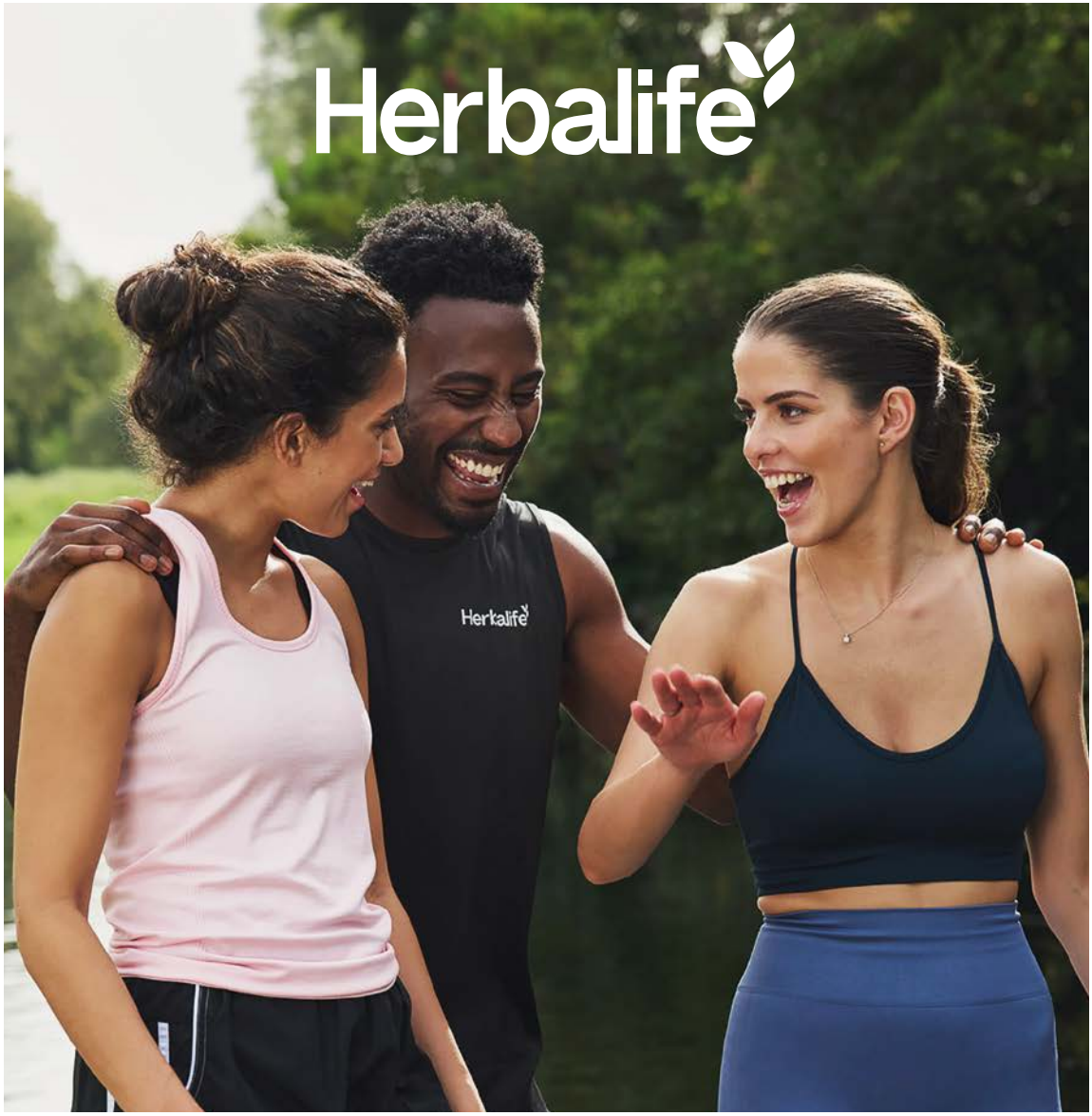


PRODUCT CATALOGUE

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 18–41

2 Vitamins & minerals Pg 42–51

3 Phytonutrients Pg 52–53

4 Healthy fats Pg 54–55

5 Fibre Pg 56–61

6 Hydration Pg 62–65

7 Beauty Pg 66–73

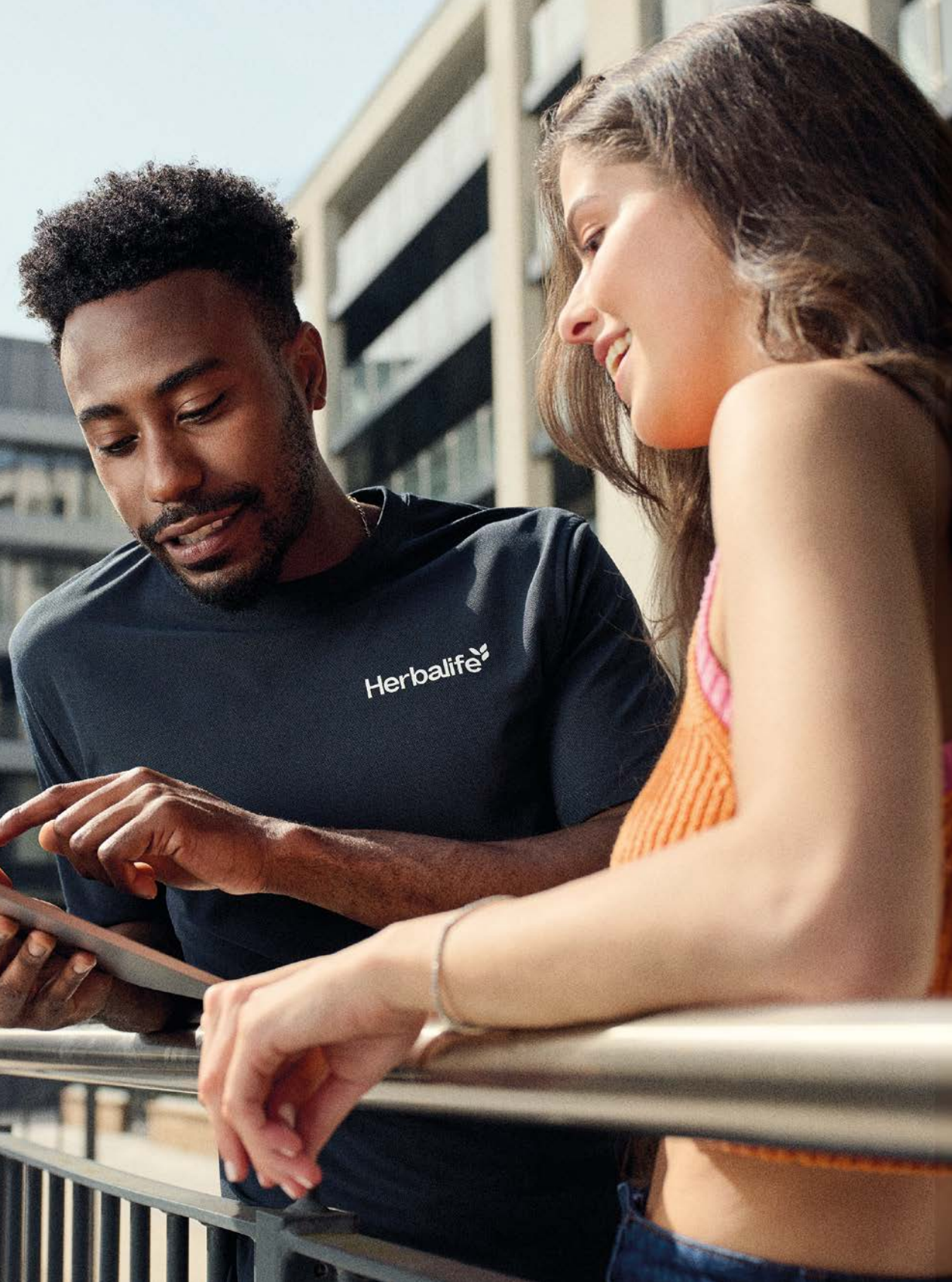
8 Sport Pg 74–87

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 Members, 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

Belgium.

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 Nutrition 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 Healthy Meal

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

2. Hydrate

AloeMax

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

3. Refresh

Instant Herbal Beverage

Refresh with a tasty cup of Instant Herbal Beverage. Infused with green and black tea, every serving packs 87.5mg* of caffeine.

* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women). A single dose of 200 mg caffeine should not be exceeded.

Formula 1

Packed with high-quality plant-based protein and 25 essential vitamins and minerals. Our Formula 1 Healthy Meal shakes come in nine 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
- 220 kcal
- Gluten free

* When mixed with semi-skimmed milk

Banana Cream
21 servings
550 g #4462

Café Latte
21 servings
550 g #4465

Cookie Crunch
21 servings
550 g #4467

Mint & Chocolate
21 servings
550 g #4471

Raspberry & White Chocolate
19 servings
500 g #4469

Smooth Chocolate
21 servings
550 g #4468

Customers say

"Wins hands down on taste and texture."

