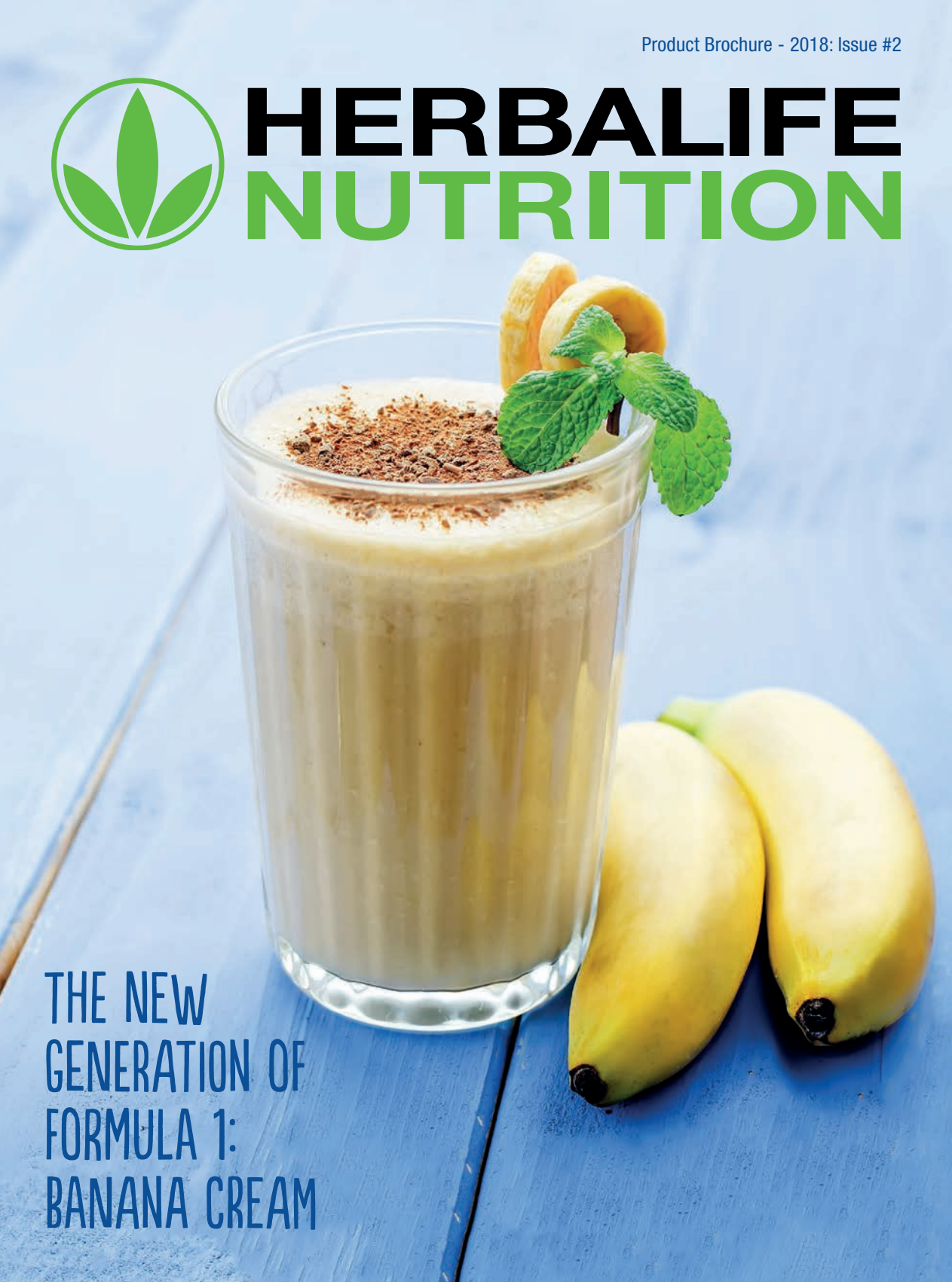
Product Brochure - 2018: Issue #2

HERBALIFE NUTRITION



THE NEW GENERATION OF FORMULA 1: BANANA CREAM

STAR RECIPE OF THE SEASON:

BANANA CREAM & PEANUT BUTTER

- 250ml soy milk
- 2 tablespoons F1 Banana cream
- 1 tablespoon natural peanut butter

Blend until smooth.

20.5G PROTEIN

331 KCAL

Share a Shake

HERBALIFE NUTRITION

WANT MORE RECIPES LIKE THIS?
VISIT MYHERBALIFESHAKE.COM.

We recommend using paper straws

WHAT'S INSIDE:

PAGE 4-5
HOW HEALTHY DO YOU WANT TO BE?
Find out the results of our survey, plus how to make your goals a reality.

PAGE 10-13
WHAT YOUR BODY NEEDS
Find out more about the Herbalife Nutrition approach for better nutrition: Simple, personlised and backed by science.

PAGE 24
FORMULA 1
New Formula 1: Banana Cream
Add a tropical fruity spin to your daily shake.

20-29 **PROTEIN**
The protein power players revealed.

30-33 **VITAMINS AND MINERALS**
For the optimum in wellbeing and performance.

42-43 **HYDRATION**
Boost your fluid intake in two tasty steps.

44-47 **HERBALIFE SKIN**
Clinically-tested for radiant, younger-looking skin.

48-49 **BODY & HAIR CARE**
Hydrating & nourishing with soothing aloe vera.

RESERVE YOUR ORDER ON THE APP

Like what you see? Pick your favourites and reserve your orders with your Member via the Herbalife NutritionGO app. Download it now from the App Store and reap the benefits, meal plans, shake recipes and much more!

WHY HERBALIFE NUTRITION WHY NOW?

GET IN TOUCH WITH YOUR DISTRIBUTOR AND FIND OUT MORE ABOUT OUR BUSINESS OPPORTUNITY!

Always consume Herbalife Nutrition® products as part of a balanced and varied diet in line with a healthy lifestyle. For further product information visit Herbalife.com or speak to your Independent Herbalife Nutrition Member.

ASK YOURSELF

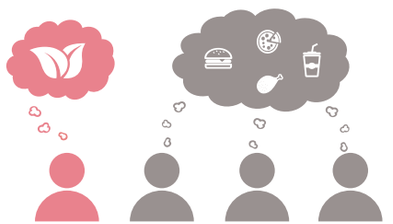
HOW HEALTHY DO YOU WANT TO BE?

Becoming the best version of you is more than just a number on the scales. It's different for everyone. Be it your health, happiness, confidence or fitness level - it starts with setting your goals.

WHAT ARE YOUR WEIGHT GOALS?

Reaching a healthy weight can completely change your lifestyle, and while it does require a little bit of willpower, you can still enjoy the flavours you love.

Through the Herbalife Nutrition ecosystem, we developed the tools and support to help you reach your goals, stay motivated and reap the benefits of good nutrition and regular exercise.



Only 1/4 adults say they consider nutrition when eating[1].

Only 15% of Europeans feel they are '**Very healthy**[1]'

COULD YOU BENEFIT FROM A HEALTHIER LIFESTYLE?

A healthy and active lifestyle is fuelled by good nutrition. The way you nurture your body reflects in your general welfare and daily stamina.

For optimum wellbeing, adopt a balanced nutrition plan and fitness regime that suits your needs and complements your lifestyle, no matter how busy.

WHAT ARE YOUR FITNESS GOALS?

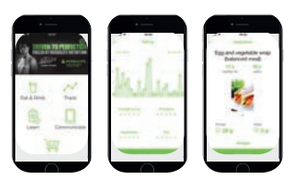
Is your ultimate goal a lean and toned physique? Are you focusing on reducing your body fat percentage, building muscle and ensuring your body is properly fuelled, before, during and after exercise?

Top athletes around the world use Herbaife Nutrition to help them reach their fitness goals. Train like an athlete with our fitness range, H24!

72% of European adults admit they do not eat enough fruits and vegetables[1].

85% of Europeans say they would like to live a healthier lifestyle[1].

SET AND TRACK YOUR GOALS ON THE HERBALIFE+ APP!



The **HerbalifeGO** app is there to connect you with your Personal Coach (Herbalife Nutrition Member). Log your measurements, track your progress, view healthy meal plans, recipes, and receive tips, support and educational information directly from their phone to yours.

DOWNLOAD IT NOW FROM THE APP STORE!

1 Results based on 2014 Herbalife Nutrition consumer research survey, across 15 countries with 15,000 responses.

CAN YOU REALLY CHANGE YOUR LIFESTYLE?

Now that you've read that change IS possible, and that you'll have your Personal Coach (Herbalife Nutrition Member) for support along the way, the question you may be asking is: will it really work for me?

For these two people, and millions of others around the globe, the answer is a resounding 'yes!' Read on to discover how Herbalife Nutrition helped make their goals a reality…

"I AM NOW A LOT MORE ACTIVE!"

NIMMY KETTLEWELL, ENGLAND

HERE'S HOW I ACHIEVED MY SUCCESS:

Throughout my Herbalife Nutrition Journey I have had lots of help from my coach. This ranged from advice on protein, the shakes, healthy options as well as emotional support.

I achieved my goal of getting back down to a size 8 months ago, so I continued to work on lowering my visceral and body fat.

I am now a lot more active. I recently went to Victorious the music festival in Portsmouth, I would never have dreamt of going previously - or I would have gone for a couple of hours and then gone home. It's great to have my energy back, where previously if anyone ever asked how I felt, my first response would always be I'm tired.

