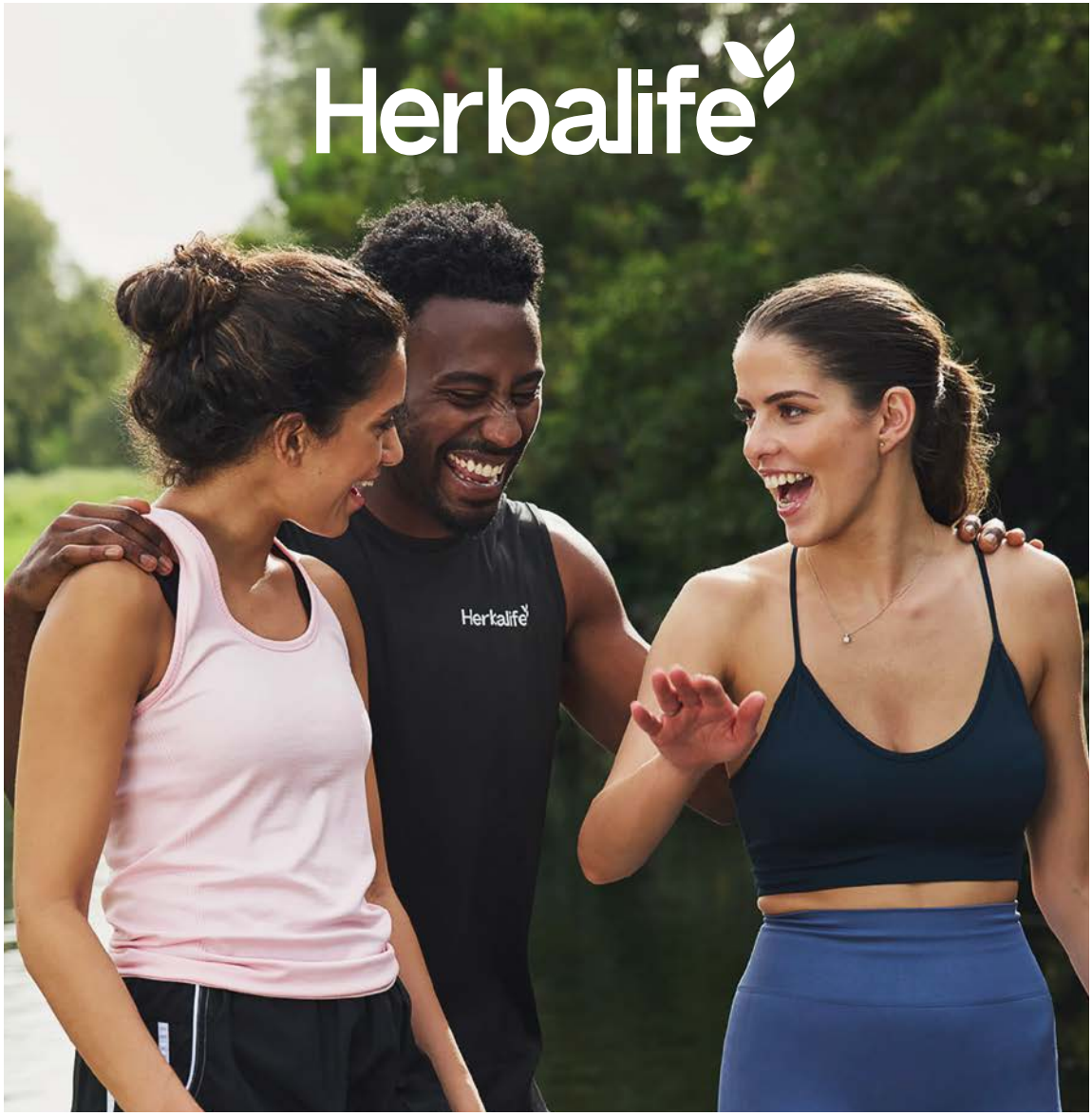


PRODUCT CATALOGUE

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 great 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 42–49

3 Healthy fats Pg 50–51

4 Fibre Pg 52–57

5 Fluid Goals Pg 58–61

6 Beauty Pg 62–69

7 Sport Pg 70–81

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.

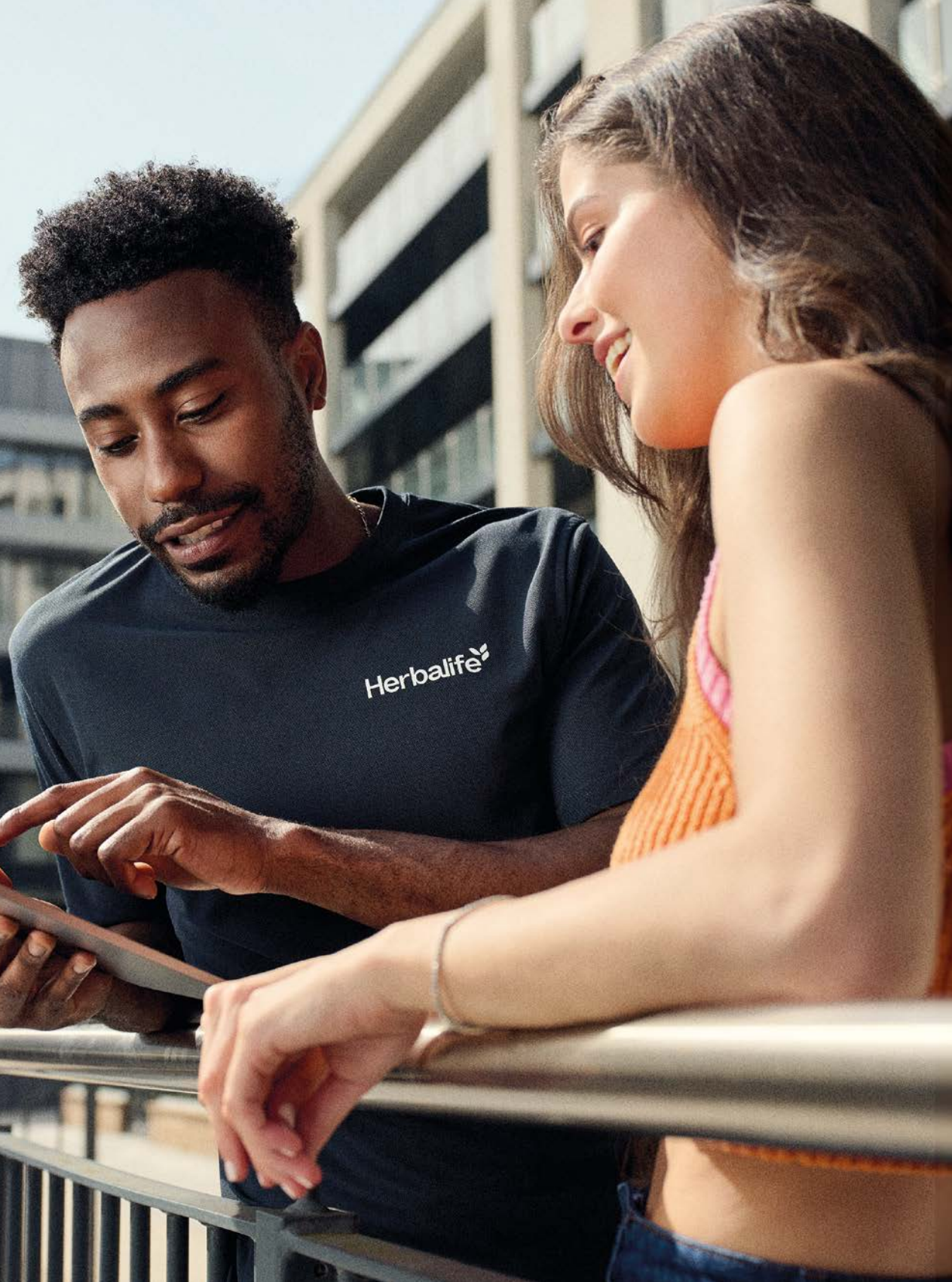
This extra one-to-one, high-touch approach is what differentiates Herbalife from other nutrition companies.

