



Herbalife



PRODUCT CATALOGUE



Nutrition for life



Contents

When you buy Herbalife products, we see it as more than just a one-off purchase but part of a life-long plan to enhance your overall wellbeing - both inside and out.

Your body can only perform at its best when fuelled with the correct nutrients. Not always easy to obtain from food alone, our product range is designed to plug the gaps with a perfectly balanced combination of all essential nutritional elements along with face-to-face management to help keep your goals on track.

1

Protein
Pg 18–31

2

Vitamins & minerals
Pg 32–37

3

Phytonutrients
Pg 38–39

4

Healthy fats
Pg 40–41

5

Fibre
Pg 42–45

6

Hydration
Pg 46–49

7

Beauty
Pg 50–57

8

Sport
Pg 58–65

Nutrition & nurture

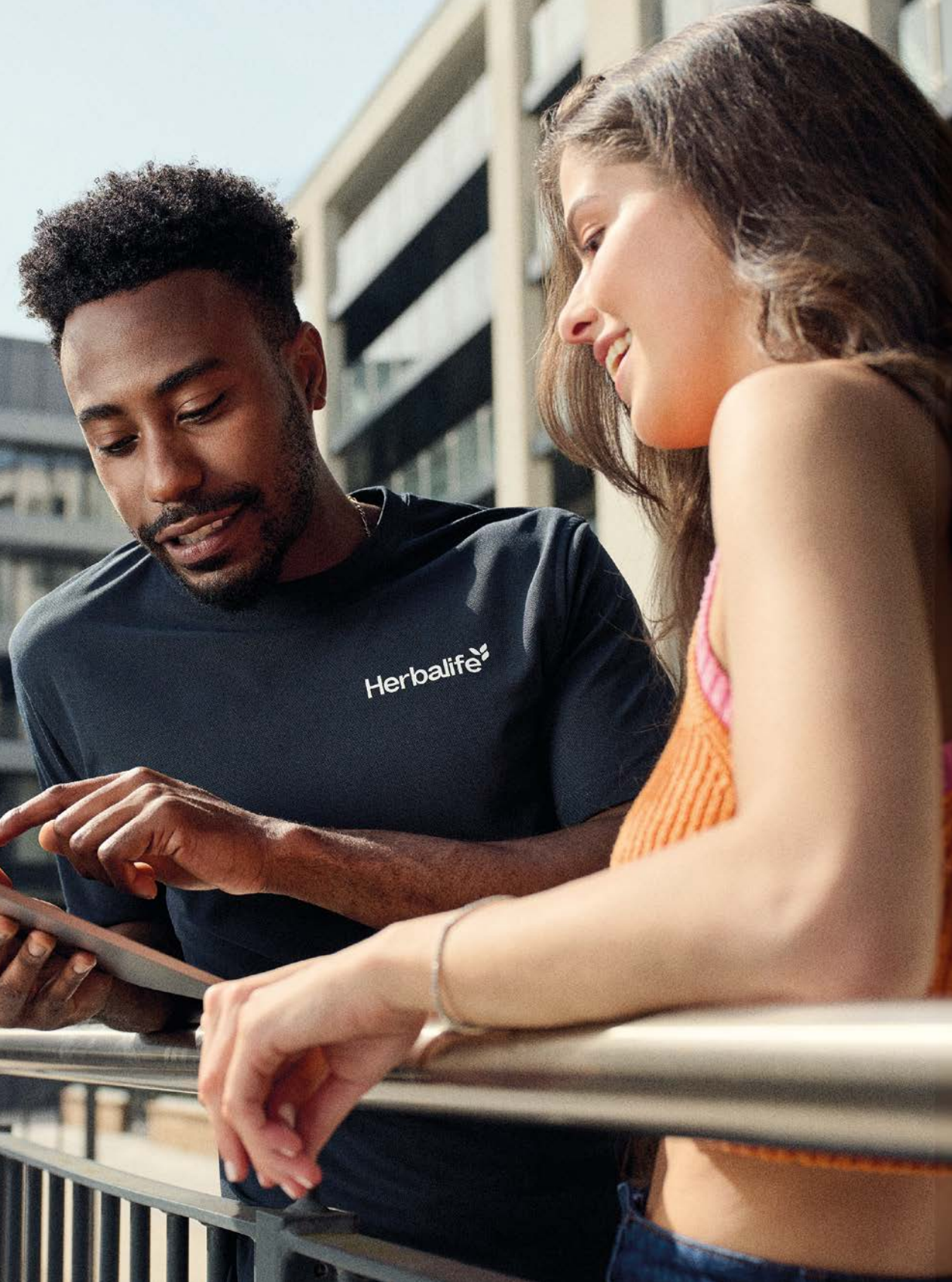
Making a lifestyle change can be tough. Some can accomplish goals on their own, but many need a stronger push. Having a mentor by your side can make all the difference.

Our 'Distributor Difference'

We are the full package! With products only available to buy from our independent distributors, it means you are also invested in their expertise. Whether you want to improve fitness or manage weight, the personal connection with your distributor will provide a clear direction and tailored plan to achieve your wellness goal, as well as offer social support, motivation, encouragement, and accountability.

This extra one-to-one, high-touch approach is what differentiates Herbalife from other nutrition companies.





Herbalife



Setting the standard

There's a reason Herbalife is classed as the #1 brand in the world in weight management and wellbeing.

Our products are designed by science to support personal health and nutrition goals, along with our Herbalife24 brand specifically developed to support the nutritional needs of athletes, gym-goers and fitness enthusiasts.

Highest quality ingredients

We use only the finest quality ingredients from farmers who lead the charge in their high standards for planting and conservation. After all, quality ingredients produce premium products trusted by our customers. Our products, manufacturing, and business model have received numerous international awards, gold-stamping our high-quality standards.



ISO 17025 certifies the technical capability of labs and consistency in results.



The Herbalife24® products are batch tested for prohibited substances by an independent third party. For more information, please see the product label.





