Who We Are

GLOBAL. Improving lives in over 70 countries, on six continents through a network of over 1.9 million Herbalife Independent Distributors and growing.

OPPORTUNITY. Offering anyone, anywhere, a proven business opportunity that empowers people to achieve their dreams, goals and ambitions.

PERSONALISED. Focusing on customers’ unique needs and providing the personal attention to help them achieve their goals.

INNOVATIVE. Developing the best weight-management, targeted nutrition, energy & fitness, and personal care | outer nutrition products, backed by world-renowned doctors and scientists.

A Premier Nutrition and Weight-Management Company with an Unparalleled Business Opportunity
Contents

Science and Cellular Nutrition 4

The Herbalife Advantage: delivering healthy nutrients right down to your cells.

Getting Started and Daily Nutrition 8

Whatever your health goals, start achieving them today with our Daily Nutrition products, the foundation of Cellular Nutrition.

Weight Management 14

Personalised weight management helps you achieve and reveal your best shape.

Targeted Nutrition 24

From head to toe, find all the nutritional support you need to feel and live better.

Energy and Fitness 36

Get a healthy energy boost to make the most of your day and your workout.

Personal Care | Outer Nutrition 40

Vitamins and botanicals to nourish and protect your body.

For more product information visit:
www.Herbalife.com or MyHerbalife.com
Our Commitment to Science and Innovation

Herbalife prides itself on developing products on the cutting edge of the weight management and nutrition industry. Our Scientific and Nutrition Advisory Boards are comprised of distinguished doctors and award-winning scientists.

Herbalife Product and Science Center

The state-of-the-art Herbalife Product and Science Center was recently opened at Herbalife Plaza in Los Angeles. Under the leadership of Chief Scientific Officer Dr. Steve Henig, a team of distinguished and dedicated developers and scientists use advanced technology, including a high-tech sensory lab, to create Herbalife’s world-class products, putting Herbalife at the forefront of producing the best nutrition and weight-management products in the world.

Leading the Way

As an extension of our founder Mark Hughes’ commitment to scientific research, The Mark Hughes Cellular and Molecular Nutrition Laboratory was established at the Center for Human Nutrition at UCLA through a generous donation from Herbalife. Its mission is to advance nutritional science to new levels of understanding by using the most progressive research and development technologies available.
The Research Behind the Science

Scientific Leadership

Bringing great minds together, our internal science team and Nutrition Advisory Board (NAB), made up of distinguished doctors and leading experts in the fields of health and nutrition, are the guiding force behind our innovative products.

Nutrition Advisory Board

As an extension of our commitment to quality and scientific integrity, we’ve established a Nutrition Advisory Board comprised of leading experts in the fields of nutrition and health who help educate and train our Independent Distributors on the principles of nutrition, physical activity and healthy lifestyle. Additionally, our Scientific Advisory Board (SAB) is made up of leading experts whose work furthers the field of nutritional science.

Steve Henig, Ph.D.
Chief Scientific Officer
- In charge of all scientific research efforts on behalf of Herbalife
- Spear-headed the establishment of the Herbalife Product and Science Center
- Oversees Herbalife product research and development, leading to new product launches
- Prior board member of the International Life Sciences Institute (ILSI)

Luigi Gratton, M.D., M.P.H.
Vice President, Medical Affairs and Education
- Awarded Diplomate of The American Board of Family Practice and The American Board of Physician Nutrition Specialists
- Physician specialist in Family Medicine
- Clinical Physician at the UCLA Center for Human Nutrition in the Risk Factor Obesity Program*

David Heber, M.D., Ph.D., F.A.C.P., F.A.C.N.
Chairman of Herbalife’s Scientific Advisory Board and Nutrition Advisory Board
- Professor, UCLA Department of Medicine*
- Director, UCLA Center for Human Nutrition*
- Director, UCLA Clinical Nutrition Research Unit*

Lou Ignarro, Ph.D.
Member of Nutrition Advisory Board and Nobel† Laureate in Medicine
- 1998 Nobel Laureate in Medicine†
- Distinguished Professor of Pharmacology at the UCLA School of Medicine*
- Recipient of the 1998 Basic Research Prize of The American Heart Association

*Titles are for identification purposes only. The University of California does not endorse specific products or services as a matter of policy.
†The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife products.
Cellular Nutrition

Healthier cells for a healthier you

Cells are the fundamental unit of the body and make up our tissues, organs and body systems. How can you take care of your cells, so that they can take care of you? Nourish them with the vitamins, minerals, antioxidants and other nutrients they need. Herbalife’s Cellular Nutrition provides the elements that the body needs on a daily basis to maintain good health.

How does Cellular Nutrition work?

The concept of Cellular Nutrition is simple. All of Herbalife’s products are scientifically formulated to support healthy ‘villi’. These tiny, finger-like structures along the wall of your intestine are essentially ‘gatekeepers’ helping your body absorb more nutrients, vitamins and minerals, while protecting you from toxins. The healthier your villi, the more efficiently you can absorb the nourishment your cells need – and the healthier you’ll be.

DID YOU KNOW?

The health of your cells is crucial if you want to live a long, healthy and vibrant life. Why? Because cells provide the power for everything you do - from thinking to growing. Simply put, you cannot be healthy unless your cells are healthy.

This diagram shows how Cellular Nutrition works on your body. Cellular Nutrition (green) helps to protect cells (blue) against stress, pollution and toxins (red).
The Herbalife Difference

Your personal Herbalife programme will always begin with Daily Nutrition. To this foundation, you add the targeted nutritional supplements that best suit your needs. Herbalife’s Targeted Nutrition products build on the foundation of Cellular Nutrition, giving you the ability to customise a nutrition programme to meet your individual needs.

Targeted Nutrition products provide the nutrients and botanical support you need to enjoy a lifetime of good health. Laying the foundation for a lifetime of good health is only the first step. Herbalife offers a range of products that can be personalised to suit your lifestyle, providing nutritional solutions appropriate for your life stage.

With Herbalife’s Cellular Nutrition, the latest advances in science meet the healthiest nutrients to bring you optimum health!
Imagine yourself at your absolute best...
...nourished, healthier and *raring to go!*

A healthy, active lifestyle starts with achieving balanced nutrition

A balanced nutrition plan is essential for providing our bodies with the nutrients required to make them function properly. Unfortunately today’s busy modern lifestyles mean we don’t always make healthy food and drink choices – so we often miss out on necessary nutrients. Processed food has often lost essential vitamins, minerals and other nutrients so it’s important that we adopt good eating habits and use supplements when necessary.

Maximise your Health. Maximise your Nutrition.

The Herbalife range of quality products aims to provide the elements every body needs on a daily basis to maintain optimum health. Herbalife maximises your nutrition intake through unique formulations and select, high quality ingredients.

A nutrition plan should provide bodies with balanced levels of energy, vitamins, minerals, good carbohydrates, plant-based protein, healthy fats and beneficial fibres, herbs and antioxidants. The Herbalife nutrition concept involves still eating a variety of foods, but all in moderation, and being more aware about what we are eating. The way we personalise programmes to address individual needs is something Herbalife is extremely proud of. These personalised programmes focus on striving for complete nutrition.

**DID YOU KNOW?**

The negative effects of pollution, stress and poor diet increase the production of free radicals which affect our immune system. Antioxidants provide support to the body’s immune system to help fight infection by neutralising free radicals.
Start your day the right way with a healthy shake.

No matter what your health goal, achieving it is as easy as 1-2-3

1. colourful meal
2. personalised shakes
3. times a day take your supplements to support healthy weight management
**Formula 1 Nutritional Shake Mix**

**Meal replacement for weight control**

Achieve and maintain a healthy weight with healthy nutrition.

In today’s busy lifestyle, reaching for convenient food on the go is an easy and attractive option. These foods tend to be high in fat, sugar, salt and calories, and often lack essential nutrients, denying the body of important vitamins and minerals.

Trusted for over 25 years!

Millions of people use Formula 1 shakes for weight management and for healthy nutrition. It is balanced and nutritious, versatile and easy to prepare - the perfect healthy meal in a glass!

Formula 1 - your formula to achieve your absolute best.

Being healthy is about achieving the right weight and maintaining this weight. Formula 1 can help you achieve this. Whether you have one shake a day as a healthy meal, or two shakes a day as part of your weight management programme, you can trust Formula 1 to deliver you the perfect healthy solution. Formulated by Herbalife’s nutritional experts, Formula 1 is packed with vitamins and minerals, high quality soy proteins, carbohydrates, dietary fibres and amino acids - a great way to start the day!

