



Herbalife[®]



Live your best life

Today's the Day

We want you to succeed at living your healthiest life

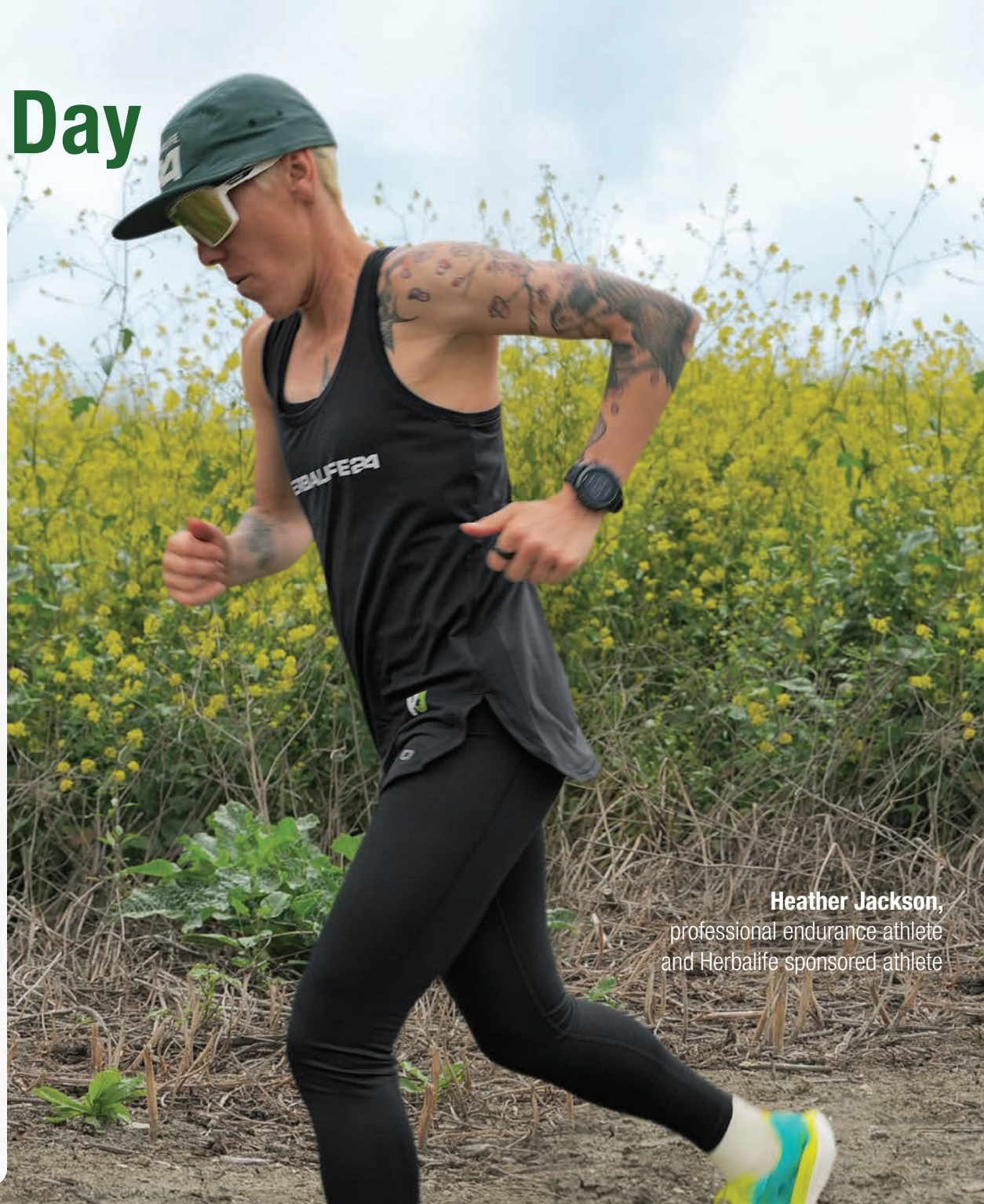
Have you ever thought, "I wish I knew then what I know now"? So many of us wish that we had established better eating habits and taken living a healthier lifestyle more seriously earlier on. We browse social media and look at other people living their best lives and we wish we had the same energy and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

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

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

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

The journey to living your best life starts now!



