



WE BRING NUTRITION TO YOU



PRODUCT CATALOG



**HERBALIFE
NUTRITION**

Making the World Healthier and Happier

Nourish Your Life

We Want You to Succeed at Living Your Healthiest Life

How often have you thought to yourself, “I wish I had more energy,” or “I want to eat better and live healthier”? We’ve all been there before, wanting our bodies to look different, feel energized and perform at higher levels.

That’s why we provide high-quality, science-based products that deliver the nutrients your body needs to thrive on a daily basis. Great nutrition has the power to help people do great things.

Of course, our products don’t stand alone. They go hand in hand with healthy eating and regular exercise. They

also come with the support of Herbalife Nutrition Independent Distributors. Our Distributors will help you get started with better nutritional choices and will guide you along the way to continued success.

We love improving people’s lives and have helped millions of people around the world incorporate convenient and customized nutrition into their routine. As you read the pages ahead, reflect on what living a healthy life means to you. Forget about where you’ve been or what obstacles have stood in your way before. The journey to your best self starts now!

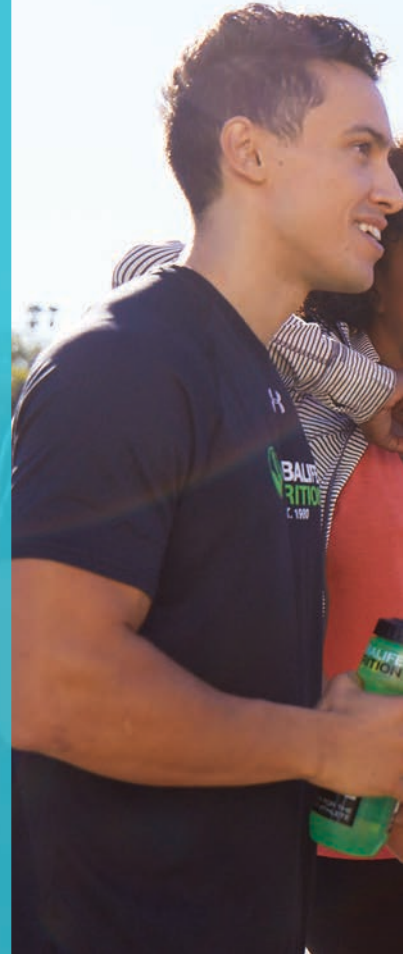


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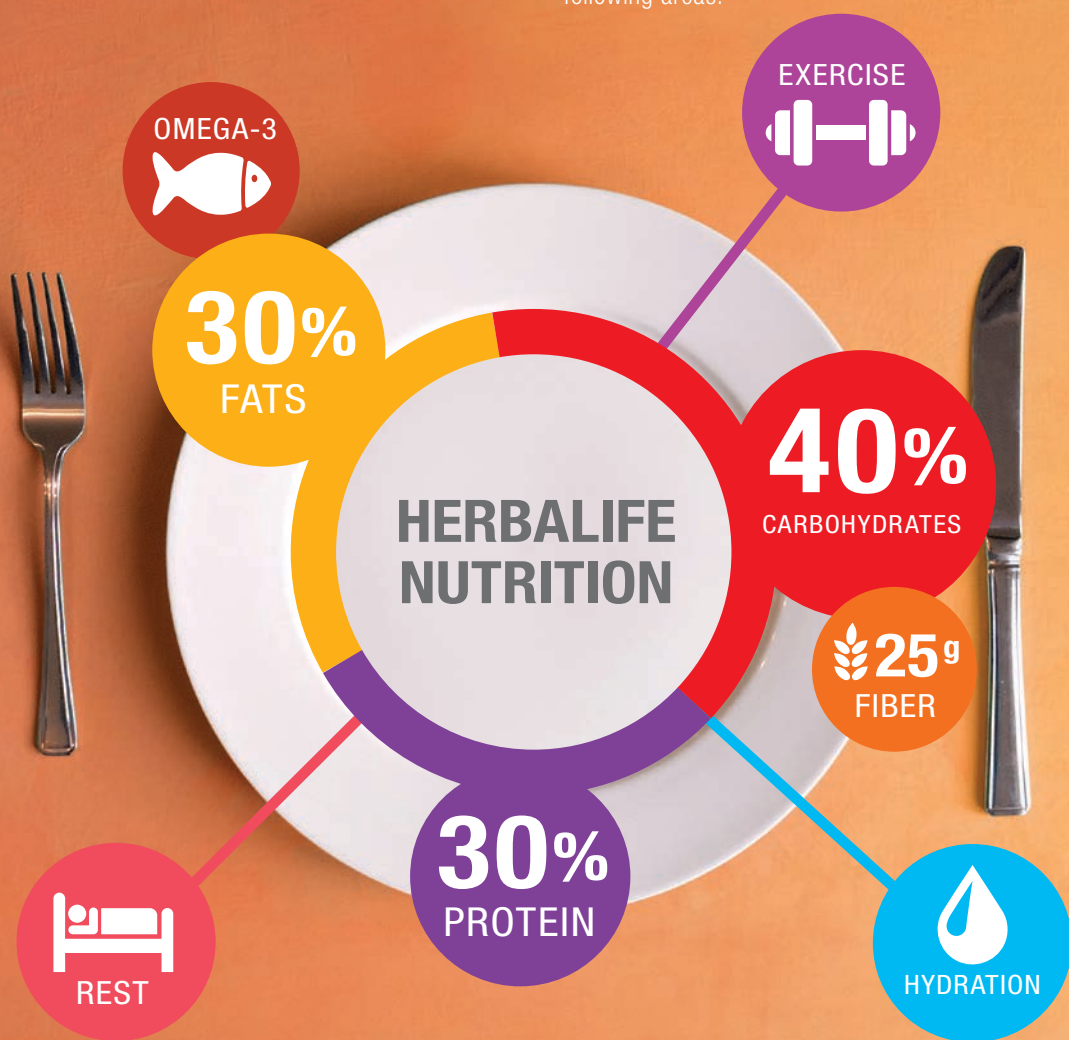