**Key Features:**

- Contains Aminogen*, a naturally derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.
- Improved protein-rich formula, derived from Soy Protein Isolate.
- Each serving provides approximately 9g of protein, helping to keep the body’s protein requirements balanced and to minimise muscle wastage during periods of weight control.
- Low in calories, only 205 calories per serving when mixed in 300ml skim milk.
- Low in saturated and unsaturated fat.
- Formula 1 has been developed with Advanced Food Technology, providing a scientifically balanced and easily absorbed source of quality nutrition.
- Helps to ensure the diet supplies good quantities of quality dietary fibre.
- Enhanced fibre blend for a smoother, easier mixing shake.
- Rich in minerals and vitamins, including the antioxidant Vitamins A, C and E, that can help fight ‘free radical’ oxygen molecules and so help protect your body.
- Formula 1 uses calcium caseinate, a calcium source which may be more suitable for those with lactose intolerance.
- Provides unlimited meal variety with four great tasting flavours to choose from - French Vanilla, Dutch Chocolate, Berry Flavour and Tropical Fruit.
- Contains non-genetically modified ingredients.
- Easy to prepare, either shake by hand in a sealed flask, use a mini-blender, or an upright blender. The final product froths up readily, and has a smooth creamy consistency.
- Convenient, re-sealable canister allows for easy storage and quick use.
- Totally portable - take it to work, on holiday, or to the gym.
- Helps you lose centimetres as well as kilos, as part of a calorie controlled diet and regular exercise programme.

* Contains milk, oat and soybean ingredients.
* Aminogen brand is the property of Triarco Industries, INC.

Note: When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.
Formula 2 Multivitamin Complex

A daily multivitamin with minerals and herbs for everyday good health

Poor eating habits, stressful lifestyles and environmental pollutants can rob our bodies of vital nutrients and wreak havoc on our immune system, making it even more difficult to maintain our ideal weight. Multivitamin Complex is part of a nutritional maintenance system designed to help replenish the body’s nutritional resources and create a foundation to support long-term good health.

Key Benefits
• Contains over 20 essential nutrients and antioxidants for daily nutritional support
• Supplies the body with 100% of the RDI for Vitamins A, B1, B2, B3, B5, B6, C, D and E, folic acid, biotin, iodine, chromium, zinc, molybdenum
• Includes antioxidant vitamins E, C, betacarotene and selenium to help fight free radicals generated daily through stress and pollution
• Helps support the immune system
• Provides nutritional support for healthy bones, skin and hair

Fast Facts
• The National Health Survey (2004-2005) found that over one third of the Australian population does not eat enough fruit and 60% do not eat enough vegetables on a daily basis
• There is growing evidence that nutrient levels in fruit, vegetables and some food crops have declined in the past 50 years
• Many vitamins are easily destroyed by lengthy storage of food, processing and cooking at high temperatures
• No artificial colours, flavours or preservatives added

Nutrition Basics
Leading nutrition authorities recommend that all adults take a multivitamin daily.

Vitamins are required in small amounts for many chemical reactions in the body. They are essential for:
• normal growth and development
• energy production
• carbohydrate metabolism
• normal functioning of the nervous system

Minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body. In the human body, minerals play a multifunctional role:
• support the immune system (zinc, iron)
• oxygen transportation (iron)
• antioxidant properties (selenium, manganese, copper)
• help maintain healthy thyroid function (iodine)
• essential for nerve and muscle function (calcium, magnesium)

Directions for use:
Take one tablet three times a day.

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate.
Manage your weight - look great!

Don’t stop when you’re ahead...
Once you’ve achieved your optimal shape and look, make sure you maintain it!
Healthy nutrition is a habit you can build day by day and Herbalife® Weight Management products offer all the support you need.

Discover:
• Healthy snacks
• Low-calorie hot or cold drinks
• Carefully selected herb and fibre products.... to help build your healthy nutrition habit.

DID YOU KNOW?

It takes approximately 21 days to build a habit. That’s all the time you need to introduce a healthy habit into your life - and the results could last a lifetime!
Chitosan Fibre Complex

Fibre capsules that assist with appetite suppression

This scientifically advanced formula is derived from all-natural ingredients and is designed to assist with the maintenance of regularity and suppression of appetite as part of a kilojoule (calorie) controlled eating plan. Scientific and nutritional experts recommend an increased consumption of dietary fibre and lower intake of fat and calories to help maintain good health. Unfortunately the typical western diet tends to be high in fat and low in fibre-rich foods.

Identify Your Customer’s Needs...

What is fibre?
Fibre is the indigestible carbohydrate residue found in foods. There are two types: soluble or insoluble. Soluble is soft and mushy - for instance beans and porridge; insoluble is hard and coarse, such as wheat bran.

Which foods are high in fibre?
Natural foods are usually high in fibre i.e. wholegrains, nuts, seeds, fruit and vegetables.

What happens to fibre in the body?
It passes through the stomach into the digestive tract, and on to the large bowel intact where it absorbs water and other waste materials, then is passed as stools.

What good does fibre do?
A good intake of dietary fibre reduces the amount of time food spends in the intestinal tract. Dietary fibre can help speed up the passage of food and so assist in the removal of toxins and wastes from the body.

What is the recommended daily amount?
35 grams or higher. At present, the amount of fibre consumed in a typical Australian diet is just 20-25 grams.

What happens if not enough fibre is consumed?
Research shows that a lack of fibre in the diet is the root cause of several health challenges.

How can Chitosan Fibre Complex help?
The unique blend of active fibres and other natural ingredients can help maintain the process of elimination and assist in the emulsification of fat for digestion. They can also help curb your desire to snack.

Key Ingredient Properties:

Chitosan – is an amino polysaccharide derived from Chitin, which is found in the shells of shellfish such as crab and shrimp. Chitosan works by binding lipids in the stomach to aid elimination.

Fenugreek – a soluble fibre renowned for its beneficial qualities, forms a gel in the stomach, taking up room, so you are likely to eat less and feel full longer without hunger pains and cravings.

Directions for use:
Take one tablet three times a day with meals.

ORDERING DETAILS

SKU #0210
Packaged: 90 capsules
Volume Points: 24.05
Instant Herbal Beverage

A low calorie refreshing, uplifting drink

The perfect beverage – Instant Herbal Beverage is delicious and refreshing hot or cold. Combining ancient herbal wisdom with modern day ingenuity, this beverage contributes to your well-being and helps support normal vitality. Available in two delicious flavours: Peach and Original.

Identify Your Customer’s Needs...

Do you drink a lot of coffee?
Too much coffee can rob the body of essential nutrients and increase free radical damage. Instant Herbal Beverage’s botanical ingredients help provide a refreshing and invigorating feeling; it is a gentler alternative - hot or cold.

Do you often choose a fizzy drink rather than water?
Fizzy drinks contain, on average, six teaspoons of sugar in each can. Plain water is often the last option when choosing a drink, despite its importance to our well-being. The fruity flavours of Instant Herbal Beverage can add a refreshing zing to plain water. This easy to make beverage can give you an exciting alternative to fizzy drinks in seconds. The ingredients in Instant Herbal Beverage contain substances that add value to your daily intake of fluid, so drinking Instant Herbal Beverage in place of less desirable drinks can help reduce consumption of refined sugar whilst boosting your water intake.

Do you drink enough water each day?
A lack of water disguises itself by producing many ailments that are not at first recognised as water deficiency. Water is one of the five elements essential to life, every cell in the body is dependent upon a plentiful supply for proper function. Drinking Instant Herbal Beverage regularly can help increase water consumption, at the same time as providing a nutrient-rich beverage.

Do you find burning up excess calories a problem?
When we consume an excess of energy (by eating beyond what the body needs) we store the excess as fat. Drinking Instant Herbal Beverage along with regular exercise can help avoid this.

Key Ingredient Properties:

Instant Herbal Beverage contains specially selected herbal extracts.

Green Tea Extract* (Camellia sinensis)
Well-researched and shown to be rich in polyphenol antioxidant nutrients; contributes to a general feeling of well-being. Green Tea contains caffeine; generally, tea contains one third less caffeine per cup than coffee.

Malva Sylvestris Extract
Helps soothe the digestive system.

Cardamon Extract
Helps assist digestive function.

Lemon Peel Extract
Rich in bioflavonoids.

Directions for use:
Mix ½ teaspoon (approx. 1.7g) with 200-250ml of hot or cold water.

*Contains caffeine

ORDERING DETAILS

SKU #0106 Original
SKU #0190 Peach
Packaged: 100g
Volume Points: 34.95

SKU #3163 Original Samples
Packaged: 15 x 5.1g sachets
Volume Points: 35.25
Personalised Protein Powder

Personalise your protein intake to suit your needs

Protein, more specifically the building blocks of protein called ‘amino acids’, is an essential component of virtually every cell in the body. The cells of the immune system, skin, hair and muscle all depend on protein for proper functioning and growth.

Key Product Benefits:

- Helps maintain safe and recommended protein intake.
- Contains approximately 5g of protein per level dessertspoon.
- Includes soy protein, which contains isoflavones.
- Contains whey protein, rich in cysteine and methionine, which are vital to muscle development.
- Has no sugar, carbohydrates, yeast, cholesterol, salt, lactose, sweeteners or artificial colours.
- Mixes in any beverage, hot or cold.

