



# HERBALIFE®

## GIVE YOURSELF AND OTHERS THE GIFT OF WELLNESS

LOOK AND FEEL GREAT THROUGH THE SEASON



### WEIGHT-MANAGEMENT SOLUTIONS

Quickstart  
program p. 10

Advanced  
program p. 10

Ultimate  
program p. 11

Enhancers, Snacks  
and Protein p. 12-19

### ENERGY & FITNESS

Herbalife24  
p. 39-41

### NEW LIFTOFF® POMEGRANATE-BERRY BURST

Fuel your day with this  
new flavor

p. 43



### LOOK AND FEEL YOUR BEST

With our easy-to-follow  
Inner and Outer Nutrition  
programs

p. 8



# WE'RE A GLOBAL NUTRITION COMPANY



*"We're changing the nutrition habits of the world, one person at a time."*

**Mark Hughes (1956–2000)**  
*Herbalife Founder and First Member*

- Improving lives in more than 90 countries
- Providing quality, science-based products
- Focused on customers' needs
- Helping communities
- Offering a business opportunity

*"In 35 years as an Herbalife family, we've reached out with caring, compassion and enthusiasm to millions of people worldwide, changing lives with our science-based nutrition products and the opportunity to earn extra income."*

**Michael O. Johnson**  
*Herbalife Chairman and Chief Executive Officer*



## HERBALIFE IN ACTION!

We sponsor world-class athletes, teams and events around the globe, including the LA Galaxy soccer club, and a host of champions in nearly 20 other sports. See all of our athletic sponsorships at [HerbalifeSports.com](http://HerbalifeSports.com).



Powered by HERBALIFE



## HERBALIFE FAMILY FOUNDATION

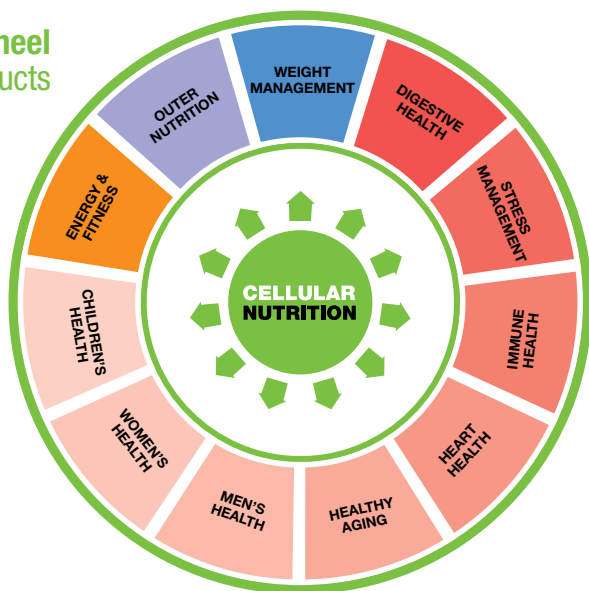
At more than 120 locations in over 50 countries, the Herbalife Family Foundation Casa Herbalife programs serve over 100,000 children every day. Learn more about how you can help us open new programs and bring healthy nutrition and happy smiles to children everywhere. Visit us at [HerbalifeFamilyFoundation.org](http://HerbalifeFamilyFoundation.org).



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# Herbalife Cellular Nutrition Wheel

## your guide to our products



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Symbols Guide:



Certified Kosher



just add water



heart smart



Certified GF Gluten-Free

**Steve Henig, Ph.D.**  
*Chief Scientific Officer*



**Lou Ignarro, Ph.D.**  
**Nobel<sup>†</sup> Laureate in Medicine**  
*Member of the Nutrition  
Advisory Board*



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



# SCIENTIFIC LEADERSHIP

Experts in the fields of nutrition and health from around the world help to guide the development of Herbalife<sup>®</sup> products.



*“When it comes to losing weight, small steps make a noticeable difference.”*

*Our core Weight Management products are geared to support nutritional needs over time, no matter how ambitious your goals are, or where you are in your journey.”*

**Luigi Gratton, M.D., M.P.H.**  
*Vice President,  
Nutrition Education and Development*

<sup>†</sup>The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife<sup>®</sup> products.

# NUTRITION FOR A BETTER LIFE

## Quality Products Backed by Science

- Our products are science based.
- We have a commitment to nutrition research and development.
- Formulated under a rigorous quality assurance program and control of product integrity from Seed to Feed

**David Heber, M.D., Ph.D.,  
F.A.C.P., F.A.S.N.**  
*Chairman,  
Nutrition Advisory Board*



**Vasilios Frankos, M.S., Ph.D.**  
*Senior Vice President,  
Global Regulatory Compliance  
and Product Safety*

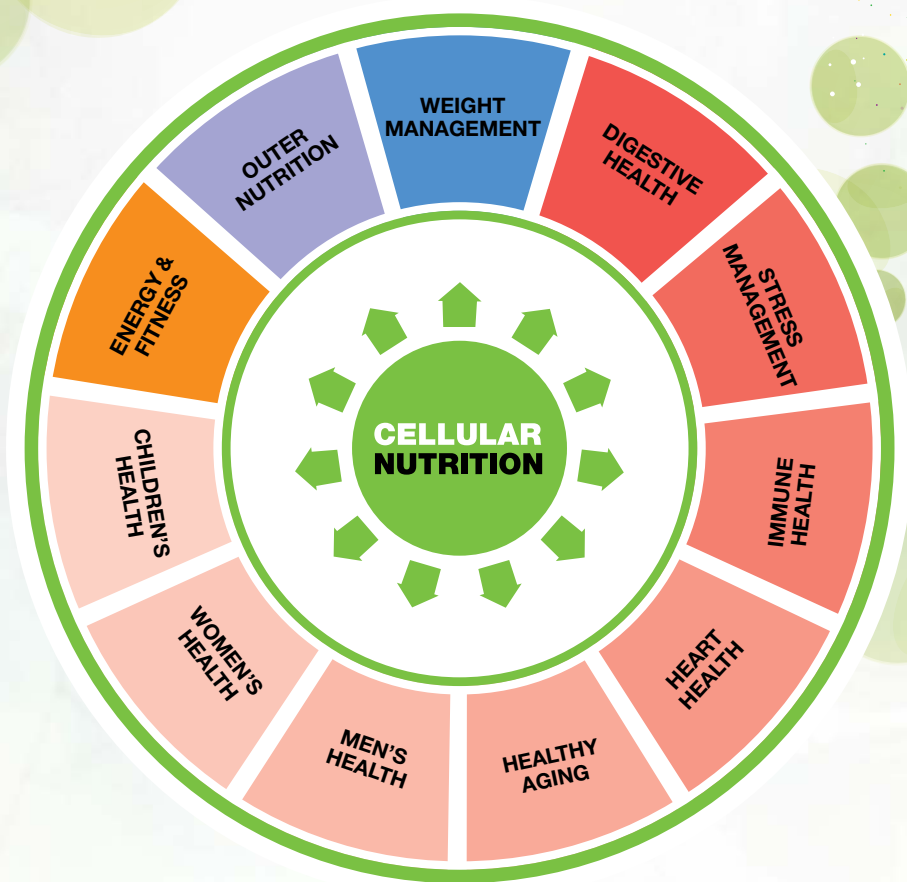


**John Heiss, Ph.D.**  
*Senior Director,  
Sports and Fitness,  
Worldwide Product Marketing*



**Rocio Medina, M.D.**  
*Vice President,  
Nutrition Training  
Nutrition Advisory Board  
Vice Chairwoman*





# MAXIMIZE YOUR NUTRITION

**Cellular Nutrition with Our Three Core Products**

Personalize a program that's right for you!