One-to-one approach

Continuous coaching

Ongoing advice

Back-up from our experts.


Herbalife

Setting the standard

Our products are designed by science to support personal goals, along with our Herbalife24 brand specifically developed to support the 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.

Source: Euromonitor International Limited; per Consumer Health 2022ed, weight management and wellbeing category definition; % RSP share GBO, 2021 data.

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 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

Herbalife breakfast

Kickstart your morning with our delicious and convenient breakfast – great-tasting, convenient and takes seconds to make.

1. Delicious Shake

Formula 1 Shake Mix

A delicious shake that can be prepared in seconds; it provides protein and key nutrients.

2. Fluids

AloeMax

Support your fluid intake with a glass of AloeMax – A tasty and low kilojoule controlled drink, to support your fluid intake.

3. Refresh

Instant Herbal Beverage with Tea Extracts

A refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder. Every serving contains 87,5 mg of caffeine*.

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

Formula 1 Shake Mix

Formula 1 Shakes are made with ingredients suitable for vegans, are gluten free and provide 24 vitamins and minerals. Our Formula 1 Shake Mix come in nine tasty flavours, and are available in canisters or handy sachets for when you're on the go.

- Approximately 17.7 g*
- Approximately 4.5 g
- 24 Vitamins
- Approximately 942 kJ
- Gluten free

* When mixed with semi-skimmed milk.

Banana Cream Flavoured
21 servings
550 g #4462

Café Latte Flavoured
21 servings
550 g #4465

Cookie Crunch Flavoured
21 servings
550 g #4467

Mint & Chocolate Flavoured
21 servings
550 g #4471

Raspberry & White Chocolate Flavoured
19 servings
500 g #4469

Smooth Chocolate Flavoured
21 servings
550 g #4468

Customers say

"Wins hands down on taste and texture."

Strawberry Delight Flavoured
21 servings
550 g #4463

Summer Berries Flavoured
21 servings
550 g #4470

Vanilla Cream Flavoured
21 servings
550 g #4466

Vanilla Cream Flavoured
30 servings
780 g #048K

Sachets

Cookie Crunch Flavoured
7 x 26 g, 182 g #228K

Smooth Chocolate Flavoured
7 x 26 g, 182 g #229K

Customers say

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

The protein power couple

Upgrade your day by combining Protein Drink Mix Vegan and Formula 1 Shake Mix for a shake with more protein and more fibre than a regular Formula 1 Shake.

Or support your daily protein intake by combining Formula 1 Shake Mix, PDM Vegan and water for a delicious vegan shake mix and contains that contains a combination of protein, fibre, vitamin, and minerals.

Protein Drink Mix Vegan and Formula 1 Shake Mix

24.2 g protein | 26 vitamins & minerals | Gluten free

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

Formula 1

Yuzu Passionfruit Flavoured Shake Mix

Our Formula 1 Shakes can be enjoyed for breakfast, lunch or dinner. High in protein and made with ingredients that are suitable for vegans. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

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

- High in protein
- 25 vitamins & minerals
- Naturally lactose free*
- Gluten free
- Made of ingredients that are suitable for vegans.