Heather Jackson,
professional endurance athlete
and Herbalife sponsored athlete

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SYMBOLS GUIDE:



Certified
Kosher



Certified
Gluten-Free



Low Glycemic
Index



Heart
Smart



Suitable for
Diabetics



Suitable for
Vegans



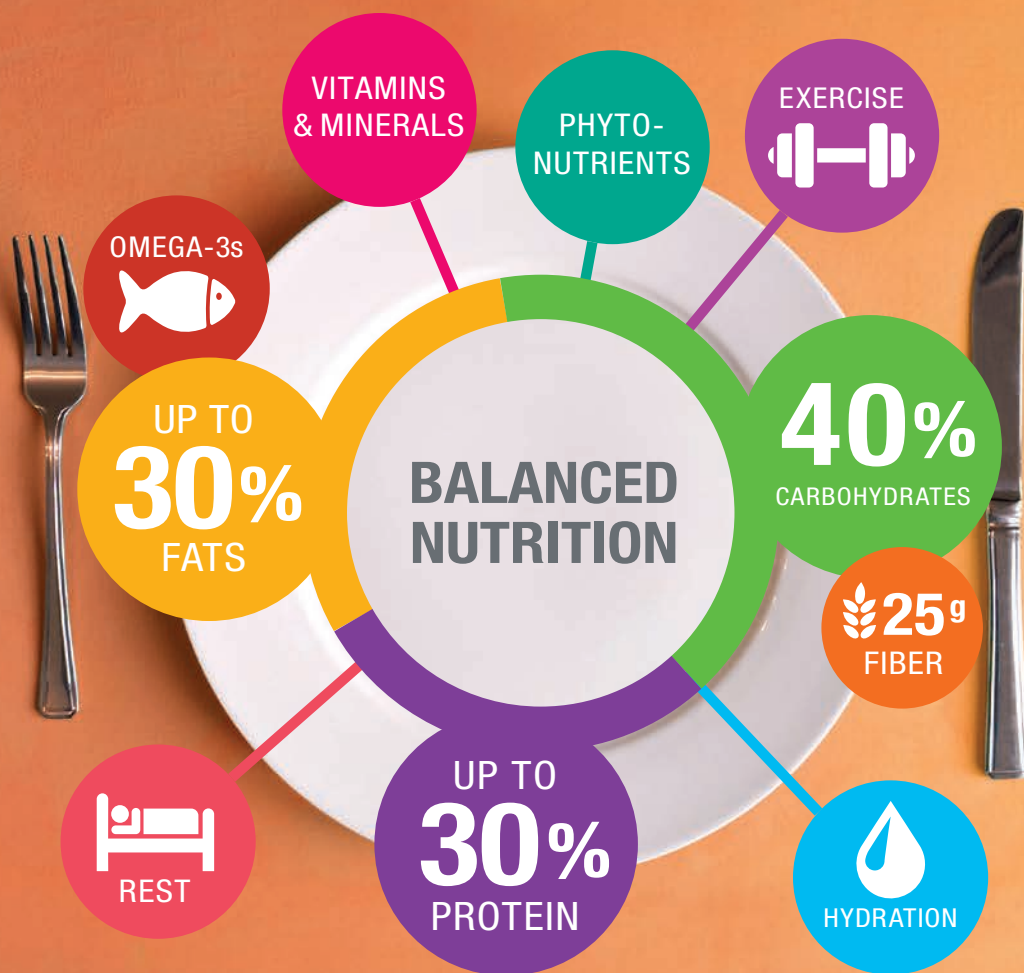
Suitable for
Vegetarians

A Simple Plan for Healthy Living

It's all about balanced nutrition and a healthy lifestyle

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

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



PROTEIN

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

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

Where: Lean meat, poultry, fish, eggs, Herbalife® Formula 1 shakes, Personalized Protein Powder, Protein Drink Mix and Protein Bar Deluxe.

CARBOHYDRATES

What: Your body's preferred source of fuel.

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

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

FIBER

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

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

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

FATS

What: A source of energy.

Why: Omega-3 fatty acids help support cardiovascular health.*

Where: Olive oil, avocados, egg yolks, ocean-caught fish, nuts, seeds and in dietary supplements.

VITAMINS & MINERALS

What: Organic and inorganic substances used by the body for healthy growth.

Why: Play a key role in cell function, help convert macronutrients into energy (B vitamins) and support the immune system (antioxidant Vitamins C and E).*

Where: Found in fruits, vegetables, dairy products, eggs, meats, grains and Herbalife® Formula 1 shakes, Protein Drink Mix and in dietary supplements.

PHYTONUTRIENTS

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

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

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

HYDRATION

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

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

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

EXERCISE

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

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

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

REST

What: Giving your body a much-needed break.

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

Where: A cool, comfortable sleeping environment.

*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 Perfect Blend

Core Nutrition focuses on the micronutrients and macronutrients you need to thrive each day.

Formula 1 Healthy Meal Nutritional Shake Mix

Balanced nutrition:
protein, fiber and vitamins

WHAT'S IN IT?

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

WHAT DOES IT DO?

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

Formula 1: Great-tasting flavors, endless combinations

30 Servings    ^{1,2}  ^{1,4}

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

Dutch Chocolate | #3107 
French Vanilla | #3106 
Mango Pineapple | #039K 

Orange Cream | #1164 
Piña Colada | #3141 
Wild Berry | #3108 

CALORIES | 170

CALCIUM | 420 mg

FIBER | 3 g
As much fiber as 1 small apple

PROTEIN | 17 g
As much protein as 3 large eggs

VITAMIN C | 27 mg
As much Vitamin C as 2 small peaches

VITAMIN E | 4.5 mg

VITAMIN A | 420 mcg RAE

When prepared with 8 fl. oz. of nonfat milk.