**OUR BODIES ARE MADE UP  
OF 100 TRILLION CELLS**



**CELLULAR NUTRITION  
WITH**



**FORMULA  
1**

Healthy Meal  
Nutritional Shake Mix



**FORMULA  
2**

Multivitamin  
Complex



**FORMULA  
3**

Cell Activator®



**FORMULA 1 HEALTHY MEAL NOURISHES YOUR CELLS  
WITH THE BEST NUTRIENTS AVAILABLE\***



**FORMULA 2 HAS VITAMINS A, C AND E  
TO SUPPORT YOUR IMMUNE SYSTEM\***



**FORMULA 3 SUPPORTS NORMAL  
MITOCHONDRIAL ENERGY PRODUCTION\***



**HEALTHY CELLS = A HEALTHY YOU**

\*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 KEY TO GOOD NUTRITION IS CELLULAR NUTRITION



1

## FORMULA 1 HEALTHY MEAL NUTRITIONAL SHAKE MIX



**Formula 1 gives you protein and balanced nutrition.**

- ✔ A healthy meal with up to 21 vitamins and minerals and essential nutrients
- ✔ Fiber and 9 g of protein help support weight management
- ✔ No cholesterol, no trans fats
- ✔ Balanced nutrition

### Special Varieties

Allergen-Free* Vanilla	#3117	
Non-GM Vanilla†	#1213	
Kosher (550 g)	#0145	

\*Free from soy, dairy and gluten.

†Made with ingredients that have not been genetically modified. Trace amounts of genetically modified (also known as "genetically engineered") material may be present due to potential cross contact during manufacturing and shipping.

ALSO CHECK OUT FORMULA 1 ON THE GO OPTIONS SEE P. 20-21.

French Vanilla #3106



Cafe Latte #2775



Cookies 'n Cream #3110



Dulce de Leche #2674



Dutch Chocolate #3107



Mint Chocolate #3138



Orange Cream #1164



2



## FORMULA 2 MULTIVITAMIN COMPLEX

**Formula 2 provides essential nutrients, including antioxidant Vitamins A (as beta-carotene), C and E to support your immune system.\***

- ✔ 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\*

#3115 



3

## FORMULA 3 CELL ACTIVATOR®

**Formula 3 supports normal mitochondrial function with alpha-lipoic acid and may help the body's absorption of micronutrients with aloe vera.\***

- ✔ Alpha-lipoic acid helps regenerate antioxidant activity<sup>1</sup> within the cells\*
- ✔ Aloe vera may help support the body's absorption of micronutrients\*

#3123 



<sup>1</sup>Glutathione and Vitamin C.

\*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.



**Piña Colada**  
#3141 



**Wild Berry**  
#3108

# WEIGHT MANAGEMENT THAT

## QUICKSTART

### BASIC PROGRAM Includes the basics for weight management

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

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



## ADVANCED

### ADVANCED PROGRAM Includes ALL Quickstart program products, PLUS:

- ✔ Total Control<sup>®</sup> with caffeine that stimulates metabolism\*
- ✔ Cell-U-Loss<sup>®</sup> with corn silk to support fluid balance\*

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



<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.

\*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.

A healthy weight-management program should include modest caloric intake, balanced diet and regular physical activity.

# PROGRAMS DELIVER RESULTS

To complement your weight-management program **WITH MORE PROTEIN, TRY ADDING PROTEIN DRINK MIX.**  
See p. 16.

ULTIMATE

## ULTIMATE PROGRAM Includes ALL Advanced program products, PLUS:

- ✔ Snack Defense® to help maintain healthy blood sugar levels already within the normal range\*
- ✔ Aminogen® to break down proteins into smaller peptides\*†

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



†Aminogen® is a registered trademark of Triarco Industries.

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# ENHANCERS TO COMPLEMENT YOUR WEIGHT-MANAGEMENT

## HERBAL TEA CONCENTRATE

Herbal Tea Concentrate contains caffeine, which jump-starts your metabolism and provides a boost to help you feel revitalized. This refreshing, low-calorie tea is available in a variety of flavors.

- ✔ 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 with 6 to 8 ounces of water.

### 1.8 oz.

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

### 3.5 oz.

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

### 3.5 oz. Non-GM\*

Chai #0761



### Packets (Contains 15 packets per box)

Lemon #0919 Peach #0920  
Original #0107 Raspberry #0918



## PROLESSA® DUO

- ✔ 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\*
- ✔ Stimulant-free

7-Day Trial Size #1095  
30 Servings #1076

\*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.

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

\*Made with ingredients that have not been genetically modified.

# GOALS

Stay energized, reduce calorie intake and provide antioxidant support for your weight management.\*

**DELICIOUS 6 FLAVORS!**

- Chai
- Cinnamon
- Lemon
- Original
- Peach
- Raspberry



## TOTAL CONTROL®

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

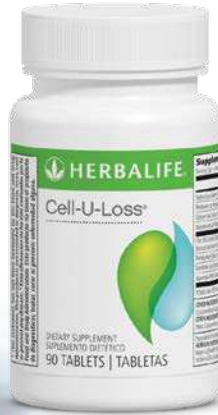
- Quickly stimulates metabolism\*
- Increases alertness\*
- Provides an energetic sensation\*

Bottle #0077

Packets #0076

(Contains three tablets each / 20 packets per box)

\*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.



## CELL-U-LOSS®

- ✓ Formulated with corn silk, an herb traditionally used for healthy elimination of water\*
- ✓ Minerals help maintain electrolyte balance and a healthy pH level\*

#0111 

# ENHANCE YOUR ENERGY DURING WEIGHT MANAGEMENT FROM THE INSIDE OUT



## SNACK DEFENSE®

- ✓ Gymnema and chromium help support blood sugar level already within normal range\*
- ✓ Excellent source of chromium

#0079

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### AMINOGEN®†

- ✔ Formulated with enzymes to support protein digestion\*
- ✔ Enzymes help break protein chains into smaller peptides, which are smaller molecules that the body can absorb\*

#0101 



### THERMO-BOND®

- ✔ Formulated with sodium choleate and a fiber blend containing cellulose, apple, acacia, oat and citrus

#0167

#### DID YOU KNOW?

*The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits.*

– CDC.gov, 2013

†Aminogen® is a registered trademark of Triarco Industries.

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# BOOST YOUR PROTEIN

## PROTEIN DRINK MIX

Add to your favorite Formula 1 shake to boost your protein intake to 24 g per serving, or enjoy as a nutritious snack.

- ✔ 24 vitamins and minerals
- ✔ 15 g of soy protein per serving to help satisfy hunger and give you lasting energy
- ✔ 5 to 6 g of carbs

### 22 serving size

Chocolate #1123

Vanilla #1122

### 30 serving size

Vanilla #1426







## REASONS TO PROTEIN UP WITH OUR POWDERS

- 1 Provides more protein than just adding milk
- 2 Long shelf life with no refrigeration needed



ADD TO  
FORMULA 1

DID YOU KNOW?