21 servings, 550 g

#255K

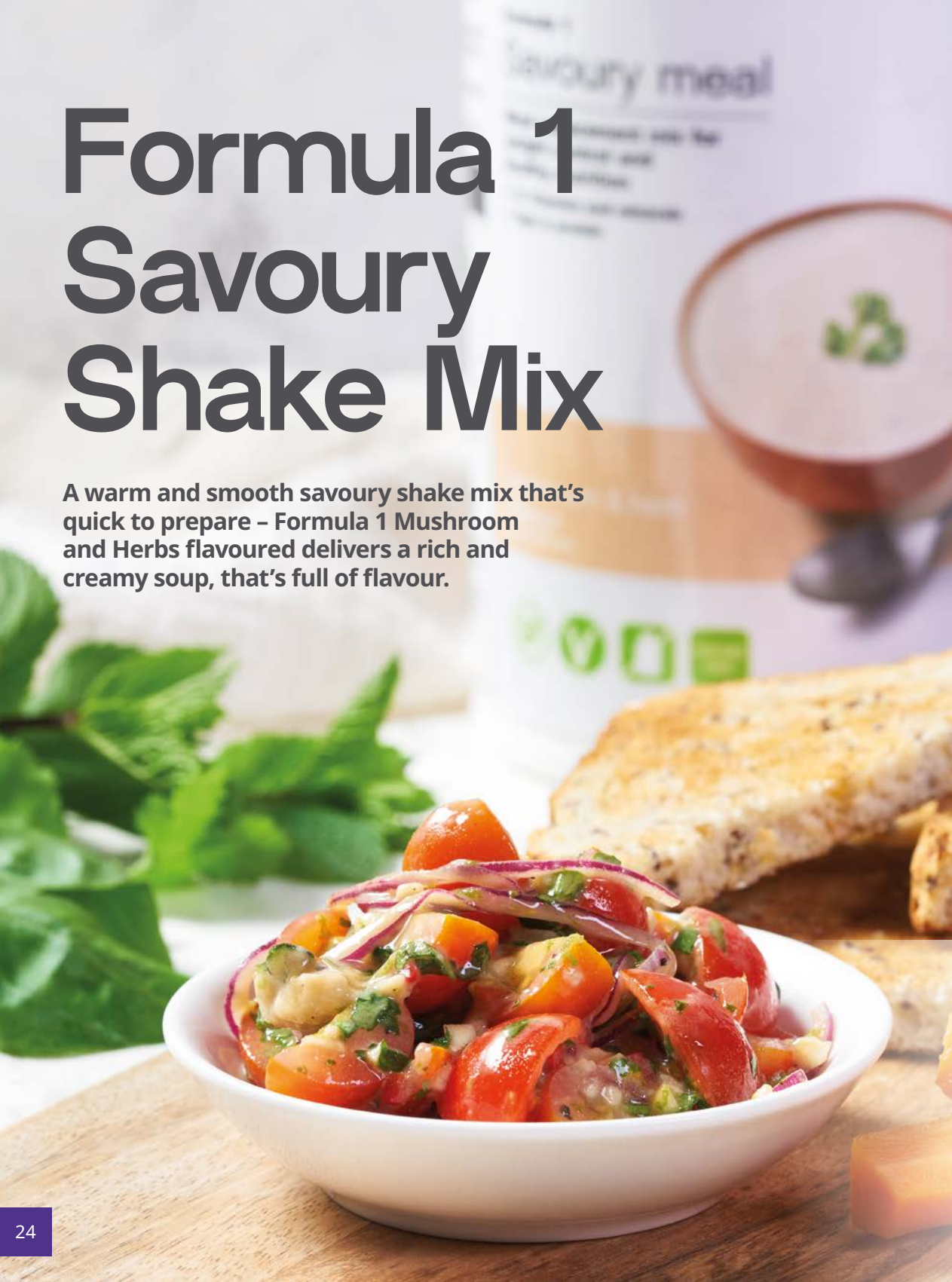
* When mixed with PDM Vegan and 300 ml water.

Customers say

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

Formula 1 Savoury Shake Mix

A warm and smooth savoury shake mix that's quick to prepare – Formula 1 Mushroom and Herbs flavoured delivers a rich and creamy soup, that's full of flavour.



Customers say

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

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

18.8 g Protein* | 905 kilojoules* | 24 Vitamins & minerals | Vegan ingredients | Gluten free

21 servings, 550 g #092K

* When prepared with 250 ml hot semi-skimmed milk (1.5 % fat)

Tomato and mushroom-flavoured salsa toast

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients for 1 serving

2 scoops (26 g) F1 Savoury Shake Mix

300 g fresh tomatoes, roughly chopped

1 garlic clove, finely chopped

1 (50 g) red onion, finely sliced

1 red chilli, sliced

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

2 limes

50 ml water

2 slices (60 g) 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 Shake Mix and 50 ml 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 (kilojoules)	1300
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 Bars

Formula 1 Express Bars, are a great on-the-go snack. Offering both great taste and convenience in one delicious bar, Formula 1 Express Bars contain a blend of protein, fibre, vitamins and minerals.

866 kJ | 25 vitamins & minerals | 13.5 g protein per bar | 6.6 g fibre per bar | Artificial colourant free | Suitable for Ovo-lacto Vegetarians

7 x 56 g, 392 g #4472

Formula 1
Express

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.

It can help to use plant protein powders, such as our **Protein Drink Mix-Vegan (p21 or p35)**. Made from soy protein, it will help supplement intake 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 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

Coffee with protein power

High Protein Iced Coffee

Every batch has been brewed to be smooth and bold with Robusta espresso coffee beans. Our iced coffee provides 80 mg* of caffeine per serve, 336 kilojoules with no added sugar and we've ramped it up with 15 g of protein per serving. Take it with you everywhere and just add water for a delicious High Protein Iced Coffee experience.

15 g whey protein

80 mg caffeine

336 kJ

Latte Macchiato Flavoured — 14 servings, 308 g #012K

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

Carefully selected

Tri Blend Select

Is a great tasting and deliciously creamy protein shake. With a combination of ingredients, Tri Blend Select is also gluten free and high in fibre. We have carefully selected Pea, Quinoa and Flax Seed as part of a vegan blend to deliver a protein source providing essential amino acids, vitamin C and 7 key minerals.

- 20.2 g protein
- 6.1 g fibre
- With ingredients sourced naturally
- Suitable for vegans
- 634 kJ

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

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 Formula 1 Shake Mixes, that they contain the complete proteins needed to support your personal goals.