Pineapple Berry Shake

WHAT YOU'LL NEED:

- 2 scoops Herbalife® Formula 1 Healthy Meal Nutritional Shake Mix Wild Berry
- 1 scoop Herbalife® Protein Drink Mix Vanilla
- 1 cup frozen or fresh pineapple chunks
- 1 cup water

BLEND AWAY: Blend thoroughly until smooth.

PROTEIN | 25 g

CALORIES | 280

CARBOHYDRATES | 40 g

FAT | 4 g

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

¹Herbalife designation.

²Herbalife® products do not treat diabetes, but diabetics can use them.

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

Set Your Goal Today

These are suggested programs. Timing of shake and snack consumption will vary based on your personal needs. Talk to your Herbalife Independent Distributor for more information.



WEIGHT LOSS



Breakfast



Snack



Lunch



Snack



Dinner



EVERYDAY NUTRITION



Breakfast



Snack



Lunch



Snack



Dinner



WEIGHT GAIN



Breakfast



Lunch



Dinner

The Healthy Way to Lose Weight

Herbalife has a number of products, including those formulated with caffeine, to boost your metabolism.



Herbal Tea Concentrate ^{1,3}

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

Metabolize and revitalize

- Blend of green tea and orange pekoe with cardamom seed, hibiscus and natural sources of caffeine for an uplifting treat
- Instant and low calorie
- For optimal experience, mix a little more than ½ teaspoon (1.7 g) with 6 to 12 fl. oz. of hot or cold water

30 Servings

Lemon | #0255
Original | #0105
Raspberry | #0256

Non-GM*

60 Servings

Chai | #0761

*Made with ingredients that have not been genetically modified.

¹Herbalife designation.

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

Need a Boost?

Nutrient-dense protein snacks for energy and nutrition.



Personalized Protein Powder Boost your protein

Personalized Protein Powder is a high-quality 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.

- Nutrient-dense protein booster
- Helps build and maintain lean muscle mass
- 5 g of soy and whey protein, providing all 9 essential amino acids
- Low glycemic

60 Servings | #0194

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

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

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

Vanilla (22 Servings) | #1122

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

†Herbalife designation.

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

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

Protein-Powered Snacks

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



Protein Bar Deluxe Rich and chewy

- 10 g of protein per serving
- Helps sustain your energy
- 140 calories per bar

Vanilla Almond
(14 Bars Per Box) | #0364

Protein Bites Snack smart

- 4 g of protein and 65 calories per piece
- No artificial sweeteners

Crunchy Caramel Lemon
(28 Bites Per Box) | #002K
Crunchy Salted Caramel
(28 Bites Per Box) | #006K



Digest and Feel Your Best

Dietary fiber is an important part of overall digestive health. Fiber can help you feel fuller longer, as well as aid in healthy digestion.

Herbal Aloe Concentrate Supports healthy digestion

Formulated with premium-quality aloe vera, Herbalife® Herbal Aloe Concentrate can be used on a daily basis.

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

Mango (Pint/31 Servings) | #1065

Active Fiber Complex 5 grams of fiber

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

Apple (30 Servings) | #2864



*4 servings per day.

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Small Steps Make a Big Difference

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



Perform these exercises in order **three times a week** to maintain your **endurance and strength**.

Bicycle Crunch
• 16 Each Side



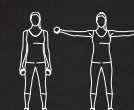
Forward Lunge*
• 16 Each Side



Squat
• 16



Lateral Side Raises*
• 16



Bridge
• 16



*With light weights.

Sponsored Football Star Cristiano Ronaldo

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

– Cristiano Ronaldo



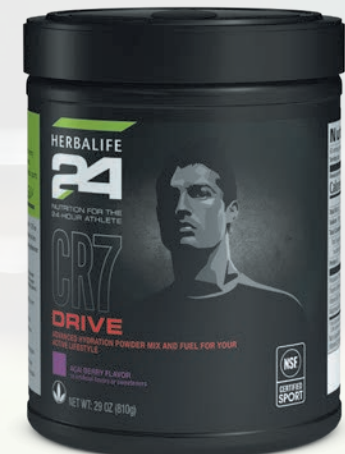
Fuel your workout with this light-tasting sports drink, formulated to provide three components necessary for performance: enhanced hydration, metabolism-supporting Vitamin B12, and energy.

Herbalife24 CR7 Drive

Advanced hydration and fuel for your active lifestyle

- 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

Açaí Berry Flavor (60 Servings) | #1445



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

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



Get a Protein Boost

with our mouthwatering Protein Bar Deluxe

Protein Bar Deluxe
Vanilla Almond #0364

See page 11

BE OUR NEXT
SUCCESS
STORY
START TODAY

Contact Your Personal Wellness Coach Today

HERBALIFE INDEPENDENT DISTRIBUTOR