A SIMPLE PLAN FOR Healthy Living

It's All About Balanced Nutrition and 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 give you lasting energy.

Where: Lean meat, poultry, fish, eggs, Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Personalized Protein Powder, Protein Drink Mix, Formula 1 Express Meal Bar and Protein Bar Deluxe.

CARBOHYDRATES

What: Your body's preferred source of fuel.

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

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

FIBER

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

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

Where: Found in fruits, vegetables, beans, peas, lentils, nuts, seeds, whole grains, Herbalife Nutrition Formula 1 shakes, Herbalife Nutrition Active Fiber Complex and Formula 1 Express Meal Bar.

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.

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.

PHYTONUTRIENTS

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

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

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

HYDRATION

What: We recommend eight 8-ounce 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.

EXERCISE

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

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

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

REST

What: Giving your body a much-needed break.

Why: Getting your 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 and Relax Now.

MORE THAN TWO-THIRDS (71.6%)
OF U.S. ADULTS ARE OVERWEIGHT
OR OBESE.[†] HERBALIFE NUTRITION
IS COMMITTED TO HELPING PEOPLE
CHOOSE BETTER NUTRITION AND
LEAD HEALTHY, ACTIVE LIVES.

[†]Source: Centers for Disease Control and Prevention, 2016.

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

Scientific Leadership Team

The development of Herbalife 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.



JOHN AGWUNOBI

DAVID HEBER

JOHN HEISS

LOU IGNARRO

GARY SMALL

STEVE HENIG

DANA RYAN

LUIGI GRATTON

ROCÍO MEDINA

VASILIOS "BILL" FRANKOS

John Agwunobi

M.D., M.B.A., M.P.H.
Co-president and Chief Health & Nutrition Officer

Steve Henig

Ph.D.
Chief Scientific Officer Emeritus,
Member, Herbalife Nutrition Advisory Board

David Heber

M.D., Ph.D., F.A.C.P., F.A.S.N.
Chairman, Herbalife Nutrition Institute

Dana Ryan

Ph.D., M.B.A., M.A.
Director, Sports Performance and Education

John Heiss

Ph.D.
Senior Director, Customer
Experience & Innovation

Luigi Gratton

M.D., M.P.H.
Vice President of Training

Lou Ignarro

Ph.D.
Nobel* Laureate in Medicine,
Member, Herbalife Nutrition Advisory Board

Rocío Medina

M.D.
Vice Chairwoman and Member,
Herbalife Nutrition Advisory Board

Gary Small

M.D.
Member, Herbalife Nutrition Advisory Board

Vasilios "Bill" Frankos

Ph.D., M.S.
Senior Corporate Advisor,
Product Science, Safety and Compliance



100+ DOCTORS

**250+ STAFF
SCIENTISTS**

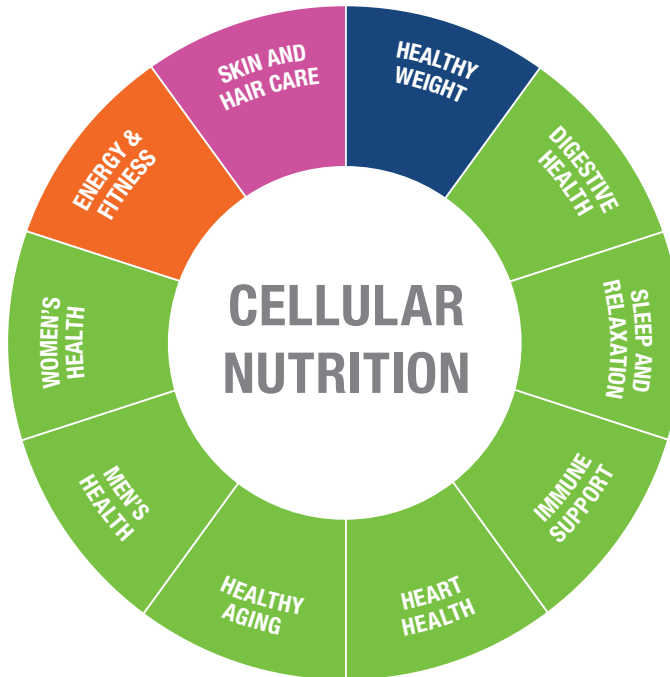


**25+
EXPERTS**

FROM AROUND THE WORLD, IN THE FIELDS OF
NUTRITION, SCIENCE AND HEALTH,
COMPRISE THE **HERBALIFE**
NUTRITION ADVISORY BOARD