Key Ingredient Properties:

The primary ingredient in Personalised Protein Powder is soy protein isolate. This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Directions for use:

One dessertspoon (one serving) supplies 5g of protein. Take 1 to 4 servings daily.

DID YOU KNOW?

Eating the right amount of protein daily helps you maintain lean body mass (LBM) as you lose weight. The more LBM you have, the higher your metabolism and the more rapidly you burn calories and stored fat.
Get lean with Protein

Experience the Power of Protein

Herbalife® products personalise your daily protein intake to match your body’s needs. With the right amount of daily protein, hunger control happens naturally. You feel healthy and satisfied as you slim down easier than you ever imagined possible.

Hunger control

Protein-based shakes, meals and snacks help to curb appetite in two ways: protein digestion happens slowly, helping your stomach feel fuller for longer; and molecules from protein digestion signal the brain that the body is full and satisfied.
Protein Bars

Satisfy your snack cravings with a healthy and tasty sweet treat!

Wouldn’t it be great to have a snack that could be incorporated into your weight management programme?

Herbalife has solved this problem with its Protein Bars. These delicious protein bars are the perfect between-meal treat. A protein bar satisfies the hunger, yet provides optimum nutritional support. Loaded with vital nutrients and powered by 10 grams of hunger-fighting protein, the bars contain 3.3 grams of fat and approximately 134 calories.

Protein builds muscle, strengthens cartilage, ligaments, skin and promotes hair growth. Protein also elevates our mood, helps control hunger, fatigue, and assists with weight management.

Discussion Points:

Ideal for weight management: These nutritionally balanced bars are scientifically-developed with vital nutrients and protein to support good health as well as facilitate weight management.

Satisfies hunger: Because the bars are high in protein, they can help stop hunger pangs and satisfy cravings.

Snack Alternative: Provides a delicious-tasting treat, morning or afternoon.

Fast Facts:

- High in protein (10g) and contains only 3.3g of fat and only 134 calories.
- Convenient, individually-wrapped bars.

Directions for use:

Enjoy one or two bars per day.

ORDERING DETAILS

SKU #0258 Vanilla Almond
SKU #0259 Choc Peanut
SKU #0260 Citrus Lemon

Packaged: 14 x 35g bars per box
Volume Points: 7.70

DID YOU KNOW?

A sufficient amount of high-quality protein is critical to the success of a diet. Protein helps build muscle mass, provides building blocks for hormones and neurotransmitters and contains some of the necessary elements for the body to constantly renew itself.
Roasted Soy Nuts

Something crunchy to tackle the munchies!

In a typical dieting situation, you’d think snacking on a bag of roasted nuts would be strictly off limits. Not so with the help of the new taste sensation from Herbalife Roasted Soy Nuts.

Now you can enjoy the savoury taste of Roasted Soy Nuts – a salty, delectable soy protein-rich snack that can be incorporated into your weight management programme. They are dry roasted and seasoned for a great-tasting treat that fills you up, not out. This tasty treat is packed with 6 grams of fibre and promotes healthy intestinal function.

Roasted Soy Nuts are a delicious way to help you stick to your diet. That between-meal period never tasted so good!

Key Benefits:
- Encourages healthy snacking
- Delivers 11g of high quality protein and 6g of fibre per serving

Fast Facts:
- Roasted in healthy monounsaturated Canola Oil.
- Great-tasting salty snack that’s filling instead of fattening.
- A perfect snack for everyone, whether dieting or not.

Directions for use:
One pack per snack.

DID YOU KNOW?

Soy Nuts are actually whole soy beans that have been soaked in water and then baked or roasted. Soy beans are, of course, the ultimate source of soy protein, which has been demonstrated along with a healthy diet and lifestyle, to help reduce the risk of heart disease and maintain healthy cholesterol levels.

*Contains Soybean ingredients. Produced in a manufacturing facility that processes nuts.
**Remember if you are trying to lose or maintain weight you must take the kilojoules contributed into account when computing your total daily kilojoule intake.

ORDERING DETAILS
SKU #0048
Packaged: 14 x 28g packets per box
Volume Points: 10.95
Weight Management

Weight Management Programmes

Formulas for Success

Herbalife was one of the first companies to pioneer powdered weight management products 30 years ago. Today, Herbalife is one of the most successful companies selling products in over 70 countries around the world!

We all have different needs and goals - to improve health, increase fitness levels, manage weight, or just stay healthy. With Herbalife you can tailor programmes for success and turn your goals into reality!

Healthy nutrition or weight management - Herbalife has a solution for everyone.

Whether you wish to control your weight or achieve optimum nutrition, Herbalife has the perfect solution for you. Our team of experts has created specialised programmes with carefully-selected combinations of products to help you succeed.
Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme. Always read the label. Use only as directed.

**Shape Up Programme**

Herbalife knows how hard it can be to take the first step towards losing weight, especially if you lead a busy lifestyle and your budget is tight. Herbalife’s Shape Up Programme is designed with these realities in mind. Consisting of three easy-to-use products, this programme will help you look great in next to no time, without blowing the budget.

**Includes:** Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex & Formula 5 Vitamin C Supplement in a Herbal Base.

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**Protein Plus Starter Programme**

Designed to help start shaping your body whether you are an athlete or purely maintaining your current weight. The Protein Plus Starter Programme gives you the option to personalise your programme with additional targeted nutritional supplements and weight management enhancers to suit your individual needs.

**Includes:** Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex & Personalised Protein Powder.

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Quickstart Programme

Our Quickstart Programme is designed to help you quickly and safely dispense with poor eating habits and move on to a healthier lifestyle. To help maximise your effort, replace two of your meals each day with our nutritious, easy-to-make shakes. There is a choice of Dutch Chocolate, Berry Flavour, French Vanilla and Tropical Fruit to entice your taste buds! Then simply enjoy a balanced meal of your choice.

**Includes:** Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex, Formula 5 Vitamin C Supplement in a Herbal Base, Chitosan Fibre Complex and NRG.

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Volume Points: 97.85

Advanced Programme

Our Advanced Programme takes you that one step further, by adding a refreshing drink that is rich in antioxidants. Instant Herbal Beverage contains a select blend of distinct herbs and botanicals that will help provide you with a natural daytime lift and give you an invigorating feeling. Feel the difference as Instant Herbal Beverage contributes to the building and preservation of the body’s normal vitality and well-being by providing additional fluids.

**Includes:** Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex, Formula 5 Vitamin C Supplement in a Herbal Base, Chitosan Fibre Complex, NRG and Instant Herbal Beverage (Original).

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Volume Points: 132.80

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Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme. Always read the label. Use only as directed.
Ultimate Programme

Our Ultimate Programme helps put you in complete control as your body reaches its nutritional balance. A careful combination of science and nature work 24 hours a day to great effect. It will help your body reach optimum health and you will begin to reap the full benefits of your new lifestyle.

Includes: Formula 1 Nutritional Shake Mix, Formula 2 Multivitamin Complex, Formula 5 Vitamin C Supplement in a Herbal Base, Chitosan Fibre Complex, NRG, Instant Herbal Beverage (Original), Florafibre and Herbal Aloe Concentrate.

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Volume Points: 170.25

New habits. New nutrition. New you!

Soon you will see and feel the difference!

Get ready to feel better, look better and enjoy a lifetime of good health by customising a nutrition programme to meet your customers’ or your own needs with this fantastic DVD.

Use the Personalise Your Programme DVD as an interactive way to learn about:

- the concept of Cellular Nutrition and the various components you need to enjoy a lifetime of well-being from real-life Distributors
- the products that make up the Inner and Outer Nutrition ranges
- how you can combine Herbalife’s Daily Nutrition products with other Weight Management, Targeted Nutrition and Energy & Fitness products to create customised weight management programmes.
- an introduction to the company with Chairman and CEO Michael O. Johnson
- how to make a shake and the importance of Daily Nutrition with Dr. Luigi Gratton
- and a handy checklist to fill out while viewing the DVD.

Watch now and learn more about nutrition for a better life! This dvd is available for sale in a pack of five. SKU# 9304.

Remember the things that can slow down your success:

- not drinking enough water
- too much alcohol
- too much sugar
- too much fat
- too much salt

Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme. Always read the label. Use only as directed.
Our Targeted Nutrition products are designed to zoom in on your specific health needs.

Add our Targeted Nutrition products to your daily regime and give yourself the nutritional edge. Herbalife® products are based on a foundation of balanced nutrition and include a range of scientifically-studied nutrients including Omega-3 fatty acids, calcium and other ingredients that can help maintain your health. Our products are backed by science.

So whether you’re looking to support heart health, healthy digestion, immunity, vitality, or the specific challenges that men and women face, we’ve got it all covered!
Florafibre

Lactobacillus acidophilus and fibre tablets

Lactobacillus Acidophilus are microscopic organisms found naturally in the digestive tract and their function is to help protect us against the constant onslaught of harmful bacteria, viruses, fungi, yeast and toxins. Also known as ‘friendly flora’, these beneficial bacteria contribute to the bulk of bowel movements and also assist in extracting various nutrients from the food we eat. Fibre has been added to this supplement to take advantage of the known beneficial combination of good bacteria and fibre, which promote balance in the intestinal tract.