Upping your protein

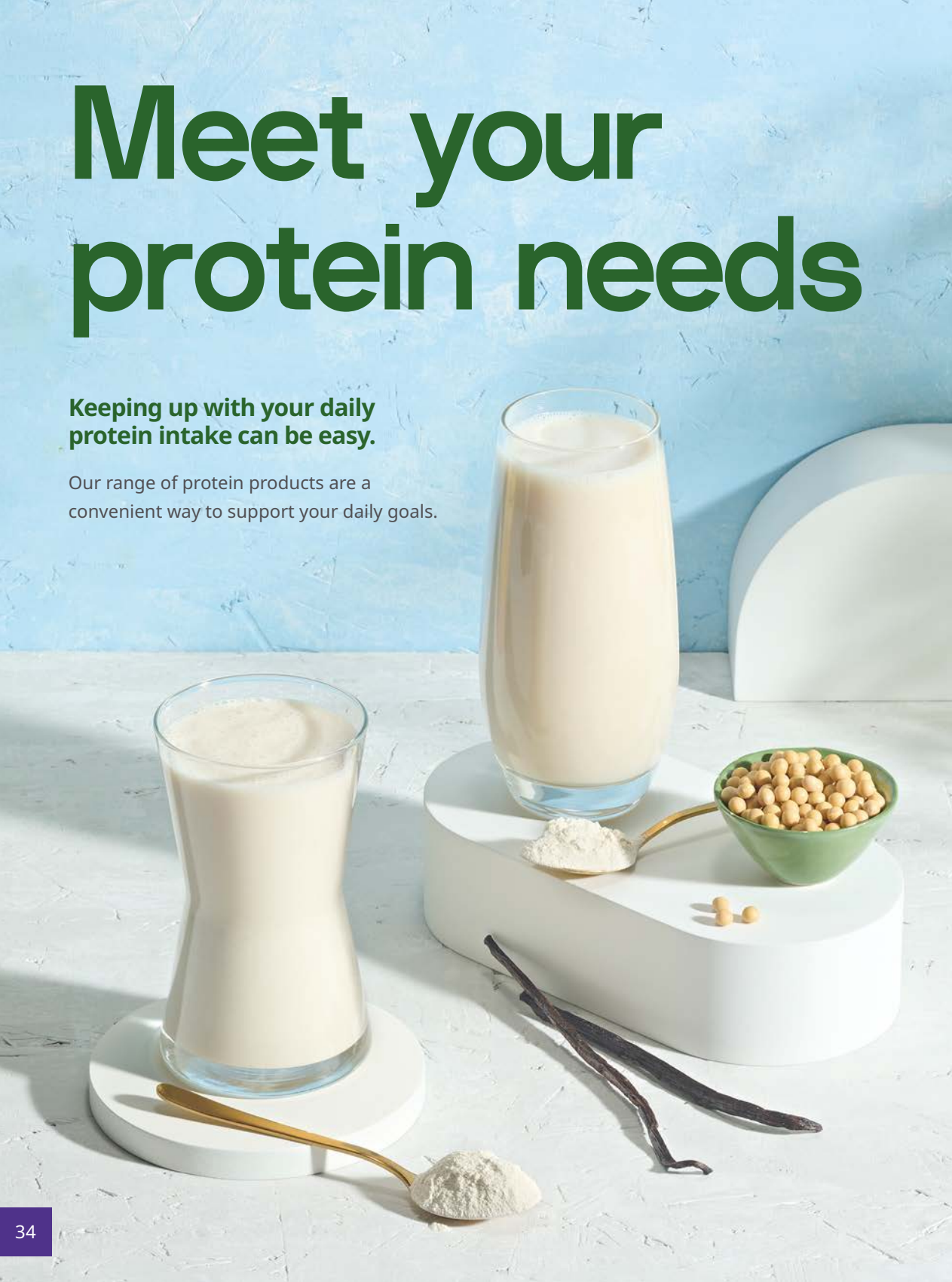
As a rough guide, common sources of protein food contain around 25 g of protein and protein snacks **(e.g. Herbalife Protein Bars)** contain around 10 g. If you need to up your protein, protein shakes can bridge that gap, and be tailored to your personal needs. Look at **Formula 1 Shake Mix**, **Formula 1 Savoury Shake Mix** 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 support your daily goals.



Protein Drink Mix

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

14.9 g protein | 22 vitamins & minerals | 7 g carbohydrates | 457 kJ

Vanilla Flavoured — 21 servings, 588 g #2600

Protein Drink Mix Vegan

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

15.1 g protein | 22 vitamins & minerals | Gluten free | No added sugar

Vanilla Flavoured — 20 servings, 560 g #172K

Formula 3 Personalised Protein Powder

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

5 g protein | 97 kJ

40 servings, 240 g — #0242

Convenient protein snacks

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

Plus, they another chance to fuel your body!

Protein Bars

Satisfy your chocolate cravings with a delicious, high protein snack, or enjoy as a treat pre or post exercise.

Approximately 9.7 g protein | 16 g carbohydrates | Approximately 583 kJ

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

Never fried. Always Popped.

Product packaging may differ in Southern Africa.

Protein Chips

Sour Cream and Onion Flavoured

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

11.8 g protein | Gluten free | Lacto-Vegetarian

10 servings, 30 g #142K

Protein Chips

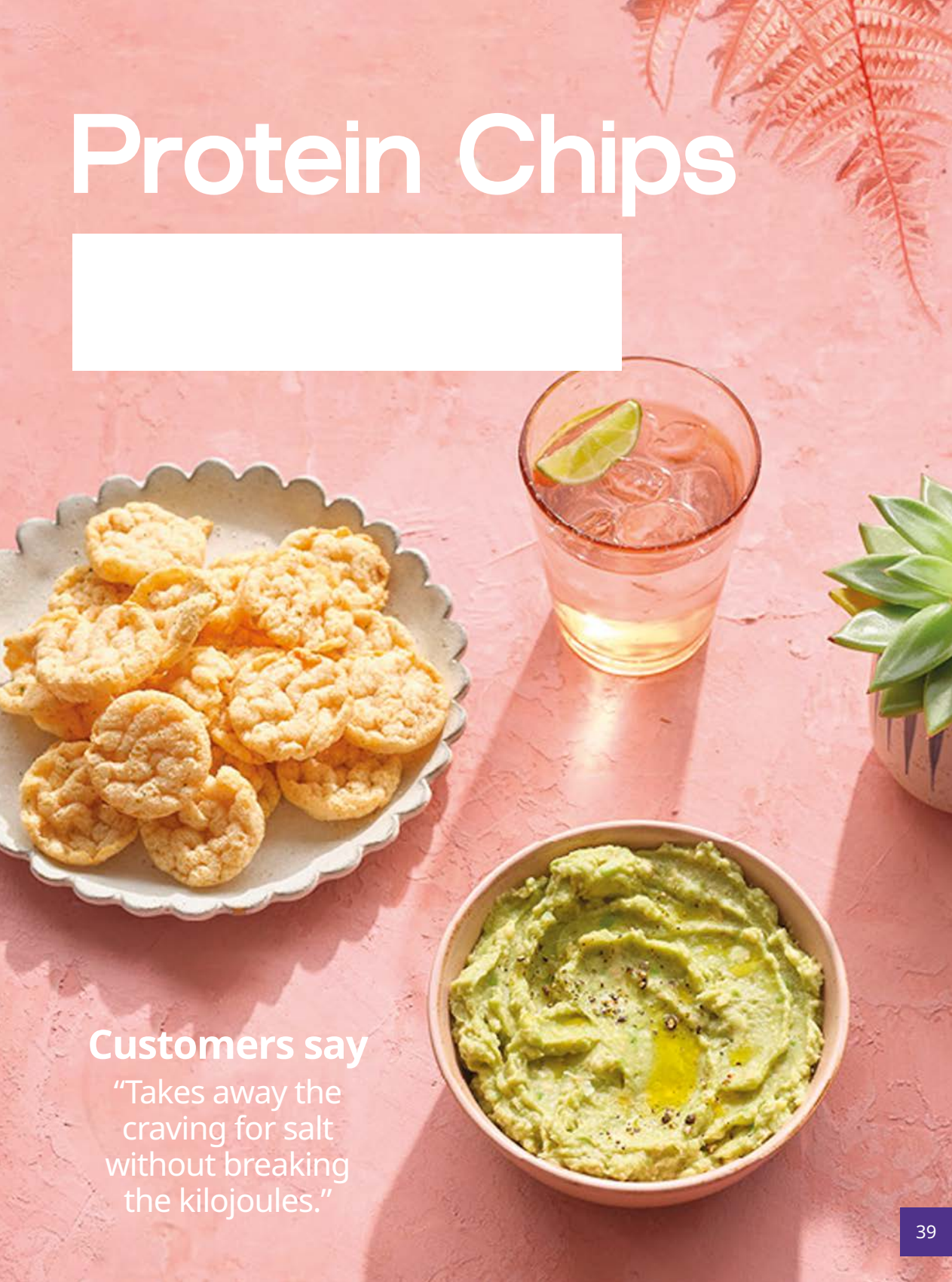
Barbecue Flavoured

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

11.3 g protein | Gluten free | Vegan

10 servings, 30 g #141K

Protein Chips



Customers say

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

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 support your personal and fitness goals 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 delicious 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.