*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

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 antioxidants (Vitamins A [as beta-carotene], C and E)
- Nutrient-dense meal or snack

WHAT DOES IT DO?

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




†People who use Herbalife Nutrition Formula 1 twice a day as part of a healthy lifestyle can generally expect to lose around half a pound to 1 pound per week.




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

Formula 1: Lots of great-tasting flavor, endless combinations

CHECK OUT ALL THE FLAVORS (30 Servings)

Banana Caramel | #2628 
Café Latte | #2775 
Cookies 'n Cream | #3110

Dulce de Leche | #2674 
Dutch Chocolate | #3107 
French Vanilla | #3106 

Mint Chocolate | #3138 
Orange Cream | #1164 
Piña Colada | #3141 

Pralines and Cream | #0191 
Wild Berry | #3108 

CALORIES | 170

When prepared with 8 fl. oz. of nonfat milk

CALCIUM | 370 mg

As much calcium as 1½ cups of cottage cheese

FIBER | 3 g

As much fiber as 1 small apple

PROTEIN | 17 g

As much protein as 3 large eggs

VITAMIN C | 14 mg

As much Vitamin C as 2 small peaches

VITAMIN E | 7.5 IU

As much Vitamin E as 5 whole almonds

VITAMIN A | 1750 IU

As much Vitamin A as ¾ cup of cooked broccoli

Ⓑ 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 

[§]Glutathione and Vitamin C.

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Essential Nutrition Selected for You

You take great care in choosing wholesome, non-GM ingredients and sometimes your nutritional needs evolve. Depending on your goal, you may seek more of one ingredient – like quality, plant-based protein – and less of another. The power to choose is in your hands, especially with Formula 1 Select and Protein Drink Mix Select.

Formula 1 Select and Protein Drink Mix Select were developed with your unique needs in mind – starting with non-GM ingredients and an easily digestible, alternative protein blend. Each serving contains a mix of pea, quinoa and rice proteins to help nourish your body, satisfy your hunger and energize your day.

Because every ingredient counts, Formula 1 Select and Protein Drink Mix Select also contain over 20 essential vitamins and minerals to fill nutritional gaps and help you thrive. All this in a delicious formula that is not formulated with gluten, dairy, soy or artificial flavors or sweeteners.



Made with
Non-GM
ingredients*



No artificial
flavors or
sweeteners*



Gluten-free
certified



Vegetarian
certified



Kosher
certified



Low-GI† and
low-glycemic‡



Suitable for
diabetics**

We believe nutrition shouldn't just be healthy; it should be personalized too. That's why Formula 1 Select and Protein Drink Mix Select let you mix your shake your way. Enjoy them on their own, as a pair, or blended with your favorite fruits and veggies for a colorful boost. There are countless flavor varieties to keep things fresh and fun!

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 sugar
- Not made with soy or dairy

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 sugar
- Not made with soy or dairy

22 Servings | #1627



*Herbalife Nutrition designation.

†On the basis of laboratory tests of Formula 1 Select for Glycemic Index (GI) value, this is a low-GI food.

‡Protein Drink Mix Select.

**Herbalife 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.



WEIGHT LOSS



Breakfast



Snack



Lunch



Snack



Dinner



EVERYDAY NUTRITION



Breakfast



Snack



Lunch



Snack



Dinner



WEIGHT GAIN



Breakfast



+



Lunch



+



Dinner

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.)



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 – Formulas 1 [‡], 2 and 3 PLUS:

- Total Control[®] with caffeine that stimulates metabolism*†
- Cell-U-Loss[®] with corn silk to support fluid balance*



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 – Formulas 1 [‡], 2 and 3 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*



Café Latte	#4008	
Cookies 'n Cream	#4813	
Dutch Chocolate	#4810	
French Vanilla	#4809	
Piña Colada	#3498	
Wild Berry	#4811	

†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 Triarco Industries.

HOW MUCH PROTEIN DO YOU NEED?

Depending on your weight and goals, everyone needs a different amount of protein. Herbalife Nutrition Personalized Protein Powder and Protein Drink Mix can help supplement your protein needs.

(See pages 18 and 19 for more Herbalife Nutrition Protein Boosters.)

#1122



#0194

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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.