## PERSONALIZED PROTEIN POWDER

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

- ✔ Helps build and maintain lean muscle mass
- ✔ Nonfat protein to satisfy hunger
- ✔ 5 g of soy and whey protein, providing all 9 essential amino acids
- ✔ Gluten-free

#0194 

*Soybeans are high in protein and equivalent to animal protein in terms of the quality of protein they contain.*

— National Institutes of Health  
2010

# PROTEIN-POWERED SNACKS

Satisfy hunger. Sustain energy.



DELICIOUS **2** FLAVORS!  
**Peach Mango**  
**Wild Berry**

## BEVERAGE MIX

- ✔ Protein helps boost your energy while satisfying hunger between meals
- ✔ 15 g of protein (good source)
- ✔ 70 calories and 0 g sugar\*

Peach Mango #3121  
 Wild Berry #3119  
 (14 servings per canister)

## ROASTED SOY NUTS

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

Chile Lime #3142  
 (12 packets per box)



DELICIOUS **3** FLAVORS!  
**Chocolate Peanut**  
**Citrus Lemon**  
**Vanilla Almond**



Chocolate Peanut #0365  
 Citrus Lemon #0366  
 Vanilla Almond #0364  
 (14 bars per box)

## PROTEIN BAR DELUXE

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

\*Not a low-calorie food.

Images of fruits, vegetables and other foods are illustrative of flavor only. Product does not contain these fruits, vegetables and other foods.

**DID YOU KNOW?**

*Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day.*

— WebMD.com\*



## PROTEIN BAR

- ✓ Excellent source of protein with 23 vitamins and minerals
- ✓ 12 g of protein including soy, whey and casein
- ✓ Protein helps sustain energy, satisfy hunger, and build and maintain lean muscle

Chocolate Coconut #0290  
Peanut Butter #0058  
(14 bars per box)



## SOUP MIX

- ✓ High in protein (16 g)
- ✓ 80 calories
- ✓ Perfect savory snack to add variety to your weight-management program

Creamy Chicken #0291  
(7 packets per box)

\*WebMD has no affiliation with Herbalife and does not review, approve or endorse Herbalife® products.

# WEIGHT MANAGEMENT WITH ON THE GO OPTIONS

Formula 1 and Protein Drink Mix, two of our best-selling products, in one convenient packet. An ideal, nutritious meal replacement to help meet your daily protein needs.



## FORMULA 1 + PDM ON THE GO

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

- ✓ Essential nutrients including 24 vitamins and minerals
- ✓ High in protein
- ✓ Excellent source of fiber (5 g per serving)

**17 g of protein\***

#3145

(7 packets per bag)

**24 g of protein\***

#1235

(7 packets per bag)



\*Amount per serving.

## FORMULA 1 EXPRESS MEAL BAR

- ✓ Contains 21 vitamins and minerals
- ✓ Packed with 15 g of protein per serving
- ✓ 5 g of fiber to help support weight management
- ✓ Individually wrapped for on-the-go usage

Cookies 'n Cream #2792

(7 bars per box)





**An instant healthy meal anytime, anywhere.**

**FORMULA 1 INSTANT HEALTHY MEAL NUTRITIONAL SHAKE MIX**

- ✔ An instant healthy meal anytime, anywhere with Formula 1
- ✔ 20 g of protein, 24 vitamins and minerals, including calcium of an 8 oz. glass of milk
- ✔ Excellent source of antioxidant Vitamins C and E
- ✔ No cholesterol, no trans fats
- ✔ Just add water

**Canister**  
 Creamy Chocolate #2794  
 Vanilla Dream #2795





# HAVE YOU HAD YOUR SHAKE TODAY?

**Get on the right track with one of our sensible daily plans.**

- ✔ **To lose weight:** Substitute two of your three daily meals with a Formula 1 Healthy Meal Nutritional shake.
- ✔ **To maintain weight:** Substitute a Formula 1 Healthy Meal Nutritional shake for one of your daily meals.
- ✔ **To gain weight:** Enjoy a Formula 1 Healthy Meal Nutritional shake in addition to breakfast, lunch and dinner.



01

**SUBSTITUTE YOUR BREAKFAST AND DINNER WITH A FORMULA 1 SHAKE**

BREAKFAST

LUNCH

DINNER



02

**SUBSTITUTE YOUR LUNCH AND DINNER WITH A FORMULA 1 SHAKE**



03

**SUBSTITUTE YOUR BREAKFAST AND LUNCH WITH A FORMULA 1 SHAKE**



Make sure your diet includes balanced and colorful meals that have a variety of grains, vegetables and fruits, as well as high-quality proteins like lean meats, fish and poultry. Also, increase physical activity and reduce time spent in sedentary behaviors.





# DIGEST AND FEEL YOUR BEST

Maintaining your gastrointestinal health is important. Herbalife® Digestive Health products support healthy digestion and elimination, and help relieve occasional indigestion, helping to ensure your internal system runs smoothly every day.\*

## DIGESTIVE HEALTH PROGRAM

Keep your system on track with our 3-in-1 Starter Kit.\* Includes Herbal Aloe Concentrate (Natural or Mango flavor), 21-Day Herbal Balancing Program (AM/PM companion formulas) and Florafiber.

Mango	#1220
Natural	#1219

\*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.



[a]

[c]

[b]

## Support healthy digestion with a refreshing drink or a convenient powder.

### HERBAL ALOE LIQUID AND POWDER

- ✔ Soothe the stomach
- ✔ Support healthy digestion
- ✔ Relieve occasional indigestion
- ✔ Support nutrient absorption and intestinal health

### [a] Ready Herbal Aloe

Quart #0002  
Gallon #0004

### [b] Herbal Aloe Concentrate

**Pint**  
Cranberry #1189  
Mango #1065  
Natural #0006

**Half Gallon**  
Mango #1188

### [c] Herbal Aloe Powder

Mango Accent #2748

Images of fruits, vegetables and other foods are illustrative of flavor only. Product does not contain these fruits, vegetables and other foods.



# SUPPORT AND BALANCE

**DID YOU KNOW?**

*Most people in the United States eat about 10 to 15 grams of dietary fiber each day, far below the recommended amount. How much fiber should adults consume every day for good health? Women and men age 50 or younger need 25 grams and 34 grams of fiber, respectively. Women and men age 51 or older need 22 grams and 28 grams of fiber, respectively.*

*— Dietary Guidelines for Americans 2010,  
U.S. Department of Health  
and Human Services*

## [a] FLORAFIBER

- These specially formulated tablets contain a blend of soluble and insoluble fibers to support digestive health.\*

#0023

## [b] 21-DAY HERBAL BALANCING PROGRAM

- 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.\*

#1154

## [c] ACTIVE FIBER COMPLEX

- Promotes regularity and minimizes bloating\*
- Supports growth of friendly intestinal bacteria\*
- 5 g of balanced soluble and insoluble fiber (excellent source)
- Add to Formula 1 for a thicker, smoother shake.
- Gluten-free

Apple #2864  
Unflavored #2865



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# TAKE CONTROL OF YOUR HEART HEALTH

## CORE COMPLEX

- ✔ Convenient daily packets contain six softgels, including Herbalifeline®, Tri-Shield® and CoQ10 Plus
- ✔ A blend of high-quality omega-3 fatty acids EPA and DHA help maintain a healthy heart by maintaining cholesterol and triglyceride levels already within a normal range\*
- ✔ B vitamins maintain healthy homocysteine levels already within a normal range\*
- ✔ Coenzyme Q10 provides energy to heart cells\*

#1096

## NITWORKS®

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

### 30 Servings

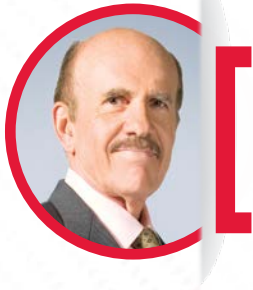
Lemon #0036  
Orange-Mango #0038

### 15 Servings

Lemon #3150



\*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.