Herbalife
The
Cook Book

Ready for sleep

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

Sleep is very important for your wellbeing as it supports various crucial body functions 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.

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.

Add some flavour to your night time routine

Night Mode

A cosy drink mix infused with saffron extract and vitamins.

Add one scoop (6 g) to half a cup of cold or warm water (around 150 ml), mix and enjoy approximately one hour before bedtime.

Use once daily.

Immerse yourself in a moment of mindfulness with our Night Mode and cosy up to the warm, subtle flavours of chamomile and peach, tomorrow is coming with a whole new light.

- High in Riboflavin
- Source of vitamin B6
- Artificial flavourings free
- Gluten free
- Suitable for vegans

30 servings, 180 g

#282K

For Everyday Support

Product packaging may differ in Southern Africa.

Pro-Core

Pro-Core is formulated with the ingredient EpiCor® and a blend of key vitamins and minerals. Pro-Core is great for everyday support when you're on the go

EpiCor® | 80.0 mg vitamin C | 10 µg vitamin D | 55 µg selenium | 3.0 mg zinc

Elderberry Flavoured — 21 x 3.7 g, 77.7 g, #233K

Get the most from your body

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.

Thermo Complete®

A blend of caffeine from green tea and yerba mate.

Source of Vitamin C.

Contains 84 mg of caffeine per serving.

Vitamin C

84 mg caffeine

90 tablets, 78.9 g #0050

Niteworks®

Night time support

Vitamins C & E

L-Arginine
L-Citrulline
L-Taurine

15 servings, 150 g #3150

Cell Activator

B vitamins to unlock the energy in foods.

Source of vitamins B1, B2 and B6.

Source of Zinc.

B vitamins

90 capsules, 48.1 g #0104

These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

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 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 kilojoules, Herbalife Philosophy recommends limiting your fat intake to not more than 30 % of your daily kilojoules.

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.

Herbalifeline

Omega-3 Supplement

A marine lipid complex (fish oil) providing EPA and DHA. A capsule with the addition of thyme, clove and peppermint oils.

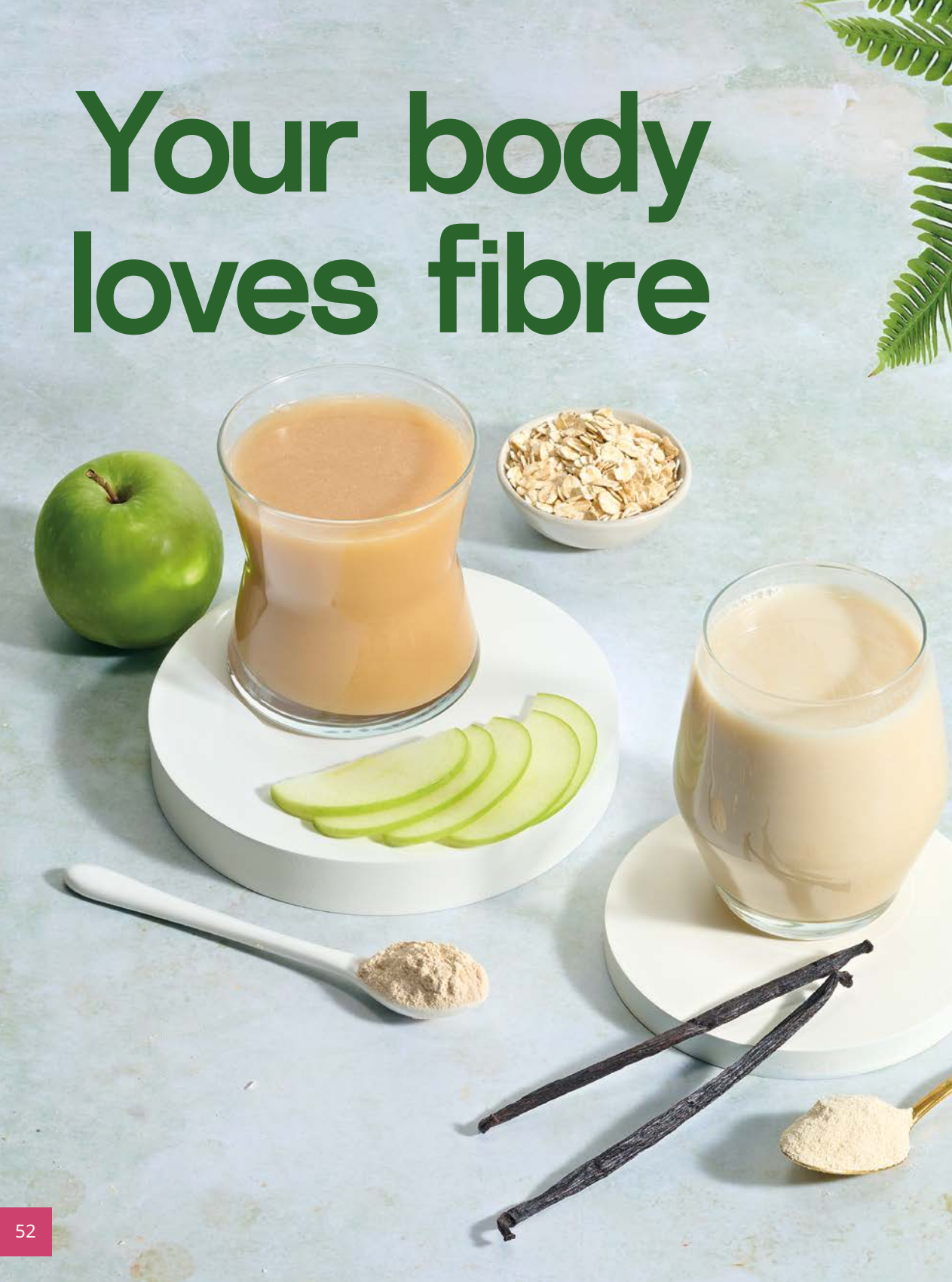
77 mg of EPA per capsule

48 mg of DHA per capsule

90 capsules, 73 g #0065

These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Your body loves fibre



Fibre is an important macronutrient.