(A) Herbal Tea Concentrate

Metabolize and revitalize

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 water

30 Servings

Lemon	#0255
Original	#0105
Peach	#0257
Raspberry	#0256

60 Servings

Cinnamon	#0195
Lemon	#0188
Original	#0106
Peach	#0190
Raspberry	#0189

Non-GM[†]

Chai (60 Servings)	#0761
Chai Packets (15 Per Box)	#0763



Packets

Lemon	#0919
Original	#0107
Raspberry	#0918

Ⓑ 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 (20 Per Box)	#0076	

Ⓒ 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 spoon it into 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 stimulant

7-Day Trial Size	#1095
30 Servings	#1076



*Caffeine is known for its natural thermogenic (metabolism-boosting) benefits and green tea for its antioxidant properties.

*Made with ingredients that have not been genetically modified.

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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 molecules that the body can absorb*

60 Tablets | #0101



Ⓑ Thermo-Bond®

- Formulated with sodium choleate in a proprietary blend

90 Tablets | #0167



*Aminogen® is a registered trademark of Triarco Industries.



©



©



© 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



© 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

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Need a Boost?

Protein-based snack for energy and nutrition



(A)

(B)





Ⓐ Personalized Protein Powder

Boost your protein

Personalized Protein Powder is a high-quality, nonfat 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
- Nonfat protein to satisfy hunger
- 5 g of soy and whey protein, providing all 9 essential amino acids

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 g per serving, or enjoy as a nutritious snack.

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

22 Servings

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

30 Servings

Vanilla | #1426



Ⓒ Beverage Mix

Zero grams of sugar*

- 15 g of protein help boost your energy while satisfying hunger between meals
- 70 calories*

14 Servings

Peach Mango | #3121
Wild Berry | #3119

*Not a low-calorie food.

Ⓒ



Protein-Powered Snacks

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



Ⓐ Roasted Soy Nuts

Salty, crunchy and nutritious

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

12 Packets Per Box

Chile Lime

| #3142



Ⓑ 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 high-quality protein and 60 calories per piece
- No artificial sweeteners
- Fun-size bites in two delicious flavors

28 Bites Per Box

Crunchy Caramel Lemon | #002K
Crunchy Caramel Vanilla | #011K

④ High Protein Iced Coffee

A delicious and healthy snack

- 15 g of protein
- 100 calories
- 80 mg of caffeine
- 2 g of sugar
- No artificial flavors or added colors
- Enjoy up to 2 servings per day

14 Servings Per Pouch

House Blend | #012K
Mocha | #011K

DID YOU KNOW?

"Try to consume protein within 30 minutes of finishing your workout. Consumption of protein can help to increase muscle mass when consumed post-exercise."

Samantha Clayton, AFAA, ISSA
Vice President, Worldwide Sports Performance and Fitness

Nutrition When You Need It

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





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
- 24 vitamins and minerals, including calcium from 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
- Excellent source of fiber (5 g per serving)

17 g of protein* (7 Packets Per Bag) | #3145

24 g of protein* (7 Packets Per Bag) | #1235

*Amount per serving.



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
- Packed with 15 g of protein per serving
- 5 g of fiber to help support weight management
- Individually wrapped for on-the-go use

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

Digest and Feel Your Best

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.



Supports healthy digestion

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

Herbal Aloe Concentrate



Half Gallon

Cranberry | #1966
Mango | #1188

Pint

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

Herbal Aloe Ready-to-Drink



Gallon

Original | #0004

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.

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 balance the good and bad bacteria in your system and survives the gastric journey, ensuring your whole body functions as efficiently as possible.



3 EASY STEPS TO A BALANCED LIFE



STEP 1

TRY SIMPLY PROBIOTIC WITH YOUR FAVORITE FOOD OR DRINK – HOT, COLD OR FROZEN.

Mixes easily in 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 overall 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 GanedenBC³⁰®* probiotic
- Delivers 1 billion active probiotic cultures per serving, which promote digestive health
- Made with non-GMO ingredients
- No calories per serving

30 Servings | #1829



*GanedenBC³⁰® is a registered trademark of Kerry Group.

Keep Yourself On Track



DID YOU KNOW?

The recommended intake of dietary fiber is 25 grams for women and 38 grams for men. However, the average American consumes only 14 g of dietary fiber daily, well below the recommended amount.

Active Fiber Complex 5 grams of balanced soluble and insoluble fiber (good source)

- Promotes regularity and minimizes bloating
- Supports growth of friendly intestinal bacteria
- Add to Formula 1 for a thicker, smoother shake

30 Servings

Apple | #2864

Unflavored | #2865



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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*

42 Tablets | #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

A Healthy Today for a Healthy Tomorrow



(A) Niteworks®

Nighttime supplement with folic acid for 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

(B) Herbalifeline®

A highly refined blend of omega-3 fatty acids

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

60 Softgels

| #0065



© Core Complex Comprehensive heart health*

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

*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.