VEGAN 100% VEGAN

Strawberry Delight
21 servings
550 g #4463

Summer Berries
21 servings
550 g #4470

Vanilla Cream
21 servings
550 g #4466

Vanilla Cream
30 servings
780 g #048K

Sachets

Vanilla Cream	7 x 26 g, 182 g	#053K
Cookie Crunch	7 x 26 g, 182 g	#228K
Smooth Chocolate	7 x 26 g, 182 g	#229K

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 healthy meal with more protein, more fibre and less calories than a regular Formula 1 shake.

Or combine Protein Drink Mix Vegan with Formula 1 for a healthy meal that is lactose free, 100% vegan and contains the perfect balance of protein, fibre, vitamin, and minerals.

VEGAN 100% VEGAN

Protein Drink Mix Vegan and Formula 1 Healthy Meal

24 g protein | 26 vitamins & minerals | Gluten free

F1 Vanilla Cream	21 servings, 550 g #4466
Vanilla	20 servings, 560 g #172K

Formula 1

Yuzu Passionfruit Healthy Meal

Our Formula 1 Shakes provide a healthy meal to replace breakfast, lunch or dinner. High in protein to support the maintenance and growth of muscle mass, it's also balanced with key vitamins, minerals and fats. The perfect solution for high-end nutrition that's also convenient.

Be quick to try this limited edition of Yuzu Passionfruit before it's gone! The tropical flavour of passionfruit with the twang of Yuzu is perfect for the summery months and beyond.

- High in protein
- 26 vitamins & minerals
- Dairy free*
- Gluten free
- Vegan

21 servings, 550 g #255K

* When mixed with PDM Vegan and 300 ml water.

Customers say

"The huge choice of flavours means I never get tired of using Formula 1."

Formula 1 Savoury Meal

A hearty, warming and nutritious savoury meal that's quick to prepare – Formula 1 Mushroom and Herb delivers a rich and creamy soup, that's full of flavour.

Enjoy all the benefits of Formula 1 in a savoury flavour that is healthy and delicious.

- 19 g protein*
- 216 kcal*
- 25 vitamins & minerals
- Vegan
- Gluten free

21 servings, 550 g

#092K

* When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please follow the preparation instructions on the product label.

Customers say

"It's delicious and creamy... A great alternative for cold nights."

Tomato and mushroom-flavoured salsa toast

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients for 1 serving

2 scoops (26g) F1 Savoury

300g fresh tomatoes, roughly chopped

1 garlic clove, finely chopped

1 (50g) red onion, finely sliced

1 red chilli, sliced

2 tbsp each of chopped fresh coriander, mint and basil, plus extra to garnish

2 limes

50ml water

2 slices (60g) Wholemeal bread

Step 1 Mix together the tomatoes, garlic, red onion, chilli and herbs in a large bowl. Season with black pepper and mix thoroughly. Allow to stand for 5 minutes

Step 2 Zest the limes into a bowl, then add the juice and mix in the F1 Savoury and 50ml of cold water thoroughly. Mix the F1 Savoury mixture into salsa, then toast the bread and cut into triangles. Serve the salsa with the extra herbs to garnish and the toast.

Nutritional values per portion*:

Energy (kcal)	311
Protein (g)	20
Total Fat (g)	4.9
of which saturates (g)	0.8
Carbohydrate (g)	16
Carbohydrate of which starches (g)	30
Fibre (g)	14
Salt (g)	1.9

* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label

Formula 1

Express Healthy Meal Bars

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

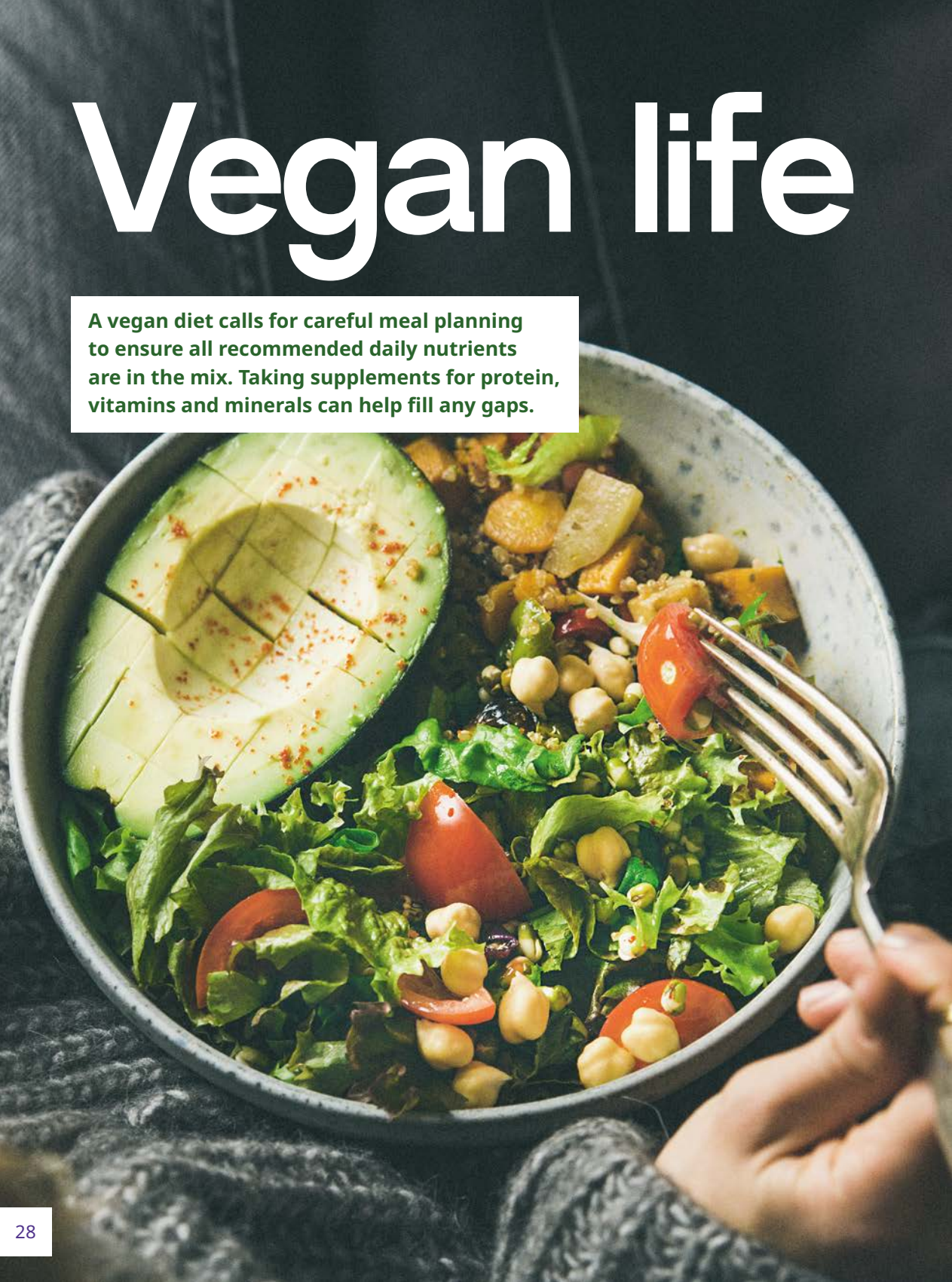
209 kcal | 25 vitamins & minerals | 15 g protein | 7 g fibre | No artificial colours | Vegetarian

7 x 56 g, 392 g	Dark Chocolate #4472
7 x 56 g, 392 g	Cranberry & White Chocolate #4473

Formula 1
Express
cranberry & white
chocolate flavour

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 fill 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.

It can help to use plant protein powders, such as our **Protein Drink Mix-Vegan (p21)**. Made from soy protein, it will help supplement intake for relatively few calories and these protein powders are easy to add to shakes, soups and bakes.

Our delicious **Tri Blend Select (p31)**, made from pea protein, flaxseed and quinoa also delivers a protein packed shake in banana and coffee caramel flavours.

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 (p48-49).

Essential nutrients

- Calcium
- Vitamin D
- Iron
- Zinc
- Vitamin B12

Coffee with protein power

High Protein Iced Coffee

Every batch is expertly brewed using 100% Robusta espresso coffee beans to deliver a smooth, bold taste. Coffee at its best, providing 80 mg caffeine*, 15 g protein, no added sugar, and only 80 calories per serving. Just add water and recharge!

15 g whey protein

80 mg caffeine

80 kcal

Latte Macchiato	14 servings, 308 g	#012K
Mocha	14 servings, 322 g	#011K

* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources. (200 mg for pregnant and lactating women)

Naturally selected

Tri Blend Select

Our flavoursome vegan protein shake packs a punch with its carefully selected blend of pea, quinoa and flaxseed for a complete protein* hit, plus, it's a source of fibre, vitamins and minerals.

- 20 g protein
- 6 g fibre
- Vitamin C
- Low in sugar
- 151 kcal

Banana	15 servings, 600 g	#013K
Coffee Caramel	15 servings, 600 g	#052K

* The addition of rice protein delivers a complete protein

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 64kg should aim for about 100g 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 healthy shakes, that they contain the complete proteins needed to support your nutritional needs.

Upping your protein

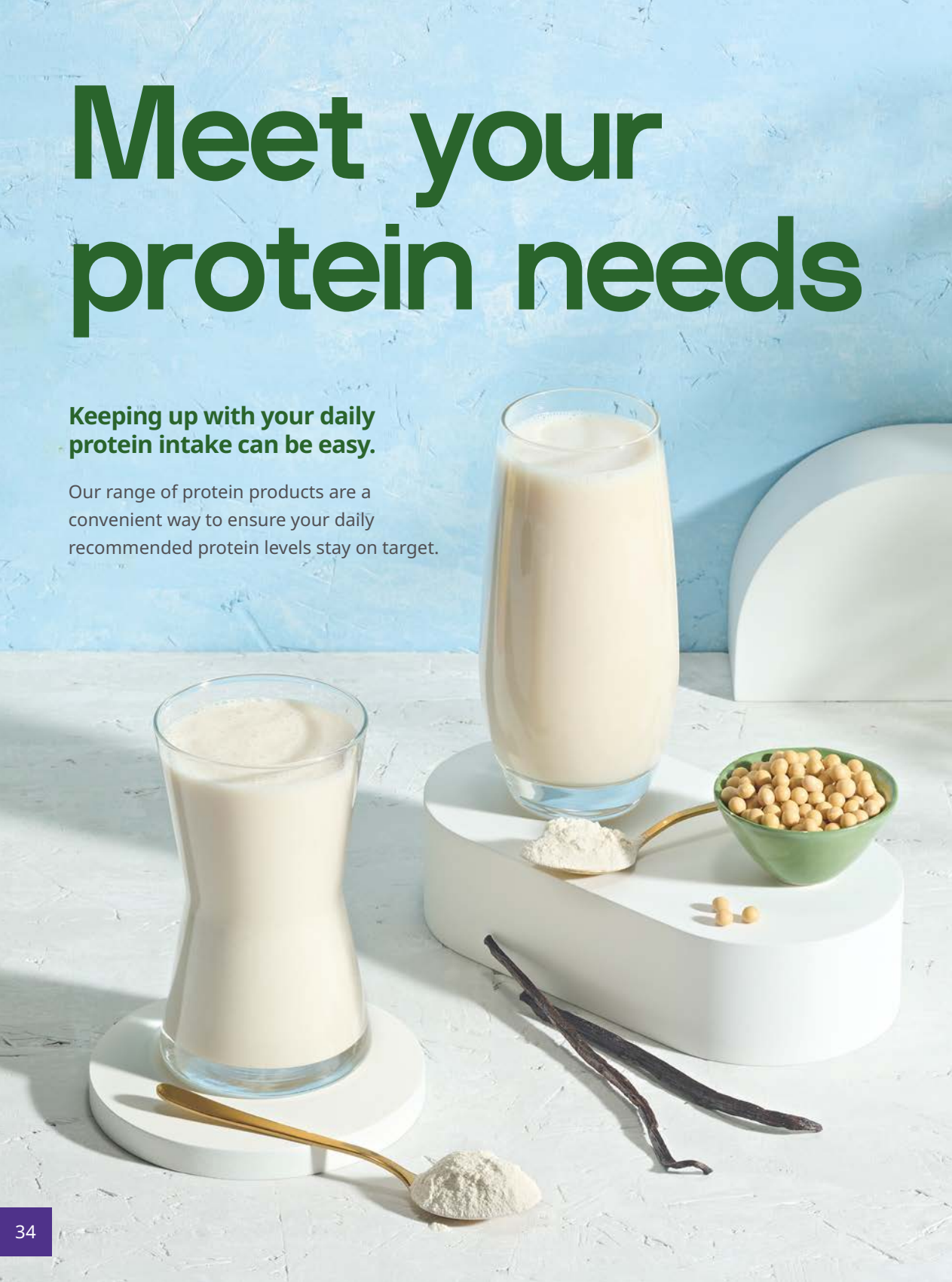
As a rough guide, common sources of protein food contain around 25 g of protein and protein snacks **(e.g. Herbalife Nutrition Protein Bars)** contain around 10 g. If you need to up your protein, meal replacement or protein shakes can bridge that gap, and be tailored to your personal needs. Look at **Formula 1 Healthy Meal, Formula 1 Savoury Meal** or **Tri Blend Select** and **Protein Drink Mix Vegan** for vegan friendly options.

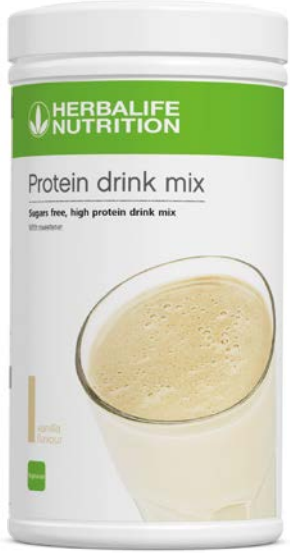
Herbalife

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.

15 g protein | 20 vitamins & minerals | Vegetarian | 108 kcal

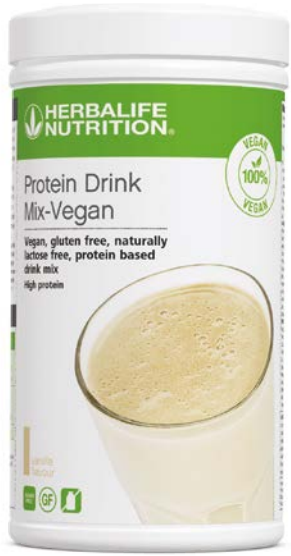
Vanilla — 21 servings, 588 g #2600

Protein Drink Mix Vegan

An ultra-creamy vanilla flavoured drink. Mix with Formula 1 for a healthy vegan meal or enjoy it solo as a shake.

15 g protein | 22 vitamins & minerals | Gluten free | Sugar free

Vanilla — 20 servings, 560 g #172K



VEGAN 100% VEGAN

Formula 3 Personalised Protein Powder

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

5 g protein | 23 kcal

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 day[1].

[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

104 kcal

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

Never fried. Always Popped.

Protein Chips

Sour Cream and Onion

Savour the smooth, tangy taste of our Sour Cream and Onion Protein Chips.

12 g protein | Gluten free | Vegetarian

10 servings, 30 g #142K

Protein Chips

Barbecue

Treat your taste buds to the subtle heat and smoky undertones of our barbecue flavoured Protein Chips.

11 g protein | Gluten free | Vegan

10 servings, 30 g #141K

* 50% less fat than fried potato chips

Protein Chips

Customers say

"Takes away the craving for salt without breaking the calories."

The Cookbook

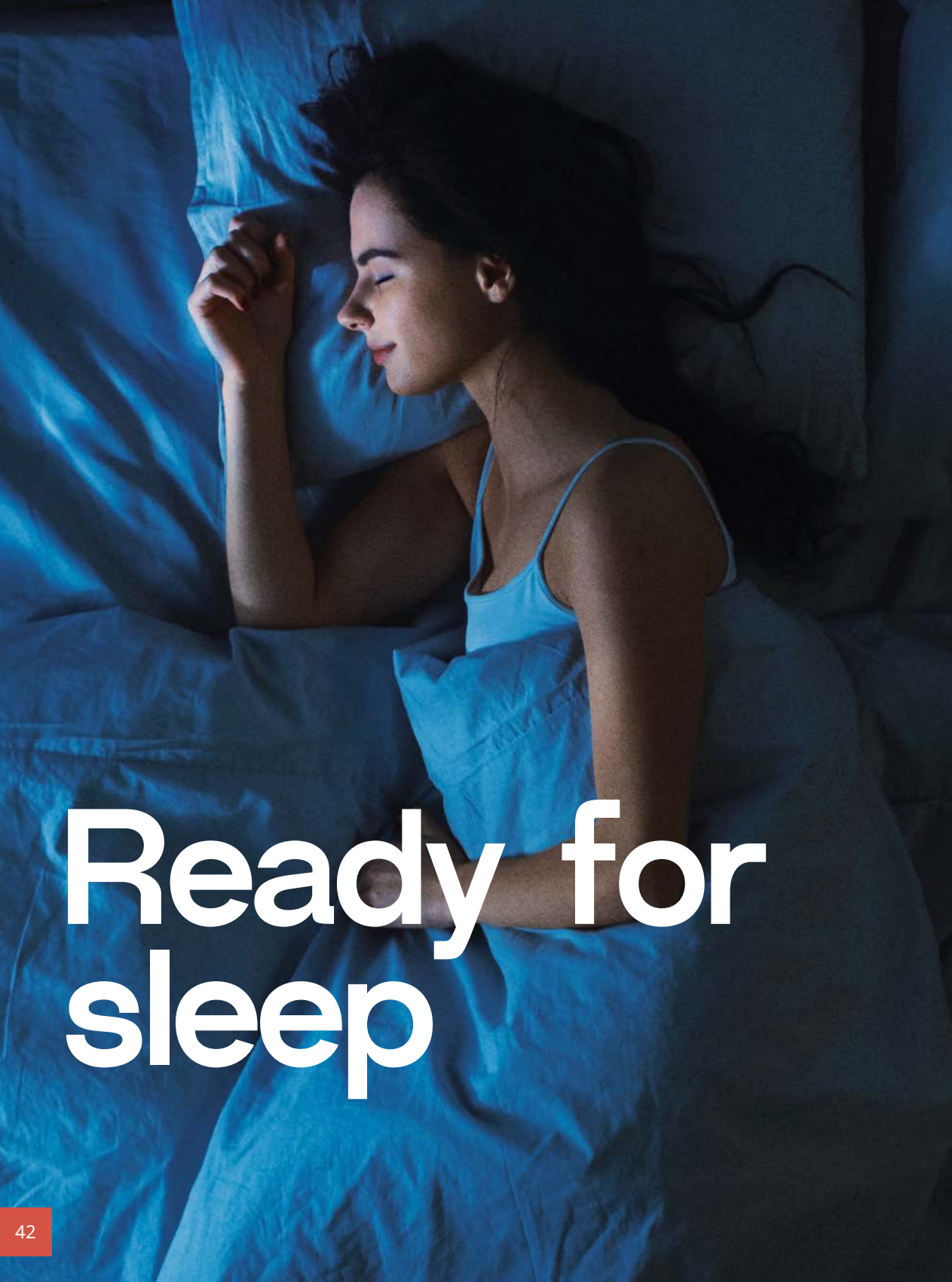
Hot off the press!

The latest edition of our Herbalife Cookbook, Volume 2 is now out!

We've curated an exciting collection of 80 unique recipes from Europe and Africa that will enhance your cooking, elevate your taste buds and very conveniently nourish your body all at the same time. From Party Pleasers to Workout Fuel and Wellness Dishes, there's a world of innovative dishes to discover such as Veggie Loaded Aubergine, Vegan Flambe, Couscous Harissa, Acai Bowl and Plantain Pancakes.

There are also much-loved dishes, that have been adapted to be a truly nutritious version. These recipes are smart, light and packed with flavour, showcasing next level usability of your favourite Herbalife products. This cookbook will encourage a more rewarding connection with food that will transform how you prepare, cook and even shop – with each recipe featuring a QR code for a quick shop list.

Herbalife
The
Cook Book



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.

Enjoy a night-time drink

Try **Herbalife Night Mode**, a chamomile and peach flavoured drink with saffron extract and vitamins (Riboflavin and B6) while you enjoy a few moments of headspace.

Discover your dream sleep

Herbalife Night Mode

A calming night-time drink infused with saffron extract, scientifically shown to improve sleep quality in 7 days*. Saffron extract helps to reduce insomnia**, it can also improve your mood after awakening and increase melatonin which supports your sleep/wake cycle**.

Vital for well-being, a proper night's sleep allows our bodies to recover, repair and regenerate, while enhancing our mental clarity and emotional balance, so enhancing mood, energy levels and focus.

Night Mode also contains a blend of vitamins to help support normal psychological and nervous system function***. So, optimise your sleep by including Night Mode into your night-time wind-down. Sit back, relax and savour the subtle flavour of Chamomile and Peach.

Riboflavin | Vitamin B6 | Caffeine free | Gluten free | Vegan

21 servings, 550 g #282K

* Results typically seen after 7 days intake of 28 mg saffron extract daily based on clinical trial results
** Result typically seen after 28 days intake of 28 mg saffron extract daily based on clinical trial results
*** Vitamin B6 and Riboflavin

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 benefits[1].

EpiCor® | 80 mg vitamin C | 10 µg vitamin D | 55 µg selenium | 3 mg zinc

Berry — 21 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.

Vitamins B6 & B12

Calcium & zinc

Women 60 tablets, 84.3 g #1819

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, 84.3 g #1800

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

Niteworks®

Nutrition while you sleep. Protect your cells from oxidative stress. It's high in vitamins C and E which protect your cells from oxidative stress.

Vitamins C & E

L-Arginine L-Citrulline L-Taurine

15 servings, 150 g #3150

Xtra-Cal®

This product contains over 100% of your Calcium NRV per daily dose, needed for the maintenance of healthy bones and teeth.

Vitamin D

Calcium & Magnesium

90 tablets, 133 g #0020

Active Mind Complex

Maximise your brain power

Scientifically proven to support focus, concentration and working memory – even on your most hectic days.

Expertly developed with a patented spearmint extract and a blend of carefully selected vitamins to support normal psychological function, mental performance and functioning of the nervous system.

- Vegan
- Folic acid
- Gluten free
- Pantothenic acid
- Vitamins C, B6 & B12

60 capsules, 40.2 g #243K

HERBALIFE NUTRITION
Active Mind Complex
FOOD SUPPLEMENT
Contains Vitamins B6, B12 and C
Contains Folic acid and Pantothenic acid
Neumentix
PHENOLIC COMPLEX K110-42
Best before and lot number:
See base of container
60 CAPSULES | NET WEIGHT: 40.2 g
e

Phyto Complete

Phyto Complete works just as hard as you do. Contains Fiit-NS™, an ingredient proven to support the reduction in waist circumference, abdominal fat and improves vitality and energy.*

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.

Provides 100% of your NRV of vitamins A and C to support a normal and healthy immune system.

Vegan | No artificial sweeteners | Gluten free | No artificial flavour | No added sugar

60 capsules, 42.8 g #236K

* Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improves vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+.

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's Philosophy recommends limiting your fat intake to no 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

Endorsed by Friends of the Sea. For more information please visit FRIENDOFTHESEA.ORG

This potent food supplement delivers increased levels of omega-3 fatty acids, EPA and DHA (per capsule[1]), which support heart[1], vision[2] and brain[2] 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

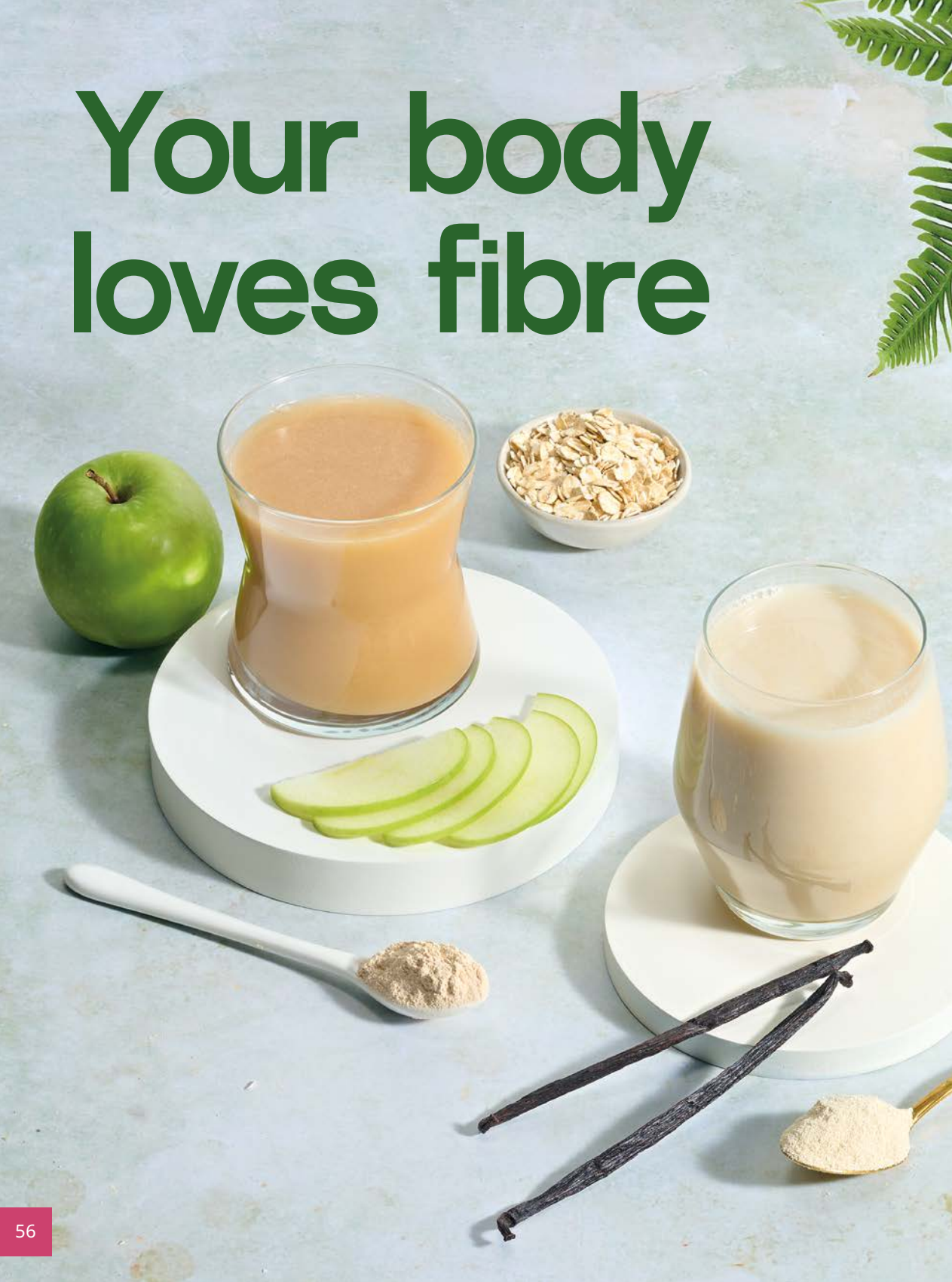
30 capsules, 42 g #0043

Recommended use

- Maintenance of normal heart[1] function
- Maintenance of normal vision[2]
- Maintenance of normal brain function[2]
- Maintenance of normal blood triglyceride levels[3]
- Maintenance of normal blood pressure[4]

[1] On average 3 times more EPA and DHA compared to the current Herbalifeline formula. 1Beneficial effect obtained with daily 250 mg intake of EPA and DHA;
[2] Beneficial effects obtained with daily 250 mg intake of DHA.
[3] Beneficial effect obtained with daily 2 g intake of EPA and DHA.
[4] 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.

Beta heart®

Contains the key ingredient OatWell® oat beta-glucan, shown to lower or maintain blood cholesterol. Mix 2 scoops with water or your favourite drink or shake.

3 g fibre | No artificial sweeteners | Sugar free | 25 kcal

15 servings, 229 g #0267

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.

5 g fibre | No artificial sweeteners | Sugar free | 18 kcal per serving

30 servings, 204 g #2554

Give to your gut

For healthy digestion

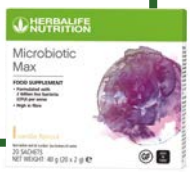
The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

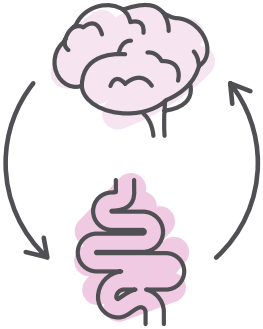
What you eat plays such a crucial part in looking after the health of your gut and its resident micro flora which work together to help your two brains work symbiotically together. That's right, we have a 'second brain' -our complex digestive system, which sends and receives information to and from our '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.

Check out our Microbiotic Max **(p61)** for gut health support





Customers say

"The vanilla flavour makes it perfect to combine with any F1 shake."

Microbiotic Max

Formulated to offer you a combination of probiotics and prebiotic fibre, delivering 2 billion live bacteria (CFU) per serving. It contains no sweeteners, colours or preservatives and doesn't need refrigeration, making it ideal to take wherever you go.

High in fibre | Probiotics | Prebiotic fibre | Gluten free

Vanilla flavour — 20 sachets x 2 g, 40 g #173K

* Please add Microbiotic Max after blending and use liquids at a temperature below 25°C, to avoid affecting product efficacy.

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. Try **Herbalife 24 Hydrate**, a caloriefree electrolyte drink, or **Herbalife 24 LiftOff Max** containing caffeine and vitamins B6, B12 and C which contribute to a reduction in tiredness and fatigue.

Give it a lift

Another way to keep hydrated is by flavouring your water. Try **Herbalife AloeMax**, containing 97% aloe vera juice that elevates your drink with the subtle flavour of Aloe. Or wake up to a refreshing herbal beverage. **Herbalife Instant Herbal Beverage** 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

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

- 40% aloe vera juice
- No added sugars
- No artificial flavours or colours

Mango	473 ml #1065
Original	473 ml #0006

AloeMax

Our hand-picked Aloe Vera leaves are carefully selected and come straight from our fields, to your glass.

- 97% aloe vera juice
- 2 kcal per serving
- No flavouring sweetener or colour

473 ml #1196

Hydration Tea range

Instant Herbal Beverage

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	30 servings, 51 g #178K 60 servings, 102 g #179K

Lemon	30 servings, 51 g #180K

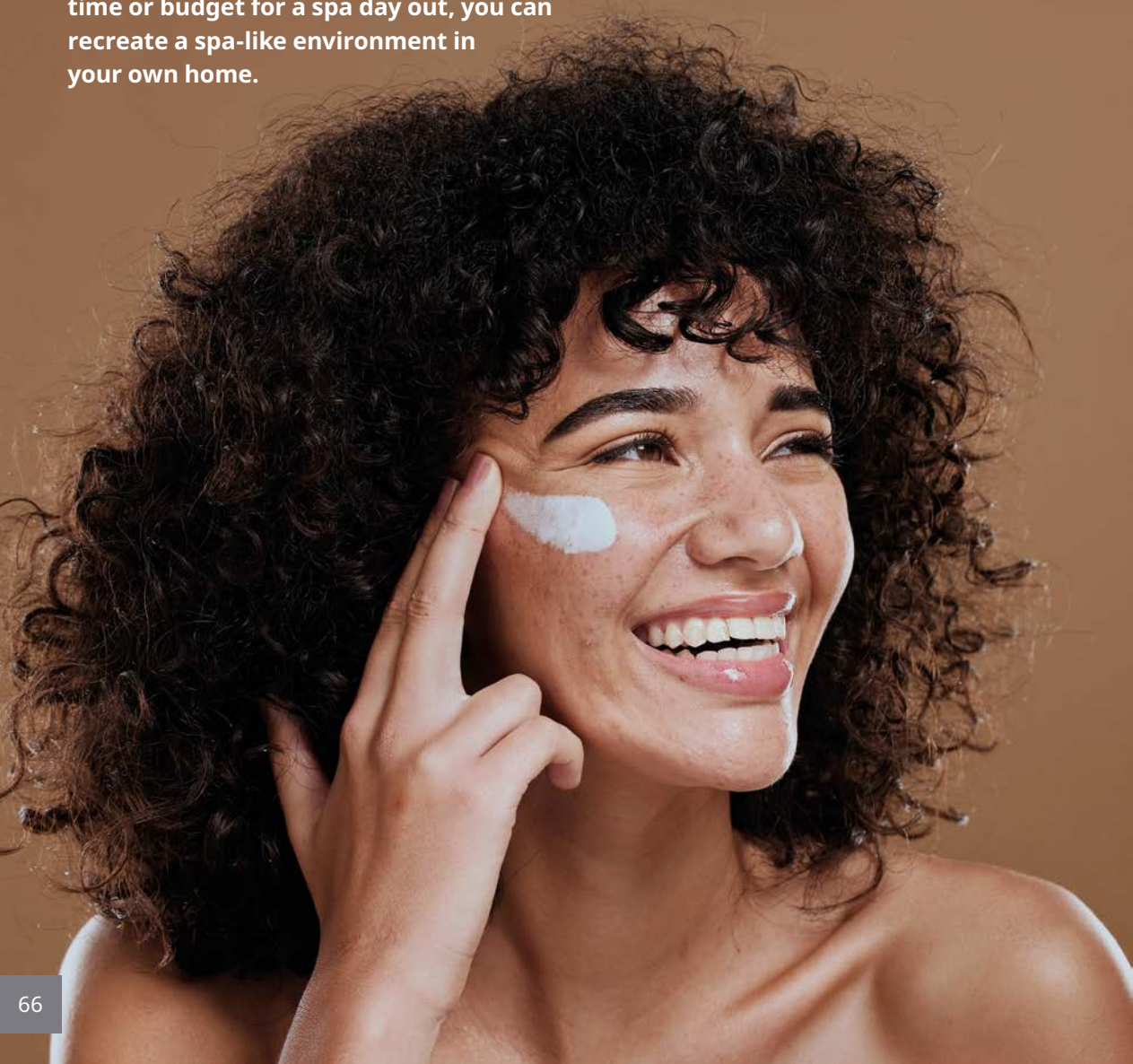
Raspberry	30 servings, 51 g #182K

Peach	30 servings, 51 g #181K

* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).

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 (p68-73)** 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.

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

Beauty edit

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*

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

Refresh

Purifying Mint Clay Mask

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

120ml
Normal to Oily Skin #0773

Target

Line Minimising Serum

This multi-functional serum helps diminish the visible signs of ageing.*

50 ml #0829

Revitalise

Firming Eye Gel

Improves the overall appearance of the eye area.

15 ml #0770

* Tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 45% of subjects, improvement was seen in firmness/elasticity in skin under the eye at 42 days.

Beautiful skin

Customers say...

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

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*.

Gluten free

Natural sweetener & flavouring

Results after 4 weeks**

Repair

Collagen Skin Booster

Strawberry and Lemon

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.

Exfoliate

Instant Reveal Berry Scrub

Antioxidant-rich scrub with berry seeds for exfoliation, which helps achieve soft, smooth skin.

120 ml #0772

Protect

SPF 30 Protective Moisturiser

Long-lasting moisturiser leaves skin smooth and soft. Provides broad spectrum UVA/UVB protection.

50 ml #0828

Moisturise

Daily Glow Moisturiser

All-purpose hydrating lotion with illuminating properties to give your face a healthy glow.

50 ml #0830

Replenish

Replenishing Night Cream

This rich, luxurious cream helps deliver much needed moisture to your skin at night.

50 ml #0827

Hydrate

Hydrating Eye Cream

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

15 ml #0771

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*

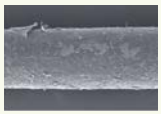
250 ml #2564

Herbal Aloe Strengthening Conditioner

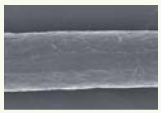
- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner

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

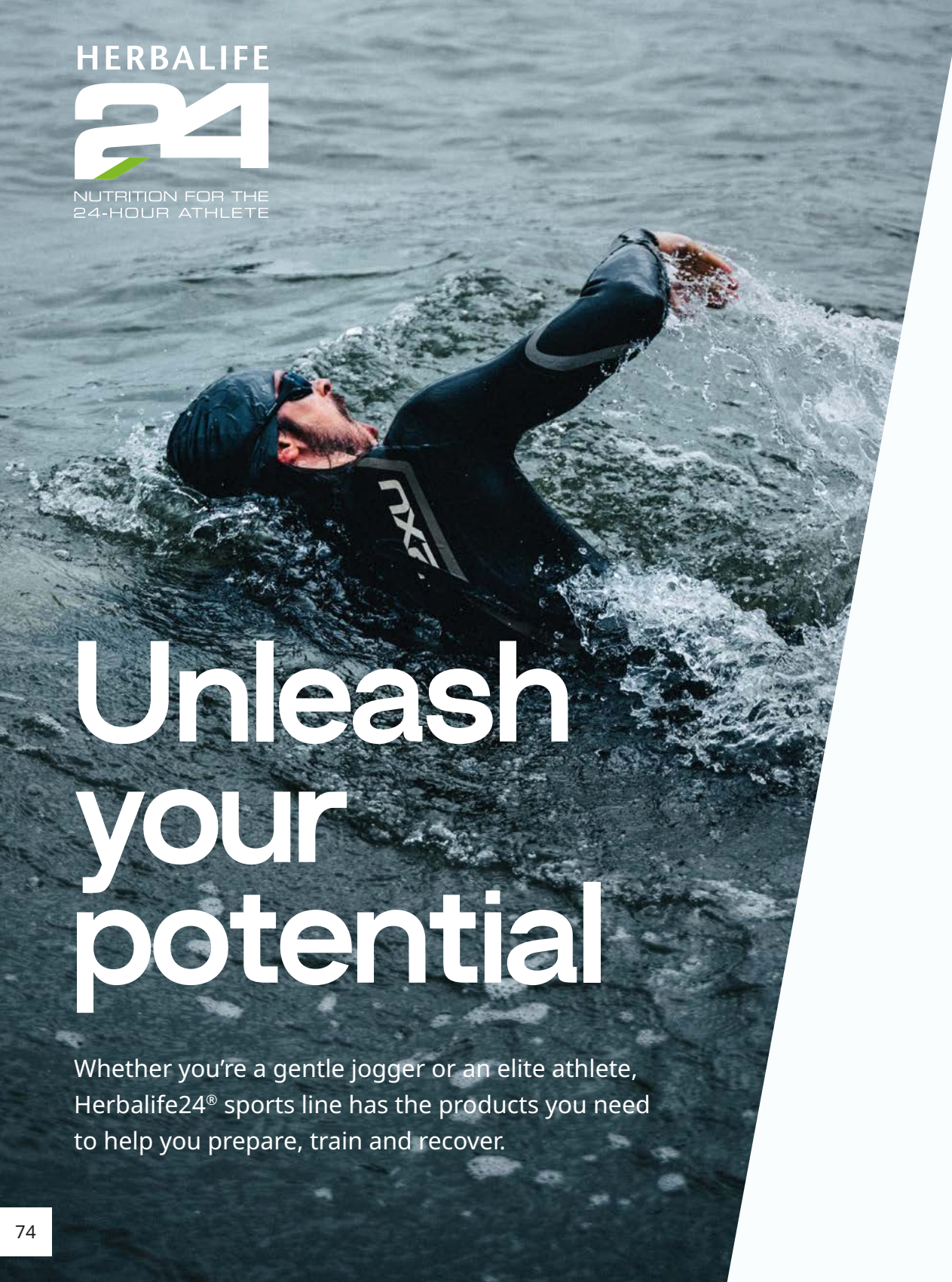
200 ml #2562

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 prepare, train and recover.

Customise Your Herbalife24 programme

Product usage	CR7 Drive	Rebuild Strength	Rebuild Endurance	Hydrate	Prolong	Restore	Liftoff Max	Achieve Protein Bars
Morning	■			■				■
Before workout	■			■			■	■
During workout	■			■	■			
After workout	■	■	■	■				■
Night				■		■		■

I'm wi

Helping you to

th you

live 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.

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

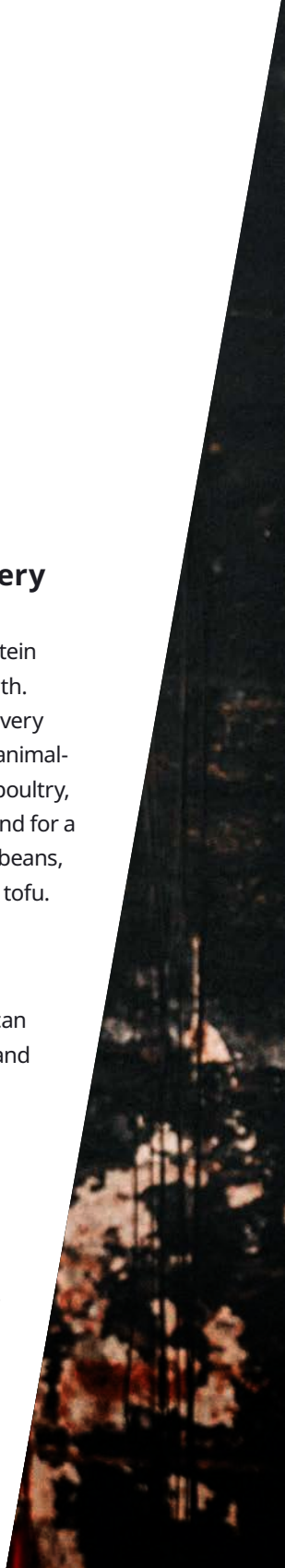
Supports muscle recovery and growth

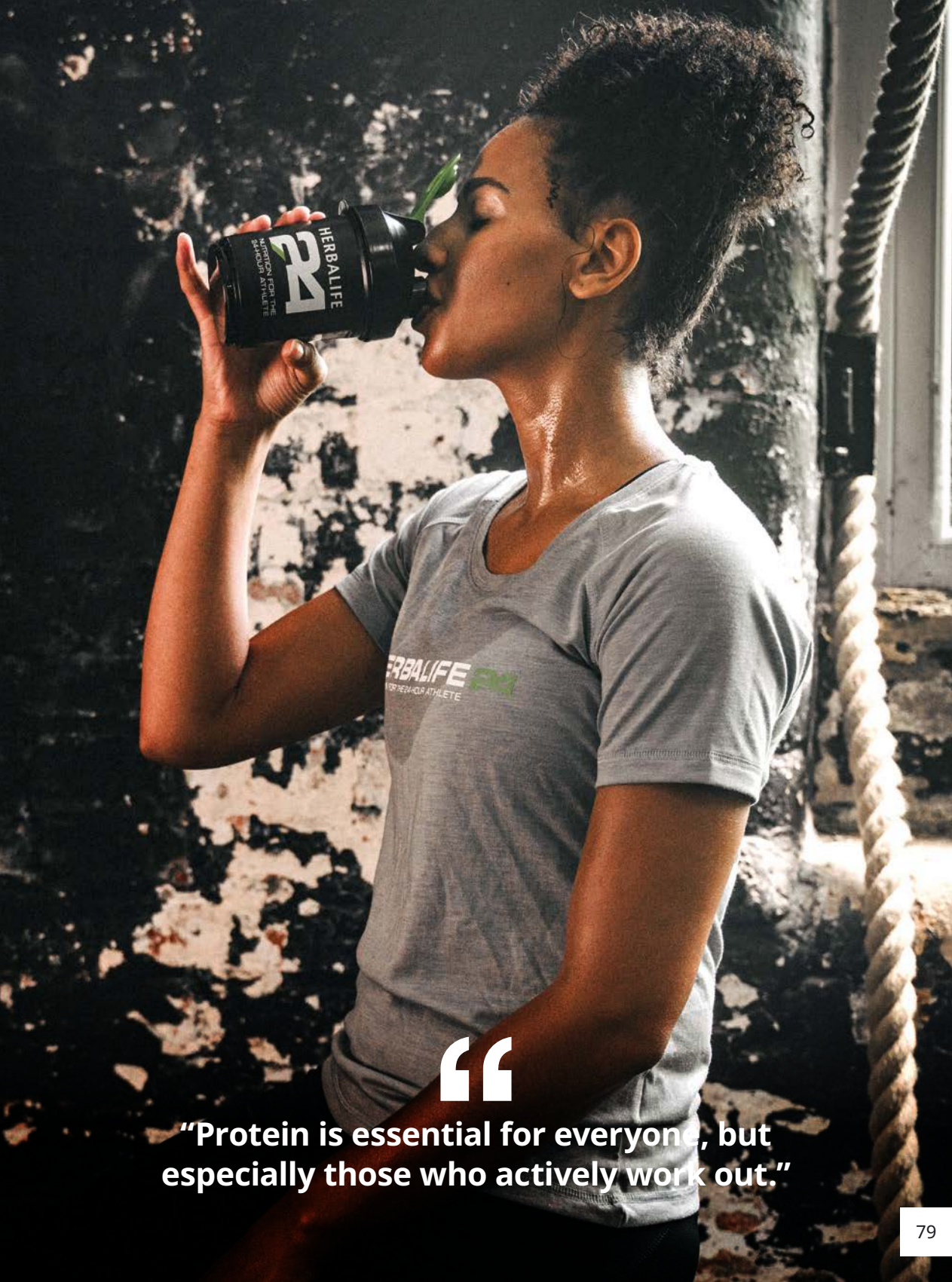
Regular exercise and the right protein intake contributes to muscle growth. High-quality proteins containing every essential amino acid are found in animal-based protein foods such as lean poultry, beef, fish, dairy and whole eggs, and for a vegan diet from a combination of beans, lentils, whole grain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





“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 21g of protein to fuel your goals.

These delicious bars come in two tempting flavours, decadent Dark Chocolate or yummy Chocolate Chip Cookie Dough. Free from artificial flavours and colours, they're also suitable for vegetarians!

21 g protein per bar

Low in sugar

Informed Sports certified

Suitable for vegetarians

Dark Chocolate	6 servings, 60 g	#150K
Chocolate Chip Cookie Dough	6 servings, 60 g	#149K

From 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.

25 g protein | 190 kcal | Iron

Chocolate — 20 servings, 1000 g #1437

Restore

A night-time support supplement, designed for recovery and relaxation to help balance high endurance sport routines.

Vitamins C & E | Lactium

30 capsules, 21.4 g — #1424

Take Restore as part of a varied and balanced diet and a healthy lifestyle and consume as indicated on label. To learn more about Lactium™, visit www.lactium.com.

to strength

Rebuild Endurance

A recovery drink for consuming after endurance sports featuring a select blend of carbohydrates, quality dairy protein, iron and key vitamins.

10 g protein | 188 kcal | Vitamins B, C & E

Vanilla 20 servings, 1000 g #1436

Prolong

A carb-protein drink developed for prolonged, intense exercise with a selected blend of vitamins and minerals for sustained energy.

7 g protein | 225 kcal | Vitamins B & C

Citrus 15 servings, 900 g #1435

Hydrate

Maintain fluid consumption with this calorie-free electrolyte drink containing 100% NRV for Vitamin C plus essential B vitamins, calcium and magnesium.

270 mOsmol/kg | Vitamins B & C

Orange 20 sachets x 5.3 g, 106 g #1433

Customers say

"LiftOff Max immediately gives me charge and energy!"

LiftOff® to the max

Feel refreshed and enjoy the sharp, zesty taste of grapefruit. Take before exercising or whenever you need to get back on track.

H24 LiftOff® Max

Boost your workouts with this sugar-free energy drink containing caffeine and vitamins B6, B12 and C to help reduce fatigue.

- 180 mg caffeine per serving*
- Sugar free
- No artificial colours or flavours

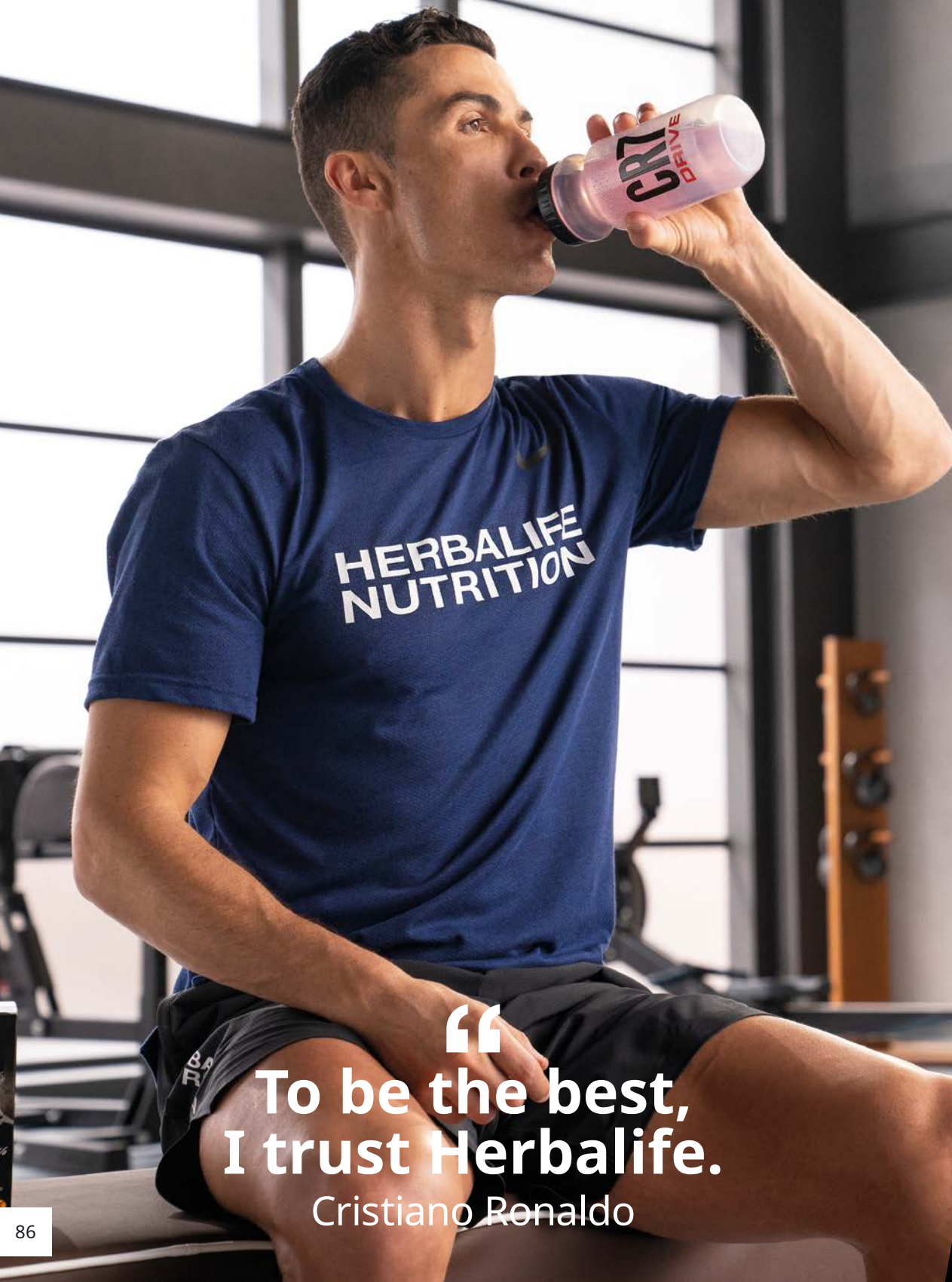
Grapefruit Twist	10 sachets x 4.2 g, 42 g #192K

LiftOff®

- 75 mg caffeine per serving
- Vitamins B & C
- 10 kcal per serving

Lemon & Lime	10 sachets x 4.5 g, 45 g #3152

* It is not recommended to exceed a daily intake of 400mg caffeine from all sources (200mg for pregnant or breast-feeding women).



“To be the best,
I trust Herbalife.
Cristiano Ronaldo

CR7 DRIVE

Fuel your workouts with CR7 Drive, a scientifically formulated hypotonic sports drink developed in partnership with Cristiano Ronaldo. Flavoured with Acai Berry, CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to give advanced hydration, endurance and metabolism support.

CR7 Drive

97 kcal | 249 mg sodium | 142 mg magnesium | 100% NRV vitamin B1 & B12

Acai Berry	20 servings, 540 g #1466
	10 sachets x 27 g, 270 g #1467

VICTORY STARTS ON THE INSIDE

MORE THAN 190 SPORTING TEAMS AND ATHLETES AROUND THE WORLD USE HERBALIFE24 PRODUCTS TO HELP THEM PERFORM AT THEIR BEST

HERBALIFE 24

INFORMED SPORT BANNED SUBSTANCE TESTED EVERY BATCH

Notes

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

MADE WITH 100% RECYCLED PAPER

Contact your Herbalife Member now to find out more.

To find out more, contact me today:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code Models shown in this brochure are for illustrative purposes only.

dsai
direct selling association of ireland

Herbalife

6240EI

©2024 Herbalife International of America, Inc. All rights reserved. Printed in Europe. November 2023, 6240-EI-09

Herbalife

PRODUCT LIST

MARCH 2024

Have you got the bottle?

Our range of shakers, bottles and scoops make it easy to use our products on the go.

H24 CR7 Drive Water Bottle

#245A	€7.80

Tablet Box

Small	#A727	€1.80

Sustainable Scoop

#1B42	€1.07

H24 Smart Shaker

#8705	€11.08

Neon Shaker

Blue	#I042	€10.68
Hot Pink	#I044	€10.68
Purple	#I045	€10.68
Orange	#I043	€10.68
Green	#I041	€10.68

List of products

Pages 20/21

Formula 1

Raspberry & White Chocolate, 500 g	**#4469**	**€51.37**	Strawberry Delight, 550 g	**#4463**	**€51.37**	Banana Cream, 550 g	**#4462**	**€51.37**
Smooth Chocolate, 550 g	**#4468**	**€51.37**	Summer Berries, 550 g	**#4470**	**€51.37**	Vanilla Cream, 780 g	**#048K**	**€68.61**
Vanilla Cream, 550 g	**#4466**	**€51.37**	Mint & Chocolate, 550 g	**#4471**	**€51.37**	Vanilla Cream, 7 sachets x 26 g, 182 g	**#053K**	**€21.40**
Cookie Crunch, 550 g	**#4467**	**€51.37**	Café Latte, 550 g	**#4465**	**€51.37**	Cookie Crunch, 7 sachets x 26 g, 182 g	**#228K**	**€21.40**
						Smooth Chocolate, 7 sachets x 26 g, 182 g	**#229K**	**€21.40**

Pages 22/23 40/41

Protein Drink Mix Vegan

Vanilla, 560 g	**#172K**	**€57.43**

Pages 26/27

Formula 1 Savoury Meal

Mushroom & Herb, 550 g	**#092K**	**€56.80**

Pages 28/29

Formula 1 Express Healthy Meal Bars

Dark Chocolate, 7 x 56 g	**#4472**	**€30.09**

Pages 32/33

Protein Bake Mix

480 g	**#200K**	**€45.32**

Page 36

High Protein Iced Coffee

Latte Macchiato, 308 g	**#012K**	**€63.09**
Mocha, 322 g	**#011K**	**€63.09**

Page 37

Tri Blend Select

Banana, 600 g	**#013K**	**€78.14**
Coffee Caramel, 600 g	**#052K**	**€78.14**

Pages 40/41

Protein Drink Mix

Vanilla, 588 g	**#2600**	**€60.30**

Pages 40/41

Formula 3 Personalised Protein Powder

240 g	**#0242**	**€46.34**

Protein Bars

Chocolate Peanut, 14 x 35 g	**#3972**	**€29.02**
Vanilla Almond, 14 x 35 g	**#3968**	**€29.02**
Citrus Lemon, 14 x 35 g	**#3976**	**€29.02**

Page 43

Protein Chips

Sour Cream and Onion, 30 g	**#142K**	**€25.71**
Barbecue, 30 g	**#141K**	**€25.71**

Pages 44/45

Pages 48/49

Immune Booster

Berry, 21 x 3.7 g	**#233K**	**€48.70**

Page 51

Niteworks®

150 g	**#3150**	**€105.42**

Page 51

Xtra-Cal®

133 g	**#0020**	**€23.72**

List of products

Pages 54/55

Oat Apple Fibre

204 g **#2554 €36.03**

Pages 58/59

Microbiotic Max

Vanilla, 20 x 2 g **#173K €60.82**

Pages 60/61

Active Mind Complex

40.2 g **#243K €56.27**

Page 50

Vitamin & Mineral Complex

Men, 85.3 g **#1800 €30.41**

Women, 85.3 g **#1819 €30.41**

Page 53

Herbalifeline® Max

42 g **#0043 €39.32**

Pages 54/55

Beta Heart®

229 g **#0267 €50.16**

Pages 62/63

Phyto Complete

42.8 g **#236K €83.09**

Page 66

AloeMax

473 ml **#1196 €60.97**

Page 66

Herbal Aloe Concentrate Drink

Mango, 473 ml **#1065 €56.83**

Page 67

Instant Herbal Beverage

Original, 102 g	#179K	€62.04
Original, 51 g	#178K	€36.27
Lemon, 51 g	#180K	€36.27
Raspberry, 51 g	#182K	€36.27
Peach, 51 g	#181K	€36.27

Pages 68/69

Herbalife SKIN

Soothing Aloe Cleanser, 150 ml	#0765	€31.83
Energising Herbal Toner, 50 ml	#0767	€24.16
Line Minimising Serum, 50 ml	#0829	€82.40
Polishing Citrus Cleanser, 150 ml	#0766	€31.83
Firming Eye Gel, 15 ml	#0770	€50.09
Purifying Mint Clay Mask, 120 ml	#0773	€27.01

Page 71

Herbalife SKIN

Hydrating Eye Cream, 15 ml	#0771	€50.09
Daily Glow Moisturiser, 50 ml	#0830	€62.08
Replenishing Night Cream, 50 ml	#0827	€62.08
SPF 30 Protective Moisturiser, 50 ml	#0828	€62.08
Instant Reveal Berry Scrub, 120 ml	#0772	€24.88

Page 70

Collagen Skin Booster

Strawberry and Lemon 171 g	#076K	€80.52

Pages 72/73

Herbal Aloe

Hand & Body Lotion, 250 ml	#2563	€16.63	Strengthening Shampoo, 250 ml	#2564	€16.73
Bath & Body Bar, 1 bar	#2566	€11.22	Hand & Body Wash, 250 ml	#2561	€16.92
Strengthening Conditioner, 250 ml	#2565	€16.73	Soothing Gel, 250 ml	#2562	€16.63

List of products

Pages 78/79

H24 Achieve Protein Bars

Dark Chocolate, 60 g	#150K	€24.12
Chocolate Chip Cookie Dough, 60 g	#149K	€24.12

Pages 80/81

Herbalife 24 Range

Rebuild Endurance, Vanilla, 1000 g	#1436	€68.97
Prolong, Citrus, 900 g	#1435	€75.36
Restore, 30 capsules, 21.4 g	#1424	€41.96
Rebuild Strength, Chocolate, 1000 g	#1437	€68.61
Hydrate, Orange, 20 x 5.3 g, 106 g	#1433	€43.62

Pages 82/83

H24 LiftOff® Max

Grapefruit Twist, 10 x 4.2 g	#192K	€34.63

Pages 82/83

LiftOff®

Lemon & Lime, 10 x 4.5 g	#3152	€37.48

Pages 84/85

CR7 Drive - Acai Berry

Acai Berry, 540 g	#1466	€26.31
Acai Berry, 10 x 27 g	#1467	€15.90

MADE WITH 100% RECYCLED PAPER

To find out more, contact me today:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code Models shown in this brochure are for illustrative purposes only.

dsai

2 C 4 1 E I

©2024 Herbalife International of America, Inc. All rights reserved. Printed in Europe. September 2023, 6240-EI-08