

# Herbalife<sup>®</sup>



Live your best life

# Today's the Day

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

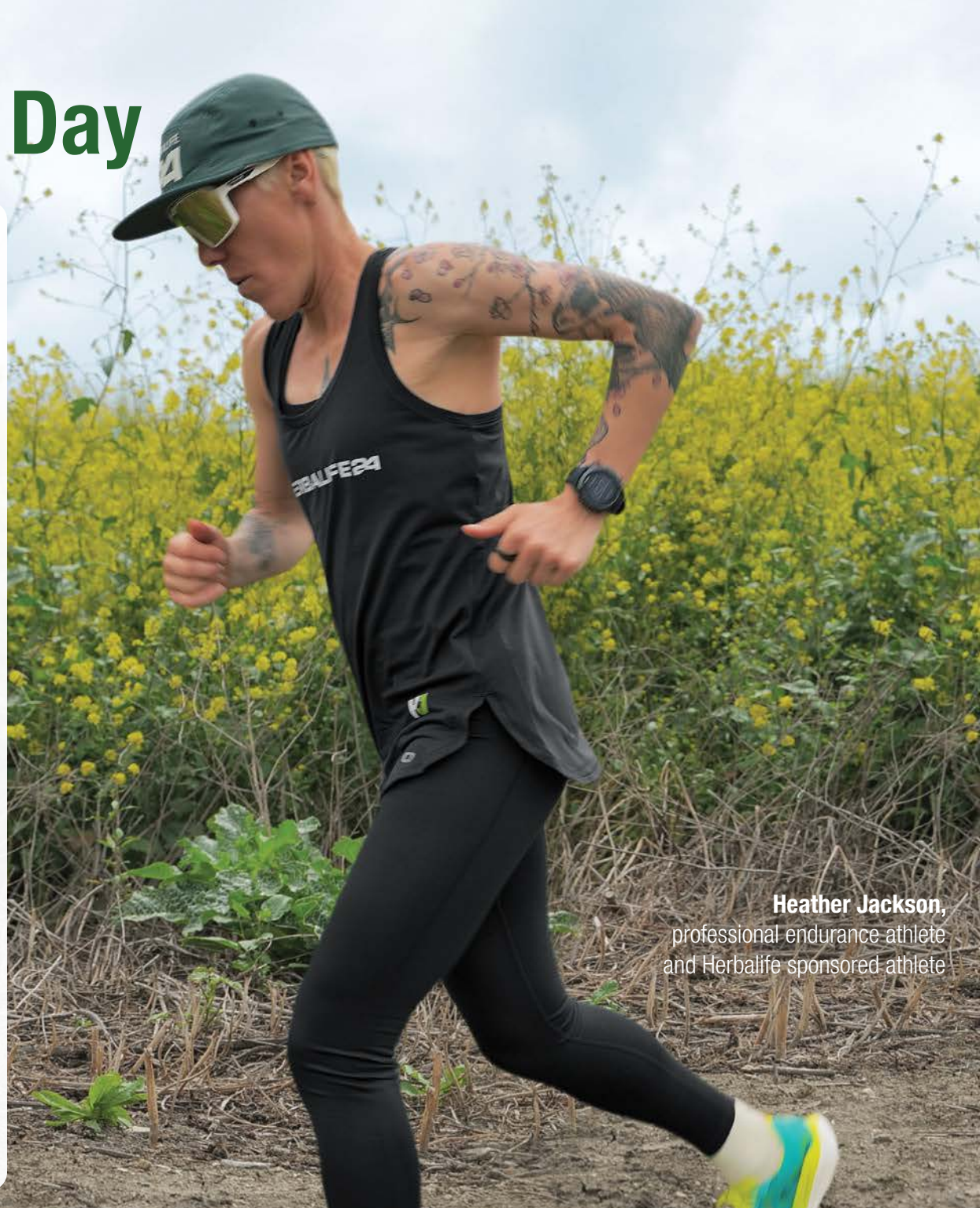
Have you ever thought, "I wish I knew then what I know now"? So many of us wish that we had established better eating habits and taken living a healthier lifestyle more seriously earlier on. We browse social media and look at other people living their best lives and we wish we had the same energy and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

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

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

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

The journey to living your best life starts now!



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

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#### SYMBOLS GUIDE:



Certified Kosher



Certified Gluten-Free (current symbol)



Certified Gluten-Free (new symbol)



Low Glycemic Index



Vegetarian Certified



Heart Smart



Just Add Water



Suitable for Diabetics



Suitable for Vegans



Suitable for Vegetarians



Made with no artificial flavors or sweeteners



Not made with soy or dairy



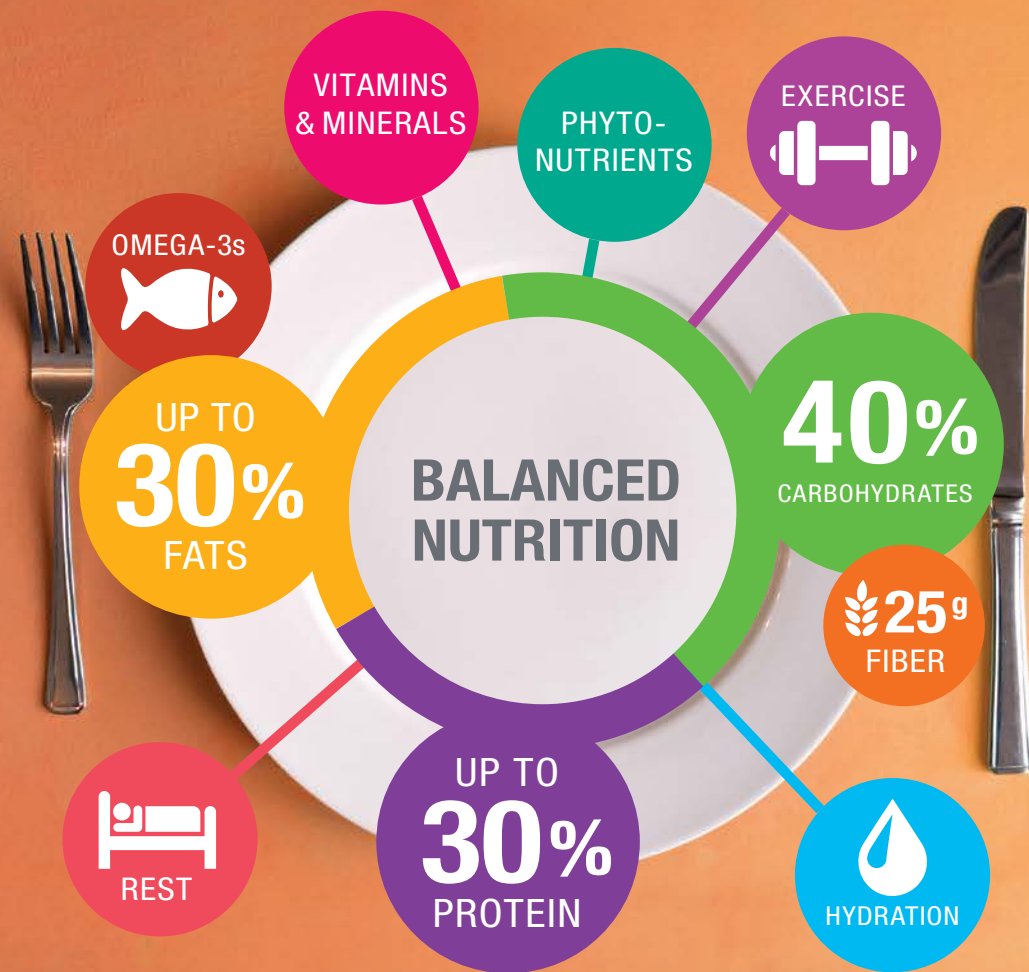
Not made with soy

# A Simple Plan for Healthy Living

It's all about balanced nutrition and a healthy lifestyle

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

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



## PROTEIN

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

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

**Where:** Lean meat, poultry, fish, eggs, Herbalife® Formula 1 shakes, Personalized Protein Powder, Protein Drink Mix, 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® 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® Formula 1 shakes, Herbalife® 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® Formula 1 shakes, Protein Drink Mix, Formula 1 Express Meal Bar and in dietary supplements such as Herbalife® Formula 2 Multivitamin Complex.