"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, Herbalife Nutrition Advisory Board

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Good Heart Health Begins 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

Evidence from epidemiological and clinical trials suggests that omega-3 polyunsaturated fatty acids may have a significant role in maintaining healthy 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.*

						
	Mega Garlic Plus	Herbalifeline®	Tri-Shield®	Core Complex	Niteworks®	CoQ10 Plus
TOTAL CHOLESTEROL		●		●		
TRIGLYCERIDES		○		○		
CARDIOVASCULAR HEALTH	●	●	●	●	●	●
HOMOCYSTEINE				○		
BLOOD PRESSURE within normal range					●	
CIRCULATION	○				○	
VASCULAR HEALTH					●	
HEART ENERGY				○ [†]		○
ANTIOXIDANT SUPPORT	●	●		●	●	●

[†]With the addition of CoQ10 Plus to Core Complex.

[‡]Dr. Lou Ignarro is a scientific advisor to Herbalife Nutrition and receives compensation for his endorsement of Herbalife Nutrition products.

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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.

DID YOU KNOW?

“Rest is an essential part of a good fitness plan and can help you get better results from your workouts.”

Samantha Clayton, AFAA, ISSA
Vice President, Worldwide Sports Performance and Fitness

Sleep Now Helps you get the rest you need*

- Melatonin supports sound sleep so you can rest easy*

60 Tablets | #0138

Relax Now Jujube seeds help maintain calmness*

- Jujube, passionflower and ashwagandha help you cope with occasional stress and maintain a healthy mood*

30 Tablets | #0055



Inspiration: It's All Relative

“My family members were my first customers. I wanted them to experience the same kind of supportive community that helped me achieve my successful transformation.”

Morgan

Herbalife Nutrition
Independent Distributor

**HERBALIFE
NUTRITION**
EST. 1980

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.

HERBALIFE NUTRITION CUSTOMER AND PREFERRED MEMBER REFUND POLICY: If for any reason you are not completely satisfied with any Herbalife Nutrition product purchased directly from Herbalife Nutrition or an Herbalife Nutrition Independent Distributor, you may return it within 30 days from receipt for a full refund or product exchange. Refunds and exchanges may be obtained by following the instructions available at Herbalife.com or by calling 866-866-4744 or by contacting your Herbalife Nutrition Independent Distributor.

Morgan and Family Inspire Their Community to Live Healthier and Happier

This is Morgan's Herbalife Nutrition story:

Back in 2014, I was working for a large corporation and feeling frustrated, tired and uninspired. Deep down I knew I needed to make a change, but I was a skeptic by nature. I finally reached a point where I needed to take that uncomfortable first step.

Fortunately for me, I met my future Herbalife Nutrition coach and mentor, who spent time with me and took a sincere interest in my wellness goals. She made me realize that you very often don't realize how bad you feel until you start feeling good. The results I achieved with her helped inspire me to become an Herbalife Nutrition Independent Distributor.

My family members were my first customers. I wanted them to experience the same kind of supportive community that helped me achieve my successful transformation. But just as we were about to start our journey together, my beloved brother suddenly passed away from a pulmonary embolism.



We used our grief as fuel to make a change, to strive to be healthier and more active, to take care of ourselves and appreciate life. Building our Herbalife Nutrition business together as a family was a challenge that we met with discipline and joy.

Today, a portion of our revenue from all our group workouts helps fund the foundation we started in my brother's name, which provides college scholarships to graduating high school seniors and encourages a healthy, active lifestyle to boys and girls in our community.* People who didn't have the chance to know my brother now feel he is a part of their journey. Thanks to Herbalife Nutrition, we're helping to create a legacy of good deeds, health and commitment.

*Income depicted is unique to the individual and is not typical. Achievements require skill & consistent work. For typical earnings, see Statement of Average Gross Compensation at StartHerbalife.com.

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

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

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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.

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."

Rocio Medina, M.D.
Vice Chairwoman and Member,
Herbalife Nutrition Advisory Board

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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

Contains specific vitamins and minerals needed by new moms*

- Folate contributes to the reduction of tiredness and fatigue*
- Boosts new-mom powers
- Add to your Formula 1 shake

30 Packets Per Box | #1700



Set the Stage for Healthy Aging

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

Nutrients 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

Let the Best of You Shine Through

NO ARTIFICIAL
FLAVORS OR
SWEETENERS



An easy-to-mix powder that you can blend with water, your favorite shake, tea or aloe, Herbalife SKIN® Collagen Beauty Booster helps you shine from the inside out.

With key ingredients to help your skin, hair and nails look their best, this supplement makes a great addition to your healthy skin routine.*

REAL RESULTS, REDUCED FINE LINES[§]

BEFORE



Patient No. 61

AFTER



[†]Verisol® is a registered trademark of GELITA AG.

[‡]Bioactive Collagen Peptides® is a registered trademark of GELITA AG.



[§]Women aged 45 and older can generally expect comparable improvement in appearance of wrinkles by using the Herbalife Nutrition product as directed, administering at least 2.5 g daily of the Verisol® branded ingredient, over a period of at least 4 weeks. Based on a study of 108 women, consuming 2.5 g of Verisol® ingredient in neutral composition daily for 4 and 8 weeks.

Herbalife SKIN® Collagen Beauty Booster

Verisol®[†] collagen helps promote the 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*
- Take one serving per day

*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.

Strawberry Lemonade (30 Servings) | #0831  

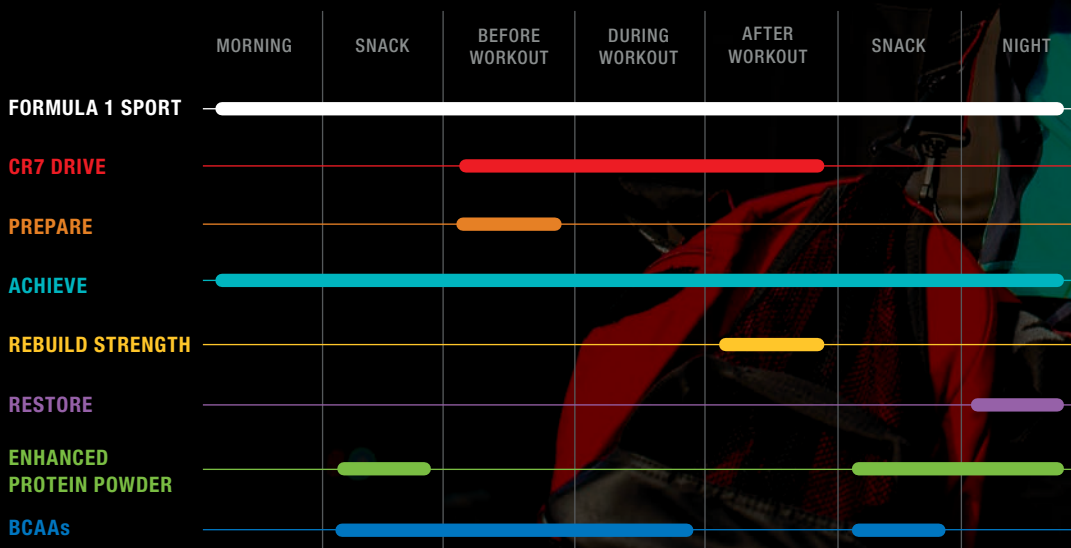
Power Your Purpose

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.B.A., M.A., Director, Sports Performance and Education



Suggested product usage will vary based on activity level, find the Herbalife24 regimen that works for your routine at Herbalife24.com/Products.



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
- Provides antioxidant support
- Contributes to recovery from exercise
- No artificial sweeteners, flavors or added colors



6 Bars Per Box

Chocolate Chip Cookie Dough | #2124

Dark Chocolate Brownie | #2126



*Certified for Sport® is a registered trademark of NSF International.



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

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*
- Caffeine helps maintain focus and performance*

Tropical Mango (25 Servings) | #1414


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

30 Servings

Chocolate
Creamy Vanilla

| #1438
| #1412 

*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, whey protein hydrolysate, and micellar casein.



As an independent, accredited organization, National Sanitation Foundation (NSF) International tests and certifies products. The NSF Certified for Sport® marking assures your Herbalife Nutrition products have been rigorously tested for quality and are free of athletic banned substances as defined by the World Anti-Doping Agency (WADA).

Learn more about the stringent quality control measures that define the NSF at [NSF at NSF.org/About.asp](https://www.nsf.org/About.asp).



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*

20 Servings

Chocolate | #1417
Vanilla Ice Cream | #3058

Enhanced Protein Powder

Nutrition meets versatility

- 24 g of protein
- 5 sources of protein†
- Amino acids help reduce muscle soreness and improve recovery and repair*
- B vitamins support energy metabolism*
- 0 g added sugar
- No artificial flavors or sweeteners

Natural (20 Servings) | #1120

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*

Green Apple (30 Servings) | #024K

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Sponsored Soccer Star Cristiano Ronaldo

"After training and games, it's important to recover 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."

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 50% DV of methylcobalamin, the biologically active form of Vitamin B12

Açaí Berry

Canister (60 Servings) | #1445

Packets (15 Per Box) | #1475



Make a Big Difference

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



Perform these exercises in order **3 times a week** with light weights to maintain your **endurance and strength**

Bicycle Crunch

• 16 Each Side



Forward Lunge

• 16 Each Side



Squat

• 16



Lateral Side Raises

• 16



Bridge

• 16



Hydrate for Your Health

You give 100 percent to your workouts and you're rewarded for your efforts, but in the process you lose fluids and vital electrolytes. Herbalife Nutrition H³O® Fitness Drink provides rapid hydration, immediate energy and Vitamins C and E antioxidant support to optimize your workout. Drink during physical activity to keep your body properly hydrated and energized.



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

*Temporary benefit based on consumption of ginseng by healthy young adults.

Available in
**4 DELICIOUS
FLAVORS**

Energize Your Performance

Whether you're out for a run, at the gym or engaged in sports, Herbalife Nutrition Liftoff® is formulated with a unique energy blend with caffeine and B vitamins to support top performance.