*Our Heart Health products offer one of the most advanced and comprehensive programs to help you maintain optimal vascular health – and they carry the endorsement and signature of Dr. Lou Ignarro, Nobel<sup>®</sup> Laureate in Medicine.*

*Lou Ignarro, Ph.D.  
Nobel<sup>®</sup> Laureate in Medicine*



### TRI-SHIELD<sup>®</sup>

✔ This proprietary blend is formulated with omega-3 fatty acids from Neptune Krill Oil (NKO<sup>®†</sup>), which support cardiovascular health.\*

#0100

### HERBALIFELINE<sup>®</sup>

✔ Omega-3 fatty acids help maintain healthy cholesterol and triglyceride levels already within a normal range.\*

✔ Taking DHA regularly also helps to support normal brain function and vision.\*

✔ Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

#0065

### MEGA GARLIC PLUS

✔ Garlic supports healthy circulation, heart health and healthy triglyceride and cholesterol levels, already within a normal range.\*

✔ Vitamin C provides antioxidant support.\*

#0032

### CoQ10 PLUS

✔ 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.\*

#1500

<sup>†</sup>Dr. Lou Ignarro, a Nobel Prize Laureate in Medicine, is a scientific advisor to Herbalife and member of the Nutrition Advisory Board, and receives compensation for his endorsement of Herbalife<sup>®</sup> products. The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife<sup>®</sup> products.

<sup>®</sup>NKO<sup>®</sup> is a registered trademark of Neptune Technologies & Bioresources, Inc.

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# GOOD HEART HEALTH

BEGINS WITH THE RIGHT NUTRIENTS.

The Herbalife Heart Health line, *endorsed by Dr. Lou Ignarro*, is the capstone to maintaining cardiovascular wellness.



**Support healthy circulation:**

Garlic has been shown to support healthy circulation.\*

**Maintain healthy cholesterol levels:**

Evidence from epidemiological and clinical trials suggests that omega-3 polyunsaturated fatty acids may have a significant role in maintaining healthy cholesterol levels already within normal range.\*

**Support cardiovascular health:**

Omega-3 fatty acids from krill oil have been shown to support cardiovascular health.\*

**Support vascular health:**

Research suggests that L-arginine and L-citrulline, found in Niteworks®, help produce Nitric Oxide, which can support cardiovascular health and help arteries stay flexible and youthful.\*



TARGET AREAS

TOTAL CHOLESTEROL

TRIGLYCERIDES

CARDIOVASCULAR HEALTH

HOMOCYSTEINE

BLOOD PRESSURE

CIRCULATION

VASCULAR HEALTH

HEART ENERGY

ANTIOXIDANT SUPPORT

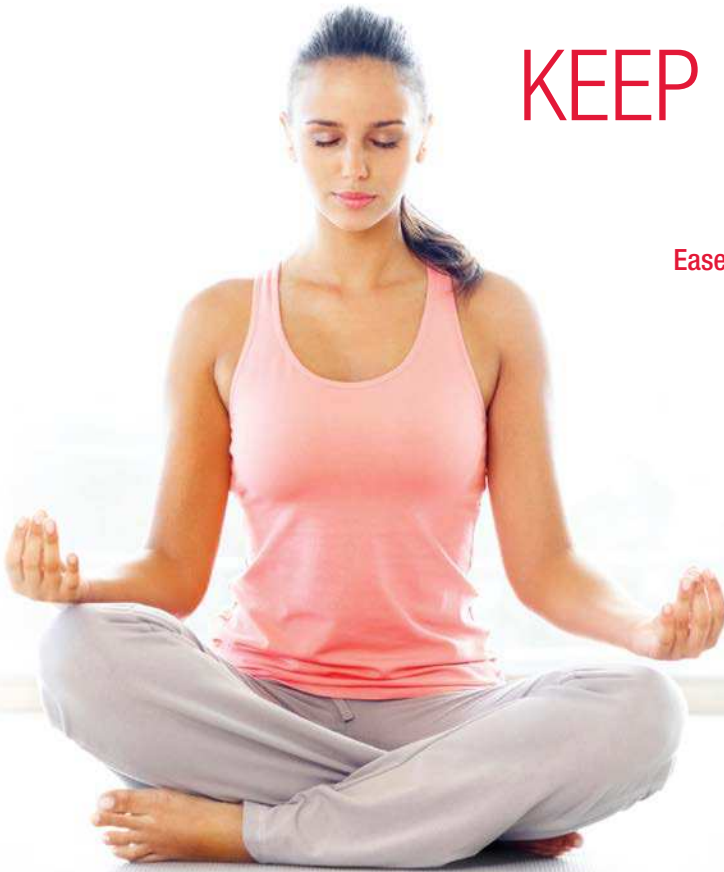
	MEGA GARLIC PLUS	HERBALIFELINE®	TRI-SHIELD®	CORE COMPLEX	NITWORKS®	COQ10 PLUS
TOTAL CHOLESTEROL						
TRIGLYCERIDES		♥		♥		
CARDIOVASCULAR HEALTH		♥		♥		
HOMOCYSTEINE	♥	♥	♥	♥	♥	♥
BLOOD PRESSURE				♥		
CIRCULATION	♥				♥	
VASCULAR HEALTH				♥	♥	
HEART ENERGY	♥	♥		♥	♥	♥
ANTIOXIDANT SUPPORT				♥ <sup>†</sup>		♥

<sup>†</sup>With the addition of CoQ10 Plus to Core Complex.

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# KEEP STRESS AT BAY

Ease stress and enjoy restful sleep.



## DID YOU KNOW?

*Stress, the hormones it unleashes, and the effects of high-fat, sugary “comfort foods” push people toward overeating.*

*— Harvard Health Publications, 2012*

## RELAX NOW

- ✔ Jujube seeds help maintain calmness.\*
- ✔ Jujube and passionflower help you cope with occasional stress and maintain a healthy mood.\*

#0055

## SLEEP NOW

- ✔ Melatonin supports sound sleep so you can rest easy.\*

#0138



\*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.