Identify Your Customer’s Needs...

What are ‘friendly flora’ and why are they so important?
All day, every day, our bodies are a warm and productive ‘home’ to millions of bacteria (good and bad), and yeast-like fungi. Keeping the balance between the ‘friendly’ and the ‘unfriendly’ organisms is what determines a healthy digestive system.

Are you suffering the tell-tales signs of a digestive system in distress?
Bloating, wind, cramps, constipation, flatulence, headaches, water retention and weight-gain are all indicators that the digestive tract is not functioning optimally. Introducing significant amounts of ‘friendly flora’ will help to ease the symptoms of a stressed system.

Does your diet include 35g of dietary fibre daily?
Nutritional experts recommend a daily intake of 35 grams of fibre each day. The average diet contains just 20-25 grams. Taking Florafibre every day will help to increase dietary fibre and promote intestinal well-being with the help of the Lactobacillus Acidophilus.

Do you drink at least two litres of water daily?
This is the amount recommended by nutritional experts in order to optimise natural bodily functions. Water is essential to the digestive processes, helping to prevent constipation where fibre is present and allowing ‘friendly flora’ to flourish.

Key Ingredient Properties:

Lactobacillus acidophilus – enhances the body’s ability to control pathogenic microorganisms; helps support the immune function; and naturally improves bowel function. Acidophilus is found naturally in fermented foods, such as yoghurt and sauerkraut, and is regarded as the most beneficial and versatile of the Lactobacilli family of ‘friendly’ bacteria.

Cellulose – a complex carbohydrate (dietary fibre). Cellulose cannot be broken down by gastric juices and therefore helps with the evacuation of waste products from the digestive tract.

Psyllium Seed Husks – herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis, and constipation.

Apple Pectin – a good source of soluble fibre.

Directions for use:
Take 1-2 tablets three times daily with a glass of water, preferably ½ hour before each meal.

ORDERING DETAILS
SKU #0023
Packaged: 90 tablets
Volume Points: 12.50

DID YOU KNOW?
We have several hundred different types of bacteria, weighing up to 2kg, resident in our intestinal tract. The speed at which foods are processed and passed out of the body as stools is pivotal; the quicker this process happens, the less time there is for putrefaction and undesirable bacterial overgrowth in the intestines. Healthy digestion of foods should ideally be complete within 24 hours. If there is an imbalance of bacteria or lack of dietary fibre, this transit time can increase to 72 hours, and beyond.

Always read the label – use only as directed. If symptoms persist, seek medical advice.
Formula 4 Unsaturated Fatty Acid Supplement

For an optimal lipid supply

Despite the bad press that ‘fat’ has received over recent years, our bodies need specific fats because they are essential to the function of every human cell. These ‘good’ fats provide essential fatty acids (EFAs), which the body cannot manufacture and must therefore, obtain from dietary sources. This dietary supplement uses safflower oil to supply oleic, linoleic and linolenic acids, to complement your diet and top-up your body’s daily requirements for EFAs.

Identify Your Customer’s Needs...

So what was all the bad press about then?
The media bombarded us with the health risks associated with a high-fat diet - too much fat clogs up arteries, causing heart disease and high blood pressure; creates digestive distress and a sluggish system. Then we learned about the problems associated with too little fat and fat-excluding diets, which could cause joint stiffness and poor skin quality.

Which fats are good and which are bad?
Simply remember two words: saturated fat versus unsaturated fat. Saturated fat is solid at room temperature; it comes from animals (meat, cheeses, eggs etc) and Palm Kernel Oil. These fats are not essential and are the type that encourage free radical damage, they should be kept to a minimum. The more solid (saturated) a fat is, the more difficulty your body has digesting it, and because of this, it is more likely to be deposited and stored! Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. From here it gets a little more complicated: the unsaturated fats fall into two main groups - mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega 3 (alpha linolenic acid) and Omega 6 (linoleic acid) essential fatty acids.

Why your body needs monounsaturated and polyunsaturated fats?
Much of the fat we eat is of the bad ‘saturated’ type, and includes hydrogenated oils which have been over-processed leaving them with no nutritional value. Various products, such as margarine, contain damaged polyunsaturates, known as ‘trans-fats’. Consuming too much of these bad fats interfere with the body’s uptake of unsaturated fat. It is now recognised that the typical western diet frequently leaves us short of these essential fats which are so important to our well-being.

Health professionals now recommend that we consider supplementing our diet with a quality product, such as Unsaturated Fatty Acid Capsules, and benefit from the positive properties of the essential unsaturated fatty acids.

How will your weight control efforts benefit?
Cutting down on the bad fats will leave your body with less fat to store and reduce the interference bad fats cause to the uptake of good fats. Your body can now make better use of the essential fats that are available. Formula 4 provides a daily supply in capsule form of these valuable and beneficial fats.

Directions for use:
Take one capsule with each meal three times a day.

ORDERING DETAILS
SKU #0027
Packaged: 90 capsules
Volume Points: 3.70
Formula 5 Vitamin C Supplement in a Herbal Base

Herbal complex tablets with vitamin C and iron

Formula 5 contains specially formulated nutrients, which, with an adequate daily intake of water, has three special purposes. It can help the body regain its natural water balance, it helps the elimination process of wastes, and helps in smoothing the appearance of orange peel skin.

Identify Your Customer’s Needs...

Formula 5 is especially useful whilst following a weight-control programme when the body’s Vitamin C, Potassium, and Iron reserves may be compromised.

How much water do you drink a day?
You ideally need 8 to 10 large glasses (approximately 2 litres) of water every day to keep your body adequately hydrated. After oxygen, water is our most important nutrient - especially when you consider that the body is made-up of approximately 70% water!

If you are trying to control weight, or feel bloated, don’t be afraid of drinking more water.
If you do not ‘top-up’ regularly, the body cleverly keeps its current water reserves and you actually retain water. Drink more water, your body will be less inclined to store it as water passes through your system more freely.

The correct intake of water will help your body eliminate waste products.
If you have not been drinking enough water, and are also overweight, it is quite likely that your fat deposits are accumulating waste products. Normally, these wastes are being ‘flushed-out’ before the chance to become lodged anywhere actually arises. This process can only function optimally if the water volume is high enough to remove these wastes.

Does any of your skin have that ‘orange peel’ texture?
Increasing water intake helps to restore the water content to its correct ratio inside and outside the cells whilst flushing out wastes, which collect in fatty deposits. The orange peel texture can then reduce as the extra water mobilises the waste lodged in fat cells.

Help promote the body’s natural balance by taking Formula 5 three times daily
This specially formulated product not only helps promote natural water balance but also helps to keep your nutrients in balance by re-supplying essential nutrients that have been ‘flushed out’. Water-soluble nutrients, such as Vitamin C cannot be stored in the body long term and therefore, need to be replaced regularly.

Key Ingredient Properties:

Herbal complex designed to assist in the elimination of wastes and encourage fluid output.

Couch Grass – supports antioxidant activity and helps to soothe minor irritations.

Potassium – a vital macro-mineral important for nerve function. Like Sodium, it works to maintain the body’s normal water balance. Sometimes found to be lacking in calorie-restricted diets and as such is sometimes recommended as a supplement for those trying to control weight or on a low carbohydrate diet. Physical or mental stress, and higher than average consumption of coffee, alcohol or sugar can deplete potassium.

Vitamin C – an essential water-soluble vitamin with antioxidant properties; needed for healthy skin; helps white blood cells fight infection; helps to protect Vitamins A, E and some of the B-complex from oxidation; and enhances the absorption of iron from non-meat sources.

Apple Cider Vinegar – good provider of potassium and iron.

Lecithin – helps to emulsify large fat particles and turn them into tiny particles; as a nutrient it can help rebuild damaged cells and tissues; and also helps keep skin soft and supple.

Iron – essential trace mineral; carries vital oxygen around the body as part of the blood pigment haemoglobin; ideally taken with Vitamin C to aid absorption.

Directions for use:
Take one tablet before each meal with water three times a day.

DID YOU KNOW?
The body is made up of almost 70% water. Excess body fluid can contribute to the appearance of dimpled skin and bloating.

ORDERING DETAILS
SKU #0125
Packaged: 90 tablets
Volume Points: 15.75

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate. If symptoms persist, seek medical advice.
Herbal Aloe Drink

A pure, refreshing beverage made from Aloe vera

Herbalife has succeeded, through scientific development, to capture and stabilise the acclaimed organic nutrients found in the Aloe Vera plant. This refreshing beverage helps to soothe the digestive system and assist the natural self cleansing action of the body. Herbal Aloe Concentrate is a delicious tasting easy-to-make beverage - and a satisfying thirst-quencher.