Backed by science



World-class experts

Our products are backed by science and a global network of over 300 experts and doctors in nutrition, science and health who ensure quality and stringent compliance with government regulations. Guided by research, driven by quality, with no compromises, we deliver excellence on every level.

Tried and tested

Test, retest, and test again - that's what we do! Internally and through third party certifying organisations, we get validation that our products are best in class.





Great
products
win great awards

**Our dedication to innovation and science
has made it possible for our products to
be awarded across the world.**



Most Innovative Sports Food Product

Food+ Awards, Turkey.



Product of the Year

Health & Nutrition, UK.



Product of the Year

Belgium.



Best Meal Replacement

Fitness Award, Greece.



Product of the Year

France & Netherlands.



From seed



to feed

Great products grow from great ingredients

At Herbalife, we guarantee the highest quality products by following our in-house “from seed to feed” production and quality assurance process.

We invest in responsible cultivation methods and our team of worldwide dedicated scientists and producers are committed to sourcing the best raw materials. Every ingredient goes through in-house analysis to ensure it meets strict specifications. From tea farms in China and aloe farms in Mexico to soybean farms in the U.S., we use the finest ingredients to develop outstanding products.

Every effort is made to ensure that Herbalife products meet or exceed our own quality standards and the standards of our industry. The purity and nutritional value of each ingredient is without question as is the integrity of the processes we follow.



Nourishing & planet

Herbalife Foundation (HNF)



Thanks to the support of Members and employees, HNF provides millions of dollars in funding to 167 orphanages, hospitals, schools, and organizations in more than 59 countries. In 2021 alone, we served more than 216,000 children and their communities.

Nutrition for Zero Hunger (NFZH)

Working towards Zero Empty Plates.

Our NFZH initiative aligns with the United Nation's Sustainable Development Goal #2 – Zero Hunger. It calls for bold action to end hunger by 2030, to achieve food security, improved nutrition and promote sustainable agriculture.



To help make it happen, we support organisations that tackle these issues, such as Feed the Children, The Hunger Project, and the Power of Nutrition.



people

Ideal breakfast

Kickstart your morning with our healthy and balanced breakfast – great-tasting, packed with nutrients and takes seconds to make.



1. Nourish

Formula 1 Nutritional Shake Mix

Nourish your body with a deliciously creamy Formula 1 shake – a healthy meal, packed with nutrients.



2. Hydrate

Herbal Aloe Concentrate

Hydrate with a glass of Herbal Aloe Concentrate – cold-pressed Aloe Vera juice that's low in calories and naturally refreshing.



3. Refresh

Instant herbal beverage with tea extracts

Refresh with a tasty cup of Instant herbal beverage with tea extracts. Infused with green and black tea, every serving packs 87,5 mg of caffeine.

Formula 1

Packed with high-quality plant-based protein and 25 key vitamins and minerals. Our Formula 1 shakes come in six tasty flavours, and are available in canisters or handy sachets for when you're on the go.

18 g
protein*

5 g
fibre

25
Vitamins

Low in
sugar

227
kcal**

Gluten
free

* When mixed with semi-skimmed milk

**Presented values are applicable to F1 Vanilla Crème flavour.
Nutritional values may vary depending on the flavour.



**Banana Cream
flavour**
21 servings
550 g #4462



**Café Latte
flavour**
21 servings
550 g #4465



**Cookie Crunch
flavour**
21 servings
550 g #4467



**Smooth Chocolate
flavour**
21 servings
550 g #4468

Customers say
“Wins hands down on
taste and texture.”



Serving suggestion



**Strawberry Delight
flavour**
21 servings
550 g #4463



**Vanilla Crème
flavour**
21 servings
550 g #4466



**Vanilla Crème
flavour**
30 servings
780 g #048K

Sachets



**Vanilla Crème
flavour**
7 x 26 g,
182 g #053K

Customers say

"Adding Protein Drink Mix to my usual F1 shake makes a deliciously thick and smooth meal."



The perfect meal

Upgrade your breakfast by combining Protein Drink Mix and Formula 1 for a nutritious meal with more protein, more fibre and less calories than a regular Formula 1 shake.



Protein Drink Mix and Formula 1 Nutritional shake mix

24 g
protein

26 vitamins
& minerals

Suitable for
Vegetarians

F1 Vanilla Crème flavour

21 servings, 550 g #4466

Vanilla flavour

21 servings, 588 g #2600

Formula 1

Express Nutritious Meal Bars

A nutritionally complete meal on-the-go, these top-tasting indulgent bars to help satisfy both hunger and sweet cravings.