## PHYTONUTRIENTS

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

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

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

## HYDRATION

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

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

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

## EXERCISE

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

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

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

## REST

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

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

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

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

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

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

# Scientific Leadership Team

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



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Chairman, Nutrition Advisory Board



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Chairman, Herbalife Nutrition  
Institute



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**Luigi Gratton**  
M.D., MPH  
Vice President, Training



**Kristy Appelhans**  
NMD, MSRA  
Vice President,  
Global Consumer Safety



**Rocío Medina**  
M.D.  
Cochairperson and Member,  
Nutrition Advisory Board



**Gary Small**  
M.D.  
Member, Nutrition Advisory Board



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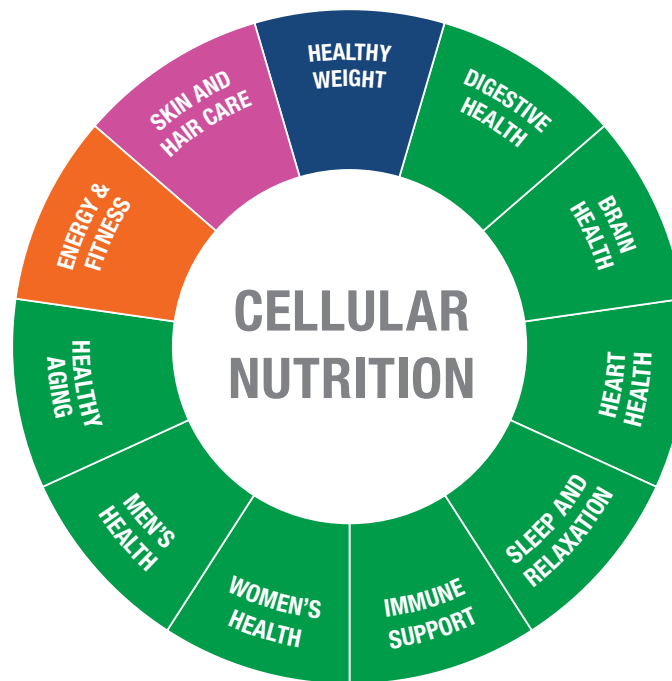
**100+ DOCTORS**

**250+ STAFF SCIENTISTS**

**25+ EXPERTS**

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

# Maximize Your Nutrition



## Cellular Nutrition with Our Core Products

### FORMULA 1

Healthy Meal  
Nutritional Shake Mix



**Our bodies are made up of 100 trillion cells**

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

### FORMULA 2

Multivitamin Complex



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

### FORMULA 3

Cell Activator®



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

**A Healthier LIFESTYLE!**

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# The Perfect Blend

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



## Formula 1 Healthy Meal Nutritional Shake Mix

Balanced nutrition: protein, fiber and vitamins

### WHAT'S IN IT?

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

### WHAT DOES IT DO?

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

## Lots of great-tasting flavors, endless combinations

Check out all the flavors (30 Servings) <sup>1,2</sup> <sup>1,4</sup>

- |                          |                         |                               |
|--------------------------|-------------------------|-------------------------------|
| Banana Caramel   #2628   | French Vanilla   #3106  | Pralines and Cream   #0191    |
| Café Latte   #2775       | Mango Pineapple   #039K | Pumpkin Spice   #1130         |
| Cookies 'n Cream   #3110 | Mint Chocolate   #3138  | Strawberry Cheesecake   #018K |
| Dulce de Leche   #2674   | Orange Cream   #1164    | Wild Berry   #3108            |
| Dutch Chocolate   #3107  | Piña Colada   #3141     |                               |

<b>CALORIES</b> 170-200 <sup>‡</sup>	<b>CALCIUM</b> 420 mg	<b>FIBER</b> 3 g <small>As much fiber as 1 small apple</small>	<b>PROTEIN</b> 17-24 g <sup>‡</sup> <small>As much protein as 3 large eggs</small>	<b>VITAMIN C</b> 27 mg <small>As much Vitamin C as 2 small peaches</small>	<b>VITAMIN E</b> 4.5 mg	<b>VITAMIN A</b> 420 mcg RAE
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(When prepared per label instructions)

<sup>\*</sup>On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.  
<sup>‡</sup>25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.  
<sup>1</sup>When prepared with 8 fl. oz. of nonfat milk or one serving (2 scoops) of Protein Drink Mix.



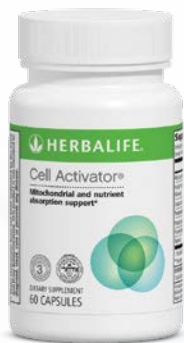
<sup>1</sup>Herbalife designation.  
<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.  
<sup>4</sup>Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.



**Formula 2  
Multivitamin Complex**  
For everyday good health\*  
with vitamins and minerals

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

90 Tablets | #3115



**Formula 3  
Cell Activator®**  
Mitochondrial and nutrient  
absorption support\*

- Formulated with alpha-lipoic acid, which helps regenerate antioxidant activity† within the cells\*
- Formulated with aloe vera, which may help support the body's absorption of micronutrients\*

60 Capsules | #3123



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

†Glutathione and Vitamin C.

# Essential Nutrition Selected for You

Just as your nutritional needs evolve, we work hard to make sure our products grow with you. Formula 1 Select and Protein Drink Mix Select are made from an easily digestible, plant-based protein blend of pea, quinoa and rice, are specially formulated with non-GM ingredients, no artificial flavors or sweeteners, and are gluten-free, vegetarian and Kosher certified.

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



## Formula 1 Select

### A nutrient-dense, healthy meal

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

● Natural Vanilla Flavor (30 Servings) | #1626 



## Protein Drink Mix Select

### A healthy snack or protein booster

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

● Natural Vanilla Flavor (22 Servings) | #1627



Formula 1 Select and Protein Drink Mix Select are:



Certified  
Kosher



Certified  
Gluten-Free



Vegetarian  
Certified



Suitable for  
Diabetics<sup>2</sup>



Made with no  
artificial flavors  
or sweeteners<sup>1</sup>



Not made with  
soy or dairy<sup>1</sup>

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

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

<sup>1</sup>Herbalife designation.

<sup>2</sup>Herbalife® 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 Independent Distributor for more information.



**WEIGHT LOSS**



**EVERYDAY NUTRITION**



**WEIGHT GAIN**

BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			

## QUICKSTART PROGRAM

Includes the basics for weight management<sup>†</sup>

- Three Core Products – Formulas 1 <sup>†</sup>, 2 and 3 to support Cellular Nutrition
- Herbal Tea Concentrate<sup>§</sup> (1.8 oz.)



### Choose your Formula 1 flavor

- Café Latte | #4004
- Dutch Chocolate | #4800
- Piña Colada | #3494
- Cookies 'n Cream | #4803
- French Vanilla | #4799
- Wild Berry | #4801

## ADVANCED PROGRAM

Includes ALL Quickstart Program products, PLUS:

- Total Control<sup>®</sup> with caffeine that stimulates metabolism<sup>\*\*†§</sup>
- Cell-U-Loss<sup>®</sup> with corn silk to support healthy elimination of water<sup>\*</sup>



### Choose your Formula 1 flavor

- Café Latte | #4006
- Dutch Chocolate | #4805
- Piña Colada | #3496
- Cookies 'n Cream | #4808
- French Vanilla | #4804
- Wild Berry | #4806

## ULTIMATE PROGRAM

Includes ALL Advanced Program products, PLUS:

- Snack Defense<sup>®</sup> with gymnema and chromium that help support blood sugar levels already within the normal range<sup>\*</sup>
- Aminogen<sup>®\*\*\*</sup> to break down proteins into smaller peptides<sup>\*</sup>



### Choose your Formula 1 flavor

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

<sup>†</sup>A healthy weight-management program should include modest caloric intake, balanced diet and regular physical activity.