Identify Your Customer’s Needs…

How much coffee and tea do you drink each day?
Too much and you are robbing your body of important nutrients. For a refreshing alternative, replace at least two cups a day with Herbal Aloe Concentrate and benefit from the Aloe plant’s rich nutrients and soothing properties.

Are you drinking water regularly?
Experts recommend we should consume at least 2 litres of water every day for our bodily systems to function optimally. Dehydration is not often recognised as the problem behind many ailments, however, every cell in the body is dependent upon a rich fluid content. Herbal Aloe Concentrate is a positive and refreshing way to ensure you maintain an adequate level of water consumption.

Do you choose cans of drink in preference to plain water?
A fizzy drink can contain at least six teaspoons of sugar! Consider replacing canned or bottled drinks with Herbal Aloe Concentrate to help you minimise your intake of sugar.

Do you rush around, eating meals in a hurry or on-the-go?
This can cause the stomach distress, preventing foods from being properly digested or absorbed. As water is so essential to digestion, drink a glass of water half an hour before a meal to assist digestion.

Do you sometimes eat in the wrong frame of mind, e.g. stressed?
Stress releases hormones that inhibit natural digestive processes. As described there are certain things it is suggested we avoid for our body to function optimally. But, however rushed your day, including Herbal Aloe Concentrate may help to encourage a more positive outcome.

Key Ingredient Properties:

Herbalife’s excellent process for stabilising this juice concentrate is developed to ensure maximum retention of the plant’s natural organic ingredients.

Made from premium quality Aloe vera (Aloe Barbadensis Miller), Herbal Aloe Concentrate contains important enzymes, amino acids vitamins and minerals.

Chamomile – has been included for its gentle, soothing, calming qualities. A well-known and widely used ancient herb, sacred to the Anglo-Saxons. Due to its positive attributes and calming properties it is particularly popular with herbalists.

Natural Lemon – an antioxidant.

Directions for use:

Pre-mixed drink: Drink 60-120ml three times a day.
Concentrate: Mix 3 capsules (15ml) in 120ml of water two to three times per day.

Did you know?

There are approximately two hundred different Aloe plants; ‘Aloe vera’ (Latin for True Aloe) is considered the most potent. Originally from tropical Africa, it’s history and diverse use is spread across many continents, as an omnipotent plant revered by the Greeks, Egyptians, Africans, Chinese, West Indians and the Americas. The Aloe vera plant is packed with nutrients known to possess unique properties that promote healthy digestion.

ORDERING DETAILS

SKU #0006 Concentrate 473ml
Volume Points: 24.95
SKU #0004 Drink 3.8l
Volume Points: 40.20
SKU #0002 Drink 950ml
Volume Points: 13.75
Herbalifeline®

An Omega-3 supplement for cardiovascular and joint health.

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids. These fatty acids are essential because the body cannot produce Omega-3s and must obtain them from dietary sources. Omega-3 fatty acids are important for cardiovascular health, joint health, normal health and development and healthy brain function.

Herbalifeline® is an excellent way to supplement your daily intake of Omega-3 fatty acids, enabling you to benefit from the fruits of the sea.

Key Benefits:
- Helps maintain healthy cholesterol and triglyceride levels that are already within a normal range
- May assist in maintaining peripheral circulation and promoting general health
- Temporary relief of the pain of arthritis*

Comprehensive support for good health

In the human body, essential fatty acids play a multifunctional role:
- Key component in the membranes of all cells
- Essential for normal health and development
- Important for fat transport and metabolism
- Converted into prostaglandins - these hormone-like substances are considered to be essential for proper brain function, improving immune function and helping to reduce inflammation.

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids. These fatty acids are essential because the body cannot produce Omega-3s and must obtain them from dietary sources. Herbalifeline® is an excellent way to supplement your daily intake of Omega-3 fatty acids, with its exclusive blend of highly refined marine lipids containing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

With 50% more of the Omega-3 fatty acids EPA and DHA per softgel, new & improved Herbalifeline® still uses the same great formula containing clove, peppermint and thyme oils that minimises aftertaste and improves digestibility.

Directions for use:
Take one to two softgel capsules three times a day, preferably with meals.

ORDERING DETAILS

SKU #0065
Packaged: 90 softgel capsules
Volume Points: 25.75

DID YOU KNOW?
Herbalifeline® is made from wild (not farmed) sardine and anchovy fished in cold pristine waters off South America.

Always read the label. Use only as directed. If symptoms persist, seek medical advice.
Joint Support Complex

One-a-day formulation to help promote healthy joints.

Herbalife’s Joint Support Complex has been specially formulated to provide nutritional support for active people to help maintain healthy joints and for the temporary relief of joint pain associated with osteoarthritis. This one-a-day formulation contains Selenium, an essential mineral that the human body generally requires supplementation of. Herbalife’s Joint Support Complex provides 25% of the RDI for Manganese and Selenium.

Key Benefits:
Herbalife’s Joint Support Complex has been specially formulated to provide nutritional support for active people to help maintain healthy joints and for the temporary relief of joint pain associated with osteoarthritis.

Key ingredients:
Glucosamine sulfate has been clinically proven to be as effective as a prescription medicine for the relief of the symptoms of mild to moderate osteoarthritis. But unlike pharmaceutical medicines that simply manage the symptoms, glucosamine helps to delay the progression of the disease. Furthermore, certain prescription medications have significant side effects.

Long term maintenance is important to protect the health of your joints. Glucosamine is found in high concentrations in cartilage and other connective tissues. The cartilage producing cells in our body can either synthesise glucosamine themselves or obtain it from circulating preformed glucosamine (supplements). As we age, the body’s ability to produce glucosamine decreases. Supplementing with glucosamine sulfate may help to repair and rebuild worn or damaged cartilage, associated with osteoarthritis.

Selenium and Manganese are essential minerals. Due to declining amounts of selenium found naturally in soil, it is important to supplement your diet. Selenium acts as a powerful antioxidant whilst manganese, is good for bone health and acts as a cofactor in several metabolic and enzymatic reaction.

Fast facts:
• One-a-day formulation
• Contains Selenium, an essential mineral that the human body generally requires supplementation of
• Helps maintain healthy joints
• Provides 25% of the RDI for Manganese and Selenium

Directions for use:
Take one tablet daily with a meal.

DID YOU KNOW?
There are two types of osteoarthritis: Primary osteoarthritis - due to ageing, and Secondary osteoarthritis - due to genetics, obesity and sporting injuries. It is predicted that by the year 2020, 1 in 5 people over the age of 15 years, in Australia and New Zealand will develop some for of arthritic complaint. Almost 1.6 million Australians were affected by osteoarthritis in 2004-2005. 42% of hospital costs in New Zealand relate to osteoarthritis complaints.*
RoseOx*

Herbal antioxidant food supplement

Stone age man lived on berries, fruit and plant life. Today, many of us survive on ready-meals, fast food and denatured produce. We have come a long way, yet nutritionally, in some ways, we have taken a step backwards. RoseOx* is beneficial for anyone who may not receive an adequate intake of antioxidants and phytonutrients throughout their daily diet.

Fast Facts:

RoseOx* is a herbal dietary supplement made from Rosemary Extract and blended with an exclusive combination of herbs.

Rosemary is commonly known and widely used as a culinary herb. Originally from the Mediterranean, it reputedly first arrived in England during the 14th Century.

- Rosemary contains more than a dozen antioxidants, one particularly potent - rosmarinic acid.
- Herbalists consider Rosemary ideal as an all round tonic and to provide a natural uplifting effect.

Cruciferous Vegetable Mix – contains nutrient rich powders of broccoli, cauliflower, cabbage and carrot.

Turmeric Extract – contains Vitamin C, E, and carotenoids.

Tomato Extract – rich in Vitamin C and the phytonutrient lycopene.

Clove – antioxidant.

Nutritional Support:

Everyday, our bodies are bombarded with the negative effects of pollution, stress and poor diet, which increase the production of free radicals and affect our immune system. To provide support against this daily barrage, it is wise to take protective measures in the form of antioxidant supplementation.

Irregular meals or missing meals; high consumption of fat-saturated or sugary foods; drinking alcohol regularly; smoking; long distance travelling; lack of regular exercise; exposure to fumes, chemicals and toxins; lack of, or poor quality sleep; stress at home or work; catching colds frequently with slow recovery rate. Each of these factors allow free radicals to proliferate and weaken the immune system. If you increase your intake of antioxidant-rich foods, and take a quality antioxidant supplement, your ‘defence’ against the damage caused by free radicals can be improved.

Directions for use:

Take one tablet daily, preferably with a meal.
Tang Kuei Plus

Herbal mixture tablet

Herbalife has created this special formula to help with the challenges associated with strenuous physical exercise, and for women of child bearing age. It contains two appropriately helpful ingredients - Tang Kuei and Chamomile, which assist in the relief of pre-menstrual symptoms, relief of muscular aches and pains and helps relieve nervous tension, stress and mild anxiety.