207
kcal

25 vitamins
& minerals

13 g
protein

7 g
fibre

No
artificial
colours

Vegetarian

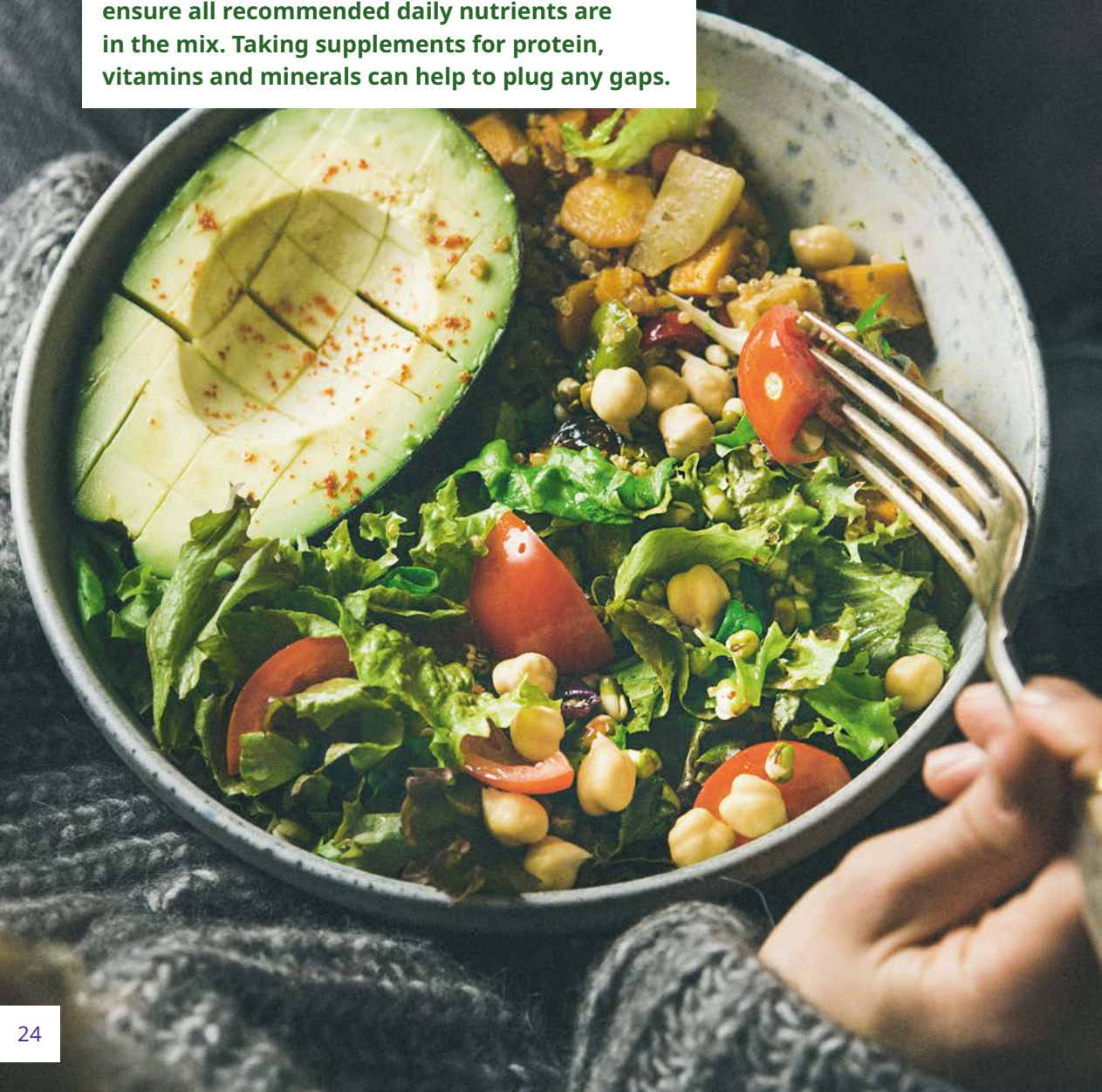
7 bars x 56 g, 392 g

Dark Chocolate flavour #4472



Vegan life

A vegan diet calls for careful meal planning to ensure all recommended daily nutrients are in the mix. Taking supplements for protein, vitamins and minerals can help to plug any gaps.



Plan ahead to get ahead

When adopting a vegan diet you need to make up proteins and essential amino acids readily available in meat, as well as Vitamin D and calcium normally obtained from dairy.



Protein can be found in plant foods such as beans, lentils, whole grains and soy-based tofu. However, unlike most animal proteins, so called “complete” because they contain all nine essential amino acids, most plant foods lack one or more (except for soybeans). So consuming a wider variety of foods is essential. For example, the essential amino acid lacking in beans, peas and lentils is abundant in whole grains. And, conveniently, what grains lack, the beans can provide.

If you’re on a vegan diet, care should be taken to also supplement calcium, vitamin D, iron, zinc, and vitamin B12 to ensure essential nutrient needs are covered. **See vitamins and minerals (p36-37).**

Essential nutrients



Calcium



Vitamin D



Iron



Zinc



Vitamin B12

Balancing protein

and why it's important

As protein serves so many important bodily functions, it's crucial you get your daily intake right, based on your weight and muscle mass. Protein is a macronutrient made up of 21 'building blocks' called amino acids, which support muscle mass growth, and muscle and bone maintenance.



The right balance

The most accurate method to calculate protein requirement is with your lean body mass (weight without fat content), but you can just use your overall body weight as a guide. The calculation using body weight in kg, is to multiply that weight by 1,5 and this gives a reasonable target for your daily protein intake in grams. So, someone who weighs 64 kg should aim for about 100 g of protein a day.



Protein sources

Soy is one of the best vegetable sources as it is a 'complete protein' providing all 9 essential amino acids. Others are nuts, seeds and lentils but as 'incomplete proteins', you'll need to include varied sources to garner the benefits that each provides. You can be confident when using our range of nutritious shakes, that they contain the complete proteins needed to support your nutritional needs.



Upping your protein

As a rough guide, common sources of protein food contain around 25 g of protein and protein snacks (e.g. **Herbalife Protein Bars**) contain around 10 g. If you need to up your protein, meal replacement or protein shakes can bridge that gap, and be tailored to your personal needs. Look at **Formula 1 Nutritional shake mix** and **Protein Drink Mix**.



Herbalife

Meet your protein needs

Keeping up with your daily protein intake can be easy.

Our range of protein products are a convenient way to ensure your daily recommended protein levels stay on target.





Protein Drink Mix

A delicious high quality protein shake that can be mixed with Formula 1 or enjoyed on its own.



Vanilla

flavour 21 servings, 588 g #2600

Formula 3 Personalised Protein Powder

An easy one-step way to boost your protein intake.



40 servings, 240 g

#0242



Smart protein snacks

Contrary to popular belief, snacking can be helpful for those who want to stay on track with their nutritional goals.

What's more, they're another chance to fuel your body with nutrients! A clinical study even found that healthy, calorie-controlled snacks in portioncontrolled packs help people to eat less throughout the day¹.



¹ Nijke et al (2016), Snack food, satiety, and weight. Adv. In Nutrition, 7(5).



Protein Bars

Satisfy your chocolate cravings with a delicious, high protein snack, or enjoy as a boost when you're exercising.

10 g
protein

Approx.
140 kcal
per bar

Chocolate Peanut	14 bars x 35 g, 490 g #3972
Vanilla Almond flavour	14 bars x 35 g, 490 g #3968
Citrus Lemon flavour	14 bars x 35 g, 490 g #3976



Ready for
sleep

When was the last time you had a really good night's sleep?

Sleep is so important for your physical and mental wellbeing as it supports brain function, mood and your overall health. If like many others, you struggle to quieten your mind, making the move to incorporate these steps into your daily routine to encourage a full night's sleep, will really pay off.



Eat mindfully

Stopping eating at least three hours before bedtime allows for proper digestion and helps avoid heartburn that can keep you awake.



Make exercise the norm

We know exercise has numerous health benefits, but it also helps your body relax into sleep, releasing endorphins that make you feel good, naturally. Try low-intensity workouts such as yoga, Pilates, or a relaxing walk in the early evening hours.



Prepare for rest

Follow the digital detox rule of no computers or digital readers at least one hour before bedtime – that includes TV too!



De-stress with relaxation techniques

The evening is a good time to perform relaxation techniques. Build in some head space to let your mind and body unwind with deep breathing, relaxing stretches and meditation.



Keep a schedule

Life can get in the way of maintaining a healthy sleep pattern - try and make the effort to go to sleep and wake up at the same time each day to develop a sleep routine.

Smart nutrition for your immune system





Immune Booster

High in Vitamin C with Vitamin D, selenium and zinc, to help support immune system function and protect cells from oxidative stress. Over a dozen published studies show EpiCor® fermentate helps to deliver immune health and gut health benefits¹.



Berry flavour

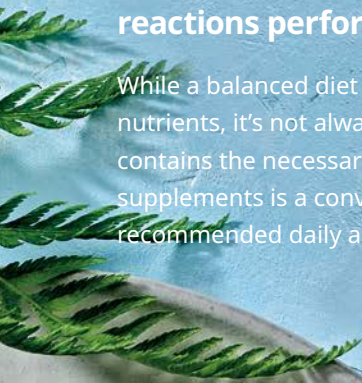
21 sachets x 3,7 g, 77,7 g, #233K

¹ Seven published preclinical studies and eight published human clinical trials.

Fine tune your diet

Vitamins and minerals are key micronutrients essential for many everyday chemical reactions performed by your body.

While a balanced diet is the best way of obtaining these nutrients, it's not always manageable to ensure our food contains the necessary levels. Taking vitamin and mineral supplements is a convenient way to keep up with your recommended daily amount.



Vitamin & Mineral Complex Men & Women

Designed specifically for the needs of men and women, this is an all-round nutritional support with 24 key nutrients, including micronutrients your body itself can't generate or sustain. Created to work with your favourite Formula 1 shake.*

Vitamins
A & C

Riboflavin &
Magnesium

Pantothenic
acid

Men

60 tablets, 85,3 g #1745



Vitamins
B6 & B12

Calcium
& zinc

Magnesium

Women

60 tablets, 85,3 g #2038

* Each serving delivers 71 different health benefits, from immunity, optimised physical and mental performance, to healthy hair, skin & nails.

Phyto Complete

Phyto Complete works just as hard as you do. Contains Fiit-NS™, a scientifically studied ingredient with many benefits.

Phyto Complete is carefully formulated with Fiit-NS™, Vitamin C and Chromium. Fiit-NS™ is a scientifically studied combination of Vitamin B3 and botanical extracts including guarana, green tea, grapefruit, grape and black carrot, providing phytonutrients and natural caffeine.



Vitamin B3 and vitamin C contribute to normal energy-yielding metabolism and a reduction of tiredness and fatigue, whilst Chromium supports normal macronutrient metabolism.

Vegan

Contains
natural
caffeine from
guarana

Gluten
free

No artificial
flavour

No added
sugar

60 capsules, 42,8 g

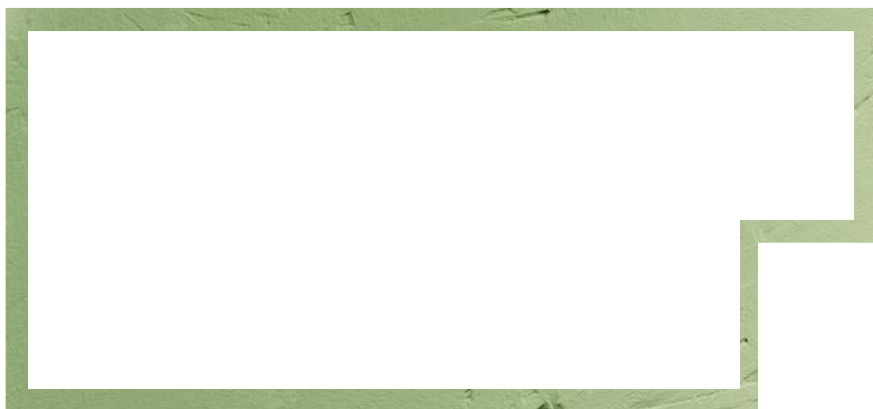
#236K

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

What are phytonutrients?

Phytonutrients have been studied for their powerful antioxidant properties and may deliver many health benefits, such as supporting metabolic health. They can be found in fruits, vegetables, spices and even edible flowers, and often give foods their colourful pigments such as carrots which contain carotenoid and tomatoes, lycopene.





**Saturated is bad.
Polyunsaturated is good...
It's a little more complex than that.**

Today, we know it's more about achieving fat balance, especially between omega-3 and omega-6 polyunsaturated fats. The right amount (250 mg daily) of omega-3 fatty acids, EPA and DHA, contribute to the maintenance of normal vision and brain function, and also contribute to the normal function of the heart.

The western diet

The typical western diet provides an excess of total and saturated fat, without enough of the healthy kind, such as fats from fish, nuts, olive oil and avocados.

As a concentrated source of calories, Herbalife Philosophy recommends limiting your fat intake to not more than 30% of your daily calories. Fish oil is linked to brain health, so aim to eat two portions of fatty fish, such as sardines, salmon, or trout, weekly.

The long-chain omega-3 fatty acids (EPA and DHA) found in fish, is not efficiently produced by the body, so we need them from food. It also helps to support heart health. Not fussed on fish? Then a dietary supplement can help.



Herbalifeline® Max

Rich in Omega-3 fatty acids



This potent food supplement delivers increased levels of omega-3 fatty acids, EPA and DHA (per capsule¹), which support heart¹, vision² and brain² function. A vegetarian gel capsule with the addition of thyme and peppermint essential oils to help freshen the taste.

375 mg
of EPA
per capsule

250 mg
of DHA
per capsule

30 capsules, 42 g

#0043



Sustainably sourced fish oil accredited by Friend of the Sea. For more information please visit FRIENDOFTHESEA.ORG

Recommended use



Maintenance of normal heart¹ function
Maintenance of normal vision²
Maintenance of normal brain function²



Maintenance of normal blood triglyceride levels³



Maintenance of normal blood pressure⁴

¹ On average 3 times more EPA and DHA compared to the Herbalifeline formula.

² Beneficial effect obtained with daily 250 mg intake of EPA and DHA;

³ Beneficial effects obtained with daily 250 mg intake of DHA.

⁴ Beneficial effect obtained with daily 2 g intake of EPA and DHA.

⁵ Beneficial effect is obtained with a daily 3 g intake of EPA and DHA; A supplemental daily intake of 5 g of EPA and DHA combined must not be exceeded.

Your body loves fibre



Fibre is the thing that helps maintain normal gastrointestinal function.

It's a type of carbohydrate, which can't be broken down by the human digestive system, so most passes undigested, through the small intestine, providing bulk.

Although it's such an important dietary component, the average person consumes less than half the daily recommended amount of 25g. Our fibre-rich supplements can help boost your intake, although it's best to increase slowly alongside drinking plenty of water.



Oat Apple Fibre

A delicious way to increase daily fibre intake to support healthy digestion and can be enjoyed with water or mixed with your favourite Formula 1 shake.



30 servings, 204 g

#2554

A woman is shown from the waist up, wearing a dark green, ruffled, strapless top and grey leggings. She is holding her stomach with both hands, palms facing each other. The background is a solid light green color. Overlaid on the image is the text "Give to your gut" in large white letters, and below it, "For healthy digestion" in white letters inside a green rectangular box.

Give to your gut

For healthy digestion

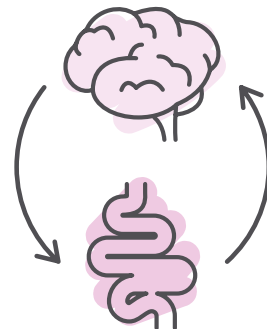
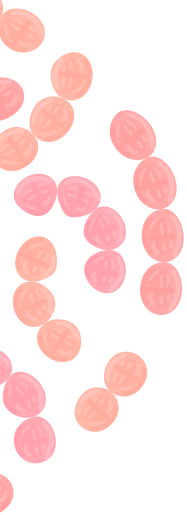
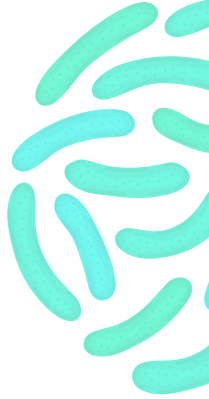


The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

What you eat plays such a crucial part in looking after the health of your gut and its resident micro flora which work together to help your two brains work symbiotically together. That's right, we have a 'second brain' -our complex digestive system, which sends and receives information to and from our 'first brain' and using it to regulate the digestive function. Prebiotics are high fibre foods such as fruit, vegetables, beans, and whole grains, and are the life force for probiotics influencing other organs and systems in the body, helping to keep blood sugar and cholesterol levels within the normal range. Humans lack the ability to break down certain carbohydrates and fibre, so the microbes in your gut do the job for you.

Your source of prebiotics

Today's busy lifestyles means many of us aren't eating enough food with good sources of prebiotics. Ideally, your body needs a combination of prebiotics and probiotics, which is why taking supplements is so important. Probiotics stimulate the growth and activity of the good bacteria in your digestive tract - the same bacteria that has been taken from foods or supplements. A rich source of good bacteria is found in fermented food such as yogurt and kefir, where they convert sugar and carbohydrates into acids. They all have a part to play in enhancing the body's immune response control and are believed to have a positive effect on mood.



Water with added value

For intense workouts, you can do your body a favour by quenching your thirst with a specially designed sports drink – both during and after exercise.

Mineral Addition

When you sweat, you lose important minerals like sodium, chloride and potassium. Often called electrolytes, they are essential for your body. Sports drinks may enhance your liquid consumption, and provide magnesium which contributes to electrolyte balance during exercise.





Give it a lift

Another way to keep hydrated is by flavouring your water. Try **Herbal Aloe Concentrate** containing 40% aloe vera juice that elevates your drink with refreshing flavour. Or wake up to a refreshing herbal beverage.

Herbalife Instant herbal beverage wit tea extracts is a unique blend infused with extracts of green tea leaf, orange pekoe tea leaf with added cardamom seed extract, and hibiscus flower powder. Each serving contains 87,5 mg caffeine to lift your day – and this still contributes to your hydration goals as moderate amounts of caffeine will not deplete the water in your body.

Hydration Aloe range

Herbal Aloe Concentrate Drink

Live up your water with a refreshing mango taste to help you to achieve adequate fluid intake of approximately 2 litres per day.

40%
aloe vera
juice

No
artificial
colours

Mango flavour	473 ml #1065
Original	473 ml #0006



Hydration Herbal drink range



Instant herbal beverage with tea extracts

Wake up to a refreshing herbal drink,
containing 87,5 mg caffeine.

- A unique blend of orange pekoe – traditional black tea, and green tea with extracts of hibiscus powder and cardamon
- Can be enjoyed hot or cold

Low
calorie

No added
sugar

Original flavour

60 servings, 102 g #179K



Lemon flavour

30 servings, 51 g #180K

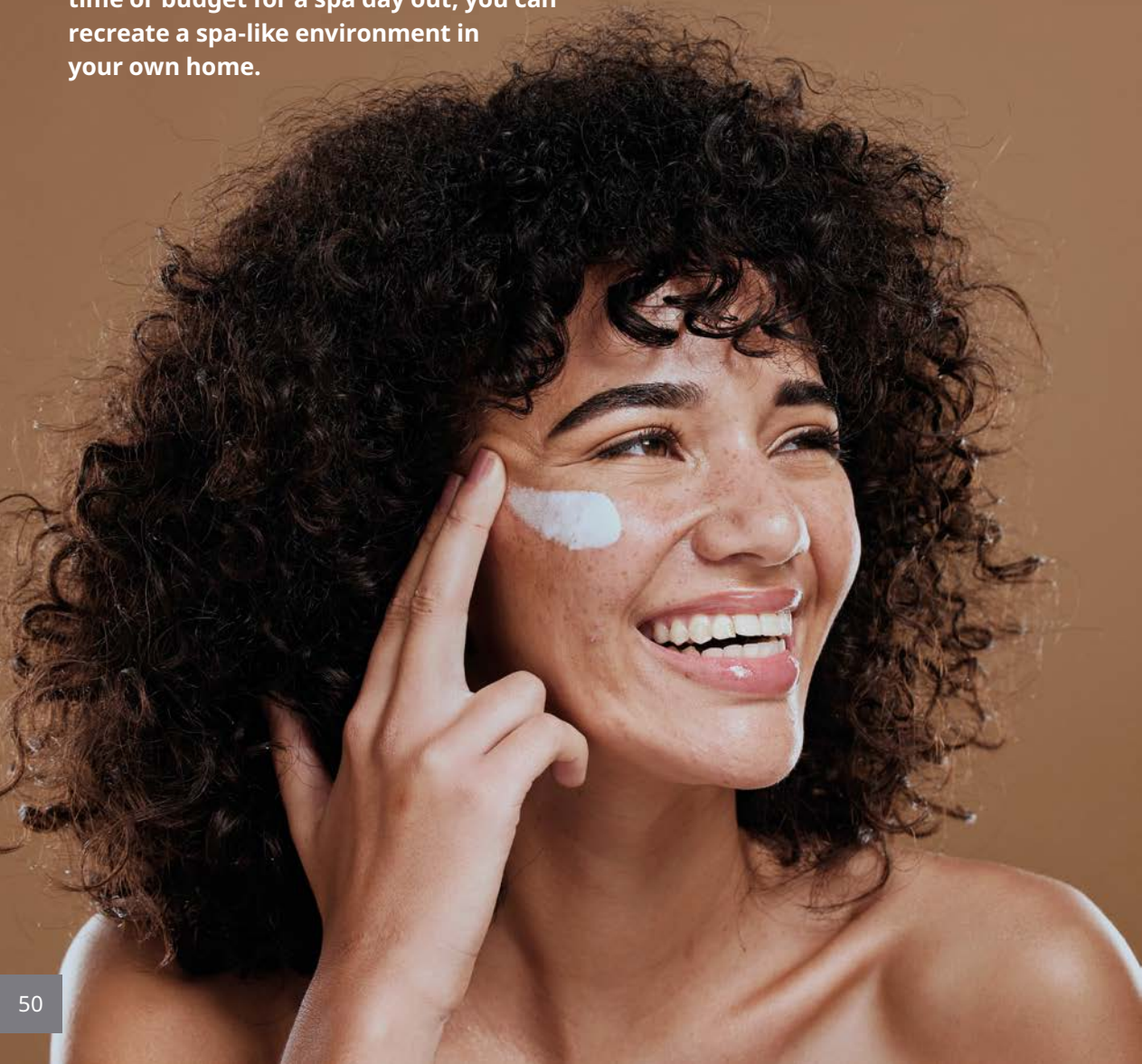


Peach flavour

30 servings, 51 g #181K

Create a home spa day

Looking after you is so important for your well-being. Whilst we don't always have the time or budget for a spa day out, you can recreate a spa-like environment in your own home.



Relax into a bubble bath

Light a candle or two and add some music while you run a bath dropping in a splash of your favourite sulphate-free fragranced bubble bath or oil – and submerge into relaxation. A warm soak relieves muscle tension, loosens pores and clears a cluttered mind.

No bath tub? A warm steamy shower can work just as well. Try a blast of cold water after a warm shower, and see how it firms up the skin!

Don't forget your hair

Indulge damaged, dry or frizzy hair too. Pick up the right conditioner for your hair type and apply to your ends while you soak, so it has the time to really moisturise and nourish.

See **Herbalife's Skin Care range (p54-57)** for some spa day inspiration.

Pamper your face

With a good face mask, you can get the same results that you do in a spa, and leaving it on while you soak, allows the heat and steam to help loosen up clogged pores. Try a mask containing bentonite clay for its amazing skin toning and absorbing properties.

Moisturise from head to toe

Applying a hydrating moisturiser while your skin is still damp will really seal in moisture for more youthful looking skin that feels silky soft. Taking time out to take care of you is invaluable, whether it's a soothing bubble bath, a face mask, reading a book or relaxing for a few minutes with a cup of tea.



Beauty edit

Relieve

Soothing Aloe Cleanser

This gentle cleanser leaves your skin clear, soft and clean.

150 ml

Normal to Dry Skin #0765



Cleanse

Polishing Citrus Cleanser

Deep cleansing microbeads refresh your skin for a healthy glow.

150 ml

Normal to Oily Skin #0766

Herbalife SKIN range is clinically tested and formulated with botanicals and vitamins. Free from parabens and sulphates, it is prepared with ingredients such as Aloe Vera, Vitamin C, E and B3, to promote softer, smoother and more radiant skin.*



Refresh

Purifying Mint Clay Mask

Removes dirt and absorbs excess oil with the absorbant and toning effect of bentonite clay.*

120 ml Normal to Oily Skin #0773

Tone

Energising Herbal Toner

Aloe Vera-infused, alcohol-free facial toner with mandarin citrus scent provides hydration and refreshes tired looking skin.*

50 ml

#0767



Revitalise

Firming Eye Gel

Improves the overall appearance of the eye area.

15 ml

#0770

Hydrate

Hydrating Eye Cream

Helps minimise the appearance of fine lines and wrinkles around the eyes.

15 ml

#0771



* Ispitano promatranjem ispitanika nakon sedam i 42 dana, uz stručnu vizualnu ocjenu žvrstoće i elastičnosti kože. Kod 45 % ispitanika ustanovljeno je poboljšanje žvrstoće/elastičnosti kože ispod očiju nakon 42 dana.

Beautiful skin

Healthy looking skin starts from within with this refreshing, scientifically driven strawberry and lemon flavoured drink. It's a rich source of collagen peptides proven to reduce eye wrinkles and improve skin elasticity in 4 weeks and reduce signs of cellulite after 3 months. With 9 vitamins and minerals, this is expert nutrition for your skin. High in key vitamins and minerals to support healthy skin, hair and nails*.



Repair

Collagen Skin Booster

Strawberry and Lemon flavour

30 servings, 171 g #076K

*Verisol® P and bioactive collagen peptides are trademarks of Gelita AG.

**Results shown on eye wrinkles and skin elasticity after 4 weeks, first results of reduction in visible signs of cellulite after 3 months.

***Biotin, Copper, Iodine, vitamin A and Zinc contributes to the maintenance of normal skin. Biotin, Selenium and Zinc contributes to the maintenance of normal hair.

Customers say...

"The results are fantastic! My skin looks amazing."



Gluten
free

Natural
sweetener &
flavouring

Results after
4 weeks**

Say aloe to stronger hair and skin

Ingenious haircare infused with botanicals and free from Parabens and Sulphates.



Herbal Aloe Strengthening Shampoo

- Leaves hair 10 times stronger after just one use*
- Hydrolysed wheat protein helps protect, repair and strengthen your hair*

250 ml

#2564



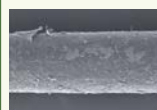
Herbal Aloe Strengthening Conditioner

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner

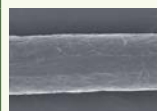
250 ml

#2565

Study results:



Before
Highly damaged cuticle structure.



After
Significant improvement in cuticle structure.

* When used in conjunction with the Strengthening Conditioner versus untreated hair. Results based on Strengthening and Breakage Study. Average value obtained from Combing Test conducted by an independent research laboratory on "damaged" hair tresses. Broken fibre counts were compared on untreated hair using Herbal Aloe Strengthening Shampoo and Strengthening Conditioner.



Herbal Aloe Bath & Body Bar

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe Vera, olive oil and Vitamins A, C and E nourishes the skin

125 g

#2566



Herbal Aloe Hand & Body Wash

- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin

250 ml

#2561



Herbal Aloe Soothing Gel

- Infused with Aloe Vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragrance-free formula

200 ml

#2562



Treat your hair to an intensive conditioning treatment – leave Herbal Aloe Conditioner to soak in for 3 minutes before rinsing for hair that's super-soft and shiny.

Herbal Aloe Everyday Soothing Hand & Body Lotion

- Clinically shown to hydrate skin for deep nourishment
- Aloe Vera and African shea butter absorb quickly and leave skin feeling soft and smooth

200 ml

#2563

HERBALIFE

24

NUTRITION FOR THE
24-HOUR ATHLETE













Unleash your potential

Whether you're a gentle jogger or an elite athlete, Herbalife24® sports line has the products you need to help you to prepare, train and recover.

Customise Your Herbalife24 programme



Product usage	Rebuild Strength	Achieve Protein Bars
Morning		
Before workout		
During workout		
After workout		
Night		

A young woman with blonde hair in a ponytail, wearing a light purple sports bra and dark leggings, is smiling and looking upwards in a gym. She has her arms raised. The background shows a large gym with a high ceiling and ropes.

I'm with

Helping you to live



th you
ve your best life.

Herbalife's goal is to make the world a happier and healthier place. Our distributors' purpose is to offer a one-to-one, high touch service. The essence of our brand is to not only advise on best products but to also arm you with the motivation to make lifestyle changes for the better. With our products, you befriend an accountability partner and mentor who will check in with you and keep you on the path to your nutritional and fitness goals.

**We are invested in your success
and this is what we call
'our distributor difference'.**

Protein power

Here's the thing

Proteins are made up of amino acids - the main building blocks of our muscles, bones, skin, tissues, and organs. During digestion, our body breaks down protein into individual amino acids to create new proteins - so it's important to keep our daily intake at the right levels.

Boosts metabolism

Did you know your body uses more energy to digest protein compared to carbohydrates? So to get your metabolism working harder, it makes sense to ensure you're consuming the optimum amount of protein in your daily diet. Protein also helps to maintain muscle mass, and as muscle tissue needs to burn energy to perform their daily task of contracting and relaxing, this also is key in boosting your metabolism.

Supports muscle recovery and growth

Regular exercise and the right protein intake contributes to muscle growth. High-quality proteins containing every essential amino acid are found in animal-based protein foods such as lean poultry, beef, fish, dairy and whole eggs, and for a vegan diet from a combination of beans, lentils, whole grain and soy-based tofu.

Finding your protein

Protein shakes and supplements can help to boost your protein levels, and whether you opt for whey protein or plant-based protein, both can contribute to muscle growth.

In addition to a balanced diet, protein shakes are a convenient option for individuals and athletes always on the go.

See our H24 range for products to support your fitness at every stage



“

“Protein is essential for everyone, but especially those who actively work out.”

Raising the bar

Customers say
“Has an excellent
non-chewy texture.”

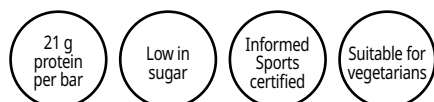


H24 Achieve Protein Bars

**A convenient post-workout snack that
contains 21 g of protein to fuel your goals.**

These delicious bars come in decadent Dark Chocolate flavour.

Free from artificial flavours and colours, they're also suitable for vegetarians!



Dark Chocolate flavour

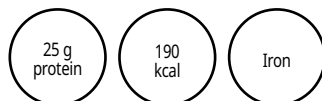
6 bars x 60 g #150K

From strength to strength



Rebuild Strength

A premium high-protein recovery shake to support growth and maintenance of muscle mass, plus iron to contribute to normal energy-yielding metabolism.



Chocolate flavour

20 servings, 1000 g #1437

STARTS ON THE



HERBALIFE
24





Tottenham Hotspur Women Team

Sponsored athletes



Damir Džumhur **Bosnia and Herzegovina**

"Sport requires great sacrifices, discipline and persistence. Every new training should be better than the previous one, so in addition to regular and effective training, quality and balanced nutrition is also very important. This is exactly what I recognized in Herbalife products."

Professional tennis player, member of the Bosnia and Herzegovina Davis Cup team

Celje Pivovarna Laško Handball Club Slovenia

"Herbalife is already a permanent figure in elite sport with its products, which are considered to be of extremely high quality and as such are an indispensable addition to the diet of elite and recreational athletes. We are delighted that they have recognised us as a partner with whom they want to create a successful story in Slovenia."

**Miroslav Benicky, Director of the
Celje Pivovarna Laško Handball Club**



Darko Stošić Serbia

"Before, during and after daily exercise I use Herbalife supplements. I would like to highlight two supplements – H24 Rebuild Strength after exercise and CR7 during exercise for better hydration. These are my two favorite supplements and I highly recommend them."

Professional MMA fighter



Notes

[illegible]

[illegible]



ELEVATE YOUR POTENTIAL

BE YOUR OWN BOSS WITH A BRAND YOU CAN TRUST

Low start-up costs • Part-time income • Product discounts
Money back guarantee • Be part of an inspiring community
Help improve people's lives • Full training and support

Contact your Herbalife distributor now to find out more.

To find out more, contact me today:



MADE WITH
100%
RECYCLED
PAPER

Herbalife 



6 2 4 0 X K

Herbalife[®]

PRODUCT LIST

APRIL 2023





Our tablet box and multi scoop make it easy to use our products on the go.



Tablet Box

Small

#A727



Multi Scoop

#247A

List of products

Pages
20/21



Formula 1

Smooth Chocolate flavour, 550 g
Vanilla Crème flavour, 550 g
Cookie Crunch flavour, 550 g
Strawberry Delight flavour, 550 g

#4468
#4466
#4467
#4463

Café Latte flavour, 550 g
Banana Cream flavour, 550 g
Vanilla Crème flavour, 780 g
Vanilla Crème flavour, 7 sachets x 26 g, 182 g

#4465
#4462
#048K
#053K

Pages
22/23



Formula 1 Express Nutritious Meal Bars

Dark Chocolate flavour, 7 bars x 56 g

#4472

Pages
22/23



Protein Drink Mix

Vanilla flavour, 588 g

#2600

Pages
30/31



Formula 3 Personalised Protein Powder

240 g

#0242

Page
32



Gourmet Tomato Soup

672 g

#0155



Roasted Soya Beans

258 g

#143



Protein Bars

Chocolate Peanut, 14 bars x 35 g

Vanilla Almond flavour, 14 bars x 35 g

Citrus Lemon flavour, 14 bars x 35 g

#3972

#3968

#3976



Immune Booster

Berry flavour, 21 sachets x 3,7 g

#233K



Vitamin & Mineral Complex

Men, 85,3 g

Women, 85,3 g

#1745

#2038



Herbalifeline® Max

42 g

#0043



Oat Apple Fibre

204 g

#2554

List of products

Page
48



Herbal Aloe Concentrate Drink

Mango flavour, 473 ml
Original flavour, 473 ml

#1065
#0006

Page
49



Instant herbal beverage with tea extracts

Original flavour, 102 g
Lemon flavour, 51 g
Peach flavour, 51 g

#179K
#180K
#181K

Pages
50/51



Herbalife SKIN

Soothing Aloe Cleanser, 150 ml
Energising Herbal Toner, 50 ml
Polishing Citrus Cleanser, 150 ml
Firming Eye Gel, 15 ml
Purifying Mint Clay Mask, 120 ml

#0765
#0767
#0766
#0770
#0773

Page
52



Collagen Skin Booster

Strawberry and Lemon flavour, 171 g

#076K



Herbalife SKIN

Hydrating Eye Cream, 15 ml
Instant Reveal Berry Scrub, 120 ml

#0771
#0772



Herbal Aloe

Hand & Body Lotion, 250 ml
Bath & Body Bar, 1 bar
Strengthening Conditioner, 250 ml
Strengthening Shampoo, 250 ml
Hand & Body Wash, 250 ml
Soothing Gel, 250 ml

#2563
#2566
#2565
#2564
#2561
#2562



H24 Achieve Protein Bars

Dark Chocolate flavour, 60 g

#150K



Herbalife 24 Range

Rebuild Strength, Chocolate flavour, 1000 g

#1437



MADE WITH
100%
RECYCLED
PAPER

To find out more, contact me today:



2 C 4 1 K O