"BEFORE MY HERBALIFE NUTRITION JOURNEY I WAS A SERIAL SNACKER!"

DAVID HAND, ENGLAND

HERE'S HOW I ACHIEVED MY SUCCESS:

Before Herbalife Nutrition, I was a serial snacker and it was beginning to spiral out of control. After returning from holiday, me and my wife decided to embark on a healthy active lifestyle and approached a Herbalife Nutrition Member.

Our sponsor was able to provide advice on healthy snacks and how to use Herbalife Nutrition products alongside balanced nutritious meals. After persisting with my new healthy habits, I started to feel better and began to come out of my shell.

I joined the Herbalife Nutrition Level 10 Challenge and ended on a real high, because I couldn't believe how much my figure had improved and I have personally gained more confidence, in addition to new Herbalife Nutrition friends. I am now maintaining my weight and looking to begin a new challenge.

All references to weight management relate to the Herbalife Nutrition Weight Management Programme which includes, amongst other things, a balanced diet, regular exercise, an adequate daily fluid intake, nutritional supplementation where required and appropriate rest, individual results will vary.

All references to weight management relate to the Herbalife Nutrition Weight Management Programme which includes, amongst other things, a balanced diet, regular exercise, an adequate daily fluid intake, nutritional supplementation where required and appropriate rest, individual results will vary.

QUALITY PRODUCTS
CRAFTED FOR YOU

We identify the needs of our customers and combine these findings with the latest advancements in science. Our PhDs, scientists and nutritionists then work with world-class partners to bring better nutrition to customers. Herbalife Nutrition has made a significant investment in new laboratories, testing equipment, facilities, ingredients and scientific talent to meet the rigorous standards set by the International Organisation for Standardisation (ISO) and NSF International.

Our aim is to make balanced nutrition straightforward. To do this, we choose to invest in science. Our Scientific Leadership (which includes David Heber, Ph.D., Chairman of the Herbalife Nutrition Advisory Board) have spent the last three decades creating high-quality, calorie-controlled products to make your new healthy eating plan that bit easier.

From a Nobel* Laureate to the former director of the FDA**, each member of the Nutrition Advisory Board is at the top of their field. By combining their expertise, they work to give you confidence in our products, and ensure the science behind them is substantiated by scientific literature and clinical trials.

DID YOU KNOW ?

The Herbalife Nutrition Innovation & Manufacturing facility in Winston-Salem, North Carolina spans an incredible 800,000 sq. ft. and has a 3-mile circumference; making it the largest Herbalife Nutrition facility to date. Opened in 2014, it enhances our ability to deliver top nutrition products to people around the globe.

"We're building a global manufacturing network. Our investments in facilities, technology and resources, combined with our commitment to making more products in-house, strengthen our industry-leading quality and operational capabilities."

DAVID PEZZULLO
Herbalife Nutrition COO, Worldwide Operations

INGREDIENTS WITH PURPOSE

We are invested in responsible farming and advanced production methods to craft the best products possible. We have a team of scientists and manufacturers from around the world dedicated to identifying only the best sources of ingredients.

MADE WITH CARE

We go to great lengths to ensure Herbalife Nutrition® products meet or exceed a variety of industry standards in quality. You can be confident in the purity and value of our individual ingredients, as well as the integrity of our processes.

NUTRITION DELIVERED TO YOU

Using advanced technology, we carefully monitor the environment where our products are stored – ensuring they are just as beneficial and powerful when you receive them as when they were first developed.

* The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition products.
** Food And Drug Administration

PHILOSOPHY

We propose a new way of life — a journey — that is based on balanced nutrition, regular activity, hydration and rest. Every day, around the clock, each of these elements can help you achieve your best self. The combination of a personalised plan and a supportive community helps make your world healthier and happier.

One day at a time your journey leads to a new and exciting healthy, active lifestyle and the results you seek.

OPTIMISE YOUR NUTRITION

Your goals and needs are unique to you.

The journey to your desired results starts with balanced nutrition and healthy activity. But behind sustainable results there is dedication and a plan to keep you energised, focused and in control.

The around-the-clock Herbalife Nutrition programme will help you reach optimum levels in these six nutritional elements that are key to your success. These solutions are based on the latest science and delivered to you with the personalised support of the Herbalife Nutrition Distributors.

1. PROTEIN
2. VITAMINS & MINERALS
3. HEALTHY FATS
4. FIBRE
5. PHYTONUTRIENTS
6. HYDRATION

THE DISTRIBUTOR DIFFERENCE

The Herbalife Nutrition community is designed to support your goals and help you turn them into reality. More than meal plans and regular activity, you need a support system to keep you on track and motivated. The Herbalife Nutrition Distributors can provide a 360 degree, personalised solution to help you get the results you aspire to achieve.

Our Distributors will connect you with like-minded people and they will make sure you get the one-on-one support, advice and motivation that you'll need on your journey towards your best version.

GET IN SYNC WITH YOUR INNER BODY CLOCK

Learn the best time to wake up, eat, work, exercise, rest and sleep for optimum performance and wellbeing.

The human being's circadian rhythm, a major focus of chronobiology, is controlled by our biological clock, which is responsible for various aspects of organ function, blood flow and sleep cycles.

6am - 10am

MORNING ACTIVITIES

- Wake up before sunrise
- Hydrate, cleanse and refresh
- Light and nourishing breakfast
- Low intensity exercise
- Healthy snack

10am - 2pm

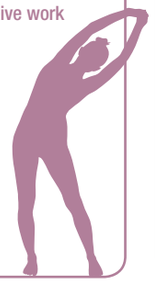
MIDDAY ACTIVITIES

- Most challenging mental & physical tasks
- Best intense workouts before noon
- Healthy meal eaten around noon
- Walk after lunch

2pm - 6pm

AFTERNOON ACTIVITIES

- Creative and expressive work
- Body strength and flexibility exercise
- Healthy snack



6pm - 10pm

EVENING ACTIVITIES

- Wind down & reflect
- Balance & body toning exercise
- Early and light dinner
- Go to sleep before 10pm

10pm - 6am

MIDNIGHT ACTIVITIES

- Healing, cell repair
- Nutrient assimilation
- Processing of previous day's impressions

HOW TO ADAPT YOUR DAILY ROUTINE

Timing is important and it applies to more than just your wake up time. Your eating, work, exercise, rest, and sleep can take you out of balance if done at the wrong time.

The daily routine above works as a generic starting point. You will need to adapt it to your lifestyle and nutritional needs in order to create your ideal routine.

Try to be gentle with yourself and make the changes gradually. If you push yourself to drastic changes, you will stress your system and won't be able to create a long-term habit.

DISCOVER WHAT'S IMPACTING YOUR BODY:

CIRCADIAN BODY RHYTHM

Many of the processes with physiological and nutritional relevance to our bodies have a circadian rhythm, in other words, they follow a 24hr cycle. The circadian rhythms in our bodies are controlled by a Master Clock (the suprachiasmatic nucleus in the hypothalamus) and by peripheral circadian clocks which are present in nearly all organs and cells.

CHRONO DISRUPTION

In our modern society there are many external factors that might affect this synchronisation with our internal clock, from more extreme activities like working night shifts, or when travelling to places with very different time zones, to less extreme but more frequent triggers like exposure to light at night, irregular meal frequency, or social jet lag, which is the discrepancy between our internal body clocks and our social clock.

CHRONO NUTRITION

When we eat is as important as what we eat. There are aspects of food timing impacting our internal clock: regularity, frequency and meal times.

Useful and general tips to synchronise daily nutrition with your biological clock.

- Start your day with a healthy and complete breakfast
- Have 3 main meals, and one or two healthy snacks if needed
- If possible, plan your daily meals and avoid skipping main meals
- Balance your daily meals. Try to avoid sugary snacks which are of little nutritional value but contain a high number of calories
- Fine-tune your eating schedule. Avoid delaying lunch time
- Eat regularly. Find your individual pattern and try to stick to it as much as possible

HERBALIFE IDEAL BREAKFAST

How often do you skip breakfast or grab a coffee and pastry on-the-go to stop the hunger pangs mid-morning? Once a week? Twice? Everyday?

'Breakfast' literally means to 'break the fast' that occurs overnight. After approximately 12 hours without fuel, it's easy to see why it's called the most important meal of the day – providing the energy your body needs to get you going in the morning.

A balanced breakfast on a regular basis means*

- A more balanced overall diet
- Less risk of developing health problems
- Increased vitamins and minerals intake
- More likely of meeting the 5-a-day requirement

GOOD MORNINGS START HERE

WHAT IS YOUR IDEAL BREAKFAST?

WHAT ACTUALLY IS A NUTRITIOUS AND BALANCED BREAKFAST?

An ideal breakfast helps you to reach the recommended daily calorie intake made up of:

UP TO 30% PROTEIN FROM FOOD & SUPPLEMENTS + UP TO 40% CARBOHYDRATES FROM FOOD & SUPPLEMENTS + UP TO 30% FATS FROM FOOD & SUPPLEMENTS

The Herbalife Nutrition Ideal Breakfast is great-tasting, full of nutrients and requires little to no preparation. Even better? It can be tailored to suit you!

1 NOURISH

Enjoy the creamy and delicious **Formula 1 shake** - **all the taste**, whilst still **controlling the calories**.