Key Benefits:
- Helps relieve nervous tension, stress and mild anxiety
- Supports muscle relaxation
- Promotes restful sleep
- For the relief of pre-menstrual symptoms

Nutritional support for women’s health

Women of child-bearing age undergo monthly hormonal changes that may cause a range of minor discomforts. Symptoms of premenstrual syndrome (PMS) include, but are not limited to, menstrual cramping, anxiety, restlessness and insomnia.

The gentle herbal properties of Angelica polymorpha (more commonly known as Dong Quai or Tang Kuei) encourage the body to restore natural balance. The root of the plant is a rich source of calcium, B vitamins, iron, magnesium and essential oils. These volatile oils have antispasmodic properties that have been shown to act on smooth muscles to alleviate cramps, one of the symptoms of PMS.

The natural way to stay calm

Stress can manifest itself in many ways in the human body. Stress has been linked to:
- Lifestyle changes that can lead to weight management issues
- Lowered immunity
- Insomnia
- Fatigue
- Nervous tension and mild anxiety

The flowerheads of Matricaria recutita (German chamomile) have been used for medicinal purposes since ancient times due to its reputed anti-inflammatory and antispasmodic properties.

Known for its ability to soothe the smooth muscle tissue, chamomile is perfect for relaxing muscles and easing tension, making it ideal for promoting a restful night’s sleep.

Fast Facts:
- New herbal extracts provide higher levels of chamomile and tang kuei per tablet
- Tang Kuei has been used for centuries in Traditional Chinese Medicine as a woman’s tonic
- Harnesses the calming properties of chamomile
- New easy-to-swallow caplet-shaped tablet
- Vegetarian friendly

Herbal Supplement for both men and women

With more chamomile and tang kuei per tablet, new and improved Tang Kuei Plus can be used by both men and women as needed.

Companion products:
- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Xtra-Cal

Directions for use:
Take one tablet three times daily.

Always read the label – use only as directed.
Xtra-Cal

Calcium supplement tablets with additional vitamins and minerals

Xtra-Cal contains one of the most concentrated forms of calcium, which may assist in the prevention and/or treatment of Osteoporosis. Several other specially chosen vitamins and minerals have been included to benefit skeletal health by providing nourishment for the bones.

Identify Your Customer's Needs...

It is possible, that by the time you are 50, you may have lost as much as 25% of your bone mass due to osteoporosis.

So what causes osteoporosis and how can you help prevent it?

Studies suggest that the main culprits are high non-dairy protein diets, excessive coffee, or lack of calcium. Protein is an acid-forming substance, when there is an excess of acid, the body tries to neutralise it with alkaline agents (calcium and sodium), which then reduces the body's alkaline reserves. To become less susceptible to Osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure calcium intake is adequate (at least 1000mg daily).

Isn't calcium easy to obtain from the diet?

It should be, but unfortunately, coffee and alcohol rob the body of calcium. High fat and excessive fibre can inhibit the absorption of calcium. 'Yo-Yo' dieting and irregular eating can also affect calcium intake.

When does calcium begin to ‘reduce’?

Repair and renewal of our bones is a constant process whether we are asleep or awake. Adults reach peak bone mass in their late twenties, after this point, the bone mass has a tendency to reduce gradually and steadily with age.

What is the significance of calcium and Vitamin D?

Only about 20-30% of calcium is actually absorbed from the diet, while the rest is naturally excreted. Vitamin D is an essential aid to calcium absorption.

Key Ingredient Properties:

Calcium – the most abundant mineral in the body, providing strength for the skeleton. In addition to this major function calcium is important in nerves and muscles.

Vitamin D – helps maintain strong and healthy bones by improving the body’s ability to absorb calcium.

Vitamin E – antioxidant; needed for the health of the heart.

Vitamin C – antioxidant – helps white blood cells fight infection. Needed for healthy skin. Helps the body absorb iron from non-meat sources.

Magnesium – central to energy release and the functioning of the nerves and muscles; plays a role in bone structure.

Zinc – needed for healthy reproductive and immune systems. Also required for tissue repair and renewal.

Copper – component (with zinc and manganese) of an antioxidant enzyme system. Needed for melanin formation and iron metabolism.

Manganese – component (with zinc and copper) of an antioxidant enzyme system. Needed for healthy bones and nervous system.

Glutamic Acid HCL – excellent form of Hydrochloric acid – enzymes which assist in the break down and digestion of foods in the stomach (such as fibrous meat).

Directions for use:

Take one tablet three times a day with meals.
Personalise Your Programme with Targeted Nutrition products

Heart Health
Put the power of heart health in your hands.

Digestive Health
Support healthy digestion and your body’s natural cleansing processes.

Immune Solutions
Keep your body’s defences strong all year long.

Bone/Joint Health
Help strengthen your body’s bones and joints.

Healthy Ageing
Stay active with a little extra help from these vital nutrients.

Men’s Solutions
Target key male health issues for improved strength and youthful vitality.

Women’s Solutions
Get the natural balance women need for emotional and physical well-being.

Nutritional Oils
Ensure your body receives adequate amounts of fatty acids and Omega-3s.
Fuel your body...
Life can often be non-stop with a need to juggle many different tasks each day. Sometimes you need a pick-me-up to get you through the week and help you remain focused. Herbalife® Energy and Fitness products deliver just what you need.

These energy solutions are powered by guarana, caffeine and taurine. Like all Herbalife® products, the Energy and Fitness line is based on the concept of the Cellular Nutrition wheel - helping you to reach your personal wellness goals.
Fuel good! Anytime, anywhere!

A unique effervescent drink, formulated to help you stay on top of your day. Liftoff™ is great tasting and available in two refreshing flavours: Ignite-Me Orange and Lemon-Lime Blast.

Key Ingredient Properties:

- Guarana* – a South American native shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities. Each sachet contains 75mg of caffeine, derived from guarana and caffeine powder.
- Taurine – an amino acid that serves many different functions in the body. In certain situations, taurine provides a boost as the body cannot make enough taurine to meet its needs.

Directions for use:
Pour one sachet into 250ml of water.

Key Features:

- Convenient, portable pocket-size sachets ideal for carrying around when on the go.
- Less than 10 calories per individual sachet
- No refined sugars (sucrose or glucose)
- Provides an instant kick when needed
- Fun, fizzy and works fast!

ORDERING DETAILS

SKU #2871 Lemon-Lime Blast*
SKU #2872 Ignite-Me Orange*
Packaged: 10 x 4.5g sachets
Volume Points: 15.95

* Contains caffeine
NRG

Nature’s Raw Guarana Tablets

NRG tablets provide you with the benefits of one of nature’s most energising herbs. Herbalife has captured the high-powered qualities of Guarana in NRG, to enhance performance and give you an invigorating lift during the day. NRG is an excellent addition to a busy lifestyle that will help keep you ‘on top’ of your day.

Identify Your Customer’s Needs...

Do you suffer from fatigue and physical tiredness?
Reducing calorie intake can play havoc with your energy levels resulting in periods of physical tiredness. Guarana can help provide an invigorating lift, it is easily absorbed and gets to work quickly.

Why is Guarana a good replacement for coffee?
It contains a less aggressive form of caffeine and is gentler on the digestive system, but still provides a wonderfully invigorating effect.

What good will Guarana do?
Like drinking coffee, the herbal compounds are quickly absorbed into the system so that within about half an hour you will feel the difference.

When should I take Guarana?
You can take up to four Guarana tablets during the day (but avoid taking them during the evening unless you particularly want to stay up late). Take them with water instead of drinking coffee mid-morning and mid-afternoon, for maximum benefit.

Do you suffer from a mid-afternoon ‘slump’?
If you are one of those people who suffers from clouded concentration mid-afternoon (half way between your lunch and evening meal), try taking Guarana tablets and feel the benefit of the plant’s naturally invigorating effect.

Key Ingredient Properties:

Guarana* - a climbing shrub native to South America. It has been used for centuries by the Amazon Indians for its spirited and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is gentler on the digestive system than many other forms of caffeine, and preferred by many as an alternative to coffee.

Directions for use:
Two to four tablets before breakfast or ½ hour before mealtime.

DID YOU KNOW?
Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

ORDERING DETAILS

SKU #0124
Packaged: 60 tablets
Volume Points: 14.15

* Contains caffeine
Nourish your skin and hair
We all want to look our best and protect our skin and hair from the challenges of everyday life such as wind, sun and harmful pollutants. The Herbalife® Outer Nutrition range nourishes your skin and hair whilst protecting it from nature’s damaging factors. With ingredients like antioxidant vitamins, Aloe vera and green tea, the Herbalife® Outer Nutrition line will nourish your skin and hair from head to toe.