**86  
Pounds  
Lost**  
Karen L.

"Before Herbalife, I was unhappy and used food as comfort. My mother began attending a Nutrition Club, but I was too closed-minded, until I finally went. The first couple of weeks I used **Mango Herbal Aloe, Herbal Tea Concentrate, and Formula 1 Healthy Meal Nutritional Shake Mix** with **Personalized Protein Powder**. I began eating smaller meals and exercising. I incorporated more whole foods as well as organic foods. Physically I feel absolutely incredible. I love being able to purchase the clothes I like and not only the ones that fit me. Mentally I have grown and feel much more confident. I have learned to truly love myself and those around me."\*

-Karen L.



**8  
Pounds  
Lost**  
Jim M.

"I owned a drywall company, worked very long hours and had no time for another business, but I tried **Herbal Tea Concentrate** and **N-R-G** and I loved the energy. I met (my wife) Lisa at my first Herbalife Extravaganza. She used Herbalife® products to support her active lifestyle. We moved from Philadelphia to San Diego and stuck with the products that support our healthy, active lifestyles and they give us the energy to pursue them. I just turned 50 and have never felt this much energy. It comes in handy with our three beautiful daughters. One is eight and our toddler twins just turned two!"\* -Jim M.

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



**43**  
**Pounds**  
**Lost**  
**Terri W.**

"I tried for years to lose my baby weight. I had low energy and my stress level was high. I started with the **Advanced Weight Management program** and **Digestive Health** products. Once I supported my digestion, it was amazing how I felt better. I overcame my personal roadblocks by never quitting! I eat healthier and have an active lifestyle. One of my favorite products now is **Prolessa® Duo**.† I am a 59-year-old Mimi (grandmother) and I have more energy and vitality than I did in my 30s. I love helping others and I feel very blessed and grateful for everything I've been able to achieve.\*\*"

-Terri W.

"I began using Herbalife® products when I started to get involved in sports. At that time, I weighed 120 pounds. I started using the **Core Products (Formulas 1, 2 and 3)** and **Herbalife24**, along with a healthy, active lifestyle. I gained weight and lost body fat at the same time. Now I weigh 145 pounds. I stay consistent with the Herbalife® products and a daily gym regimen. Lifting weights is a passion for me now. It allows me to push through barriers and conquer new goals every single day. For those starting off, my advice would be to never let obstacles detain you." -Edward V.

**25**  
**Pounds**  
**Gained**  
**Edward V.**



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

†Studies of the active ingredients in Prolessa® Duo powder suggest that consumers may experience a diminished appetite or loss in hip circumference an average of 0.4 inches when consuming Prolessa® Duo powder as directed for a period of eight weeks. Weight-loss claims above result from regular consumption of Herbalife® meal replacement products and the Prolessa® Duo powder, together with healthful eating habits and exercise.



## BEST DEFENSE®

- ✔ Formulated with echinacea to support immune health\*
- ✔ 1,000 mg Vitamin C, a powerful antioxidant
- ✔ Contains 8 mg of zinc to support the body's immune function\*
- ✔ Convenient for on-the-go use

Citrus Mint (10 tablets) #1503  
 Orange Boost (10 tablets) #1502



# SUPPORT YOUR BODY'S NATURAL DEFENSES

Your immune system protects your health 24 hours a day. Too much stress, a poor diet or too little sleep can compromise your immune system. Herbalife® Immune Health products help support your natural defenses year-round.\*



## 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\*

#0139

\*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.





## SCHIZANDRA PLUS

- ✔ 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, FDA has determined that this evidence is limited and not conclusive.

#0022

## GARDEN 7®

- ✔ Delivers 7+ phytonutrients like those found in fruits and vegetables
- ✔ Contains powerful antioxidants Vitamin A (as beta-carotene) and C
- ✔ Helps nourish cells and organs so they function properly\*

#3272



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# NATURAL BALANCE FOR WOMEN

Ease PMS discomfort, support well-being during menopause and get the benefits of calcium and Vitamin D with our Women's Health products.



**DID YOU KNOW?**

*"National nutrition surveys have shown that most people are not getting the calcium they need to grow and maintain healthy bones."*

*To find out how much calcium you need, please visit the National Institutes of Health website:*

[www.niams.nih.gov/Health\\_Info/Bone/Bone\\_Health/Nutrition/](http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/)

## TANG KUEI PLUS

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

#0566 

## WOMAN'S CHOICE

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

#1061

\*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.



## TRIPLE BERRY COMPLEX

- ✔ Formulated with cranberries, blueberries and bilberries

#0279

## XTRA-CAL® ADVANCED

- ✔ 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.

#0565 



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# SUPPORT YOUR EYES AND JOINTS AS YOU AGE

Our Healthy Aging products will help you stay active whether you're in your 20s, 40s, 60s or beyond.



## DID YOU KNOW?

*Recent results show that glucosamine, when used as a dietary supplement, can be effective in the management of cartilage breakdown and in the promotion of enhanced mobility.*

— Natural Products Association 2011

## JOINT SUPPORT ADVANCED

- ✔ 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

#0555



## OCULAR DEFENSE FORMULA

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

#0064

\*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.

# ROBUST HEALTH FOR MEN

Our Men's Health products target male health, such as supporting prostate well-being.\*



## [a] ULTIMATE PROSTATE FORMULA

- ✔ Formulated with saw palmetto, which promotes prostate health and urinary function\*
- ✔ Excellent source of antioxidant Vitamin E

#0053

## [b] MALE FACTOR 1000®

- ✔ Proprietary blend of green oats, nettle, ginseng, calcium and Vitamin C

#0024

## [c] PRELOX®+ BLUE

- ✔ Formulated with L-arginine and Pycnogenol®† to support male sexual health\*

#0039



\*Prelox® and Pycnogenol® are trademarks of Horphag Research Ltd. This product is sold under license of U.S. patents 6,117,872; 6,646,006 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.

# ESSENTIAL NUTRITION FOR YOUR KIDS



## KIDS SHAKE

- ✔ Great-tasting nutritious snack for kids ages 4 and up
- ✔ Good source of protein and fiber
- ✔ 17 essential vitamins and minerals
- ✔ Excellent source of calcium, B-complex vitamins and antioxidant Vitamins A (as beta-carotene), C and E

Chocolate #0368

## KINDERMINS®

- ✔ 11 essential vitamins infants and toddlers need every day to support healthy growth and development\*
- ✔ Formulated with lutein, which may support eye health\*
- ✔ Easy to serve – just one full dropper (1 ml) daily dispensed directly into mouth or mixed in milk, juice or water

#0005

## MULTIVITES

- ✔ 100% of the Daily Value of key essential vitamins for children ages 4 years and up
- ✔ Excellent source of B-complex vitamins, iron, zinc and antioxidant Vitamins C and E
- ✔ Good source of calcium

#0328

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HERBALIFE  
**24**

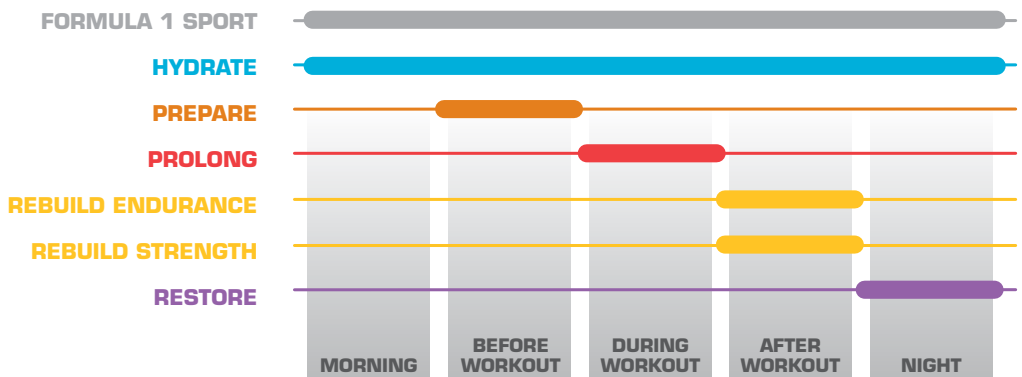
NUTRITION FOR THE  
24-HOUR ATHLETE

# GAIN A COMPETITIVE ADVANTAGE

Reach your performance goals with the ultimate in sports nutrition.