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 energy 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*

10 Tablets

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

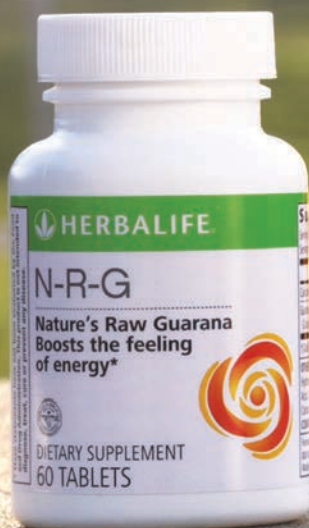
30 Tablets

Ignite-Me Orange	#3277
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*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.

Boosts the Feeling of Energy^{*†}

(A)



(B)



DID YOU KNOW?

"Because of its stimulating effects, caffeine use during exercise may help make the exercise seem easier."

Susan Bowerman, M.S., R.D., C.S.S.D., C.S.O.W.M., F.A.N.D.

Senior Director, Worldwide Nutrition Education and Training

^{*}Caffeine is known for its natural thermogenic (metabolism-boosting) benefits.

[†]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.





N-R-G

Refresh and revive on the go

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.

- Provides a gentle boost
- Reduces fatigue
- Increases mental alertness and concentration

(A) Tablet Form (60 Tablets) | #0122 
• Take 1 tablet up to 4 times per day

(B) Tea Mix (60 Servings) | #0102 
• 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

(C) Green Tea

Healthy hydration

With 25 mg of caffeine per serving, this refreshing tea is lower in 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 artificial flavors or sweeteners
- Zero calories
- For optimal experience, mix a rounded ¼ teaspoon (0.8 g) with 6 to 12 fl. oz. of hot or cold water
- Made with non-GM ingredients

Pomegranate (60 Servings) | #1428 

HERBALIFE NUTRITION HAS INSTANT AND EASY-TO-PREPARE TEAS THAT CAN BE ENJOYED HOT OR COLD AND CONSUMED AT HOME OR ON THE GO.

Healthy Hydration with Green Tea

With approximately 25 mg of caffeine per serving, this refreshing tea is lower in caffeine than an 8 fl. oz. cup of coffee and provides hydration throughout the day

Type of tea:
Green tea



Gentle Lift with N-R-G Tea Nature's Raw Guarana Tea Mix

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

Type of tea:
Blend of guarana
and orange pekoe tea



Boost Metabolism† with Herbal Tea Concentrate

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

Types of teas:
Blend of green and
orange pekoe teas



Results in 7 Days



Soothing Aloe Cleanser

Removes excess oil, dirt and makeup

- Softens and moisturizes
- For normal to dry skin

STEP 1 ☀️ 🌙

150 ml Tube | #0765

Polishing Citrus Cleanser

Cleans and revitalizes your skin

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

STEP 1 ☀️ 🌙

150 ml Tube | #0766

Energizing Herbal Toner

Refreshes tired-looking skin

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

STEP 2 ☀️ 🌙

50 ml Spray Bottle | #0767

^{*}Results applicable to Line Minimizing Serum, Replenishing Night Cream, and Daily Glow Moisturizer.

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

[‡]Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

[§]Clinically tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of

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[‡]
- Improve softness, smoothness, radiance, glow and luminosity in just seven days[§]

STEP 3 🌙

30 ml Airless Pump | #0768

Firming Eye Gel

- Clinically tested to improve the appearance of the delicate eye area by increasing skin's elasticity**
- Ophthalmologist tested
- Contains cucumber extract

STEP 4 🌞

15 ml Airless Pump | #0770

Hydrating Eye Cream

Clinically tested to:

- Minimize lines and wrinkles around the eyes[‡]
- Show a significant increase in the skin's moisture over eight hours^{††}

STEP 4 🌙

15 ml Airless Pump | #0771

subjects showed improvement in all five areas over seven days.

[‡]Clinically tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 85% of subjects, improvement was seen in the appearance of firmness/elasticity in skin under the eye at 42 days.

^{††}Clinically tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed significantly higher moisture levels over baseline after eight hours.

Ⓐ Protective Moisturizer Broad Spectrum SPF 30 Sunscreen

Tested to:

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

STEP 5 ☀

30 ml Airless Pump | #0899

Ⓑ Daily Glow Moisturizer

Clinically tested to:

- Double skin's moisture over eight hours*
- Reveal skin that looks more glowing and feels softer and smoother in just seven days‡
- Reduce the appearance of fine lines and wrinkles**

STEP 5 ☀

30 ml Airless Pump | #0769

Ⓒ Replenishing Night Cream

Clinically tested to:

- Double skin's moisture over eight hours*
- Provide noticeable improvement of overall skin complexion and luminosity in just seven days††
- Reduce the appearance of fine lines and wrinkles**

STEP 5 🌙

30 ml Airless Pump | #0774



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

†Tested on subjects measured by visual expert grading on intervals of two, four and seven days. 100% of subjects showed improvement over seven days in smoothness, softness, glow, radiance and luminosity.