2 HYDRATE

Get creative and infuse your Herbal Aloe Drink with fresh fruits, vegetables and herbs. Start your day with a unique personalised taste.

3 REFRESH

Wake up to a refreshing herbal drink with 85mg of caffeine to help improve concentration when you need it most.

ASK YOUR HERBALIFE NUTRITION MEMBER FOR THE IDEAL BREAKFAST THAT BEST WORKS FOR YOU.
THE TRIAL PACK IS A GREAT WAY TO GIVE THE PRODUCTS A GO AND FEEL THE DIFFERENCE FOR YOURSELF!

* Matthys C, et al. Public Health Nutr. 2007 Apr;10(4):413-21.Smith KJ, et al. Am J Clin Nutr. 2010 Dec;92(6):1316-25. Azadbakhtm, L et al. Nutrition. 2013 Feb;29(2):420-5.

PROTEIN

WHAT IS PROTEIN?

An **essential component of every cell in the body**, protein is a macronutrient made of 22 'building blocks' called amino acids. Proteins have different functions in the body including contributing to **growth in muscle mass** and the maintenance of muscle and normal bones.

Without enough protein, it can be difficult to sustain a balanced diet and reach your goals.

AM I GETTING ENOUGH?

Aim to consume up to **30% of your daily calories from protein**. During exercise, your body requires more protein to build/maintain muscle and promote recovery, so keep in mind that protein needs may differ.

An active male who consumes up to 2,000 kcals per day* and wants to build muscle should aim for up to 150g[1] protein in his daily diet. For a woman who consumes up to 1,400 kcals per day and wants to control her weight, the recommendation would be up to 105g of protein per day.[2]

SO WHAT SHOULD I EAT?

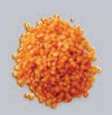
A combination of **vegetable and animal protein sources** each day. **Soy** is one of the best vegetable sources as it is a 'complete' protein that provides all the essential amino acids. As other vegetable protein sources like **nuts, seeds and lentils** are not 'complete proteins', try to combine them to provide a better proportion of amino acids. For animal protein, high quality sources include **fish, poultry, eggs and low-fat dairy products**, which provide the additional benefits of iron, zinc and B vitamins.

WE'VE EXPLAINED HOW MUCH PROTEIN YOU NEED, BUT DO YOU KNOW HOW MUCH PROTEIN IS IN THE FOODS YOU MAY ALREADY BE CONSUMING?

1 CHICKEN BREAST — **35g** Protein

2 MEDIUM EGGS — **13g** Protein

1 HANDFUL ALMONDS — **5.3g** Protein



1 CUP RED LENTILS (BOILED) — **7.6g** Protein

100G PLAIN LOW-FAT YOGHURT — **5g** Protein

*Within the context of weight control

1. Jäger R, et al. J Int Soc Sports Nutr. 2017 Jun 20;14:20.
2. Flechtner-Mors M. Diabetes Metab Res Rev. 2010 Jul;26(5):393-405.

THE TASTE, THE NUTRITION, THE RESULTS.

Want a healthy meal that is delicious, nutritious and quick to prepare? Meet Formula 1; the pioneering Herbalife Nutrition product. It's backed by science with high-quality protein and all the nutrients your body needs in a healthy meal. People across the globe have Formula 1 shakes to thank for helping them make their goals a reality. And you could be next!

DELIGHT YOUR TASTE BUDS DAY AFTER DAY...

Formula 1 is available in 10 delicious flavours. Enjoy them alone or get creative and blend with fruits, vegetables, herbs and spices. Need inspiration? Check out the Share a Shake website!

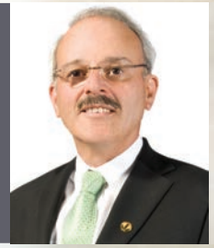
Serving suggestion

18G PROTEIN

3G FIBRE

220 KCAL

"Herbalife Nutrition programmes and products for weight management utilise protein-enriched meal replacements, healthy active lifestyle, and a personalised approach that maximises your chance of success."



DAVID HEBER,
Ph.D., F.A.S.N.

CHAIRMAN
Herbalife Nutrition Institute and Nutrition Advisory Board

A DELICIOUS, HEALTHY MEAL

A rich and creamy shake that can be prepared in seconds; it provides an excellent balance of high quality protein and essential macro and micronutrients, which makes it a great meal replacement for weight control.

- Underpinned by science and developed by experts in nutrition
- Clinical studies show substituting one daily meal of an energy-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss*
- Formula 1 Raspberry & Blueberry, Mint Chocolate Crunch and Banana Cream, are suitable for vegetarians, free from artificial colours, and contain 24 essential vitamins and minerals
- Formula 1 Free From is free from lactose, soy and gluten when made according to directions

WHICH FLAVOUR WILL YOU CHOOSE?

OUR FLAVOURS:

NEW Banana Cream 550g	#4462
Vanilla 550g	#0141
Chocolate 550g	#0142
Strawberry 550g	#0143
Cappuccino 550g	#1171
Cookies & Cream 550g	#0146
Toffee Apple & Cinnamon 550g	#2790
Mint Chocolate Crunch 550g	#2789
Raspberry & Blueberry 550g	#2100
Free From Allergen - Vanilla 550g	#3118
Vanilla 780g	#1922
Vanilla (26g per sachet)	#2653

Serving suggestion

*Heymsfield SB, et al. Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.

NEW Formula 1

BANANA CREAM

Vegan ingredients | 18g of protein | Natural colour and flavouring | 4g of fibre | Gluten free

SKU #4462

FORMULA 1 EXPRESS
HEALTHY MEAL REPLACEMENT BAR

- 32% of your recommended daily fibre intake
- Excellent balance of key nutrients including essential vitamins and minerals
- Underpinned by science: studies show that substituting one daily meal of an energy-restricted diet with a meal replacement like Formula 1 contributes to the maintenance of weight after weight loss*
- Free from artificial preservatives, and suitable for vegetarians

Chocolate	#2669
Red Fruits and Yoghurt	#2670

*Heymsfield SB, et al. Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.

13G PROTEIN

20 VITAMINS & MINERALS

110 KCAL

5G PROTEIN

18 KCAL

WE TAKE CARE TO ENSURE ALL INGREDIENTS USED IN HERBALIFE NUTRITION PRODUCTS ARE NON-GMO*.

PROTEIN DRINK MIX

When enjoyed as a snack, Protein Drink Mix delivers the following nutritional benefits:

- 15g high quality protein
- 7g of carbohydrates
- 20 vitamins and minerals

588g canister: Vanilla	#2600

FORMULA 3 PERSONALISED PROTEIN POWDER

Boost your protein intake in one easy step - simply add a scoop of powder to your daily Formula 1 shake.

- Rich in soy and whey protein, to help build muscle mass and maintain normal healthy bones
- 5g protein per serving

240g canister	#0242

*All the ingredients are not sourced from GM crops, in compliance with applicable EU regulations

THE IDEAL ALL-IN-ONE PROTEIN SHAKE

A practical and convenient solution to help you meet your protein, fibre, vitamin and mineral needs. Whether you're looking to maintain a nutritious and balanced diet or need a healthy post workout shake, PRO 20 Select is the perfect solution for you. With 20g of high quality soy protein and carefully selected ingredients and nutrients it is an ideal foundation to help you achieve your personal nutrition goals.

Enjoy PRO 20 Select either as a post-workout or as a healthy shake any time of the day. Add your favourite fruit or vegetable and blend it to make it your way. For recipe inspiration visit the Share A Shake website.

20G PROTEIN

6G FIBRE

25 VITAMINS & MINERALS

146 KCAL

Vanilla	#1660

PRO 20
- Select -

Water mixable protein shake

NATURAL FLAVOUR

6G OF FIBRE

20G OF PROTEIN

25 VITAMINS & MINERALS

LOW SUGAR

VEGETARIAN

GLUTEN FREE

DAIRY FREE

SMART PROTEIN SNACKS

Stop unhealthy temptation in its tracks! Keep convenient, nutritious snacks on hand to help keep hunger at bay between meals and your motivation high.

Contrary to popular belief, snacking can be helpful for those trying to control their weight.

Plus, they are another chance to fuel your body with nutrients! A clinical study even found that healthy, calorie-controlled snacks in portion-controlled packs help people to eat less throughout the day[1].

DID YOU KNOW?

High-protein snacks are a good choice to help you refuel after exercise and for those looking to tone up their physique, as protein contributes to the growth and maintenance of muscle.

PROTEIN BARS

Got a sweet tooth? Curb the chocolate cravings with a delicious high-protein snack, or enjoy this healthy treat pre or post-exercise.

- 140 kcal[2] per bar
- 10g high-quality protein to help build muscle mass
- 16g carbohydrates per serving to help fuel your workout

EACH BOX CONTAINS 14 BARS	
Chocolate Peanut	#3972
Vanilla Almond	#3968
Citrus Lemon	#3976

GOURMET TOMATO SOUP

Ready in seconds, this warming snack provides 8 times the protein of regular tomato soup[3].

- 104 kcal per serving
- High in protein to help you build muscle mass
- High in fibre (4g per serving)
- Simply mix with hot water, according to directions on the label
- Deliciously flavoured with Mediterranean herbs

672g box, 21 servings	#0155

ROASTED SOY BEANS

A healthy, savoury snack at home or on-the-go; calorie-controlled for your convenience.