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

<sup>§</sup>Herbal Tea Concentrate provides 85 mg of caffeine per serving and Total Control<sup>®</sup> 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.

<sup>\*\*</sup>Aminogen<sup>®</sup> is a registered trademark of Innophos, LLC.

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



# The Healthy Way to Lose Weight

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



## Total Control® Stimulates metabolism\*

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

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

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

## Prolessa® Duo Control hunger, reduce fat\*

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

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

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



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

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

- Jump-starts thermogenic (metabolic) activity†
- Boosts the feeling of energy†
- Provides antioxidant support
- Instant and low calorie
- For optimal experience, mix a little more than ½ teaspoon (1.7 g) with 6 to 12 fl. oz. of hot or cold water

### 30 Servings

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

### 60 Servings

- Chai (Non-GM<sup>‡</sup>) | #0761
- Cinnamon | #0195
- Lemon | #0188
- Original | #0106
- Peach | #0190
- Raspberry | #0189

### Single-Serve Packets (30 Per Bag)

- Chai (Non-GM<sup>‡</sup>) | #319K
- Lemon | #322K
- Peach | #321K
- Raspberry | #320K



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

<sup>1</sup>Caffeine is known for its natural thermogenic (metabolism-boosting) benefits and green tea for its antioxidant properties.

<sup>‡</sup>Made with ingredients that have not been genetically modified.

<sup>3</sup>Herbalife designation.

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

# Get On the Right Track with Fat Release

Sometimes it can be difficult when you find yourself somewhere with no healthy food options available. Fat Release, in convenient powder form, helps trim the fat from food\* to keep you on track with your healthy lifestyle. Fat Release binds fat calories in food when taken as directed.\*

## Fat Release <sup>1,3</sup>

### For weight-loss program support\*†

- Reduces a portion of calories from being absorbed when taken with a meal containing fats\*
- Enhances the amount of dietary fat eliminated from the body\*
- Formulated with Litramine® to promote a feeling of fullness\*

● Fruit Twist (30 Stick Packs Per Box) | #163K



\*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.

†Weight-loss plans are supported by taking the product three servings a day.



Litramine® is a registered trademark of the InQpharm group of companies.

†Herbalife designation.

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

# Everyone Can Use a Little Help

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

## Aminogen®†

### Enzymes to support protein digestion\*

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

60 Tablets | #0101



## Thermo-Bond®

- Formulated with sodium choleate in a proprietary blend

90 Tablets | #0167



## 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



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

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

# Even More Delicious Possibilities

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

## Protein Baked Goods Mix Nutrient-dense meal

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

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



22 Servings | #2185    



## Personalized Protein Powder Boost your protein

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

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

60 Servings | #0194    





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


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

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

22 Servings    

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

30 Servings

- Chocolate | #245K
- Vanilla | #1426 



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

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

14 Servings    

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

\*For recipe ideas, visit [Herbalife.com/recipes](http://Herbalife.com/recipes).

†When combined with Formula 1 that is made with no artificial sweeteners, is gluten-free and low glycemic.

‡Not a low-calorie or reduced-calorie food.

<sup>1</sup>Herbalife designation.

<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.

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

# Protein-Powered Snacks

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



## High Protein Iced Coffee <sup>1,2</sup>

**A delicious and healthy snack**

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

### 14 Servings Per Pouch

- Caramel Macchiato | #216K
- House Blend | #012K
- Mocha | #011K

<sup>1</sup>Herbalife designation.  
<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.



## Protein Bar Deluxe <sup>®</sup>

**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
- Protein snack with milk chocolate-flavored coating and 140 calories per bar

### 14 Bars Per Box

- Chocolate Peanut | #0365
- Citrus Lemon | #0366
- Vanilla Almond | #0364



## Protein Bites

**Snack smart**

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

### 28 Bites Per Box

- Crunchy Caramel Lemon | #002K
- Crunchy Caramel Vanilla | #001K
- Crunchy Salted Caramel | #006K

# Treat Yourself to Something Savory

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



## Roasted Soy Nuts

### Salty, crunchy and nutritious

- 9 g of protein (good source)
- 100 calories per packet
- Convenient, portion-controlled snack for on-the-go use
- Low glycemic
- Chile Lime (12 Packets Per Box) | #3142



## Instant Soup

### Protein snack for energy and nutrition

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

- 15 g of plant-based protein
- 3 g of fiber
- 0 g saturated fat
- No artificial sweeteners, artificial (synthetic) preservatives or added colors
- Not made with dairy
- Chicken and Vegetables Flavor\* (15 Servings) | #129K

\*Natural and artificial chicken and vegetable flavors.

# Nutrition When You Need It

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



## Formula 1 Instant Healthy Meal Nutritional Shake Mix

A quick meal anytime for healthy nutrition and weight management

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

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

- 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
- Good source of fiber (4 to 5 g per serving)

7 Packets Per Box <sup>1,4</sup>

- 17 g of protein per serving | #3145
- 24 g of protein per serving | #1235



## Formula 1 Express Meal Bar

Great-tasting meal replacement with protein and fiber

Enjoy the Formula 1 experience in a convenient bar option.

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

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

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

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

<sup>1</sup>Herbalife designation.

<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.

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

# Give Your Digestive Health a Tropical Boost

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



## Active Fiber Complex Select

A tasty way to help you reach your daily fiber goals

- 6 g of fiber (excellent source)
  - Promotes regularity
  - Helps support and maintain a healthy digestive system
  - Supports growth of friendly intestinal bacteria
  - Made with non-GM ingredients
  - No artificial flavors, sweeteners or added colors
  - Low glycemic
- Tropical Twist (30 Servings) | #066K

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



Active Fiber Complex Select is:

- Certified Kosher
- Certified Gluten-Free
- Vegetarian Certified
- Suitable for Diabetics<sup>1,2</sup>
- Suitable for Vegans<sup>1,3</sup>
- Made with no artificial flavors or sweeteners<sup>3</sup>
- Not made with soy

Images of foods are for presentation purposes only. Product does not contain these foods.

<sup>1</sup>Herbalife designation.

<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.

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



# 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® Herbal Aloe products are formulated with premium-quality aloe vera, and can be used on a daily basis.



No artificial flavors

## Supports healthy digestion

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

## Herbal Aloe Concentrate

128 Servings (Half Gallon)

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

31 Servings (Pint)

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

## Herbal Aloe Ready-to-Drink

16 Servings (Gallon)

- Original | #0004

\*4 servings per day.

<sup>1</sup>Herbalife designation.

<sup>2</sup>Herbalife® products do not treat diabetes, but diabetics can use them.