At Herbalife, we understand that being an athlete is a lifestyle – one that requires dynamic nutrition for your day-to-day needs. Herbalife24 is a performance nutrition line that can be customized based on your specific training schedule. Take training, performance and recovery to the next level with nutrition for the 24-Hour Athlete.

You can customize products based on your specific sport, training, recovery and competitive needs.





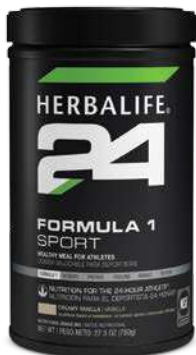
*"Eat with a purpose," says John Heiss, Ph.D., senior director of sports and fitness, and lead developer of Herbalife24, a comprehensive sports nutrition line for athletes. "Don't eat to satisfy hunger, but eat to nourish yourself.\* Simple things like eating a variety of quality proteins throughout the day, and taking a daily dose of my favorite supplements like Herbalife® for omega-3s and Herbalife24® Restore for antioxidant vitamins." So next time you have to make a nutrition decision, ask yourself, "Why am I eating this?"*

**John Heiss, Ph.D.**  
Senior Director, Sports and Fitness,  
Worldwide Product Marketing

### 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



**Chocolate**  
#1438

**Creamy Vanilla**  
#1412

### HYDRATE

Advanced hydration with bioavailable electrolytes.

- Hydration anytime, for anyone
- High in antioxidant Vitamin C
- Less than 15 calories per serving
- Only 1 g of sugar



**Tangerine Citrus**  
(20 packets per box)  
#1413

### PREPARE

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

- Arginine supports healthy blood flow\*
- Contains 2.1 grams of creatine per serving to support muscle strength
- Caffeine helps maintain focus and performance\*



**Tropical Mango**  
#1414

### PROLONG

Sustain performance with dual-source carbohydrates and electrolytes.\*

- Dual-source carbohydrate blend facilitates caloric utilization\*
- Whey protein isolate helps reduce muscle breakdown\*
- 850 mg of electrolytes per serving support proper muscle function\*
- B vitamins support carbohydrate metabolism\*
- 500%DV of Vitamin C helps combat free radicals\*



**Subtle Lemon**  
#1415

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## REBUILD ENDURANCE

Glycogen replacement and muscle recovery.\*

- Branched-chain amino acids, whey and casein proteins create a rapid and sustained protein-building state\*
- Carbohydrate blend replenishes muscle glycogen\*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery\*
- L-glutamine supports immune function and promotes muscle repair\*
- L-carnitine reduces recovery time\*

## 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\*

## 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\*



**Vanilla**  
#1416



**Chocolate**  
#1417



**Restore**  
#1418



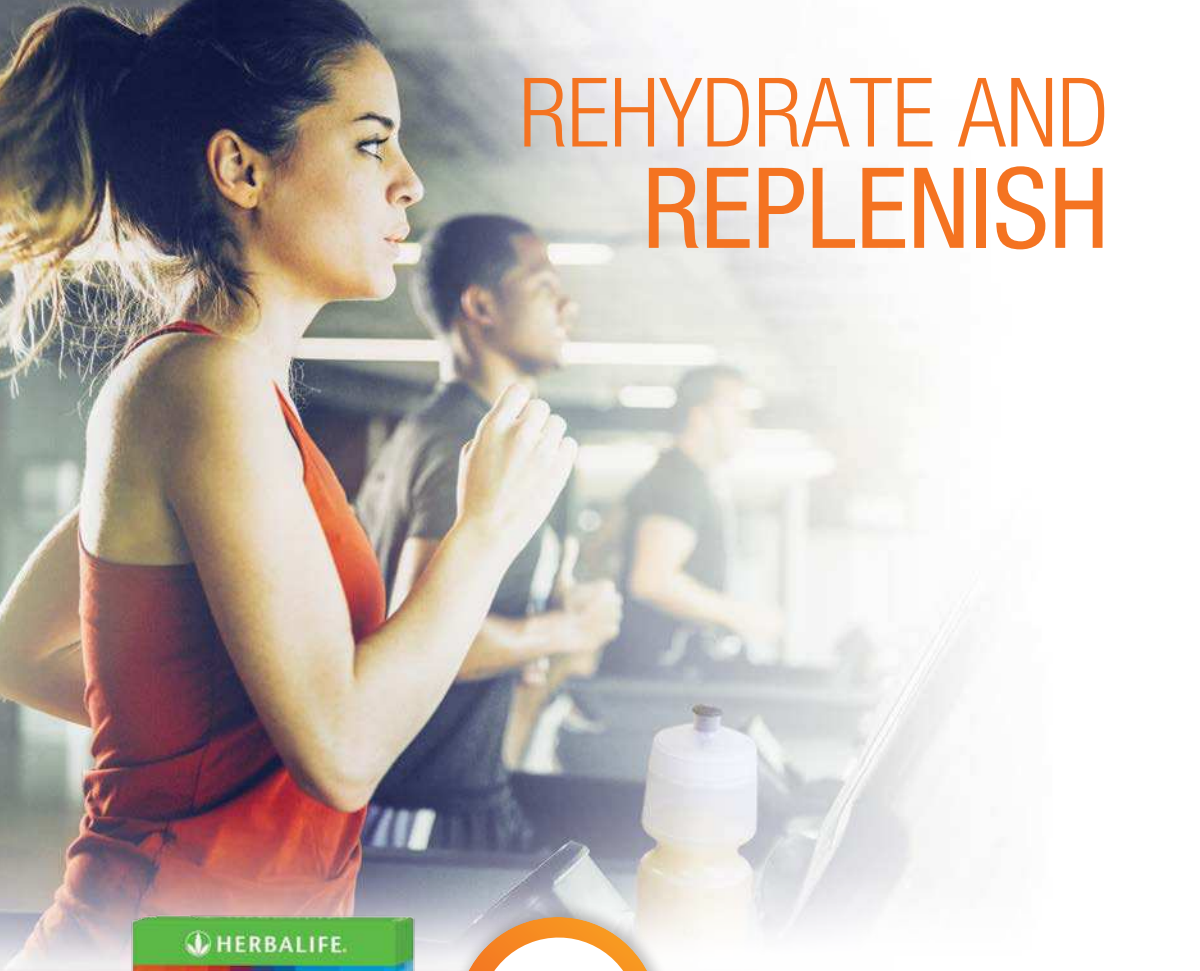
NSF Certified:  
 TESTED - Clean of athletic banned substances  
 VERIFIED - Meets label claims and contaminant test criteria  
 AUDITED - Manufacturing facility is GMP compliant

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

\*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.