- 9g protein to help build muscle mass
- 110 kcal to help manage your calorie intake
- Convenient individual sachets, ideal for when you're on the move
- Delicious and lightly salted

258g box, 12 servings	#3143

1 Njike et al (2016). Snack food, satiety, and weight. Adv. in Nutrition, 7(5).
2 140 kcal for Chocolate Peanut Protein Bar.
3 The composition of Foods; Food Standards Agency and The Institute of Food Research in the UK, 2006.

VITAMINS AND MINERALS

WHAT ARE VITAMINS & MINERALS?

Vitamins and minerals are key micronutrients that are required for many of the chemical reactions your body performs every day. Many minerals – like calcium and magnesium – have structural roles in the body too.* However, the body can't synthesize all the vitamins and minerals it needs to function at its best, which is why a healthy diet is so important.

AM I GETTING ENOUGH?

A balanced diet helps to supply the essential vitamins and minerals, but **it can be difficult to consume all the necessary nutrients simply through food.** Daily vitamin and mineral supplements can help to ensure you reach the recommended daily amount of each, everyday.

SO WHAT SHOULD I EAT?

Most of the foods you consume will provide some essential vitamins and minerals. **Some particularly nutrient-dense foods include fruits, vegetables and grains**. Each nutrient has a different use in the body, so different people may benefit from increasing their intake of different vitamins or minerals. Spinach is rich in vitamins C and E, which help to protect cells from oxidative stress, while phosphorus and calcium found in milk, yoghurt and seeds help to support healthy bones. Your B vitamins help the body convert food into fuel**, and vitamin K contributes to normal bone health and is needed to help normal blood clotting.

WE'VE EXPLAINED HOW IMPORTANT VITAMINS AND MINERALS ARE IN YOUR DIET AND THE ROLE THEY PLAY IN THE BODY, BUT DO YOU KNOW WHICH ONES ARE PROVIDED BY DIFFERENT FOODS?

CHEESE

Vitamins: A, B2, B5, D
Minerals: calcium, iodine

EGGS

Vitamins: A, biotin
Minerals: iron, selenium, iodine

SALMON

Vitamins: B1, B5, B6, B12, D, biotin
Minerals: calcium, iodine, selenium

BROCCOLI

Vitamins: C, K, folate
Minerals: zinc, calcium

NUTS

Vitamins: B1, B2, B6, biotin
Minerals: copper, zinc, calcium, magnesium, selenium

* Calcium and Magnesium are needed for the maintenance of normal bones and teeth.
** Vitamin B1, B2, B3, B5, B6, B12 contribute to normal energy-yielding metabolism

VITAMIN & MINERAL COMPLEX MEN & WOMEN

For the optimum in wellbeing and performance.

- All-round nutritional support, with 24 key nutrients, including micronutrients which your body can't make itself or can't make enough of
- Tailored specifically to the needs of men and women to provide your body with the optimal amount of vitamins and minerals
- Developed by nutritional experts and backed by proven science

With differences in body size, metabolism, and physiology, men and women need different levels of vitamins and minerals to enjoy optimum nutrition.

Immune System | Muscle Function | Energy Metabolism | Mental Performance

Vitamin & Mineral Complex Men	#1800

Hormonal Activity | Energy Metabolism | Bone Health | Skin, Hair & Nail Health

Vitamin & Mineral Complex Women	#1819

Please refer to the product label for more details on the specific nutrient benefits present in each formulation.

FORMULATED TO WORK IN CONJUNCTION WITH YOUR FAVOURITE FORMULA 1 SHAKE

Whether you take one or two Formula 1 shakes each day, Vitamin & Mineral Complex has been designed to provide your body with the nutrients it needs at just the right level. Talk to your Member to find out how.

GET THE MOST FROM YOUR BODY

No matter how old, young, healthy or active we are, caring for our bodies and getting the nutrients we need is essential.

Despite your best intentions, your daily diet may not contain the right levels of every nutrient. This is where dietary supplements can help, as they're a great way to ensure you're fueling your body right. Vitamins and minerals help to support overall good health and vitality, and are key for the body's normal growth and development.

93

The percentage of adults who do not meet their NRV for vitamin D and E in their daily diet, according to a medical review*. Results also showed that 61% were lacking in magnesium, and 50% did not consume enough vitamin A and calcium.

THERMO COMPLETE®

- A unique blend of naturally sourced caffeine from green tea and yerba mate
- Vitamin C contributes to the reduction of tiredness and fatigue
- Contains 82mg of caffeine per serving to give you a mental lift by helping to improve concentration***

90 tablets	#0050

CELL ACTIVATOR

For energy and carbohydrate metabolism.

- Special formula which contains B vitamins (B1, B2, B6), Manganese and copper which contribute to normal energy metabolism
- Contains Zinc for normal carbohydrate metabolism
- The minerals Zinc, Copper and Manganese also help protect the cells from oxidative stress

90 capsules	#0104

NITEWORKS®

Night-time nutrition.

- Niteworks contains the amino acids L-Arginine and L-Citrulline
- High in folic acid
- High in vitamins C & E which contribute to the protection of the cells from oxidative stress
- With lemon balm

150g, 15 servings	#3150

XTRA-CAL®

A daily calcium supplement with vitamin D and magnesium.

- Contains Calcium, which is needed for the maintenance of normal bones and teeth
- Contains over 100% of your calcium NRV per serving – to help you meet your daily calcium requirements
- Rich in vitamin D, which contributes to normal absorption of calcium and to the maintenance of normal muscle function
- Also contains magnesium, copper, maganese and zinc
- Provides 850mg of calcium which is similar to the calcium provided by three glasses of milk

90 tablets	#0020

15

Is the number of vitamins and minerals that cannot be synthesized by the body, including calcium, iron and magnesium, so try to include these in your daily diet via food and/or dietary supplements.

* Balz Frei, Bruce N. Ames, Jeffrey B. Blumberg, Walter C. Willett. Enough Is Enough. Annals of Internal Medicine, 2014; 160 (11): 807 DOI: 10.7326/L14-5011
** NRV= Nutrient Reference Value
*** It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).

HEALTHY FATS

WHAT ARE FATS?

Your body requires small amounts of fat in order to function properly, but there's a difference between those that are good for you and those that are not. Unsaturated fats (e.g. polyunsaturated, such as Omega-3s) are considered better for you, since these fats can help to keep blood cholesterol within a normal range*. A diet high in saturated fat (from processed snacks and animal foods such as butter) can contribute to a rise in blood cholesterol levels and the associated health problems.

AM I GETTING ENOUGH?

As fats are a very concentrated source of calories, the Herbalife Nutrition Philosophy recommends getting up to **30% of your daily calories from fat,** with special emphasis on optimising your intake of the healthy types of dietary fat. The typical Western diet supplies far more total fat and saturated fat than we need, which can lead to weight gain and other health problems.

SO WHAT SHOULD I EAT?

Healthy fats include those found in fish, nuts, olive oil and avocados. To ensure you're getting those good-for-you Omega-3s, aim to consume fish at least twice a week, including one portion of oily fish such as salmon or mackerel, as part of a healthy balanced meal. A dietary supplement can also be useful in helping you gain the benefits of EPA and DHA (Omega-3 fatty acids): to keep your heart healthy and maintain normal brain function and vision, as well as the maintenance of normal blood pressure and normal blood triglyceride levels.

10

Is the maximum percentage of the daily calories that you're recommended to consume from saturated fat. In the EU, adults' intake of saturated fat often exceeds these recommendations, with average intakes ranging from 9-26% of their daily calories.**

* Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels.
** EFSA Panel on Dietetic Products, Nutrition and Allergies. EFSA Journal 2010;8(3):1461

HERBALIFELINE MAX®

A food supplement that contains sustainably sourced fish oils high in omega-3 fatty acids (EPA and DHA)

HIGHER levels of EPA and DHA per capsule†, which deliver heart*, vision** and brain** benefits

NEW formulation with 5 key claims
NEW sustainably sourced fish oil accredited by Friend of the Sea
NEW vegetarian gel capsule

- DHA contributes to the maintenance of normal brain function and normal vision**
- EPA and DHA contribute to the normal function of the heart* as well as to the maintenance of normal blood triglyceride levels*** and normal blood pressure****

For more information, talk to your Herbalife Nutrition Member and order today!

30 Capsules	#0043

1 CAPSULE	4 CAPSULES	5 CAPSULES
♥	♥	♥
👁	👁	👁
🧠	🧠	🧠
	🩸	🩸
		🩺

Contribution to the normal function of the heart*

Maintenance of normal vision**

Maintenance of normal brain function**

Maintenance of normal blood triglyceride levels***

Maintenance of normal blood pressure****

FRIEND OF THE SEA ©

For more information please visit **friendofthesea.org**

† On average 3 times more EPA and DHA when compared to the current Herbalife Nutritionline formula.
* The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA;
** The beneficial effects are obtained with a daily intake of 250 mg of DHA.
*** The beneficial effect is obtained with a daily intake of 2 g of EPA and DHA.
**** The beneficial effect is obtained with a daily intake of 3 g of EPA and DHA;
A supplemental daily intake of 5 g of EPA and DHA combined must not be exceeded.

FIBRE

WHAT IS FIBRE?

Fibre is a type of (non-digestible) carbohydrate that plays a **key role in normal digestion**[1]. There are 2 types: soluble and insoluble.

Unlike other complex carbs, fibre **cannot be broken down** by the human digestive system, so most of it passes undigested through the small intestine; providing bulk.

AM I GETTING ENOUGH?

As the most important dietary factor for helping to maintain **normal gastrointestinal function**[1], adults should aim to consume **25g fibre per day**[2].

Yet research shows **72% men and 87% women do not reach this daily recommendation**[3]. If your current fibre intake is low, increase fibre consumption gradually and drink plenty of water.

SO WHAT SHOULD I EAT?

A combination of **soluble and insoluble fibre** everyday. Soluble fibre can be found in **broccoli, carrots, apples and oats**. Insoluble fibre is broken down to a lesser extent than soluble and generally passes through the intestinal tract without being modified. Good sources include **nuts, beans, leafy vegetables and whole grains**.

NOW THAT YOU KNOW YOU NEED 25G FIBRE PER DAY[2], HERE ARE SOME COMMONLY CONSUMED FOODS AND THE FIBRE THEY PROVIDE, TO HELP YOU MANAGE YOUR DAILY FIBRE INTAKE.

2 SLICES WHOLE WHEAT BREAD

4g Fibre

1 MEDIUM APPLE

4g Fibre

1 MEDIUM BANANA

3g Fibre

SMALL SKIN-ON BAKED POTATO

3g Fibre

30G OF HIGH FIBRE CEREAL

4g Fibre

SUGAR FREE[4]

5G FIBRE

18 KCAL

3G FIBRE

OAT APPLE FIBRE DRINK

A delicious way to increase your daily fibre intake and support healthy digestion[1]. Now sugar-free[4]!

- 5g of fibre per serving
- Low calorie - 18 kcal per serving
- 6 fibre sources
- Contains both soluble and insoluble fibre
- Sugar-free[4] formula with no artificial sweeteners
- Enjoy with water or mixed with your favourite Formula 1 shake

204g, 30 servings	#2554

FIBRE AND HERB

Fibre supplement to help you reach the recommended daily fibre intake of 25g per day[2]

- Contains oat fibre together with parsley
- Provides 3g fibre per daily recommended serving

180 tablets	#3114

1 Oat grain fibre contributes to an increase in faecal bulk.
2 EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA).EFSA Journal 2010; 8(3):1462.
3 UK National Diet and Nutrition Survey (NDNS)
4 Contains 0.1 g of naturally occurring sugar.

WHAT IS CHOLESTEROL?

Most people know that your cholesterol needs to be controlled and kept at normal levels, but do you actually know what it is? This natural fatty substance is made in the body by the liver and also found in foods such as meat, dairy and eggs. It might surprise you to know that cholesterol plays a vital role in the formation of cells and production of vitamin D, hormones and bile for digestion.[1]

DO I HAVE HIGH CHOLESTEROL?

As there are no clear symptoms of high cholesterol, a visit to your GP is the only way to know for sure. It's a common misconception that cholesterol is only an issue for people who are older or overweight. While it's true that they would be more likely to have high cholesterol, they are not the only ones at risk! Whatever your age, lifestyle factors such as smoking, drinking alcohol, a sedentary lifestyle and an unhealthy diet can contribute to raising your cholesterol (sometimes to dangerous levels) without you even knowing it. Other factors to consider are whether you have diabetes, high blood pressure or are overweight or obese. A family history of heart diseases may also play a part.

HOW CAN I LOWER MY CHOLESTEROL?

If you think your lifestyle or family history could be putting you at risk, there may be some changes to make! Cleaning up your diet with less saturated fat (e.g. cakes, biscuits, processed meat) and no trans fat is a good start, as is getting regular exercise and giving up smoking.

And there is another way too. Oat beta-glucans have been scientifically proven to reduce cholesterol levels*. More than 55 international studies with over 3,700 participants found the same positive preventative advantages of oat beta-glucans on blood cholesterol levels. And all you need is 3g oat beta-glucans per day! That's why Herbalife Nutrition has partnered with OatWell® on Beta heart®, a new product which helps to reduce your cholesterol in one delicious step!

As a general guide, total cholesterol levels should be:

- 5mmol/L or less for healthy adults
- 4mmol/L or less for those at high risk

As a general guide, LDL levels should be:

- 3mmol/L or less for healthy adults
- 2mmol/L or less for those at high risk

An ideal level of HDL is above 1mmol/L. A lower level of HDL can increase your risk of heart disease.

HDL (High Density Lipoprotein) cholesterol removes excess cholesterol (via the liver) from the blood, to prevent it clogging up your arteries.

LDL (Low Density Lipoprotein) cholesterol is the more harmful type which carries cholesterol from the liver to cells of the body. If there's too much LDL it can build up in the walls of the blood vessels; causing them to narrow (atherosclerosis).

1. Lecerf JM, de Lorgeril M. Br J Nutr. 2011 Jul;106(1):6-14.

LOWER YOUR CHOLESTEROL

Whatever your age, lifestyle factors can play a big part in raising your cholesterol, so take control of your health with a balanced nutrition and exercise plan.

Beta heart® contains the key ingredient **OatWell™ oat beta-glucan** - shown to lower or maintain blood cholesterol.*

BETA HEART

Mix 2 scoops of Beta heart® with water for a sugar free drink.

You can also mix with fruit juice or add it to your favourite Formula 1 shake once per day. Alternatively mix 1 scoop twice per day.

- 3g of Beta-glucans contribute to the reduction of blood cholesterol levels
- 1.5g of Beta-glucans contribute to the maintenance of normal blood cholesterol level (1 scoop)
- Sugar free
- With no artificial sweeteners
- High in fibre (3 g per scoop)
- Source of protein
- 25 kcal per scoop

SKU	#0267

3G FIBRE

25 KCAL

* Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect.

** Oat beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

OatWell™ is a trademark of DSM.

HEART UK Charity Registration Number 1003904.

This Beta heart. canister and HEART UK endorsement is relevant to the UK only, excluding Ireland.

PHYTONUTRIENTS

WHAT ARE PHYTONUTRIENTS?

The pigments that give fruit and vegetables (as well as herbs, spices and even some whole grains) their beautiful colours are naturally-occurring plant compounds known as phytonutrients.

They each play a different role, such as helping to defend against bacteria and bugs. Many phytonutrients also act as antioxidants that help to protect against cell and tissue damage caused by normal, everyday metabolism*.

AM I GETTING ENOUGH?

Eating a balanced diet with at least 5 servings of colourful fruits and vegetables per day can help to ensure you get all the necessary nutrients, and can reap the benefits of the phytonutrients in your food.

When fruits such as red apples, blueberries, grapes and oranges are eaten together, they provide a richer mix of nutrients with antioxidant effects** than when eaten individually. So mix up your salads, fruit salads and stir-fries.

SO WHAT SHOULD I EAT?

Remember the phrase 'eat a rainbow'. Fruits and vegetables have their own unique pigments and phytonutrient profiles; but their level of antioxidant activity varies too**, which is why it's a good idea to eat an abundance of different types and colours.

The most widespread group of natural phytonutrients are carotenoids such as lycopene, the pigment that gives tomatoes their red colour. Other examples include the beta-carotene that makes carrots orange, and lutein that provides the deep green to foods like spinach and broccoli. Another group of phytonutrients, called anthocyanins, are responsible for the reds and purples you find in fruits like berries and plums.

TOMATOES

Lycopene

CARROTS

Beta-carotene

SPINACH

Lutein

BROCCOLI

Lutein

PLUMS

Anthocyanin

ROSEGUARD

HIGH IN VITAMINS A, C AND E

Maintaining your immune system and supporting your body with vitamins is important for a healthy active lifestyle.

RoseGuard® is a food supplement which provides an expert blend of vitamins A, C and E. It also contains a range of carefully selected botanical ingredients including rosemary, turmeric and cruciferous vegetables.

VITAMINS A+C

Contribute to the normal function of the immune system

VITAMIN E

Contributes to the protection of cells from oxidative stress

Two tablets per day provide 100% of your NRV** for vitamins A and C.

VITAMINS A, C & E

ROSEGUARD

Provides 100% of your NRV of vitamins A and C to support a normal healthy immune system.

- Contains vitamins A and C to support the normal function of the immune system and vitamin E to help protect the body's cells from oxidative stress

60 tablets	#0139

* Many phytonutrients contain Copper, Manganese, Riboflavin, Selenium, Vitamin C, Vitamin E and Zinc or olive oil polyphenols contribute to the protection of cells from oxidative stress.
** Copper/ Manganese/ Riboflavin/ Selenium/ Vitamin C/ Vitamin E/ Zinc contributes to the protection of cells from oxidative stress.
*** Nutrient reference values

HYDRATION

WHY DO I NEED TO STAY HYDRATED?

The human body is 60% water, and most of the chemical reactions in the body need water in order to be conducted. As well as using water to transport nutrients to cells and to get rid of waste products, the body also needs water to control body temperature and provide lubrication to joints, organs and tissues. Most of the chemical reactions in the body take place in water too.*

AM I DRINKING ENOUGH?

Not drinking enough fluids can lead to negative effects in the body, so to maintain normal physical and cognitive function try to consume the recommended intake of approximately **2 litres of fluids per day.** Ideally this would come from water, but drinks such as fruit juice and herbal tea also count towards your daily fluid intake. It's good to note that foods with a high water content also help to keep you hydrated. Ensure you increase your fluid intake during exercise or hot weather, to replace what you lose through sweat.*

TO HELP YOU STAY HYDRATED, IT'S USEFUL TO KNOW WHICH FOODS CONTAIN A HIGH WATER CONTENT, TO COMBINE WITH YOUR NORMAL DAILY FLUID INTAKE.