## Active Fiber Complex

Up to 6 grams of fiber

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

30 Servings 

● Apple | #2864

○ Unflavored | #2865

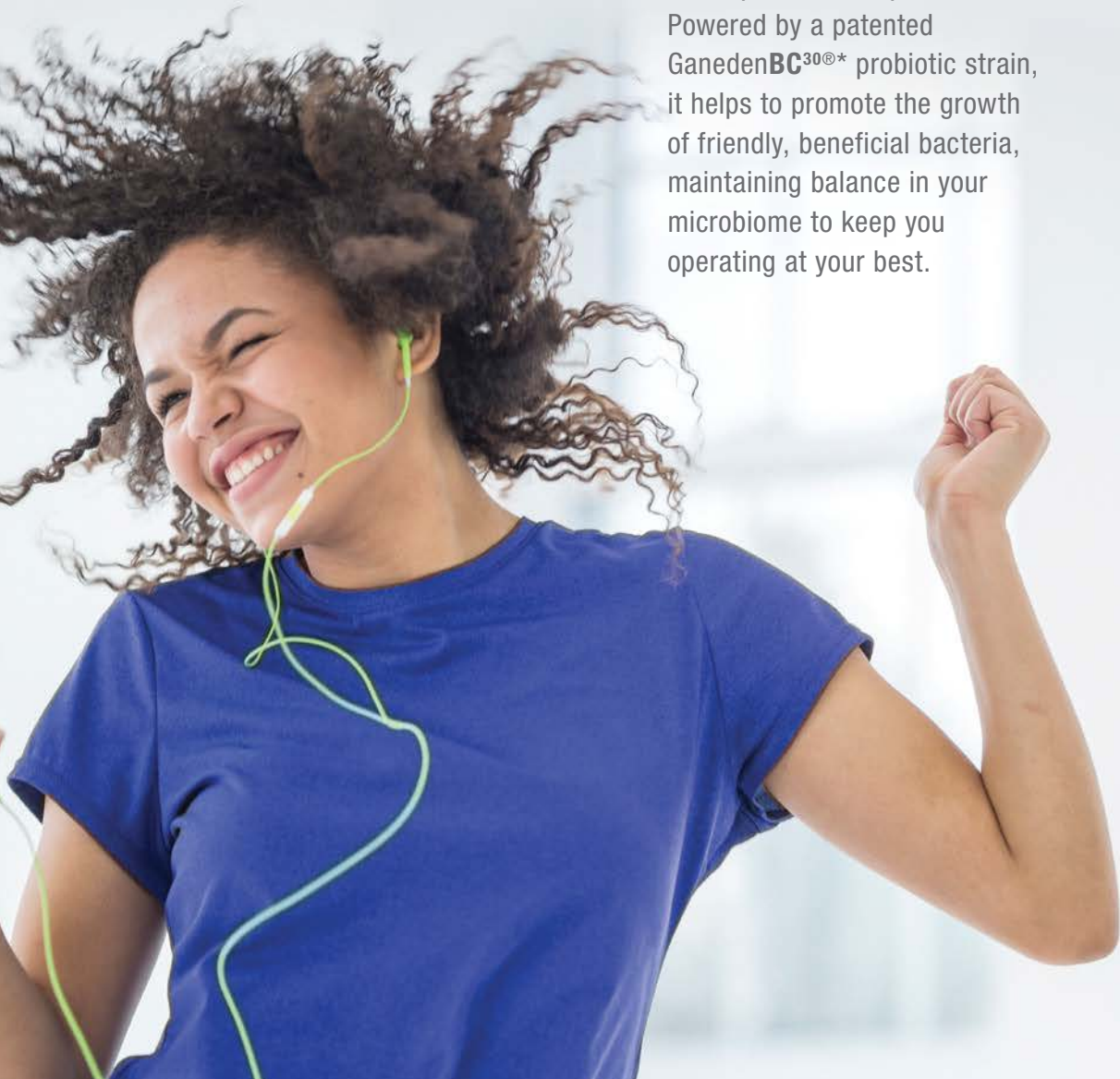
Talk to your Herbalife Independent Distributor to get the support you need to start making simple, proactive changes to your diet and lifestyle today.

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

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

# Your Daily Dose of Balance

Simply Probiotic is a daily, science-backed probiotic that's packed with power. Powered by a patented GanedenBC<sup>30</sup><sup>®\*</sup> probiotic strain, it helps to promote the growth of friendly, beneficial bacteria, maintaining balance in your microbiome to keep you operating at your best.



## 3 Easy Steps to a Balanced Life

### STEP 1



Try Simply Probiotic with your favorite food or drink – hot, cold or frozen.

Mixes easily into your favorite hot or cold Herbalife shake, tea or aloe drink. Use as directed.

### STEP 2



Incorporate Simply Probiotic into your daily routine.

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

### STEP 3



Continue to eat healthy and stay active.

Your gut – and digestive health – will love you for it!

### Simply Probiotic

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

- Formulated with a GanedenBC<sup>30</sup><sup>®\*</sup> probiotic
- Delivers 1 billion active probiotic cultures per serving, which promote digestive health
- Made with non-GM ingredients
- 0 calories per serving

30 Servings | #1829



\*GanedenBC<sup>30</sup><sup>®</sup> is a registered trademark of Kerry Group.

# Keep Yourself on Track



## 21-Day Herbal Balancing Program

**Begin and maintain your digestive health regimen**

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

21 Servings  
(84 Tablets Total) | #1154



## Digestive Health Program

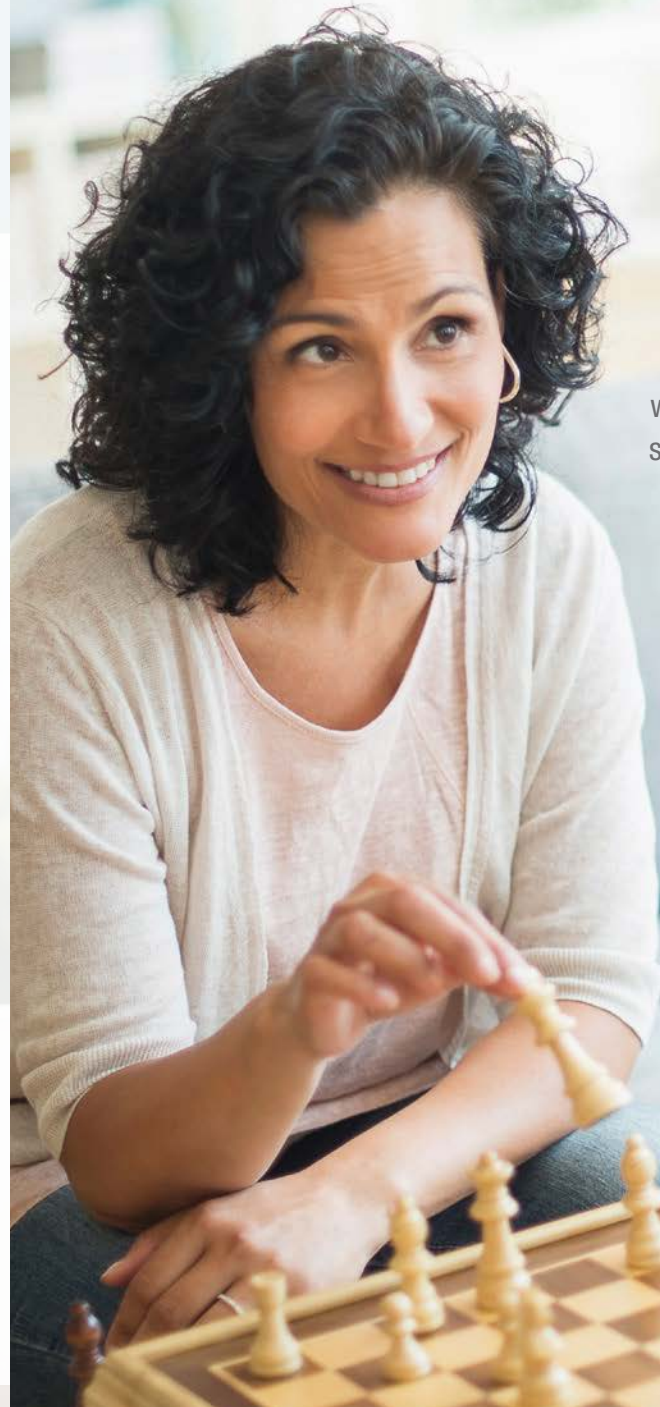
**Supports healthy gastrointestinal function\***

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

- Herbal Aloe Concentrate (Original or Mango flavor)
  - 21-Day Herbal Balancing Program (AM/PM companion formulas)
  - Simply Probiotic
- Mango | #1226  
● Original | #1225

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

# Nutrition for Your Brain



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



## MemoryArmor®

**Support your short-term memory with Bacopa†**

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

30 Capsules | #101K

\*MemoryArmor® is specially formulated with Bacopa, which, some studies show, supports mental attention, auditory learning and short-term working memory.