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 might not consume enough to meet their personal goals. Our products that are high in fibre can help boost your intake, although it's best to increase slowly alongside drinking plenty of water.

Multifibre

A delicious way to increase daily fibre intake and can be enjoyed with water or mixed with your favourite Formula 1 Shake Mix.

- 5 g fibre
- Artificial Sweetener free
- No added sugar*
- 75 kJ per serving

30 servings, 204 g #2554

* Contains 0.1 g of intrinsic sugar per serving.

Give to your gut

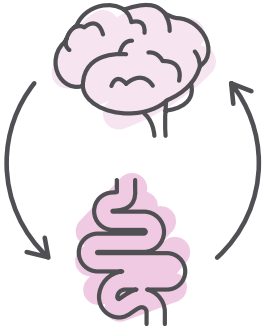
For healthy digestion

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.

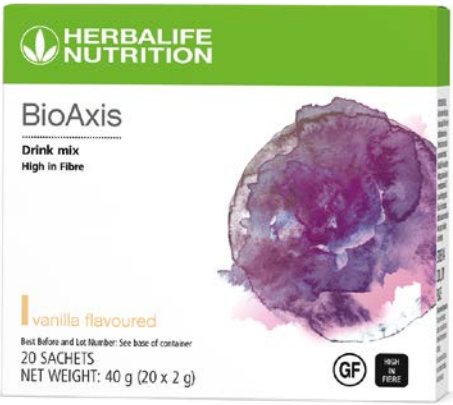


Customers say

"The vanilla flavour makes it great to combine with any F1 Shake Mix."

BioAxis

Formulated to offer you a combination of live bacteria and fibre that work together in harmony to help support your personal goals., It is artificial sweeteners, colourants and preservatives free and doesn't need for refrigeration making it ideal to take wherever you go.



High in fibre | Live Bacteria | Gluten Free

Vanilla flavoured	20 sachets x 2 g, 40 g #173K

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

The Value of Water

The human body is almost 70 % water, so it stands to reason that we need to keep well-hydrated to stay healthy.

Mineral Addition

Our bodies require enough water to perform various vital functions within the body. From transportation, lubrication and helping you keep your cool, the bottom line is every cell, tissue, and organ needs water. It's basic body housekeeping.

Give it a lift

Another way to keep hydrated is by flavouring your water. Try **Herbalife AloeMax**, containing 97 % aloe vera juice that shakes up your drink with the subtle flavour of Aloe. Or lift your day with a refreshing herbal beverage, **Herbalife Instant Herbal Beverage** infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder. Each serving contains 87.5 mg caffeine to lift your day*.

* Not recommended for children under 12 years of age, pregnant or lactating women, persons sensitive to caffeine.

Fluid Goals

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.

- 40 % aloe vera juice
- Low kilojoule concentrate
- Artificial flavouring and colourant free

Mango Flavoured	473 ml	#1065
Original Flavoured	473 ml	#0006

AloeMax

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

- 97 % aloe vera juice
- 9 kJ per serving
- Artificial colourant, sweetener and flavourings free

	473 ml	#1196

Fluid Goals

Tea range

Instant Herbal Beverage with Tea Extracts

Lift your day with a cup of Instant Herbal Beverage with Tea Extracts, containing 87.5 mg caffeine*.

- A refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder.
- Can be enjoyed hot or cold

25 kJ per serving

No added sugar**

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

Lemon Flavoured
30 servings, 51 g #180K

Raspberry Flavoured
30 servings, 51 g #182K

Peach Flavoured
30 servings, 51 g #181K

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.
** Lemon, Peach and Raspberry flavoured variants contains 0.1 g of intrinsic sugar per serving.

Create a home spa day

Looking after yourself 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 (p64-69)** 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 leaves skin clean and revitalised.

150 ml Normal to Oily Skin #0766

Herbalife SKIN range is clinically tested and formulated with botanicals and vitamins. With no added 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 absorbent and toning effect of bentonite clay.*

120 ml
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 appearance of firmness around the eyes.

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.

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

Our 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 an instant glow.

50 ml #0830

Replenish

Replenishing Night Cream

This rich, luxurious cream helps deliver much needed moisture to the 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

Beautiful skin

Collagen Complex Drink Mix contains bioactive collagen peptides* called Verisol® P. This product is high in key vitamins and minerals.

Customers say...

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

Source of key vitamins and minerals

Refreshing strawberry and lemon flavoured

Support

Collagen Complex Drink Mix

Strawberry and Lemon Flavoured

30 servings, 171 g #076K

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

Say aloe to stronger hair and skin

Haircare infused with botanicals and no added 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*

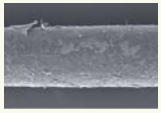
250 ml #2564

Herbal Aloe Strengthening Conditioner

- Strengthens strands for a softer and silkier feel after just one use
- Contains hydrolysed wheat protein

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

- Gentle plant-derived cleansers help relieve dryness and moisturise your 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