CUCUMBER

96% Water

CELERY

95% Water

WATERMELON

92% Water

GREEN CABBAGE

92% Water

PINEAPPLE

87% Water

* EFSA Panel on Dietetic Products, Nutrition and Allergies. EFSA Journal 2010; 8(3):1459.
** It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).

Turn to **page 56** to find out more about **H24 Hydrate,** for performance hydration.

HERBAL ALOE CONCENTRATE DRINK

A tasty and low calorie drink to help you stay hydrated. Simply add it to water for a healthier alternative to high-calorie, sugary soft drinks.

- Contains 40% aloe vera juice which is derived from the whole aloe vera leaf
- The aloe is extracted using cold processing which is the best way to achieve the highest quality of the aloe ingredient
- Liven up your water with a refreshing taste to help you to achieve adequate fluid intake of approximately 2 litres per day
- Mango flavour with no added sugars and no artificial flavours or colours
- Also available in Original flavour with a natural citrus twist, with no artificial sweeteners or colours

Herbal Aloe Concentrate Drink, Mango 473ml	#1065
Herbal Aloe Concentrate Drink, Original 473ml	#0006

INSTANT HERBAL BEVERAGE

Wake up to a refreshing herbal drink, containing 85mg caffeine to help increase concentration whenever you need it. Low in calories and infused with green and black tea, it is delicious enjoyed hot or cold.**

- Low calorie with approx 6 kcal per serving
- A unique blend of orange pekoe - a traditional black tea, and green tea with extracts of malva flower, hibiscus flower and cardamom seed
- Our green tea is water extracted to give you the full spectrum of compounds found in green tea

Original 100g	#0106
Original 50g	#0105
Lemon 50g	#0255
Raspberry 50g	#0256
Peach 50g	#0257

CHALLENGE YOURSELF
TO RADIANT, SMOOTHER, YOUNGER LOOKING SKIN.

INTELLIGENT SKIN NUTRITION, RESULTS IN 7 DAYS*

Our clinically-tested products help achieve optimum daily results including:

- A diminished appearance of fine lines and wrinkles in just 7 days**
- Remarkable improvement in skin softness, smoothness, radiance, glow and luminosity in just 7 days***
- No added parabens, no added sulphates and dermatologist tested****

7 Day Results Kit	#0867

PHILOSOPHY

Experts in nutrition, Herbalife Nutrition brings you expert nutrition for your skin.

With over 15 vitamins and botanicals our skincare is packed with daily goodness to enrich your skin.

FORMULA

Enhance the appearance of your skin with our unique blend of vitamin B3, antioxidant vitamins C and E, Aloe vera and other botanical ingredients.

Herbalife Nutrition SKIN is a no added sulphates* line with, no added parabens** and is dermatologist tested.

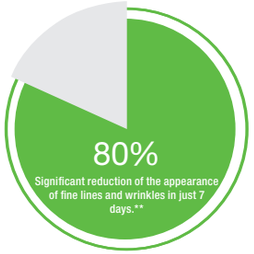
FAST RESULTS

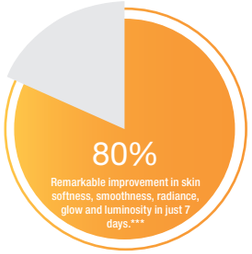
Our clinically-tested products help you achieve optimum daily results including softer, smoother, more radiant skin and the benefits of a diminished appearance of fine lines and wrinkles.

FEEL

Pamper yourself with luxurious textures; soothe yourself with silky soft lathers.

Be inspired by radiant essential oils and fresh, captivating fragrances.





* Results applicable to Line Minimising Serum, Replenishing Night Cream, Daily Glow Moisturiser, SPF 30 Protective Moisturiser, Hydrating Eye Cream and Firming Eye Gel.
** Test on 30 subjects: skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.
*** Test on 30 subjects: smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of 2, 4 and 7 days.
**** No added sulphates applies to foaming, cleansing products: Soothing Aloe Cleanser, Polishing Citrus Cleanser and Instant Reveal Berry Scrub. No added parabens is not applicable to the SPF 30 Protective Moisturiser.

CLEANSE, TONE, TREAT, TARGET, MOISTURISE

DID YOU KNOW ?

Our skincare line has no added parabens, no added sulphates and is dermatologist tested

- NORMAL TO DRY SKIN
- NORMAL TO OILY SKIN

- DAY
- NIGHT

1. SOOTHING ALOE CLEANSER

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

2. POLISHING CITRUS CLEANSER

- Deep cleansing microbeads refresh your skin for a healthy glow

3. INSTANT REVEAL BERRY SCRUB

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

4. PURIFYING MINT CLAY MASK

- This rich, creamy clay mask has the absorbent and toning effects of bentonite clay to remove dirt and absorb excess oil

5. ENERGISING HERBAL TONER

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

6. LINE MINIMISING SERUM

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

1. Soothing Aloe Cleanser	#0765
2. Polishing Citrus Cleanser	#0766
3. Instant Reveal Berry Scrub	#0772

4. Purifying Mint Clay Mask	#0773
5. Energising Herbal Toner	#0767
6. Line Minimising Serum	#0829

7. FIRMING EYE GEL

- Helps improve the appearance of the delicate eye area by increasing your skin's firmness and elasticity*

8. HYDRATING EYE CREAM

- Helps minimise the appearance of fine lines and wrinkles around the eyes, an area which has a lower amount of both sweat and oil glands, making it highly susceptible to dehydration

9. DAILY GLOW MOISTURISER

- All-purpose hydrating lotion with illuminating properties to give your face a healthy glow. Skin looks radiant, even without makeup

10. SPF 30 PROTECTIVE MOISTURISER

- Long-lasting moisturiser leaves skin smooth and soft. Provides broad spectrum UVA/UVB protection

11. REPLENISHING NIGHT CREAM

- This rich, luxurious cream helps deliver much needed moisture to the skin at night. Long-term hydration allows you to awaken with softer, smoother skin

7. Firming Eye Gel	#0770
8. Hydrating Eye Cream	#0771
9. Daily Glow Moisturiser	#0830

10. SPF 30 Protective Moisturiser	#0828
11. Replenishing Night Cream	#0827

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

HERBAL ALOE

STRENGTHEN AND REPAIR YOUR HAIR

Herbal Aloe Hair Care products are clinically proven to strengthen and repair hair, leaving it soft and silky*. Made with beneficial botanicals, our Strengthening Shampoo and Strengthening Conditioner are family-friendly and with no added parabens and sulphates.

1 HERBAL ALOE STRENGTHENING SHAMPOO

- Leaves hair 10 times stronger after just one use*
- Reduces hair breakage by 90%
- Hydrolysed wheat protein helps protect, repair and strengthen your hair*
- Colour-preserving formula
- With no added paraben and sulphate

2 HERBAL ALOE STRENGTHENING CONDITIONER

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner
- Colour-preserving formula
- With no added paraben and sulphate

1. Strengthening Shampoo	#2564
2. Strengthening Conditioner	#2565

STUDY RESULTS

- Leaves hair 10 times stronger
- Reduces hair breakage by 90%

BEFORE

Highly damaged cuticle structure.

AFTER

Significant improvement in cuticle structure.

DID YOU KNOW ?

Treat your hair to an intensive conditioning treatment - leave Herbal Aloe Conditioner to soak in for 5 minutes before rinsing for hair that's super-soft and shiny.

* When used in conjunction with the Strengthening Conditioner versus untreated hair. Results based on Strengthening and Breakage Study. Average value obtained from Combing Test conducted by an independent research laboratory on "damaged" hair tresses. Broken fibre counts were compared on untreated hair using Herbal Aloe Strengthening Shampoo and Strengthening Conditioner.

REFRESH AND REVIVE

Made with beneficial botanicals and without parabens and sulphates that can strip your skin of its natural oils, Herbal Aloe products absorb quickly, locking-in moisture to provide lasting hydration for your skin.

3 HERBAL ALOE BATH & BODY BAR

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe vera, olive oil and Vitamins A, C and E nourishes the skin
- Fresh clean scent
- With no added paraben and sulphate

4 HERBAL ALOE HAND & BODY WASH

- Gentle plant-derived cleansers
- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin
- With no added paraben and sulphate

3. Bath & Body Bar	#2566
4. Hand & Body Wash	#2561

HYDRATE AND NOURISH

Herbal Aloe Soothing Gel and Herbal Aloe Hand & Body Lotion contain rich African Shea butter and soothing Aloe vera to leave your skin noticeably smoother and softer.