Outer Nutrition for everyone
Look your best with our revitalising skincare a.m. routine

### Cleanse

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<thead>
<tr>
<th>Skin Type</th>
<th>Product</th>
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<tbody>
<tr>
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<td>NouriFusion™ MultiVitamin</td>
<td>NouriFusion™ MultiVitamin</td>
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<td>Lotion Cleanser (Normal to Dry)</td>
<td>Toner (Normal to Dry)</td>
<td>Moisturizer SPF 15 (Normal to Dry) &amp; MultiVitamin Eye Gel</td>
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<td>NouriFusion™ MultiVitamin</td>
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<tr>
<td></td>
<td>Foaming Gel Cleanser (Normal to Oily)</td>
<td>Toner (Normal to Oily)</td>
<td>Moisturizer SPF 15 (Normal to Oily) &amp; MultiVitamin Eye Gel</td>
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<tr>
<td>Dull &amp; uneven skin</td>
<td>Radiant C Daily Facial Scrub Cleanser</td>
<td>NouriFusion™ MultiVitamin</td>
<td>Radiant C Daily Skin Booster before NouriFusion™ MultiVitamin</td>
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<td></td>
<td></td>
<td>Toner (Normal to Dry or Normal to Oily)</td>
<td>Moisturizer SPF 15 (Normal to Dry or Normal to Oily) &amp; MultiVitamin Eye Gel</td>
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<td>Fine lines &amp; wrinkles</td>
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<td>NouriFusion™ MultiVitamin</td>
<td>Skin Activator™ Daily Replenishing Cream</td>
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<td>Cleanser (Normal to Dry or Normal to Oily)</td>
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**Healthy, Glowing Skin**

Look your best with our nourishing Herbalife® Personal Care | Outer Nutrition products.

Herbalife® Personal Care | Outer Nutrition products build on the benefits of Inner Nutrition with balancing nutrients for the outside as well. Rich in moisturising and nourishing nutrients, including antioxidants, aloe vera and glucosamine, our products help replenish your skin and hair.
## Skin Activator™ p.m. routine

<table>
<thead>
<tr>
<th>CLEANSE &amp; TONE</th>
<th>MOISTURISE</th>
<th>weekly</th>
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</thead>
<tbody>
<tr>
<td>same as a.m.</td>
<td>NouriFusion™ MultiVitamin Eye Cream &amp; MultiVitamin Night Cream</td>
<td>NouriFusion™ MultiVitamin Eye Gel</td>
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<td>same as a.m.</td>
<td>NouriFusion™ MultiVitamin Eye Cream &amp; MultiVitamin Night Cream</td>
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<td>same as a.m.</td>
<td>Skin Activator™ Daily Replenishing Cream</td>
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## Herbal Aloe

**products for your specific needs.**

### targeted skincare concerns

#### UNEVEN SKIN TEXTURE

**Radiant C Daily Skin Booster**

Smoothes and revitalises dull, tired-looking skin.

#### DARK CIRCLES & PUFFINESS

**NouriFusion™ MultiVitamin Eye Gel**

Improves the appearance of dark circles and helps minimise the appearance of under-eye puffiness.
Skin Essentials

NouriFusion™ skin care satisfies your skin with benefits from antioxidant vitamins A, C and E and beneficial herbs and botanicals. Use NouriFusion™ products to cleanse, moisturise and protect your skin with state-of-the-art skin-care technologies, like Eyeliss™ to help minimise the appearance of under-eye puffiness and SPF 15 UVA/UVB sun protection.

NouriFusion™ gives you the best of what nature has to offer, with formulas made from ingredients like tea tree oil, shea butter and Siberian ginseng extract. Take the next step in multivitamin care by moisturising and protecting your skin with NouriFusion™.

Made with antioxidant vitamins A, C and E and skin-enhancing herbal ingredients, NouriFusion™ combines the best of science and nature to help give you healthy, energetic-looking skin. These vitamins are known to have many beneficial properties.

Whether your skin is normal to dry or normal to oily, there is a NouriFusion™ combination especially for you.

NouriFusion™ MultiVitamin Cleanser

- Replenish skin with vitamins, nutrients, and herbs
- Removes make-up
- Dissolves dirt and impurities

Rich yet gentle, this cleansing lotion contains vitamins, nutrients, and botanicals that deeply cleanse surface skin and deliver moisture. Contains olive oil, sweet almond, and jojoba.

<table>
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<th>Normal to Oily</th>
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<tr>
<td></td>
<td>#2510 VP 14</td>
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<tr>
<td></td>
<td>#0710 VP 0.50</td>
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NouriFusion™ MultiVitamin Toner

- Helps improve skin tone
- Removes the last traces of dirt
- Helps to refresh and cleanse skin

Can help improve the skin’s texture and firmness. Effectively reduces the appearance of pores to help leave skin feeling clean and fresh.

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NouriFusion™ MultiVitamin Moisturiser SPF15

- Moisturise and control shine
- Contains SPF 15 protection

Creamy, rich day time moisturiser which moisturises and hydrates skin with no greasy after-feel. Choose between a Normal to Dry formula with avocado, apricot, and sunflower oil or a lighter formula for Normal to Oily skin with willowerb extract.

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*DID YOU KNOW?* Skin cells replace themselves faster than any other cells in the body and do most of their self-repair at night. The skin under the eyes is delicate and contains almost no oil glands so it is one of the first areas to show signs of age.

“Eyeliss™ is used under the authorisation of Sederma Inc.”
NouriFusion™ Exfoliating Scrub

- Gently scrubs away dead skin cells
- Makes skin feel clean, soft and smooth
- Leaves a clearer looking complexion

Formulated with jojoba, beeswax, and raspberry and strawberry seeds, this gentle formula exfoliates to reveal smooth, vibrant, and renewed skin after every use.

#2521 VP 20 100g
#0721 VP 0.70 10 sachets

NouriFusion™ Eye Gel

- Reduces under-eye puffiness
- Revives and refreshes the appearance of tired eyes
- May reduce the appearance of fine lines and wrinkles

Under-eye puffiness and dark circles are a thing of the past when you use NouriFusion™ Eye Gel with Eyeliss® technology. This key ingredient works to reduce water retention around the eyes. Target this delicate eye area with ginseng and soothing cucumber extract to refresh and revive the look of tired eyes, so you can instantly feel the difference.

#2518 VP 22 15ml
#0718 VP 0.60 10 sachets

NouriFusion™ Clarifying Mask

- Helps remove excess oil
- Helps improve skin texture, tone, and firmness

This lightweight mask deeply cleanses pores to absorb impurities and excess oils. Made with orange and eucalyptus oil and witch hazel, it leaves skin clean, clear, and glowing.

#2519 VP 20 125g
#0719 VP 0.63 10 sachets

NouriFusion™ Moisture Mask

- Moisturises skin, leaving it smooth and silky
- Reduces the appearance of dry skin

Made with willowherb extract, shea butter, and avocado oil, use this rich, luxurious mask to gently cleanse and moisturise.

#2520 VP 20 125ml
#0720 VP 0.62 10 sachets

NouriFusion™ Night Cream

- Supports healthy skin renewal
- Hydrates deeply
- No greasy feeling

Moisturise skin with sunflower seed oil, olive oil, panthenol, and pheohydrane P. Apply to face and neck every night to leave skin hydrated.

#2516 VP 34 50g
#0716 VP 0.53 10 sachets

NouriFusion™ Eye Cream

- Helps improve skin firmness around the eye
- Helps reduce the appearance of fine lines
- Moisturises and nourishes the under-eye area
- Perfect under make-up during the day, or for use at night
- Non-greasy formula

Emollient-rich, non-greasy formula with vitamins and moisturisers. Specially formulated with aloe and almond oil to soften the delicate skin around the eye area. Helps tighten and firm skin around the eyes.

#2517 VP 22 15g
#0717 VP 0.60 10 sachets

DID YOU KNOW?

Vitamin A helps improve the skin’s moisture content, promotes cell renewal and can help reverse the signs of premature ageing. Vitamin C is a key component in collagen production. It has been shown to regulate pigmentation and boost the skin’s immune system. Vitamin E helps to protect the skin’s moisture barrier and smooth the skin.
Skin Revitalisers

Refreshing, fragrant burst

Do you want refreshing skin care products infused with vitamins and an SPF of 15? Then Radiant C is your perfect prescription. Look no further for a healthier, radiant complexion.

Radiant C Body Lotion
The Body Lotion helps moisturise and soften your skin, while protecting it from the harmful rays of the sun.

Apply the Body Lotion everyday, especially if you’re going outside. Even if it’s cloudy, you can still attract the harmful rays from the sun. The ideal time to apply the Body Lotion is in the morning and before you go outdoors.

Key Ingredients:
- Vitamin C
- Vitamin E
- Ylang Ylang (which softens and smoothes skin)
- Orange, Lime, Lemon, Grapefruit and Mandarin fruit extracts

#0445  VP 22.0  200ml

Radiant C Daily Facial Scrub Cleanser
The Daily Facial Scrub Cleanser thoroughly cleanses your face, while the beads gently remove dead skin cells. It can be used morning and night daily. Your skin will feel softer, smoother and look more radiant.

