



# CELEBRATE YOUR CHRISTMAS WITH US



 **HERBALIFE  
NUTRITION**



# HERBALIFE NUTRITION

## CRAFTED FOR YOU

We love improving people's lives and when you love what you do, you want to share it.

For the coming festive season, we hope to share some Herbalife Nutrition with you and your loved ones.

**GET OUR NEWLY LAUNCHED MERCHANDISE NOW!**

## HAVE YOU VISITED HERBALIFE PICK & PAY @ TRIPLEONE SOMERSET?

Simply take a basket, pick your products from the shelves and pay at the counter.



Aluminium Water Bottle



Portable Blender



2L Water Bottle



Tall Glass



Double Wall Glass



Neon Shaker Bottle



Pitcher Set



Herbalife24 Sports Bag



HAVE YOU DOWNLOADED THE NEW "HLNEWS" APP ON YOUR MOBILE PHONE?

- NEW PROMOTION
- UPCOMING EVENTS
- NUTRITION & WELLNESS TIPS
- RECIPES

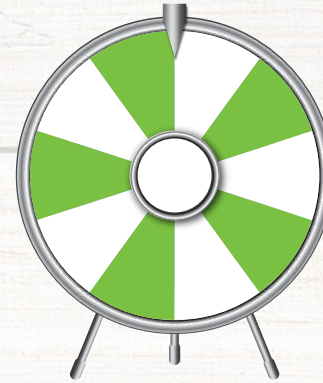
GET IT ON Google Play

Download on the App Store

HERBALIFE NUTRITION

Herbalife reserves the right to replace with gift with another of similar value without prior notice. Promotions are valid while stocks last. Terms and conditions apply. All information is correct at the time of print.

# WHAT'S NEW THIS CHRISTMAS SEASON?



## GET A CHANCE TO SPIN & WIN

with every 150VP purchase per order!  
Walk away with unbelievable prizes!<sup>3</sup>

COLLECT  
ALL 3  
DESIGNS

Receive a Herbalife gift  
wrapping paper

with a minimum purchase  
of 50VP per order.<sup>1</sup>



COLLECT  
ALL 2  
DESIGNS



Top up your purchase to  
100VP and receive an  
additional Herbalife  
Christmas Tote Bag.<sup>2</sup>



Charm Bracelet



Rosegold Plated Necklace



Pink Julie Bag



Herbalife SKIN Mini Bag



Herbalife SKIN Cosmetic Pouch



Herbalife SKIN Chiffon Pouch

<sup>1</sup> Limited to 3 pieces per person per day. While stocks last. Only valid for same day purchase at Herbalife Pick & Pay @ TripleOne Somerset. <sup>2</sup> Limited to 1 piece per person per day. While stocks last. <sup>3</sup> Only valid for same day purchase at Herbalife Pick & Pay @ TripleOne Somerset. This promotion is not applicable to delivery and internet orders. Every 150VP in a single order entitles you to a SPIN & WIN chance. Combination of orders will not be accepted. While stocks last.

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## GIFTS FOR HER

Every girl wants to look her best, especially during the festive season! Your girlfriends and sisters will get the glowing skin that they desire with these Herbalife SKIN products that have been clinically tested to provide results in just 7 days. ^

GET A  
**LIMITED  
EDITION POUCH**

when you purchase a  
minimum of 3 Herbalife  
SKIN products



### Instant Reveal Berry Scrub

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



### Line Minimizing Serum

**Clinically tested to:**  
Reduce the appearance of fine lines and wrinkles. † Improve softness, smoothness, radiance, glow and luminosity in just seven days. ‡



HERBALIFE  
SKIN



### 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.

### Polishing Citrus Cleanser

Clinically tested to show a reduction in the skin's sebum after just one use.\* Removes excess oil, dirt and makeup. Great for shaving.



### Energizing Herbal Toner

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



### Protective Moisturizer SPF30/PA+++

**Tested to:**  
Helps prevent sunburn\*\*\*\*. Formulated to smooth & soften skin. Formulated to moisturize the skin. Formulated to enhance the skin's moisture. Provide broad spectrum UVA/UVB protection SPF 30 with PA+++.



## GIFTS FOR HIM

When it comes to skincare for men, less is more! Keep the routine simple with a facial wash, a toner that helps to freshen up on-the-go and a dual-purpose moisturizer to provide hydration and to offer sun protection at the same time.

These products are not intended to diagnose, treat, cure or prevent any disease. ^ Results applicable to Line Minimising Serum, Replenishing Night Cream, Daily Glow Moisturiser, Hydrating Eye Cream and Firming Eye Gel. §§§ Clinically tested on subjects, measuring pore appearance by visual expert grading immediately after application. 100% showed improvement in appearance of pores immediately after 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. Herbalife reserves the right to replace with gift with another of similar value without prior notice. Promotions are valid while stocks last. Terms and conditions apply. All information is correct at the time of print.