5 HERBAL ALOE HAND & BODY LOTION

- Clinically shown to hydrate skin for deep nourishment
- All-day hydration
- Aloe vera and African shea butter absorb quickly and leave skin feeling soft and smooth
- With no added paraben and sulphate

6 HERBAL ALOE SOOTHING GEL

- Shown to leave skin smoother and softer
- Infused with Aloe vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragance-free formula
- With no added paraben and sulphate

5. Hand & Body Lotion	#2563
6. Soothing Gel	#2562

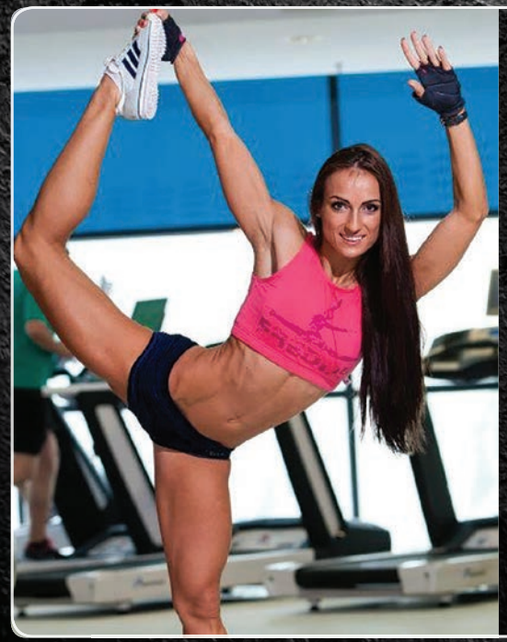
STUDY RESULTS

- All day hydration
- Shown to leave skin smoother and softer by 100%

NILE WILSON
UNITED KINGDOM

"Herbalife24 Rebuild Strength is my favourite. It tastes great but it is also well-suited to my sport. Strength and power are the two key components in gymnastics, and I definitely feel the benefits."

Nile Wilson
Gymnast & 2016 Olympic Bronze Medallist



ANCA BUCUR
ROMANIA

"It is told that if you feel good inside, it shows on the outside, and this is true indeed. I would have never kept up my fitness performance at a global level without the right nutrition. My body needs good quality fuel so I can perform my intense activity as an aerobics instructor and an endurance athlete. I am extremely grateful to be part of the nutrition programme that so many champions around the world have adopted too. Energy, confidence and performance: Thank you Herbalife Nutrition!"

Anca Bucur
2013 Miss Fitness Universe

GRAN CANARIA
SPAIN

"The Spanish Basketball Team made history during 2012-2013 by reaching the semifinal of the ACB Play Off for the first time in the team's history. The hard work and enthusiasm of the players together with the support of Herbalife Nutrition is a strong and winning combination."

Herbalife Gran Canaria
Basketball, Spain

SUSSEX COUNTY CRICKET CLUB
UNITED KINGDOM

"Cricket has a lot to benefit from in the realm of sports nutrition. Herbalife Nutrition provides our players with a vast array of products whereby they can all benefit in many different ways under many different conditions. The continued support for Sussex Cricket from Herbalife Nutrition means a lot to the club and the players will continue to improve through this partnership."

Connor Browne
Lead Strength & Conditioning Coach

N-R-G Nature's Raw Guarana

- Each serving provides 128mg of caffeine

60 tablets	#0124

128MG CAFFEINE

VITAMINS B & C

70MG CAFFEINE

10 KCAL

LiftOff®
Effervescent Energy Drink

Low calorie energy drink, anytime anywhere

- 10 kcal per serving, a great replacement for fizzy sugary drinks
- 100% of your vitamin C NRV to help alleviate tiredness and fatigue
- 100% of your B vitamins (B1, B2, B3, B6, Pantothenic acid, Biotin) NRV for normal energy-yielding metabolism
- Contains caffeine powder and natural caffeine from Guarana
- Every serving provides 75mg of caffeine

10 sachets per box

Orange	#3151
Lemon-Lime	#3152

DID YOU KNOW ?

Guarana is a shrub native to South America, it has been used for centuries by Amazon Indians for its caffeine content.

6.8G PROTEIN

225 KCAL

PROLONG

Carb-protein drink for use during prolonged intense exercise

- Provides 225 kcal per serving, great for endurance sports
- This unique carbohydrate-protein mix drink has an osmolality of 270 – 330 mOsmol/kg
- 6.8g whey protein to support the growth of muscle mass
- Contains carbohydrate in the form of maltodextrin
- Enriched with Vitamin C and B vitamins (including B1, B3, B6, B12 and pantothenic acid), this drink has a light, subtle flavour, which is great to take whilst exercising
- No artificial colours, flavours or sweeteners

Citrus	#1435

RESTORE

Food supplement for night-time nutritional support

- Unique night-time nutritional formula for those that push to the extremes
- Contains 200mg vitamin C which helps maintain the normal function of the immune system during and after intense physical exercise
- Contains 100% NRV of Vitamin E which contributes to the protection of cells from oxidative stress
- Contains Lactium™ – derived from casein protein

30 capsules	#1424

TAKE RESTORE AS PART OF A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE AND CONSUME AS INDICATED ON LABEL.
TO LEARN MORE ABOUT LACTIUM™, VISIT WWW.LACTIUM.COM

VITAMIN E

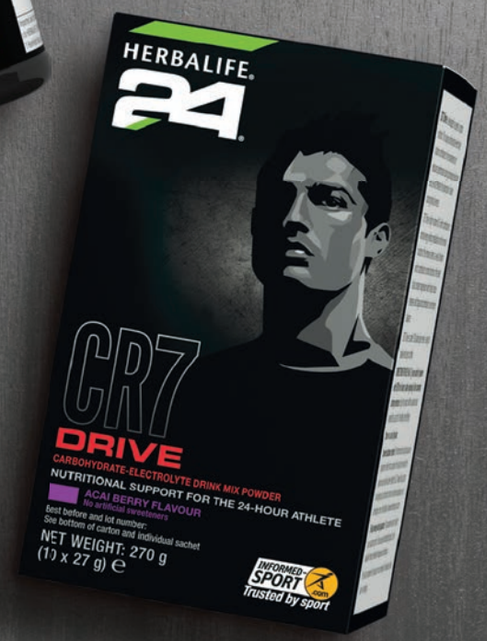
200MG VITAMIN C

LACTIUM

VITAMINS B1 & B2

100 KCAL

SODIUM & MAGNESIUM



CR7 DRIVE

Fuel your workouts and enhance hydration**

- Delicious and refreshing carbohydrate-electrolyte drink to take during exercise
- Carbohydrate-electrolyte solution that is proven to help sustain endurance performance*
- Also enhances the absorption of water during exercise**
- Formulated with essential electrolytes: 249mg sodium and 142mg magnesium per portion
- With 100% NRV vitamin B1 and B12 which contribute to normal energy-yielding metabolism and to normal psychological function***
- Under 100kcal per serving to help manage your calorie intake
- No artificial sweeteners

Canister, 20 servings, Acai Berry	#1466
10 sachets, Acai Berry	#1467

* Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged exercise.
** Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.
*** Vitamin B1 and B12 contribute to normal energy-yielding metabolism and to normal psychological function
NRV: Nutrient Reference Value

THE SCIENCE BEHIND CR7 DRIVE...

International football star Cristiano Ronaldo collaborated with Herbalife Nutrition to create a new sports nutrition product designed to take hydration and performance to the next level. Here, we look at some of the main benefits of new Herbalife Nutrition24 product CR7 Drive, and reveal the science behind them.

CR7 DRIVE ENHANCES WATER UPTAKE DURING EXERCISE

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

THE SCIENCE:

During exercise, you lose 0.5-2 litres of fluid per hour through sweat[1]. This fluid loss is a combination of water and electrolytes (e.g. sodium, potassium and magnesium). As dehydration leads to poorer aerobic performance and increased perceived effort, replacement of fluid and electrolytes during exercise should be a priority. Research shows that carbohydrate-electrolyte solutions such as CR7 Drive enhance water uptake during exercise, which is why CR7 Drive is an ideal choice during workouts, especially while exercising in the heat.[2]

CR7 DRIVE HELPS YOU TO SUSTAIN ENDURANCE PERFORMANCE DURING PROLONGED EXERCISE

Official claim: Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise.

THE SCIENCE:

The two main factors that cause fatigue during a workout are depletion of the body's carbohydrate reserves and dehydration due to loss of water and electrolytes in sweat. This impairs sports performance, especially during endurance events in hot weather and/or at high altitude. Studies show that carbohydrate-electrolyte drinks such as CR7 Drive play a role in maintaining performance during this kind of endurance exercise, and compared to plain water, can help to maintain the body's fluid and electrolyte balance. They can also help to sustain performance at the end of a long and hard training session or race.[2]

CR7 DRIVE AFTER HARD TRAINING OR COMPETITION HELPS TO AID RECOVERY OF MUSCLE FUNCTION

Official claim: Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

THE SCIENCE:

Over 75% of the kcals in a serving of CR7 Drive are from quick-absorbing carbohydrates which enter the bloodstream quickly in the form of glucose. Science has shown that consuming these glucose-providing carbs immediately after strenuous exercise can aid recovery of normal muscle function.[3] The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following strenuous exercise.

1 This will vary depending on exercise intensity, environmental circumstances (such as hot weather) and individual propensity
2 SCF, 2001; Sawka et al., 2007; Rodriguez et al., 2009; EFSA, 2011
3. Lecerf JM, de Lorgeril M. Br J Nutr. 2011 Jul;106(1):6-14.

