically shown to double skin’s moisture for eight hours†
- Clinically tested to show that skin looks more glowing and feels softer and smoother in just seven days‡
- Helps minimize appearance of wrinkles and fine lines

**STEP 5 ☀**
30 ml Airless Pump | #0769

**C. Replenishing Night Cream**
- Clinically tested to double skin’s moisture for eight hours†
- Provides noticeable improvement of overall skin complexion and luminosity in just seven days§
- Helps minimize appearance of wrinkles and fine lines

**STEP 5 ☾**
30 ml Airless Pump | #0774

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*One test of 32 subjects, 23 of whom were women.
†Clinically tested on 30 subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.
‡Clinically tested on 30 subjects measured by visual expert grading on intervals of two, four, and seven days. 96% of subjects showed improvement in just seven days in smoothness, softness, glow and radiance. 85% showed improvement in just seven days for luminosity.
**D** 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

**E** 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 30 subjects for smoothness, softness, glow, radiance and luminosity, measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in smoothness, softness and glow in just seven days. 97% of subjects showed improvement in radiance and luminosity.

**Clinically tested on subjects, measuring pore appearance by visual expert grading immediately after application. 100% showed improvement in appearance of pores immediately after use.
Find the Right Program for You

Basic
The perfect start to glowing skin
• Soothing Aloe Cleanser (For Normal to Dry Skin)
  - or -
  Polishing Citrus Cleanser (For Normal to Oily Skin)
• Energizing Herbal Toner
• Daily Glow Moisturizer
• Replenishing Night Cream
Normal to Dry Skin  |  #1492
Normal to Oily Skin  |  #1496

Ultimate
The ultimate skin care experience
Includes all Basic Program products, PLUS:
• Line Minimizing Serum
• Hydrating Eye Cream
• Firming Eye Gel
• Protective Moisturizer Broad Spectrum SPF 30 Mineral Sunscreen
• Instant Reveal Berry Scrub
• Purifying Mint Clay Mask
Normal to Dry Skin  |  #1488
Normal to Oily Skin  |  #1489
Daily Skin Care Regimen

Achieve results you can quickly see and feel by following the Daily Skin Care Regimen.

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<td>(For Normal to Oily Skin)</td>
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</tbody>
</table>

**WEEKLY (1–3 Times a Week)**

- Deep Cleanse
  - Instant Reveal Berry Scrub
- Purify
  - Purifying Mint Clay Mask
Shine from the Inside Out

Take a holistic approach to your outer wellness with Herbalife SKIN® LycoGlow®. Specifically designed to foster and nourish overall skin wellness from the inside out, it offers key phytonutrients that can help boost your skincare routine to give your skin a healthy glow. Tomato and rosemary extracts maintain the skin’s ability to balance its response to sun exposure.*†

†This product is not a substitute for topical sunscreen. We recommend continuing your daily Herbalife SPF 30 product regimen.

*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.
Radiant Results
You Can See*

Here’s what happens when you take Herbalife SKIN® LycoGlow® daily for 16 weeks.

Photo of study participant, after 16 weeks’ daily use of Herbalife SKIN® LycoGlow® capsules. Out of 31 participants, 64.5% showed comparable brightness, 54.8% showed comparable firmness, and 80.6% showed comparable smoothness.
What to Consume for Healthy Skin

Your complexion is one of the first things people notice about you and the health of your skin says a lot about the way you eat. Here are some foods you can incorporate into your diet that promote good skin:

- **Fish.** Fish is an excellent source of protein, which your body uses to build collagen and elastin. Fish also contains omega-3 fatty acids, which promote skin health. Aim to eat fish in several meals per week.

- **“Good” carbohydrate sources.** Try to clear out the refined “white” carbohydrates and sugars from your diet as much as possible and replace with the “good” carb sources – veggies, fruits, beans and whole grains.

- **Plenty of fluids.** In order for nutrients to move in and waste to move out, your skin cells (and all cells in your body) rely on fluid. Water is great – so is green tea, since it provides not only fluid, but antioxidants, too.

- **Colorful fruits and vegetables.** Many deeply colored fruits and vegetables get much of their color from compounds called carotenoids, which can be converted into Vitamin A that helps your skin cells reproduce. Many fruits and vegetables are also good sources of Vitamin C, which your body needs in order to manufacture collagen out of other nutrients.

- **Nuts and seeds.** Tree nuts like almonds and walnuts, and seeds like flax and chia, provide healthy omega-3 fats. And, certain nuts (Brazil nuts in particular) are excellent sources of selenium, a mineral which also acts as an antioxidant.
Nourish Your Skin from Within

†Verisol® is a registered trademark of GELITA AG.
‡Bioactive Collagen Peptides® is a registered trademark of GELITA AG.
Why do you need a collagen booster?
As we age, the production of collagen in our bodies diminishes, resulting in the loss of firmness and elasticity, and the appearance of wrinkles.

Herbalife SKIN® Collagen Beauty Booster mixes easily with water, your favorite shake, tea or aloe. When you consume as directed – once a day – it works beneath the skin’s surface, promoting the body’s normal production of collagen and elastin.*

Herbalife SKIN® Collagen Beauty Booster
Verisol®† collagen helps promote healthy production of collagen and elastin*

- Formulated with Verisol®† collagen, which has been tested to show support of skin elasticity and the reduction of fine wrinkles*
- Bioactive Collagen Peptides®‡ can reduce signs of cellulite*
- Supports strong nails and healthy hair with selenium, zinc and biotin*
- Contains Vitamins A (as beta-carotene), C and E, which help prevent harmful free radical cell damage that ages your skin*
- Mix with water or add to your shake, tea or aloe

Strawberry Lemonade 🍓
Canister (30 Servings) | #0831
Single-Serve Packets (100 Per Bag) | #151K

*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.