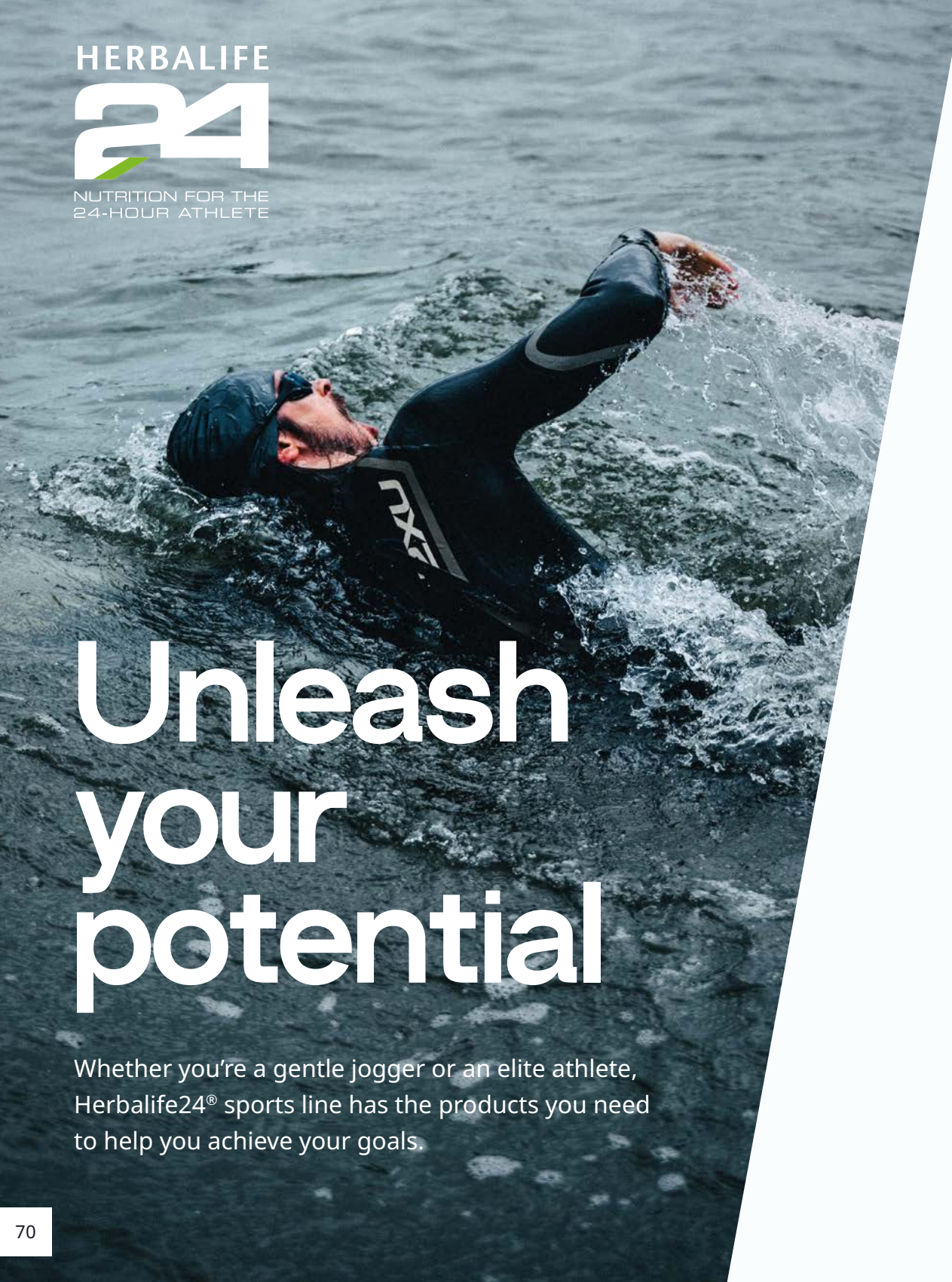
200 ml #2562

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

- Lock in moisture for lasting hydration
- 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 achieve your goals.

Customise Your Herbalife24 programme

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

I'm wi

Helping you to

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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 the most suitable 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 personal 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

Protein helps to maintain muscle mass, and as muscle tissue needs to burn energy to perform their daily task of contracting and relaxing, this also contributes your metabolism.

See our H24 range for products to support each step of your exercise journey

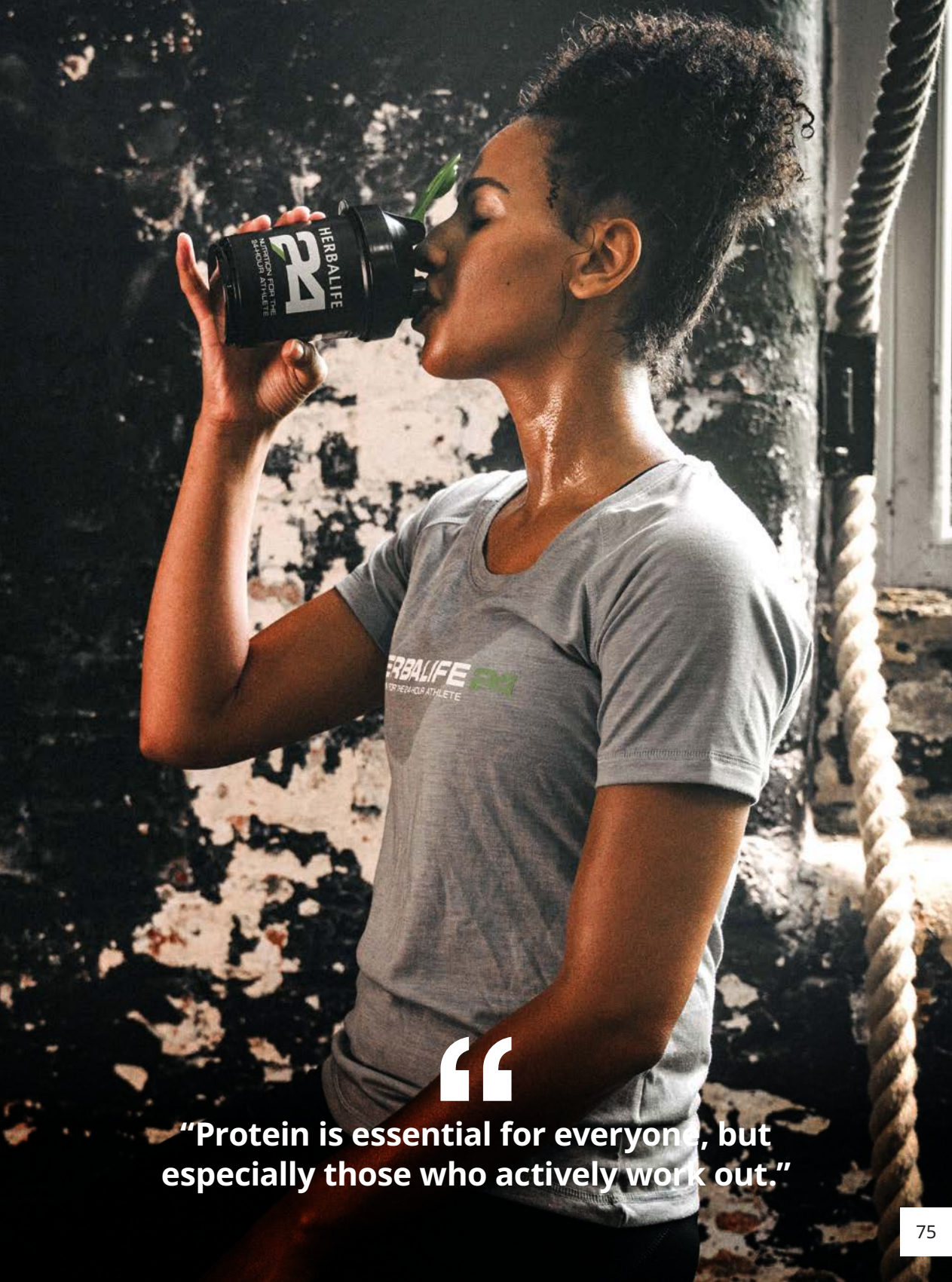
Supports muscle from the inside

It is important to keep regular exercise and the right protein intake in mind. 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 your personal goals.