Herbalife24 is developed in our state-of-the-art laboratories. The research behind our products is led by a panel comprised of world-renowned experts in nutrition science. These experts include former athletes, competitive cyclists and researchers who have made significant contributions in the nutrition field.

# REHYDRATE AND REPLENISH



## H3O® FITNESS DRINK

- ✔ 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
- ✔ Just add water

### Canister

Orangeade

#2745



### Packets

Orangeade

#2718



(15 packets per box)

# POWER UP, FUEL GOOD!

## Stay on top of your game.

### LIFTOFF®

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

### 10 tablets

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

### 30 tablets

Ignite-Me Orange	#3277
------------------	-------



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

\*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.

# ENERGIZE YOUR DAY

## [a] N-R-G NATURE'S RAW GUARANA TABLETS

Get recharged with the benefits of guarana in a convenient tablet. Guarana, an ancient Amazonian seed, contains caffeine, which increases mental alertness and provides a gentle pick-me-up.\*

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

#0122 

## [b] N-R-G NATURE'S RAW GUARANA TEA MIX

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

- ✔ Provides a gentle boost
- ✔ Reduces fatigue
- ✔ Increases mental alertness and concentration
- ✔ Instant tea mix with 0 calories
- ✔ For optimal experience, mix a little less than ½ teaspoon with 6 to 8 ounces of water.

#0102 



### DID YOU KNOW?

*The active ingredient in guarana is caffeine. Guarana has one of the highest caffeine contents of all plants (up to 7%).*

*– Guarana (Paullinia cupana),  
Healthline, 2014.*

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# HEALTHY HYDRATION WITH GREEN TEA

Green Tea provides hydration throughout the day and contains antioxidants that help provide protection against free radical damage. With only 25 mg of caffeine per serving, this refreshing tea is lower in caffeine than an 8 fl. oz. cup of coffee.



## GREEN TEA

- ✔ Hydration for any time of day
- ✔ Supports the body's antioxidant activity
- ✔ Protects against free radical damage
- ✔ Contains no artificial colors, flavors or sweeteners
- ✔ Zero calories
- ✔ For optimal experience, mix a little less than ½ teaspoon with 8 ounces of water.

Original #1427

Pomegranate #1428



# THE FUTURE OF ESSENTIAL SOLUTION-BASED SKIN

Combining Formula, Feel and Fast Results  
experience you can see and feel.

- No added parabens or sulfates
- Dermatologist tested for safety



[a]

[b]

[c]

[d]

\*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 over seven days.

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

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

# CARE IS HERE.

to deliver a luxurious

## [a] POLISHING CITRUS CLEANSER

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

150 ml tube #0766

## [b] SOOTHING ALOE CLEANSER

- ✔ Removes excess oil, dirt and makeup
- ✔ Softens and moisturizes
- ✔ For normal to dry skin

150 ml tube #0765

## [c] ENERGIZING HERBAL TONER

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

50 ml spray bottle #0767

## [d] LINE MINIMIZING SERUM

Clinically tested to:

- ✔ Reduce the appearance of fine lines and wrinkles<sup>†</sup>
- ✔ Improve softness, smoothness, radiance, glow and luminosity in just seven days<sup>‡</sup>

30 ml airless pump #0768

## [e] FIRMING EYE GEL

- ✔ Clinically tested to improve the appearance of the delicate eye area by increasing skin's elasticity<sup>§</sup>
- ✔ Ophthalmologist tested
- ✔ Contains cucumber extract

15 ml airless pump #0770

## [f] HYDRATING EYE CREAM

Clinically tested to:

- ✔ Minimize lines and wrinkles around the eyes<sup>†</sup>
- ✔ Show a significant increase in the skin's moisture over eight hours\*\*

15 ml airless pump #0771



[e]

[f]

## [a] PROTECTIVE MOISTURIZER BROAD SPECTRUM SPF 30 SUNSCREEN

Tested to:

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

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††

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††

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



Recommended as an effective broad spectrum sunscreen

[a]



Refresh. Replenish. Rejuvenate. And Repeat.  
**A Revelation Each Day.**



**TO  
 ENHANCE YOUR  
 HERBALIFE SKIN  
 DAILY REGIMEN, USE  
 THESE 2 PRODUCTS  
 1-3 TIMES  
 PER WEEK**



[b]



[c]



[d]



[e]

\*Tested on subjects, measuring skin moisture levels at 8 hour intervals. Skin of 86% of subjects showed double the moisture levels over baseline after eight hours.

†Tested on subjects, measured by visual expert grading on intervals of 2, 4, and 7 days. 100% of subjects showed improvement over 7 days in smoothness, softness, glow and radiance and luminosity.

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

§Clinically tested on subjects, 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 for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in smoothness, softness and glow over seven days. 97% of subjects showed improvement in radiance and luminosity.

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

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

# SELECT THE BEST SKIN CARE

## BASIC

### INCLUDES:

- 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



## BASIC



## ADVANCED

### INCLUDES ALL BASIC PROGRAM PRODUCTS, PLUS:

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

Normal to Dry Skin #1493  
Normal to Oily Skin #1497



# PROGRAM FOR YOUR NEEDS



**ADVANCED**

## ULTIMATE

**INCLUDES ALL ADVANCED PROGRAM PRODUCTS, PLUS:**

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

Normal to Dry Skin #1488

Normal to Oily Skin #1489



Purchase the Ultimate Program and receive a special gift.



# DAILY SKIN CARE REGIMEN

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

STEPS	 AM	 PM
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)
2 TONE	Energizing Herbal Toner	Energizing Herbal Toner
3 TREAT	Line Minimizing Serum	Line Minimizing Serum
4 TARGET	Firming Eye Gel	Hydrating Eye Cream
5 MOISTURIZE	Daily Glow Moisturizer - OR - Protective Moisturizer Broad Spectrum SPF 30 Sunscreen	Replenishing Night Cream

## WEEKLY











DEEP CLEANSE	Instant Reveal Berry Scrub (1-3 times a week)
PURIFY	Purifying Mint Clay Mask (1-3 times a week)

HERBALIFE  
SKIN®

Refresh. Replenish. Rejuvenate. And Repeat.  
**A Revelation Each Day.**

# SKIN CARE PROGRAMS

Select the best skin care program for your needs.