FORMULA 1 SPORT

Healthy nutritional shake for athletes

- Contains 18g of protein which supports the growth of muscle mass
- Formula1 Sport contains both milk protein, both high quality dairy proteins
- 219 kcal per serving to help manage your calorific intake
- Unique protein-carbohydrate blend with fibre and essential vitamins and minerals
- Vitamins C, E and Selenium help to protect the body's cells from oxidative stress

Vanilla Cream	#1432

18G PROTEIN

219 KCAL

VITAMINS B & C

270 MOSMOL/KG

HYDRATE

Calorie-free electrolyte drink

- Calorie-free drink for athletes to encourage fluid consumption
- With an osmolality of less than 270 mOsmol/kg
- Provides 100% of your NRV for Vitamin C which helps reduce tiredness and fatigue
- Provides B vitamins (B1, B2, pantothenic acid and B12) and calcium and magnesium, all contributing to normal energy-yielding metabolism
- No artificial colours, no artificial flavours

20 Sachets, Orange	#1433

F1 SPORT:
WHEN: AS A HIGH PROTEIN BREAKFAST BEFORE HITTING THE WAVES.
USED BY: PERUVIAN PROFESSIONAL SURFER GABRIEL VILLARAN

"When heading out for a long surf day, I make sure to have a good meal, snacks and plenty of water. I use Herbalife Nutrition products to get ready for my next session."

* Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.
** Sample of the batch from which this product was created has been and found to contain no banned substances.

10G PROTEIN

188 KCAL

REBUILD ENDURANCE

Recovery* carb-protein drink for endurance sports

- For use after aerobic exercise
- Contains 25g protein that contributes to the growth and maintenance of muscle mass, delivering protein to fatigued muscles
- Protein contributes to the growth and maintenance of muscle mass
- Provides vitamins B1, B2, C and E, along with iron
- No artificial colours, flavours or sweeteners

Vanilla	#1436

REBUILD STRENGTH

Recovery* high protein drink for use after strength training

- For use after anaerobic exercise
- Contains 25g protein that contributes to the growth and maintenance of muscle mass
- Iron contributes to normal energy-yielding metabolism, the formation of red blood cells and oxygen transport in the body
- No artificial colours, flavours or sweeteners
- Contains 190kcal per serving

Chocolate	#1437

25G PROTEIN

190KCAL

REBUILD ENDURANCE:
WHEN: TO RECHARGE AND REPLENISH AFTER A GRUELLING RACE.
USED BY: U.S. PROFESSIONAL TRIATHLETE HEATHER JACKSON

"I trust Herbalife Nutrition products - not only do they use the highest quality ingredients in all their products, but they also test for banned substances**."

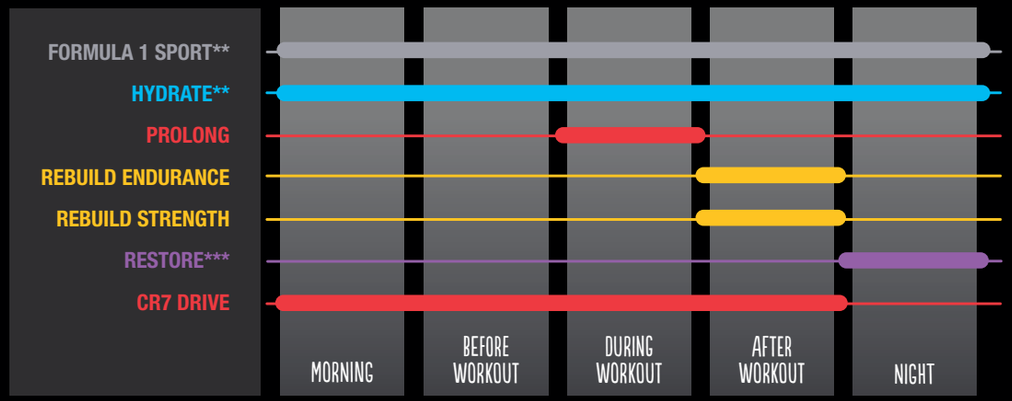
UNLEASH YOUR POTENTIAL

UMCOMPROMISING SPORTS NUTRITION

Intense focus, attention to detail and the willingness to put in the hard work – these are the traits that define great athletes; and the same traits that the Herbalife Nutrition team used to create the first 24-hour sports nutrition line: Herbalife24®.

CUSTOMISE YOUR HERBALIFE24 PROGRAMME

BASED ON YOUR INDIVIDUAL SPORT, TRAINING, PERFORMANCE AND RECOVERY NEEDS.
TO CREATE YOUR UNIQUE PROGRAMME VISIT HERBALIFE24.COM



* Close et al (2016). New strategies in sport nutrition to increase exercise performance. Free Radical Biology and medicine; 98 (144-158).
** To be consumed as directed on pack.
*** Herbalife24 Restore provides 200mg of Vitamin C, helping maintain the normal function of the immune system during and after intense physical exercise.

THE HERBALIFE24 SPORTS LINE

Whether you're a gentle jogger or an elite athlete, the Herbalife24® sports line has the products you need to help you to prepare, train and recover. As the market's first 24-hour sports nutrition line, it's no surprise that more than 190 sporting teams, athletes and events around the world use Herbalife24 products to help them perform at their best.

QUALITY & SAFETY

Every single Herbalife24 product is batch tested for prohibited substances by an independent third party. For more information, please see the product label.

INFORMED-SPORT .com
Trusted by sport

DID YOU KNOW ?

The main factors causing fatigue during competition are fuel (carbohydrate) depletion & dehydration. Strategies for eating before, during and after events help to reduce these effects.*

The driving force behind the Herbalife24 range is John Heiss, Ph.D., Sr. Director, Product Marketing, Herbalife. A cross-country runner, competitive cyclist and downhill skier, Heiss knows exactly what it takes to meet the nutritional needs of athletes.

LIST OF PRODUCTS

page 22

FORMULA 1

Vanilla	550g #0141	Cappuccino	550g #1171	Mint Chocolate Crunch	550g #2789
Chocolate	550g #0142	Cookies & Cream	550g #0146	Raspberry & Blueberry	550g #2100
Strawberry	550g #0143	Toffee Apple & Cinnamon	550g #2790	Free From Allergen - Vanilla	550g #3118

page 23

FORMULA 1
Banana Cream 550g #4462

page 23

FORMULA 1
Vanilla 780g #1922
Vanilla (26g per sachet) #2653

page 25

FORMULA 1 BARS
Chocolate #2669
Red Fruits and Yoghurt #2670

page 26

PROTEIN DRINK MIX
Vanilla 588g #2600
FORMULA 3 PROTEIN POWDER
- 240g #0242

page 27

PRO 20 SELECT
Vanilla
630g #1660

page 28/29

PROTEIN BARS
Chocolate Peanut #3972
Vanilla Almond #3968
Citrus Lemon #3976

page 28/29

GOURMET TOMATO SOUP
21 servings 672g box #0155
ROASTED SOYA BEANS
12 servings 258g box #3143

page 31

FORMULA 2 VITAMIN & MINERAL
Men #1800
Women #1819

page 32

THERMO COMPLETE
90 tablets #0050
CELL ACTIVIATOR
90 capsules #0104

page 33

NITEWORKS
15 servings 150g #3150
XTRA CAL
90 tablets #0020

page 35

HERBALIFELINE MAX
30 Capsules #0043

page 37

OAT APPLE FIBRE DRINK
30 Servings 204g #2554
FIBRE AND HERB
180 capsules #3114

page 39

BETA HEART
- 229g #0267

page 41

ROSEGUARD
60 tablets #0139

page 43

INSTANT HERBAL BEVERAGE

Original	100g #0106
Original	50g #0105
Lemon	50g #0255
Raspberry	50g #0256
Peach	50g #0257

page 43

HERBAL ALOE CONCENTRATE DRINK
Mango 473ml #1065
Original 473ml #0006

page 47

HERBALIFE SKIN

7 Day Results Kit	#0867
Soothing Aloe Cleanser	50ml
Daily Glow Moisturiser	15ml
Replenishing Night Cream	15ml
Firming Eye Gel Packet	2 x 2ml
Hydrating Eye Cream Packet	2 x 2ml

HERBALIFE SKIN

1. Soothing Aloe Cleanser	#0765
2. Polishing Citrus Cleanser	#0766
3. Instant Reveal Berry Scrub	#0772
4. Purifying Mint Clay Mask	#0773
5. Energising Herbal Toner	#0767
6. Line Minimising Serum	#0829
7. Firming Eye Gel	#0770
8. Hydrating Eye Cream	#0771
9. Daily Glow Moisturiser	#0830
10. SPF 30 Protective Moisturiser	#0828
11. Replenishing Night Cream	#0827

page 48

HERBAL ALOE

1. Strengthening Shampoo	#2564
2. Strengthening Conditioner	#2565
3. Bath & Body Bar	#2566
4. Hand & Body Wash	#2561
5. Hand & Body Lotion	#2563
6. Soothing Gel	#2562

page 52

N-R-G NATURE'S RAW GUARANA

-	60 tablets #0124

LIFTOFF®

Orange	10 sachets #3151
Lemon-Lime	10 sachets #3152

page 53

PROLONG

Citrus	900g #1435

RESTORE

-	30 Capsules #1424

page 54

CR7 DRIVE

Acai Berry	20 servings #1466
Acai Berry	10 sachets #1467

page 55

FORMULA 1 SPORT

Vanilla Cream	524g #1432

HYDRATE

Orange	20 Sachets #1433

page 56

REBUILD STRENGTH

Chocolate	1000g #1437

REBUILD ENDURANCE

Vanilla	1000g #1436

HERBALIFE NUTRITION

To find out more, contact me today:

Herbalife Nutrition is proud to be a member and supporter of the DSA and its independent consumer code Models shown in this brochure are for illustrative purposes only.

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