‡Clinically tested on 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 subjects measured by visual expert grading on intervals of two, four and seven days. 96% of subjects showed improvement over seven days in smoothness, softness, glow and radiance. 93% showed improvement over seven days for luminosity.

**Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

††Clinically tested on 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 over 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.



Ⓓ

Ⓓ Instant Reveal Berry Scrub

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

- Use in place of cleanser

120 ml Tube | #0772



Ⓔ

Ⓔ Purifying Mint Clay Mask

Clinically tested to:

- Improve the appearance of pores and tighten and tone the skin after just one use**
- Help the old layer of cells to shed with bentonite clay

120 ml Tube | #0773

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



Advanced

Take your skin care regimen up a notch

Includes all Basic Program products, PLUS:

- Line Minimizing Serum
- Hydrating Eye Cream
- Firming Eye Gel

Normal to Dry Skin | #1493

Normal to Oily Skin | #1497



Ultimate

The ultimate skin care experience

Includes all Advanced Program products, PLUS:

- Protective Moisturizer Broad Spectrum SPF 30 Sunscreen
- Instant Reveal Berry Scrub
- Purifying Mint Clay Mask

Normal to Dry Skin | #1488

Normal to Oily Skin | #1489



Purchase the Ultimate Program and receive a special gift with purchase.



Daily Skin Care Regimen

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



AM



PM

STEP 1 CLEANSE

Soothing Aloe Cleanser
(For Normal to Dry Skin)

– OR –

Polishing Citrus Cleanser
(For Normal to Oily Skin)

Soothing Aloe Cleanser
(For Normal to Dry Skin)

– OR –

Polishing Citrus Cleanser
(For Normal to Oily Skin)

STEP 2 TONE

Energizing
Herbal Toner

Energizing
Herbal Toner

STEP 3 TREAT

Line Minimizing
Serum

Line Minimizing
Serum

STEP 4 TARGET

Firming Eye Gel

Hydrating Eye Cream

STEP 5 MOISTURIZE

Daily Glow Moisturizer
– OR –
Protective Moisturizer Broad
Spectrum SPF 30 Sunscreen

Replenishing
Night Cream

WEEKLY (1–3 TIMES A WEEK)

Deep Cleanse

Instant Reveal Berry Scrub

Purify

Purifying Mint Clay Mask

Nourish Your Skin from Within



*Verisol® is a registered trademark of GELITA AG.

*Bioactive Collagen Peptides® is a registered trademark of GELITA AG.

*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.

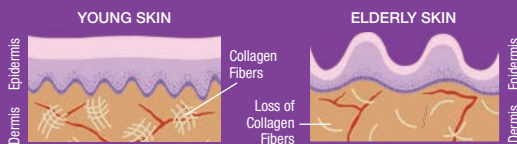
What to Eat for Healthy Skin

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.

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.



Background material only. Not a representation of product effect.

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 production of collagen and elastin.*

Herbalife SKIN® Collagen Beauty Booster

Verisol®[†] collagen helps promote the 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
- Take one serving per day




**NO ARTIFICIAL
FLAVORS OR
SWEETENERS**

Strawberry Lemonade (30 Servings) | #0831



The Next Step Toward Clear Skin



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 combat acne breakouts

Spot Treatment (15 ml Tube) | #0809

Apply directly onto blemishes with a thin layer one to three times daily, and combat breakouts with the acne-fighting power of salicylic acid, aloe and witch hazel

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,
Worldwide Director, Product
Nutrition Education and Training

Cleanse, Moisturize and Rejuvenate

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



Face & Body Sunscreen Broad Spectrum SPF 30

Protect your skin

- Sweat and water resistant up to 40 minutes
- Doubles skin's moisture for 8 hours*
- The Skin Cancer Foundation recommends this product as an effective broad-spectrum sunscreen



120 ml Tube | #0921

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

200 ml Tube | #2562

*Tested on 30 subjects, measuring skin moisture levels at eight-hour intervals. Skin of 86% of subjects showed double the moisture levels over baseline after eight hours.

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

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

Strengthens damaged hair
10x after ONE use†



Hand & Body Wash

Cleanses and moisturizes skin

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

250 ml Tube | #2561

Hand & Body Cream

Hydrate your skin

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

200 ml Tube | #2563

Strengthening Shampoo

Strengthening Conditioner

Clinically tested to:

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

250 ml Tube

Strengthening Shampoo | #2564
Strengthening Conditioner | #2565

*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.

ESSENTIAL NUTRITION SELECTED FOR YOU



#1626

#1627



Formula 1 Select and Protein Drink Mix Select



See pages 10–11

BE OUR NEXT
**SUCCESS
STORY**
START TODAY

CONTACT YOUR HERBALIFE NUTRITION
INDEPENDENT DISTRIBUTOR TODAY

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**HERBALIFE
NUTRITION**

Making the World Healthier and Happier

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