BASIC	ADVANCED	ULTIMATE
<p>Soothing Aloe Cleanser (For Normal to Dry Skin)</p> <p><b>- OR -</b></p> <p>Polishing Citrus Cleanser (For Normal to Oily Skin)</p>	<p>Soothing Aloe Cleanser (For Normal to Dry Skin)</p> <p><b>- OR -</b></p> <p>Polishing Citrus Cleanser (For Normal to Oily Skin)</p>	<p>Soothing Aloe Cleanser (For Normal to Dry Skin)</p> <p><b>- OR -</b></p> <p>Polishing Citrus Cleanser (For Normal to Oily Skin)</p>
<p>Energizing Herbal Toner</p>	<p>Energizing Herbal Toner</p>	<p>Energizing Herbal Toner</p>
	<p>Line Minimizing Serum</p>	<p>Line Minimizing Serum</p>
	<p>Firming Eye Gel + Hydrating Eye Cream</p> <p> </p>	<p>Firming Eye Gel + Hydrating Eye Cream</p> <p> </p>
<p>Daily Glow Moisturizer + Replenishing Night Cream</p> <p> </p>	<p>Daily Glow Moisturizer + Replenishing Night Cream</p> <p> </p>	<p>Daily Glow Moisturizer + Replenishing Night Cream</p> <p> Protective Moisturizer Broad Spectrum SPF 30 Sunscreen </p>
		<p>Instant Reveal Berry Scrub</p>
		<p>Purifying Mint Clay Mask</p>

## Skin Care Concerns

<ul style="list-style-type: none"> <li>• Dry or Oily or Normal Skin</li> <li>• Aging or Firmness</li> </ul>	<ul style="list-style-type: none"> <li>• Dry or Oily or Normal Skin</li> <li>• Aging or Firmness/Elasticity or Fine Lines/Wrinkles</li> </ul>	<ul style="list-style-type: none"> <li>• Dry or Oily or Normal Skin</li> <li>• Aging or Firmness/Elasticity or Fine Lines/Wrinkles</li> <li>• Dull/Uneven Skin or Visible Pores</li> </ul>
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# 7 DAY RESULTS KIT

with SPF



Clinically tested to show more glowing, softer and smoother skin, with reduced fine lines and wrinkles, in just seven days.\*

## INCLUDES:

- ✔ Soothing Aloe Cleanser
- ✔ Line Minimizing Serum
- ✔ Daily Glow Moisturizer
- ✔ Protective Moisturizer Broad Spectrum SPF 30 Sunscreen
- ✔ Replenishing Night Cream
- ✔ Purifying Mint Clay Mask

## PLUS COMPLIMENTARY PACKETS OF:

- ✔ Polishing Citrus Cleanser
- ✔ Firming Eye Gel
- ✔ Hydrating Eye Cream
- ✔ Instant Reveal Berry Scrub

**7 Day Results Kit #1455**

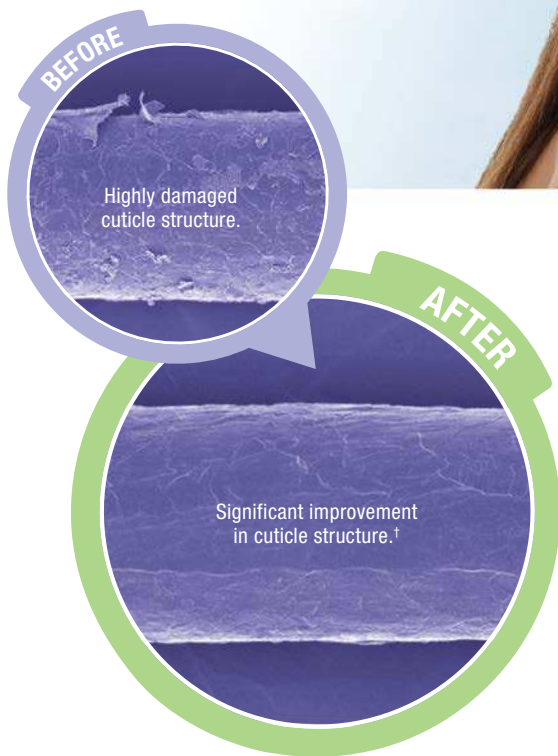
\*Daily Glow Moisturizer, Line Minimizing Serum, Replenishing Night Cream

HERBALIFE  
**SKIN**

# STRENGTHEN YOUR HAIR

## Herbal Aloe Hair Care

products are clinically tested to strengthen and repair damaged hair, leaving it soft and silky.\* Made with beneficial botanicals, our family-friendly Strengthening Shampoo and Strengthening Conditioner are free of parabens, harsh sulfates and added colors and dyes.



## STRENGTHENING SHAMPOO AND STRENGTHENING CONDITIONER

Clinically tested to:

- ✔ Leave hair up to 10 times stronger after just one use\*
- ✔ Reduce hair breakage by 90%.\*

\*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.

†Studies conducted by a research laboratory with SEM (Scanning Electron Microscopy) showed remarkable improvement in smoothness and cuticle structure of treated versus untreated hair shaft.

# CLEANSE, MOISTURIZE AND REJUVENATE

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



## [a] FACE & BODY SUNSCREEN BROAD SPECTRUM SPF 30

- ✔ Sweat and water resistant  
up to 40 minutes
- ✔ Broad spectrum  
SPF 30 protection
- ✔ Double skin's moisture  
for up to 8 hours\*

120 ml tube #0921



Recommended  
as an effective  
broad spectrum  
sunscreen

## [b] SOOTHING GEL

- ✔ Shown to leave skin smoother and softer<sup>†</sup>
- ✔ Infused with aloe vera and skin-conditioning  
botanicals to moisturize and soothe skin
- ✔ No added fragrances

200 ml tube #2562

## [c] BATH & BODY BAR SOAP

- ✔ Gentle coconut-derived cleansers refresh skin
- ✔ Rich suds infused with aloe vera and olive oil
- ✔ Fresh, clean scent

125 g bar #2566





**[d] STRENGTHENING SHAMPOO AND  
[e] 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  
250 ml tube Strengthening Conditioner #2565

**[f] HAND & BODY CREAM**

- ✔ 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

**[g] HAND & BODY WASH**

- ✔ 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

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

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

<sup>‡</sup>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.

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



It's time to achieve  
**YOUR GOALS**

Join the millions of people in more than 90 countries who have changed their lives through Herbalife. Become an Independent Herbalife Member and:

- Have a home-based business
- Work around your own schedule, part time or full time
- Run your own business
- Spend more time with family and friends
- Help people lead healthier, more active lives



*"The Herbalife business opportunity has changed my life in many ways, allowing me to spend more time with those I love. The most exciting thing about this journey is helping others achieve their goals."*<sup>\*\*</sup>

— Khalil B.  
Independent Herbalife Member



\*Incomes applicable to the individuals (or examples) depicted and not average. For average financial performance data, see the Statement of Average Gross Compensation paid by Herbalife at Herbalife.com and MyHerbalife.com.

# Hydrate and Fuel Your Active Lifestyle

## CR7 DRIVE

- Enhances hydration with 320 mg of vital electrolytes lost during exercise
- Brain-fueling glucose helps promote quick and accurate game-time decision-making.
- Easy-to-digest carbohydrate blend helps fuel muscles and sustain energy levels.



Lightly flavored with no artificial flavors or sweeteners

HERBALIFE24® CR7 DRIVE #1445

**HYDRATE BETTER. ORDER TODAY.**



*"We used Cristiano Ronaldo's personal input to create a contemporary sports drink that provides active people with three components necessary for performance: hydration, fuel and B vitamins."*

**John Heiss, Ph.D.,**  
Senior Director,  
Sports and Fitness, Worldwide  
Product Marketing

BE OUR NEXT  
**SUCCESS  
STORY**  
START TODAY!

Independent Herbalife Member  
**CALL NOW!**