# A Healthy Today for a Healthy Tomorrow



**(A) Niteworks®**  
**Nighttime supplement with folic acid to support a healthy cardiovascular system\***

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

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

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

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

60 Softgels | #0065

**(C) Core Complex**  
**Advanced Heart Support ON-THE-GO®**  
 Contains heart healthy ingredients:\*\*

(C)

**(D) CoQ10 Plus**  
**Energy for the heart\***

(D)

**(E) Mega Garlic Plus**  
**Formulated with garlic in a convenient tablet form**

(E)

**(F) Tri-Shield®**  
**Krill-sourced omega-3s**

(F)

**(C) Core Complex**  
**Advanced heart support on the go\***

Convenient daily packets contain six softgels, including:

- Herbalifeline®
- Tri-Shield®
- CoQ10 Plus
- Plant sterols help support healthy cholesterol levels already within a normal range.\* B vitamins help to maintain healthy homocysteine levels that are already within a normal range.\*

30 Packets Per Box | #1096

**(D) 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

**(E) 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

**(F) Tri-Shield®**  
**Krill-sourced omega-3s**

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

30 Softgels | #0100

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

Luigi Gratton | M.D., MPH Vice President, Training

\*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.

# Support Heart Health with the Right Nutrients

The Herbalife® Heart Health line, is a part of maintaining cardiovascular wellness.

## Support Healthy Circulation

Garlic supports healthy circulation.\*

## Maintain Healthy Cholesterol Levels

Omega-3 fatty acids help maintain cholesterol levels already within normal range.\*

## Support Cardiovascular Health

Omega-3 fatty acids from krill oil support cardiovascular health.\*

## Support Vascular Health

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



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

# Rest and Rejuvenate

Rest is an important part of a healthy lifestyle for all ages. Rejuvenate your body and mind.



## Relaxation Tea <sup>1</sup>

Herbal tea blend to calm body and mind\*

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



## Sleep Now

Helps you get the rest you need\*

- Melatonin supports sound sleep so you can rest easy\*
- 60 Tablets | #0138



## Relax Now

Helps you cope with occasional stress\*

- Jujube, passionflower and ashwagandha are traditionally used to help you cope with occasional stress and maintain a healthy mood\*
- 30 Tablets | #0055



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

<sup>1</sup>Lemon balm is traditionally used to improve relaxation.  
<sup>2</sup>Herbalife designation.

# A Whole New Frontier

## Ashley

Herbalife Independent Distributor

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

### This is Ashley's Herbalife Story:

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

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

**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 at 866-866-4744 or submit the refund form available at MyHerbalife.com.



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

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

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

\*People who replace two meals a day with Herbalife® Formula 1 as part of a healthy lifestyle (such as lowering caloric intake, eating a healthy, balanced diet or engaging in regular physical activity), can generally expect to lose around half a pound to 1 pound per week.

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

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

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

**HERBALIFE CUSTOMER AND PREFERRED MEMBER REFUND POLICY:** If for any reason you are not completely satisfied with any Herbalife® product purchased directly from Herbalife or an Herbalife 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 Independent Distributor.

# 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



## Immunity Essentials Strengthens and supports immune health daily\*

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

30 Servings | #047K <sup>1,4</sup>



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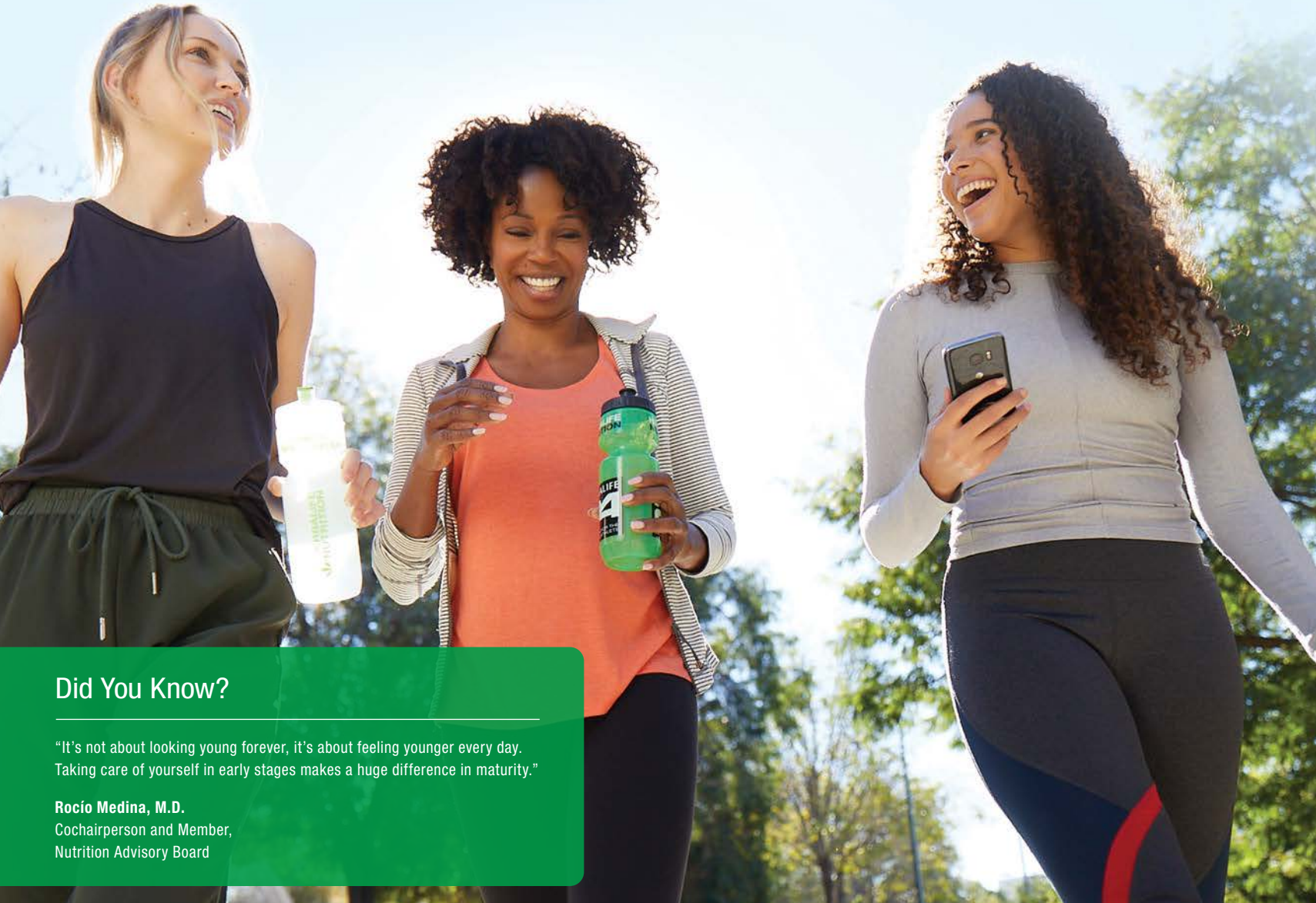
†EpiCor® and Acts Like a Multivitamin for Your Immune System® are registered trademarks of Embria Health Sciences.

‡Herbalife designation.

§Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.

# Well-Being at Any Age

Women have specific needs that change over time. Herbalife® 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.**  
Cochairperson and Member,  
Nutrition Advisory Board

### Tang Kuei Plus For PMS support\*

- Tang Kuei Plus is formulated with Dong Quai root, which has been traditionally used for PMS support\*

60 Tablets | #0566



### Woman's Choice For menopausal support\*

- Soy isoflavones and chasteberry support comfort and well-being for women during monthly hormonal fluctuations and menopause\*

30 Tablets | #1061



### Xtra-Cal® Advanced Supports bone health as you age\*

- Calcium and Vitamin D support bone mineral density and healthy teeth\*
- Vitamin D improves the absorption of calcium for bone health\*
- Adequate calcium and Vitamin D, as part of a well-balanced diet, may reduce the risk of osteoporosis later in life

90 Tablets | #0565



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# Vitality and Well-Being for Men

Addressing your male-specific health needs benefits your overall well-being. Herbalife® 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



# Set the Stage for Healthy Aging

It's never too early to focus on healthy aging. Herbalife® Healthy Aging products are formulated to help you stay active no matter what age you are.

## Joint Support Advanced Support for joint health\*

- Formulated with glucosamine to support healthy joint function and comfort\*
- Excellent source of antioxidant selenium to support healthy aging\*
- Excellent source of manganese and a good source of copper

90 Tablets | #0555



## Ocular Defense Formula Supports healthy vision\*

- Lutein supports eye health and healthy vision\*
- Provides antioxidant Vitamins A (as beta-carotene), C and E\*

30 Tablets | #0064



\*Prelox® and Pycnogenol® are registered trademarks of Horphag Research Ltd. This product is sold under license of U.S. patents 6,117,872 and other rights.

\*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.

# Power Your Purpose

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

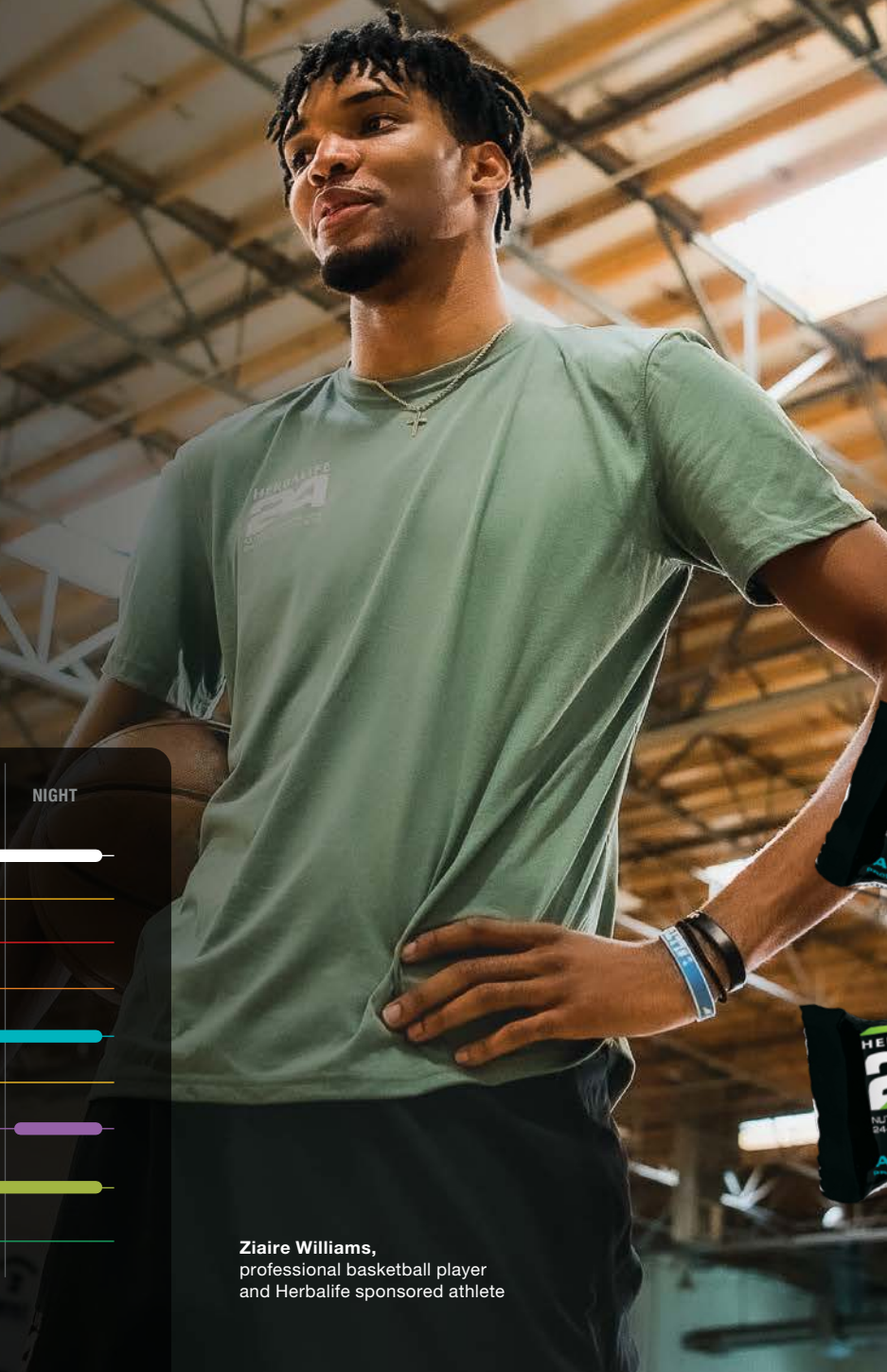
“If you're exercising, getting your heart rate up and sweating, you're an athlete! Every athlete needs good nutrition to prepare, fuel, and recover from his or her workout. Herbalife24® products provide good-quality carbohydrates and proteins to help you maximize every workout.”

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



<sup>†</sup>Consume Liftoff<sup>®</sup> supplement for a caffeine boost.\* Enjoy 1 to 2 servings 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.



Ziaire Williams,  
professional basketball player  
and Herbalife sponsored athlete

## ACHIEVE Protein Bar Long-lasting energy

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

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

6 Bars Per Box

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



\*Certified for Sport<sup>®</sup> is a registered trademark of NSF.

<sup>†</sup>Herbalife designation.



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

Learn more about the stringent quality control measures that define NSF at [NSFSport.com/About.asp](http://NSFSport.com/About.asp).



## Prepare

**Nitric Oxide precursor (L-arginine, L-citrulline, and ornithine) and creatine supplement system\***

- L-arginine supports healthy blood flow\*
- Formulated with 2.1 g of creatine per serving to support muscle strength and fast-twitch muscle contractions\*
- Caffeine helps maintain focus and performance\*

### 25 Servings

- Tropical Mango | #301K
- Watermelon | #299K

## 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

- Creamy Vanilla Flavor | #1412

## 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\*

### 30 Servings

- Green Apple | #298K

## 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 | #302K
- Strawberry Shortcake | #305K
- Vanilla Ice Cream | #304K

## Enhanced Protein Powder

**Nutrition meets versatility**

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

### 20 Servings

- Natural Flavor | #300K

## 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 | #303K

\*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.

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

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

\*Herbalife designation.

\*Herbalife® products do not treat diabetes, but diabetics can use them.

\*Products that do not contain any meat, poultry, fish, seafood or insects. Vegetarian products may contain dairy ingredients, egg ingredients, bee products, and shellac.