Key Ingredients:
- Fresh citrus scent
- Vitamin C
- Beads made from Carnauba/Jojoba/Beeswax
- Ylang Ylang (which softens and smoothes skin)
- Orange, Lime, Lemon, Grapefruit and Mandarin

#0444  VP 16.0  150ml

Radiant C Daily Skin Booster
A sheer, light gel that moisturises, utilising emollients that help give your skin a healthy glow.

- Made with high-quality vitamin C.
- Helps minimise the appearance of fine lines and wrinkles.
- Fights off free radicals.
- Helps rejuvenate dull, tired-looking skin.
- Can help pores appear smaller and less noticeable.
- Appropriate for all skin types.

#2890  VP 22.50  30ml

Radiant C Face Quencher
Provides dry, water-starved skin with a cool, rejuvenating burst. Suitable for use by both men and women, this fruity, fragrant mist is a fantastic “wake-up” spritz.

Key Ingredients:
- Vitamin C
- Vitamin E
- Apricot, Apple, Carrot Extracts.

#2997  VP 6.50  50ml

DID YOU KNOW?
Since its discovery more than 70 years ago, vitamin C has become known not only for its role in collagen formation, but also serves as a key immune-system nutrient and free-radical fighter.
Skin that looks and behaves younger?

What if your skin could behave as it did when you were younger? Allowing you to pause time and skin refine – today, tomorrow. Now that would be ingenious. Skin Activator™ is an ingenious skincare product in more ways than one. Formulated with the advanced collagen-building glucosamine complex, Skin Activator™ technology takes a gentle approach to skin renewal. This intelligent complex encourages the skin to rejuvenate by helping to increase skin’s natural collagen production.

- Helps reduce the appearance of fine lines and wrinkles
- Nourishes the skin to help make it appear smoother, more toned and firm
- Helps enhance skin-moisture content and support skin’s natural structure and balance
- Gentle formulations with no harsh skin irritants
- Perfect for most skin types
- Suitable for both men and women

**DID YOU KNOW?**

About one quarter of all the protein in your body is collagen, the main protein of connective tissue. It is responsible for skin elasticity, and its degradation leads to wrinkles that accompany ageing. Sleeping on your side increases wrinkles on cheeks and chin, while sleeping face-down gives you a furrowed brow. To reduce wrinkle formation, The American Academy of Dermatology advises to sleep on your back.

**SKIN ACTIVATOR®**

**Daily Replenishing Cream**

This advanced cream is based on four key components: glucosamine, almond oil, green tea and sugar for results you can see and feel.

Independent clinical studies on the effects of the glucosamine complex in Skin Activator™ have shown a reduction in the appearance of fine lines and wrinkles, and an improvement in skin firmness and texture, in as little as four weeks of regular usage*.

#0307 VP 40 50ml

* Results of testing performed on active glucosamine ingredient.
Body Essentials

Experience the soothing benefits of Aloe vera

Reap the famous soothing benefits of Aloe vera in our range of refreshing beauty products for hair, body and skin.

**Fast Facts**
- Whole-leaf aloe may help soothe and relieved irritated or sore skin
- Contains herbal extracts of chamomile and calendula
- May be used on even the most sensitive skin.

**Key Ingredients**
- Aloe vera
- Calendula
- Chamomile

**Herbal Aloe Everyday Soothing Hand & Body Lotion**
A light, non-greasy formula that provides immediate relief for dry skin. Its quick-penetrating formula includes shea butter, as well as calendula and chamomile to soothe and relieve chapped skin.

#0378  VP 9.0  200ml
#2312  VP 1.0  25 sachets

**Herbal Aloe Hand Cream**
Herbal Aloe’s rich non-oily formula contains a unique blend of grape-seed oil, vegetable glycerin and aloe vera to moisturise instantly. Specially formulated to help heal dry skin, it helps hands retain their own natural moisture. You’ll want to keep it on hand for use all through the day.

#0450  VP 8.85  50ml

**Herbal Aloe Everyday Soothing Gel**
A fast-penetrating, non-sticky gel that lightly moisturises and helps provide relief from skin irritation, minor abrasions, cuts and insect bites, and perfect for use after shaving.

#0379  VP 9.0  200ml
#2313  VP 1.0  25 sachets

**Herbal Aloe Everyday Soothing Spray**
A refreshing burst of aloe after shower or bath, or anytime. It is a spritz made from aloe, chamomile and calendula. The spray-on form is also great for sun over exposure and minor skin irritations.

#0495  VP 11.95  400ml

**Herbal Aloe Bath and Body Bar**
Leaves skin feeling clean, healthy and moisturised whilst delivering a fresh and clean scent. Contains whole-leaf aloe, vitamins A and E, grapeseed and olive oils to moisturise skin.

#0452  VP 5.95  125g

DID YOU KNOW?
The entire aloe plant, including sap, gel and leaves, has beneficial properties. The plant is rich in vitamins and minerals and has been used for thousands of years, both internally and topically.
Hair Essentials

Aloe on the outside.

In addition to all of the Outer Nutrition benefits attributed to Aloe vera, it’s also ideal for Inner Nutrition.

Fast Facts

- Rich conditioning Shampoo gently and effectively cleanses hair
- Moisturising Conditioner seals in moisture for soft, manageable hair
- Hair Spray maintains style even in humid conditions
- Contains a burst of all-natural ingredients: Avocado, Rosemary, Grape seed and Ginger extracts.
- Whole-leaf Aloe to help nourish and moisturise
- Gentle enough to use every day
- Safe for colour treated hair
- New fresh, clean herbal scent

Use daily.

Gentle enough for daily use, these freshly scented products provide your hair with all the benefits of Aloe.

Key Ingredients

- Aloe Vera
- Avocado extract
- Rosemary extract
- Grape-seed extract
- Ginger-root extract
- Jojoba-seed extract
- Sage extract

Herbal Aloe Everyday Shampoo and Conditioner

Enriched with whole leaf aloe and a special blend of herbs and plant extracts, Herbal Aloe Everyday Shampoo and Conditioner help to protect your hair and bring out its natural beauty, leaving your hair looking healthier and shinier than ever before. Both products contain a pleasant herbal scent and are gentle enough to be used every day.

Shampoo #0489 VP 9.75 500ml
Conditioner #0490 VP 9.75 500ml

Herbalife’s Aloe Moisturising Shampoo and Conditioner

Specially formulated to cleanse and restore moisture to dry, damaged or colour-treated hair. Concentrated moisturisers and soothing Aloe vera help dull, dry hair return to feeling and looking vibrant every day. Along with the amazing power of Aloe, Herbal Aloe Moisturising Shampoo and Conditioner also contains Rosemary leaf, Ginger root, Grapeseed and Avocado fruit extracts. Use daily to keep your hair healthy and soft while helping to preserve your colour.

Shampoo #0457 VP 8.85 300ml
Conditioner #0458 VP 8.85 300ml

Herbal Aloe Soft Hold Hair Spray

Perfectly combines the botanical benefits of the succulent Aloe plant with 21st Century technology to deliver touchable hold that lasts. This unique formula leaves your hair feeling natural without stiffness or stickiness for a soft, clean look. The Herbal Aloe Hair Spray is a specially designed formula bringing out your hair’s natural beauty, while offering a flexible, soft hold. An infusion of natural ingredients renews your hair’s shine and radiance.

#0459 VP 8.85 200ml

For aloe benefits on the inside of your body, be sure to use our Herbal Aloe Drink or Concentrate.

Aloe gel comes from the succulent perennial Aloe vera plant which has its origins in the African continent. In fact, Cleopatra regarded the Aloe vera plant as her beauty secret, and the ancient Egyptians referred to it as “the plant of immortality”.

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DID YOU KNOW?

Aloe on the outside.
Fragrances for him and her

Evoke your senses with a beautiful range of elegant, timeless fragrances that capture the essence of what it is to be a woman or a man.

Man

Keep it fresh. Embrace the similarities. A citrus base with a twist of watermint and basil. Cool, clean and dynamic.

#0344       VP 25.0

Woman

Keep it simple. Respect the differences. A citrus base with a floral heart of jasmine, water lily and peony. Subtle yet distinct.

#0343       VP 25.0
Teamwork makes the dream work!

Social responsibility through giving

Created in 1994 by Herbalife founder and first Distributor, Mark Hughes, the Herbalife Family Foundation (HFF) is dedicated to improving children’s lives by helping organisations provide healthy nutrition to children at risk. Additionally, HFF often supports relief efforts in response to natural disasters.

In 2006, HFF was proud to introduce its Casa Herbalife programme to help provide healthy and nutritious meals by partnering with existing charities serving children. Today, over 45 programmes have been established on six continents.

HFF is supported by Herbalife, Independent Distributors, employees, and friends. After the initial grant, the company promotes the involvement of local Distributors and employees to directly support their local Casa Herbalife programme through financial donations and volunteer activities.

For more information, please visit www.HerbalifeFamilyFoundation.org
Contact your Herbalife Independent Distributor today: