

# Herbalife<sup>®</sup>



## 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.

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# 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

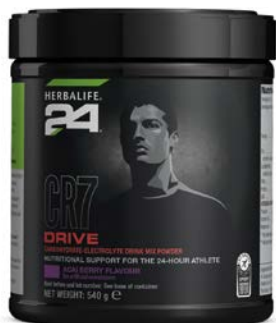
Test, retest, and test again - that's what we do! Internally and through third party certifying organisations, we get validation that our products are best in class.





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 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 85mg\* 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



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



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



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

**Customers say**  
"Wins hands down on  
taste and texture."



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



**Summer Berries**  
21 servings  
550 g #4470



**Vanilla Cream**  
21 servings  
550 g #4466

## Sachets



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

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



## Protein Drink Mix and Formula 1 Healthy Meal

24 g  
protein

26 vitamins  
& minerals

Gluten  
free

Vanilla Cream	21 servings, 550 g #4466
Vanilla	20 servings, 588 g #2600

# 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."





# 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.

# 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 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** for vegan friendly options.



Herbalife

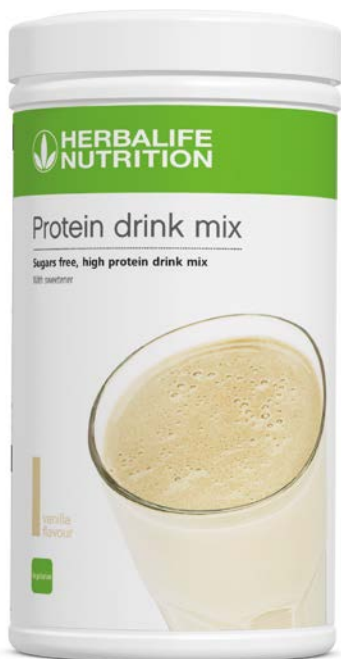


# Meet your protein needs

**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.



Vanilla

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 nutrition for your immune system







## Pro Core

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<sup>1</sup>.



Berry

10 x 3.7 g, 37.7 g, #2273K

<sup>1</sup> 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 #1800



Vitamins  
B6 & B12

Calcium  
& zinc

Women

60 tablets, 85.3 g #1819



\* 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.

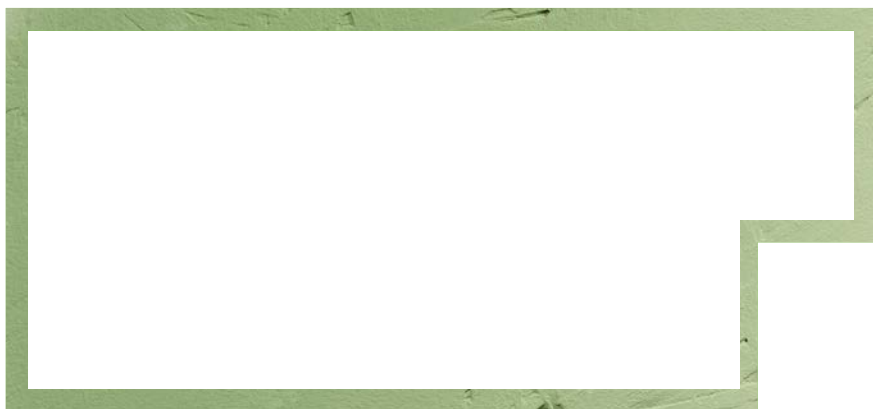
Vitamin D

Calcium &  
Magnesium

90 tablets, 133 g

#0020





**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 capsule<sup>1</sup>), which support heart<sup>1</sup>, vision<sup>2</sup> and brain<sup>2</sup> 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



Endorsed by Friends  
of the Sea. For more  
information please visit  
[FRIENDOFTHESEA.ORG](http://FRIENDOFTHESEA.ORG)

## Recommended use



Maintenance of normal  
heart<sup>1</sup> function  
Maintenance of normal vision<sup>2</sup>  
Maintenance of normal  
brain function<sup>2</sup>



Maintenance  
of normal  
blood  
triglyceride  
levels<sup>3</sup>



Maintenance  
of normal  
blood  
pressure<sup>4</sup>

<sup>1</sup> On average 3 times more EPA and DHA compared to the current Herbalifeline formula. <sup>1</sup>Beneficial effect obtained with daily 250 mg intake of EPA and DHA;

<sup>2</sup> Beneficial effects obtained with daily 250 mg intake of DHA.

<sup>3</sup> Beneficial effect obtained with daily 2 g intake of EPA and DHA.

<sup>4</sup> 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 crop top and grey, textured leggings. She is holding her hands over her midsection, with her fingers spread, as if feeling or supporting her stomach. The background is a solid light green color.

# Give to your gut

For healthy digestion

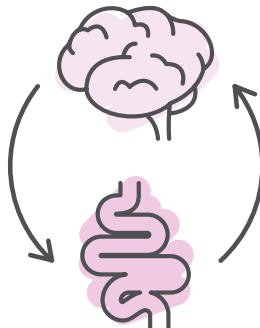
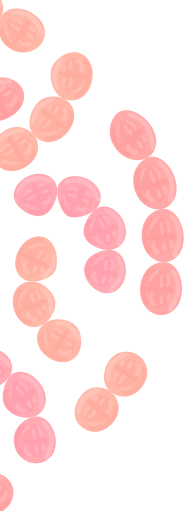
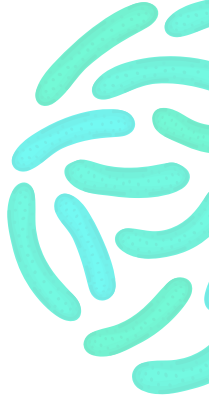


**The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!**

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. 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 to achieve adequate fluid intake of approximately 2 litres per day.



Original

473 ml. #0006

## AloeMax

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



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 cardamom
- Can be enjoyed hot or cold



Original

30 servings, 50 g #0105  
60 servings, 102 g #179K



Lemon

30 servings, 50 g #0255



Raspberry

30 servings, 50 g #0256



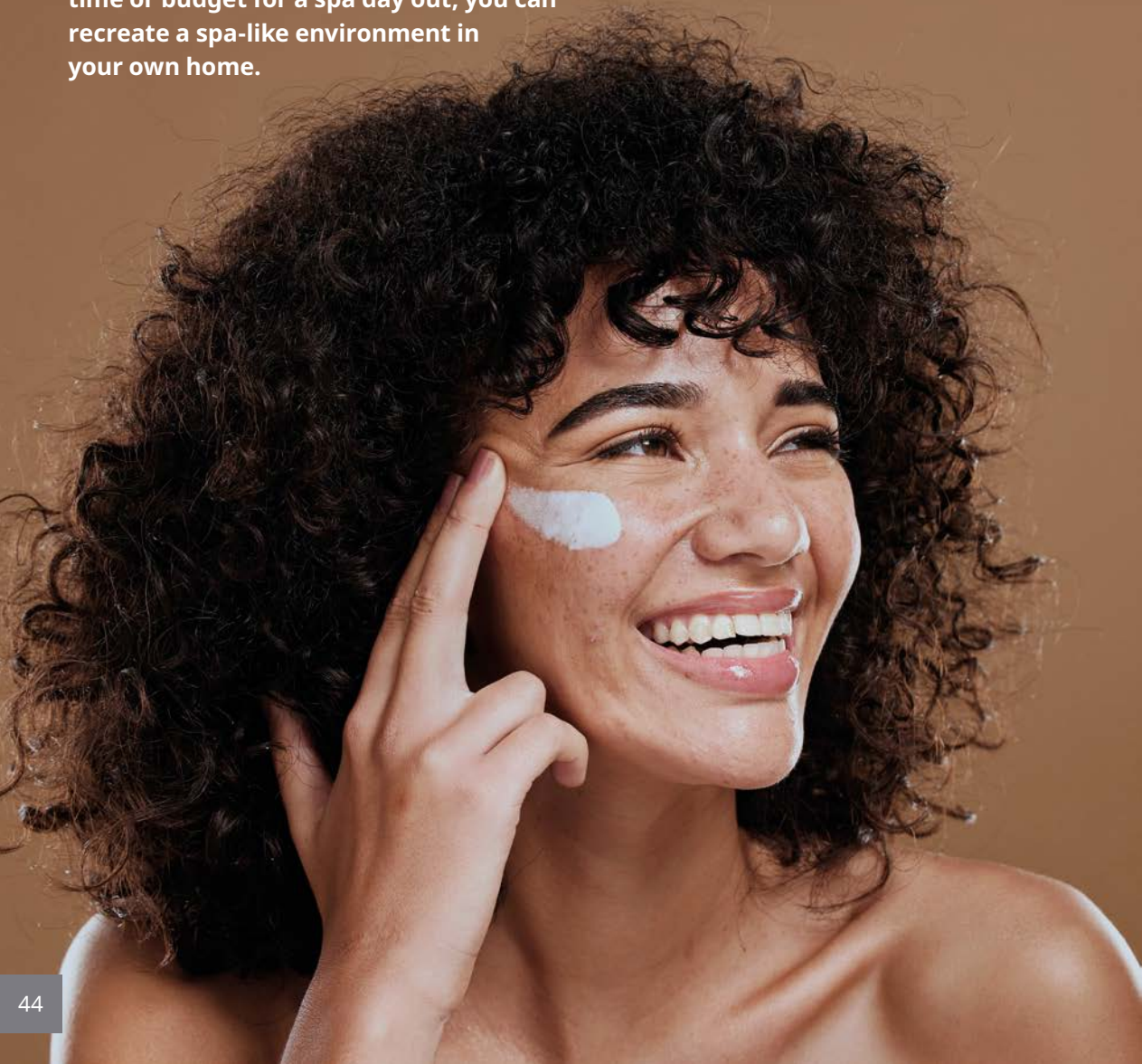
Peach

30 servings, 50 g #0257

\* 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 (p46-51)** 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



## 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.



## Protect

### SPF 30 Protective Moisturiser

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

50 ml #0828



## Replenish

### Replenishing Night Cream

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

50 ml #0827



## Exfoliate

### Instant Reveal Berry Scrub

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

120 ml #0772



## Hydrate

### Hydrating Eye Cream

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

15 ml #0771



## Moisturise

### Daily Glow Moisturiser

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

50 ml #0830



# 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



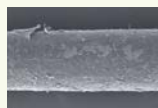
## Herbal Aloe Strengthening Conditioner

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

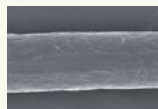
250 ml

#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



## 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

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.



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.”**

**Customers say**  
"LiftOff immediately  
gives me charge  
and energy!"

**LiftOff®**



**LiftOff®**

10 kcal  
per serving

 **HERBALIFE  
NUTRITION**

**LIFTOFF**

FORGETTING TO TAKE YOUR DAILY ENERGY SLASH  
COULD BE THE LAST THING YOU WANT TO REMEMBER  
TRYING LIFTOFF. LIFTOFF IS THE ONLY ENERGY SUPPLEMENT  
LEMON LIME FLAVOR • 100% ALUMINUM  
CONTAINS COFFEEIN, BUT NO CAFFEINE (IT'S COFFEEIN) • 100% NATURAL  
17% SUGAR ALCOHOL (ERYTHRITOL)  
17% SUGAR ALCOHOL (ERYTHRITOL)  
17% SUGAR ALCOHOL (ERYTHRITOL)

10 TABLETS / TAMINATESE

**NET WEIGHT | KABAPO BARO: 45 g (10 x 4.5 g) e**

For before and after workout. Use before and after workout.  
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# 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





# Tottenham Hotspur Women Team





# 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

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To find out more, contact me today:



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**100%**  
RECYCLED  
PAPER

Herbalife 





Herbalife<sup>®</sup>

# PRODUCT LIST

APRIL 2023



# List of products

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## Formula 1

Smooth Chocolate, 550 g	#4468	GHC 372.10	Summer Berries, 550 g	#4470	GHC 372.10
Vanilla Cream, 550 g	#4466	GHC 372.10	Banana Cream, 550 g	#4462	GHC 372.10
Cookie Crunch, 550 g	#4467	GHC 372.10	Vanilla Cream, 7 sachets x 26 g, 182 g	#053K	GHC 155.04
Strawberry Delight, 550 g	#4463	GHC 372.10			

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## Protein Drink Mix

Vanilla, 588 g	#2600	GHC 446.50
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## Formula 1 Healthy Meal

Chocolate Orange, 550 g	#244K	GHC 372.10
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## Formula 3 Personalised Protein Powder

240 g	#0242	GHC 303.71
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## Pro Core

Berry, 21 x 3.7 g	#233K	GHC 377.05
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## Vitamin & Mineral Complex

Men, 85.3 g	#1800	GHC 269.94
Women, 85.3 g	#1819	GHC 269.94

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## Niteworks®

150 g	#3150	GHC 616.74
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## Xtra-Cal®

133 g	#0020	GHC 152.06
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## Herbalifeline® Max

42 g	#0043	GHC 371.99
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## Oat Apple Fibre

204 g	#2554	GHC 221.09
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### Herbal Aloe Concentrate Drink

Original, 473 ml #0006 GHC 370.41

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### AloeMax

473 ml #1196 GHC 423.24

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### Instant Herbal Beverage

Original, 102 g	#179K	GHC 444.58
Original, 51 g	#178K	GHC 252.63
Lemon, 51 g	#180K	GHC 252.63
Raspberry, 51 g	#182K	GHC 252.63
Peach, 51 g	#181K	GHC 252.63

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### Herbalife SKIN

Hydrating Eye Cream, 15 ml	#0771	GHC 584.44
SPF 30 Protective Moisturiser, 50 ml	#0828	GHC 677.03

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### Collagen Skin Booster

Strawberry and Lemon 171 g #076K GHC 673.36

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### Herbalife SKIN

Polishing Citrus Cleanser, 150 ml	#0766	GHC 371.51
Firming Eye Gel, 15 ml	#0770	GHC 584.44

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### Herbal Aloe

Hand & Body Lotion, 250 ml	#2563	GHC 126.09
Bath & Body Bar, 1 bar	#2566	GHC 86.81
Hand & Body Wash, 250 ml	#2561	GHC 126.91

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### Liftoff®

Lemon & Lime, 10 x 4.5 g #3152 GHC 307.92

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### HN Single scoop

#247A GHC 10.88





MADE WITH  
**100%**  
RECYCLED  
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To find out more, contact me today:



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