### 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 Flavor**

Canister (60 Servings) | #1445

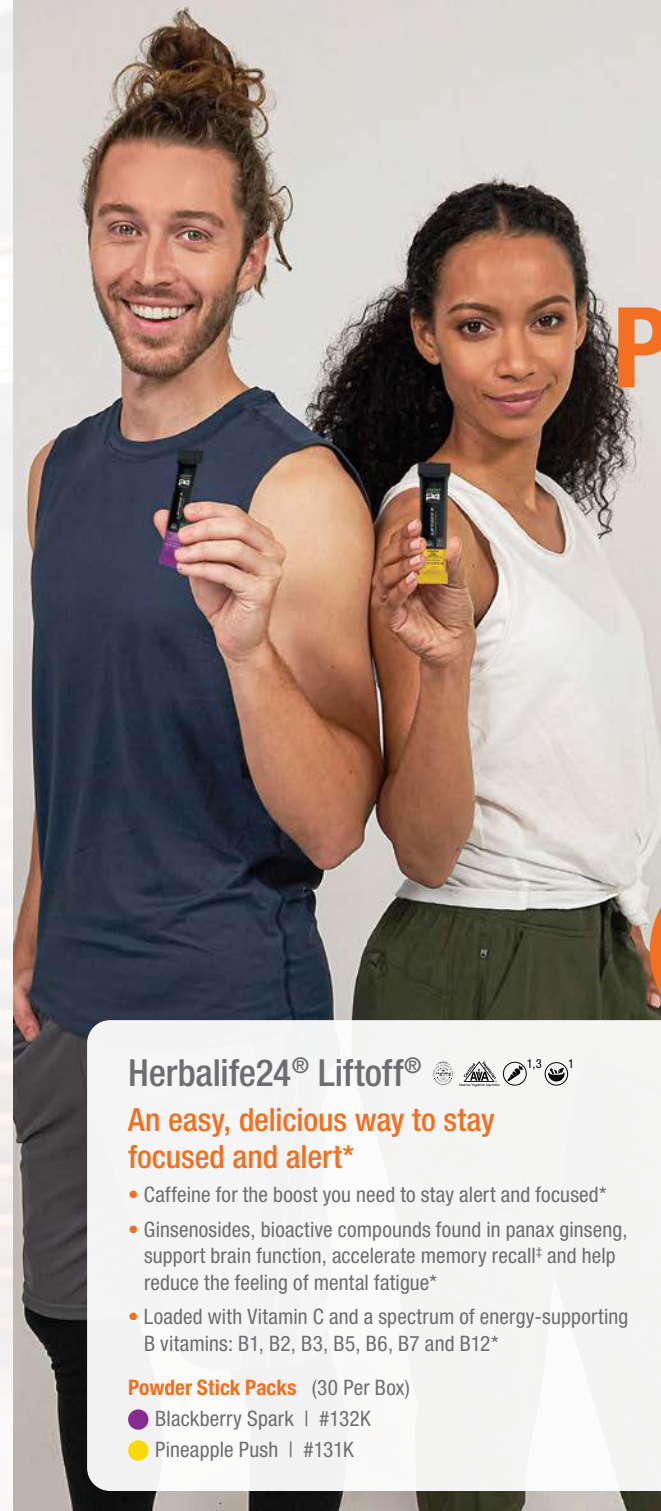
Packets  
(30 Servings/2 Servings Per Packet) | #1475



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

—Sponsored Soccer Star Cristiano Ronaldo

<sup>1</sup>Certified for Sport® is a registered trademark of NSF.  
<sup>2</sup>Temporary benefit based on consumption of ginseng by healthy young adults.



# Elevate Your Daily Pick-Me-Up

Available as a powder in convenient stick packs, Herbalife24® Liftoff® is NSF® Certified for Sport®<sup>1</sup> and is available in two delicious flavors. Its unique blend of ingredients provides a refreshing boost to help you beat energy slumps throughout the day.\*

**Two Flavors!**



### Herbalife24® Liftoff®

**An easy, delicious way to stay focused and alert\***

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

**Powder Stick Packs** (30 Per Box)

- Blackberry Spark | #132K
- Pineapple Push | #131K



<sup>1</sup>Herbalife designation.  
<sup>2</sup>Products that contain no animal or animal by-products whatsoever, including dairy and eggs. No animal ingredients or by-products are used in the manufacturing process and no animal testing is performed on the final product.

\*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.

# Hydrate for Your Health

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

## H<sup>3</sup>O® Fitness Drink

Rehydrate and replenish



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

**Orangeade**

Canister (20 Servings) | #2745  
 Packets (15 Per Box) | #2718



## Green Tea

Healthy hydration

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

- Hydration for any time of day
  - Supports the body's antioxidant activity
  - Protects against free radical damage
  - No added colors
  - Made with non-GM ingredients
  - 0 calories
  - For optimal experience, mix a little less than ½ teaspoon (0.8 g) with 6 to 12 fl. oz. of water
-  Pomegranate (60 Servings) | #1428

Images of fruits are illustrative of flavor only. Product does not contain these fruits.

<sup>1</sup>Herbalife designation.

# Energize Your Performance



## N-R-G

**Boosts the feeling of energy\***

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

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

60 Tablets | #0122



## N-R-G Tea

**Enjoy a gentle boost, hot or cold**

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

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

60 Servings | #0102

Single-Serve Packets (30 Per Bag) | #324K



## Liftoff®

**Gives you the caffeine boost you need to stay alert and focused\***

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

Available in effervescent tablets or powder stick packs

### 10 Tablets

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



### 30 Tablets

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



### 100 Tablets

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

### Powder Stick Packs (30 Per Box)

- Ignite-Me Orange | #205K
- Lemon-Lime Blast | #206K
- Pomegranate-Berry Burst | #208K
- Tropical Fruit Force | #207K



\*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.

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

# Ritual Simplicity

**Laura Chacón-Garbato** shares her five-point plan for looking and feeling your best.

Taking care of our skin is essential when it comes to looking and feeling our best, yet we often let our busy lives get in the way of taking care of ourselves.



Here are five ways to turn your skincare routine into a daily self-care ritual:

## 1 Cleanse

Grimy dirt, sticky oils, dried up skin cells and many other terrible things are everywhere! Keeping the skin free of all these things helps to keep our skin looking its very best.

## 2 Moisturize

A daytime moisturizer and a rich night cream can help to maintain our skin's moisture barrier and nourish the skin. Moisturizing is not just for the face! Moisturize from head to toe each and every day.

## 3 Protect

One of the best things you can do for your skin is to protect it from the harmful UVA and UVB rays of the sun. Never go into the sun without wearing a product containing a broad-spectrum SPF (Sun Protection Factor).

## 4 Pamper

A little "me time" can work wonders. Never feel guilty for taking the time to take care of you. A little pampering is beneficial to you and everyone around you. Try a facial mask, exfoliate or a relaxing bubble bath.

## 5 Mindful Relaxation

Everyone has something special that they enjoy doing that helps them relax. It might be a good book, a brisk walk, or many other things. After a stressful day, the best remedy is time spent taking care of just you.

# Results in 7 Days



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

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

## 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<sup>†</sup>
- 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

## Line Minimizing Serum

Clinically tested to:

- Reduce the appearance of fine lines and wrinkles<sup>‡</sup>
- Show improvement in skin softness, smoothness, radiance, glow and luminosity in just seven days<sup>§</sup>

STEP 3 ☀️🌙

30 ml Airless Pump | #0768

## Firming Eye Gel

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

STEP 4 ☀️

15 ml Airless Pump | #0770

## Hydrating Eye Cream

- Minimizes appearance of wrinkles and fine lines around the eyes<sup>‡</sup>
- Clinically tested to show a significant increase in the skin's moisture for eight hours<sup>††</sup>

STEP 4 🌙

15 ml Airless Pump | #0771

\*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 subjects showed improvement in all five areas in just 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.

\*\*Applicable to Polishing Citrus Cleanser, Soothing Aloe Cleanser and Instant Reveal Berry Scrub.



**A** Protective Moisturizer  
Broad Spectrum  
SPF 30 Mineral Sunscreen

- Shown to moisturize for eight hours\*
- Leaves skin feeling soft and smooth
- Formulated with zinc oxide, Herbalife SKIN® Protective Moisturizer is a mineral sunscreen that protects your skin
- Zinc oxide provides broad-spectrum protection against both UVA and UVB rays

**STEP 5** ☀️

30 ml Airless Pump | #0899

**B** 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

**C** 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



**D** Instant Reveal Berry Scrub

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

- Use in place of cleanser

120 ml Tube | #0772

**E** Purifying Mint Clay Mask

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

120 ml Tube | #0773

\*One test of 32 subjects, 23 of whom were women.

†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 in just seven days in smoothness, softness, glow and radiance. 93% showed improvement in just 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 in just seven days. 97% of subjects showed improvement in radiance and luminosity.

††Clinically tested on subjects, measuring pore appearance by visual expert grading immediately after application. 100% showed improvement in appearance of pores immediately after use.

# Find the Right Program for You

## Herbalife SKIN® Basic Program

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



## Herbalife SKIN® Ultimate Program

The ultimate skin care experience

Includes all Basic Program products, PLUS:

- Line Minimizing Serum
- Hydrating Eye Cream
- Firming Eye Gel
- Protective Moisturizer Broad Spectrum SPF 30 Mineral Sunscreen
- Instant Reveal Berry Scrub
- Purifying Mint Clay Mask

Normal to Dry Skin | #1488  
Normal to Oily Skin | #1489



# Daily Skin Care Regimen

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



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 Mineral Sunscreen

Replenishing Night Cream

## WEEKLY (1–3 Times a Week)

Deep Cleanse

Purify

Instant Reveal Berry Scrub

Purifying Mint Clay Mask

# Shine from the Inside Out

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



## Herbalife SKIN® LycoGlow®

### From vine to shine

- Supports skin smoothness, brightness and firmness with tomato extract\*
- Helps firm skin all over your body so it looks smooth\*
- Gives your body an all-over healthy glow\*
- Carotenoids from tomato extract in Herbalife SKIN® LycoGlow® and collagen in Herbalife SKIN® Collagen Beauty Booster both support your skin's appearance\*\*

30 Softgels | #177K

# Radiant Results You Can See\*

Here's what happened when participants took Herbalife SKIN® LycoGlow® daily for 16 weeks.



Photo of study participants, after 16 weeks' daily use of Herbalife SKIN® LycoGlow® capsules. Out of 31 participants, 64.5% showed comparable brightness, 54.8% showed comparable firmness, and 80.6% showed comparable smoothness.

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

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

# What to Consume for Healthy Skin

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

- **Fish.** Fish is an excellent source of protein, which your body uses to build collagen and elastin. Fish also contains omega-3 fatty acids, which promote skin health. Aim to eat fish in several meals per week.
- **“Good” carbohydrate sources.** Try to clear out the refined “white” carbohydrates and sugars from your diet as much as possible and replace with the “good” carb sources – veggies, fruits, beans and whole grains.
- **Plenty of fluids.** In order for nutrients to move in and waste to move out, your skin cells (and all cells in your body) rely on fluid. Water is great – so is green tea, since it provides not only fluid, but antioxidants, too.
- **Colorful fruits and vegetables.** Many deeply colored fruits and vegetables get much of their color from compounds called carotenoids, which can be converted into Vitamin A that helps your skin cells reproduce. Many fruits and vegetables are also good sources of Vitamin C, which your body needs in order to manufacture collagen out of other nutrients.
- **Nuts and seeds.** Tree nuts like almonds and walnuts, and seeds like flax and chia, provide healthy omega-3 fats. And, certain nuts (Brazil nuts in particular) are excellent sources of selenium, a mineral which also acts as an antioxidant.

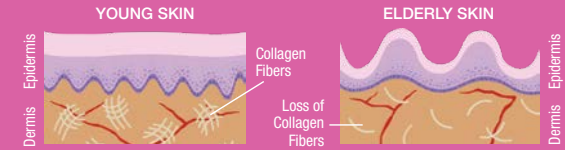


# Nourish Your Skin from Within



## Why do you need collagen?

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 – Verisol®<sup>†</sup> collagen promotes the body's normal production of collagen and elastin.\*

## Herbalife SKIN® Collagen Beauty Booster

**Verisol®<sup>†</sup> collagen helps promote healthy production of collagen and elastin\***

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

● **Strawberry Lemonade**   <sup>1</sup>

Canister (30 Servings) | #0831  
Single-Serve Packets (30 Per Bag) | #323K



<sup>†</sup>Verisol® is a registered trademark of GELITA AG.

<sup>‡</sup>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.

<sup>1</sup>Herbalife designation.

# 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

- Acne Mask penetrates pores to eliminate most acne blemishes, blackheads and whiteheads
- Acne Moisturizer clears up most acne blemishes and allows skin to heal
- Acne Cleanser reduces the severity of acne blemishes, blackheads and whiteheads
- Acne Moisturizer 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

Clears up most acne blemishes, helps prevent new blemishes from forming, and allows skin to heal

### Mask (120 ml Tube) | #0816

Formulated with Bentonite and kaolin clay, tea tree oil and licorice root extract, this mask penetrates pores to eliminate most acne blemishes, blackheads and whiteheads

### Spot Treatment (15 ml Tube) | #0809

Dries up acne blemishes with the acne-fighting power of salicylic acid

## TIPS

### It's important

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

### Did you know

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

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

\*See product packaging for complete instructions, warnings and ingredients.

# Cleanse, Moisturize and Rejuvenate

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

Strengthens damaged hair **10x** after ONE use<sup>‡</sup>



## Face & Body Mineral Sunscreen Broad Spectrum SPF 30

### Protect your skin

- Sweat- and water-resistant up to 40 minutes
- Designed to give your face and body long-lasting hydration for up to eight hours\*
- Recommended by the Skin Cancer Foundation, this mineral sunscreen provides broad-spectrum UVA/UVB protection against the sun's damaging rays for the face and body



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<sup>†</sup>
- Infused with aloe vera and skin-conditioning botanicals to moisturize and soothe skin
- No added fragrance

200 ml Tube | #2562

## 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<sup>§</sup>
- Aloe vera and African shea butter absorb quickly and leave skin smooth and soft

200 ml Tube | #2563

## Strengthening Shampoo

### Strengthening Conditioner

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

### Clinically tested to:

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

### 250 ml Tube

Strengthening Shampoo | #2564  
Strengthening Conditioner | #2565

\*One test of 32 subjects, 23 of whom were women.

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

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

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

# A Daily Ritual to Enrich Your Body and Mind

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

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

Because everyone has more to give when they feel good.

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

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

We deliver these thoughtfully crafted products in amber glass bottles to protect the integrity of the botanicals and reduce our use of plastics. Additionally, the Enrichual products have not been tested on animals. You can take comfort in knowing that Enrichual is good for the planet and good for you.



# ENRICHUAL



## Hemp Relief Balm

Botanicals and Essential Oils to Soothe the Body and Mind

Velvety-smooth balm with 1,000 mg of broad-spectrum hemp cannabinoids per jar.

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

2 oz. Jar | #137K

## Hemp Facial Serum

Hydrating Serum with Plant-Based Oils and Bakuchiol

Fast-absorbing facial oil with 250 mg of broad-spectrum hemp cannabinoids per bottle.

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

30 ml Bottle | #136K



# HERBALIFE V

## A Plant-Based Lifestyle Re-Imagined

Organic | Vegan and Plant-Based | Non-GMO | Kosher



**#258K**  
Protein Shake  
Chocolate

**#256K**  
Protein Shake  
Classic

**#257K**  
Immune  
Support\*

**#260K**  
Digestive  
Support\*

**#259K**  
Greens  
Booster

Learn More



\*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.



BE OUR NEXT  
**SUCCESS**  
STORY  
START TODAY

Contact Your Personal Wellness Coach Today

HERBALIFE INDEPENDENT DISTRIBUTOR