†Herbalife Nutrition designation.
Formulated with salicylic acid, this dermatologist-tested treatment doesn’t just fight against acne breakouts, it also helps soothe your skin with fresh-scented botanicals like aloe, witch hazel and tea tree oils. So don’t let your skin hold you back any longer – get Clearify® and break free from acne breakouts!
Clearify® line

Salicylic Acid Acne Treatment
- Penetrates pores to eliminate most acne blemishes, blackheads and whiteheads
- Clears up most acne blemishes and allows skin to heal
- Reduces the severity of acne breakouts
- Helps prevent new blemishes from forming

Acne Kit  |  #0892
Customize this easy-to-follow regimen to your liking with the complete Acne Kit, which includes the Cleanser, Moisturizer, Mask and Spot Treatment

A closer look at Clearify®

Cleanser  (150 ml Tube)  |  #0819
With no added parabens or sulfates, this gentle cleanser removes dirt and makeup and reduces the severity of acne blemishes, blackheads and whiteheads

Moisturizer  (60 ml Tube)  |  #0812
This refreshing moisturizer clears up most acne blemishes, soothes skin with tea tree oil, and can even help prevent new blemishes from forming

Mask  (120 ml Tube)  |  #0816
Formulated with Bentonite and kaolin clay, tea tree oil and licorice root extract, this mask penetrates pores to eliminate most acne blemishes, blackheads and whiteheads

Spot Treatment  (15 ml Tube)  |  #0809
Receive the cosmetic benefits of aloe and witch hazel with the acne-fighting power of salicylic acid

TIPS

It’s important
to be gentle to your skin when washing your face, so use your fingertips for a soft cleanse and stay away from washcloths or abrasive brushes that may cause more acne breakouts.

Did you know
that perspiration can make acne worse? So avoid prolonged contact with sweaty headbands or other dirty items that come in contact with your skin.

Laura Chacón-Garbato,
LME. Director of Worldwide Nutrition Education and Training, Chairwoman, Outer Nutrition Advisory Board

*See product packaging for complete instructions, warnings and ingredients.
Cleanse, Moisturize and Rejuvenate

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

Face & Body Mineral Sunscreen Broad Spectrum SPF 30

Protect your skin

- Sweat- and water-resistant up to 40 minutes
- Designed to give your face and body long-lasting hydration for up to 8 hours*
- The Skin Cancer Foundation recommends this product as an effective broad-spectrum sunscreen

120 ml Tube  |  #0921
125 g Bar  |  #2566
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

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

120 ml Tube  |  #0921
200 ml Tube  |  #2562

*One test of 32 subjects, 23 of whom were women.
†In a self-assessment, 100% of subjects reported Herbal Aloe Soothing Gel left skin feeling soft and smooth and improved its appearance.
‡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.

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

**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

**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

**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 | #2561**  
**200 ml Tube | #2563**  
**250 ml Tube | #2564**  
**Strengthening Shampoo**
**250 ml Tube | #2565**  
**Strengthening Conditioner**  
200 ml Tube | #2563  
**Strengthening Shampoo**  
**Strengthening Conditioner**

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1When 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.

1Test measuring skin moisture levels by Novameter. Skin of 100% of subjects showed double the moisture levels over baseline after 20 minutes.
A Daily Ritual to Enrich Your Body and Mind

A line of nurturing self-care products from Herbalife Nutrition formulated with high-quality hemp cannabinoids.

The best self-care routines become daily rituals that enrich our lives, so that we can enrich our communities and world. Our new Enrichual line honors the value of daily self-care, inspiring us to nurture our bodies and minds.

Because everyone has more to give when they feel good.

We believe in the power of plants. Enrichual starts with hemp, a “wonder plant” with phytonutrients and cannabinoids. We’ve sourced high-quality, broad-spectrum hemp extract, and for transparency, publish third-party test results for every batch.

Enrichual products are infused with rich botanicals and essential oils to nurture and restore your skin. They’re an experience for all the senses. There are no added parabens or sulfates, and the formulations have been dermatologist tested for safety.

We deliver these thoughtfully crafted products in amber glass bottles to protect the integrity of the botanicals and reduce our use of plastics. Additionally, the Enrichual products have not been tested on animals. You can take comfort in knowing that Enrichual is good for the planet and good for you.
Hemp Relief Balm
Botanicals and Essential Oils to Soothe the Body and Mind
Velvety-smooth balm with 1,000 mg of broad-spectrum hemp cannabinoids per jar.

- **Moisturizing and Nurturing:** Harmonious, plant-based oils, including shea butter, jojoba and hemp seed oil
- **Calming and Relaxing:** Spa-like aroma from essential oils lavender, eucalyptus, frankincense and geranium
- **Instantly Soothing:** Cooling touch of menthol and camphor

2 oz. Jar | #137K

Hemp Facial Serum
Hydrating Serum with Plant-Based Oils and Bakuchiol
Fast-absorbing facial oil with 250 mg of broad-spectrum hemp cannabinoids per bottle.

- **Hydrating and Moisturizing:** Lightweight, plant-based oils squalane, argan and hemp seed
- **Protective Antioxidants:** Enriched with Vitamins C and E
- **Smooth, Soft, Radiant Skin:** Scientifically formulated with bakuchiol, safflower and meadowfoam seed oils

30 ml Bottle | #136K
Convenience Is Served!

Instant Soup
#129K
See page 27

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#6240-(10)-US-52  05/22