These products are not intended to diagnose, treat, cure or prevent any disease. \* Clinically tested on subjects, measuring sebum levels immediately after application. 100% of subjects showed sebum reduction on surface of skin after one use. \*\*\*\* When use according to label directions & apply continuously. Herbalife reserves the right to replace with gift with another of similar value without prior notice. Promotions are valid while stocks last. Terms and conditions apply. All information is correct at the time of print.

GIFTS FOR EVERYONE

Take care of your love ones by sharing with them products that will help care for them, from top to toe and from inside out!



GET A LIMITED EDITION CHRISTMAS TOTE BAG when you purchase a minimum of 100VP



GIFTS FOR YOUR FOLKS

You are never too young or too old to take care of your health, so the time to start is now. Keep your cardiovascular system and joints in top shape. Help your parents and your loved ones to make smart choices today for a healthy tomorrow.



GET A LIMITED EDITION CHRISTMAS TOTE BAG when you purchase a minimum of 100VP



Herbalife® AQUA Shampoo



Herbalife® AQUA Conditioner



Herbal Aloe Everyday Body Wash

FREE RED SHOWER SPONGE 29.95VP



Core Complex 92.55VP

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



Beauty Powder Drink 43.55VP

Contains vitamins and minerals that are required for healthy skin. Supports collagen production in the body. Contains Vitamin C, B2 and B6 to help reduce tiredness and fatigue. Contains zinc and biotin to help maintain healthy skin, hair and nails. Contains copper to help maintain healthy skin and hair pigmentation. Comes in orange flavour that is refreshingly delicious



Herbal Aloe Everyday Soothing Hand & Body Lotion



Herbal Aloe Everyday Soothing Gel



Herbal Aloe Everyday Body Wash

FREE GREEN SHOWER SPONGE 30.95VP



Niteworks 89.95VP

Amino acids L-arginine and L-citrulline support Nitric Oxide production. A flexible cardiovascular system supports 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.\*



Joint Support 20.90VP

Each serving contains 500mg of glucosamine hydrochloride, a compound found in healthy cartilage. Glucosamine helps support healthy joint function. Exclusive herb-mineral blend with manganese, selenium and copper for antioxidant benefits.

These products are not intended to diagnose, treat, cure or prevent any disease. Herbalife reserves the right to replace with gift with another of similar value without prior notice. Promotions are valid while stocks last. Terms and conditions apply. All information is correct at the time of print.

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**Herbalife Nutrition Tall Glass**  
(500ml)

- Retail Price: S\$11.00
- Earn Base: S\$10.30
- VP: 1.20
- Nett Price: S\$12.00\*



**Herbalife Nutrition Double Wall Glass with handle** (375ml)

- Retail Price: S\$12.84
- Earn Base: S\$12.00
- VP: 1.45
- Nett Price: S\$14.00\*



**Herbalife24 Portable Blender**

- Retail Price: S\$24.02
- Earn Base: S\$22.28
- VP: 3.85
- Nett Price: S\$29.20\*\*



**Herbalife Nutrition Capri Leggings**  
(Women)

- Retail Price: S\$34.84
- Earn Base: S\$32.55
- VP: 12.05
- Nett Price: S\$38.00\*



**Herbalife Nutrition Aluminum Water Bottles**  
(Choice of 2 colors)

- Retail Price: S\$11.00
- Earn Base: S\$10.30
- VP: 1.20
- Nett Price: S\$12.00\*



**2 Litre Water Bottle**

- Retail Price: S\$13.55
- Earn Base: S\$12.84
- VP: 0.69
- Nett Price: S\$17.78\*\*



**Neon Shaker Cups**  
(Set of 5 in assorted colors)

- Retail Price: S\$39.75
- Earn Base: S\$37.15
- VP: 4.40
- Nett Price: S\$43.35\*



**Pitcher Set with 4 glasses**

- Retail Price: S\$23.69
- Earn Base: S\$22.11
- VP: 2.55
- Nett Price: S\$25.84\*



**Herbalife24 Shoe Bag**

- Retail Price: S\$13.69
- Earn Base: S\$12.74
- VP: 1.50
- Nett Price: S\$14.94\*



**Herbalife24 Waist Sack**  
(Water bottle not included)

- Retail Price: S\$15.13
- Earn Base: S\$14.15
- VP: 1.70
- Nett Price: S\$16.50\*



**Herbalife24 Black Sports Bag**

- Retail Price: S\$42.00
- Earn Base: S\$39.25
- VP: 4.05
- Nett Price: S\$45.81\*



**Herbalife24 Classy Jacket**  
(Men)

- Retail Price: S\$22.92
- Earn Base: S\$21.32
- VP: 0.95
- Nett Price: S\$25.00\*

\* Inclusive of 7% GST and other charges.

\*\* Inclusive of a S\$3 donation to the Singapore Children's Society, 7% GST and other charges. Images are for illustration purposes only. Actual item may vary. All information is correct at the time of print.

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# TIS' THE SEASON TO DECK THE HALLS

As joyous as this season is, it is also stressful for some. Party season can be tricky to keep your diet in check and cope with all the overindulgence and late nights with family and friends. Here are some strategies to turn the inevitable gatherings enjoyable without a sense of guilt!

## EVERYTHING STARTS WITH BREAKFAST

Start the day with a generous portion of protein shake, topped with your favorite fruits, vegetables and nuts. A low GI shake helps stabilize blood sugar levels, making you less hungry and helps control your appetite later in the day. Adding a good dollop of yoghurt not only adds bulk to your shake, it is also beneficial to combat possible indigestion that comes with indulging during the party season.

### CINNAMON ROLL SHAKE

#### You'll need:

- 2 heaping scoops Formula 1 Nutritional Shake Mix French Vanilla
- 1 frozen banana
- ½ cup almond milk
- ¼ cup greek yoghurt
- ¼ cup old fashioned oats
- 1 tablespoon honey
- ½ teaspoon ground cinnamon
- Ice (optional)

**Blend the ingredients until well-mixed and serve.**

## STAY HYDRATED

On the day of a big night out, and the day after, make a conscious effort to drink more water than your usual days, or plenty of herbal teas. The combined effects of mild hydration and lack of sleep from a night-long party can lead to a headache or other discomfort. If you struggle to drink enough, take a full glass of water before bed and start the day with a second.

### ALOE MANGO FRUIT TEA

#### You'll need:

- 3 capfuls Herbal Aloe Concentrated Aloe Vera Mango
- ½ teaspoon Herbal Concentrate
- Hot water
- Ice cubes (optional)

**Add all the ingredients together and mix well before serving.**

# SENSIBLE SNACKING

If you arrive at a party with an empty stomach, it will be hard to resist the snacks and finger food. To save you from impulsive eating, always have a pre-party snack.

Get yourself a small pot of plain yoghurt with fresh fruits, or even half a portion of your regular shakes. Those proteins slow stomach emptying, which helps delay your urge to snack mindlessly at the party.

## HONEY VANILLA ICE CREAM

### You'll need:

- 2 heaping scoops Formula 1
- Nutritional Shake Mix French Vanilla
- 1 tablespoon of honey
- 2 cups of greek yoghurt
- ¼ cup of coconut almond milk

**Blend well, freeze in container before serving.**



## IF YOU ARE HOSTING A PARTY INSTEAD,

try out some healthier snack ideas to do all your guests a great favour. Try out these simple and tasty recipes for your next party!

## COOKIES N' CREAM CHOCOLATE

### You'll need:

- 6 scoops Formula 1 Nutritional Shake Mix Cookies n' Cream
- 80ml melted virgin coconut oil

**Whisk the ingredients until completely smooth. Pour into moulds and set for 20 minutes in the freezer before serving.**





Register with Team Herbalife & Enjoy

**LOWEST**  
registration fees

**NUTRITION PLAN**  
to fuel you for the run

**FREE**  
Wellness Evaluation  
& Body Analysis  
from your coach

**HERBALIFE NUTRITION**  
**MARINA RUN**  
**2017**

CATEGORY	TEAM HERBALIFE*	SKU
5KM (Fun Run)	\$35.31	C253
10KM (Individual) (Team)	\$42.80	C264 C658
21KM (Individual) (Team)	\$51.36	C265 D406

**SATURDAY, 25 FEBRUARY | GARDENS BY THE BAY EAST**  
For race details, visit [www.marinarun.com.sg](http://www.marinarun.com.sg)  
To sign up, login to [sg.MyHerbalife.com](http://sg.MyHerbalife.com) for information.

**WE INVITE YOU TO  
RUN WITH US!**

**MAXIMIZE YOUR  
TRAINING EFFORTS WITH  
HERBALIFE NUTRITION**



**FREE**  
HERBALIFE24  
SPORTS  
WATER BOTTLE!





**MARINA RUN NUTRITION PACK 112.55VP**

- Formula 1 Nutritional Shake Mix (4 flavours)
- Formula 2 Multivitamin Complex
- Formula 3 Personalized Protein Powder
- Herbal Aloe Concentrated Aloe Vera (3 flavours)
- Herbalifeine

\*Registration fees are inclusive of 7% GST. \*Images are for illustration purposes only. Actual item may vary. All information is correct at the time of print.

 Visit us at our Pick and Pay at:  
**Herbalife International Singapore Pte Ltd**  
111 Somerset Road #07-02/03  
TripleOne Somerset Singapore 238164

 **Opening Hours:**  
Monday – Friday: 11:00am – 07:30pm  
Saturday: 11:00am – 03:30pm

 **Contact:**  
**6416 8448** from Monday to Friday  
between 11:00am and 07:30pm.

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