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."

Product packaging may differ in Southern Africa.

H24 Achieve Protein Bars

A convenient post-workout snack that contains 20.6 g – 21 g of protein to support your fitness goals.

These delicious bars come in two tempting flavours, decadent Dark Chocolate Flavoured or yummy Chocolate Chip Cookie Dough Flavoured. Artificial colourant and artificial flavouring free they're also suitable for lacto-ovo vegetarians!

- 20.6 g - 21 g protein per bar
- Approximately 1.5 g of sugar
- Informed Sports certified
- Suitable for lacto-ovo vegetarians

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

From strength to strength

Rebuild Strength

A high protein recovery shake, use after intense exercise. It has added L-Glutamine and BCAAs for athletes. Consume Rebuild Strength following high-intensity or extended exercise.

24 g protein | 794 kJ | Artificial colourant free, artificial flavouring free and artificial sweetener free

Chocolate Flavoured
20 servings, 1000 g #1437

Rebuild Endurance

A protein and carbohydrates drink mix with added L-Glutamine and L-Carnitine. Consume Rebuild Endurance within 30 minutes following aerobic activity.

10 g protein | 800 kJ | Vitamins B, C & E

Vanilla Flavoured
20 servings, 1000 g #1436

Hydrate

A low kilojoule, orange flavoured drink. Hydrate is a perfect option to enjoy throughout the day.

Low Kilojoule | High in Vitamin C

Orange Flavoured
20 sachets x 5.3 g, 106 g #1433

Customers say

"LiftOff Max immediately gives me a charge!"

LiftOff® to the max

Feel recharged wherever you are with LiftOff® Max. It is a delicious grapefruit twist flavoured energy drink mix that contains 180 mg of caffeine per serve. Enjoy before a workout or whenever you need to get back on track.

H24 LiftOff® Max

Is high in vitamin C, vitamins B6 and B12.

- 180 mg caffeine per serving*
- Sugar free
- Artificial colourants and artificial flavourings free

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

LiftOff®

- 75 mg caffeine per serving
- Vitamins B & C
- 41 kJ per serving

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

Product packaging may differ in Southern Africa.

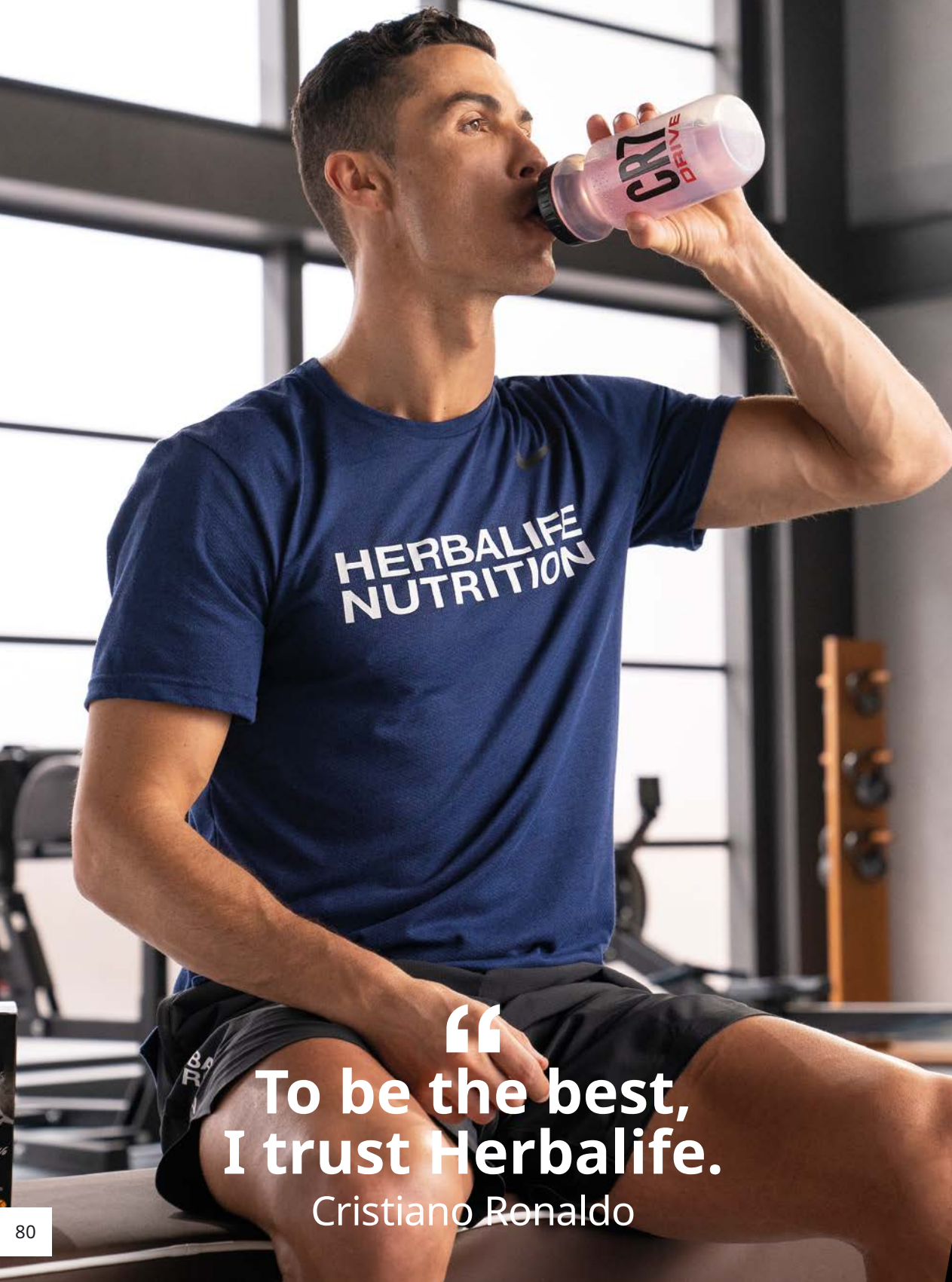
N-R-G
Instant Guarana Beverage

40 mg of caffeine per serving

- 40 mg caffeine

60 g — #1105.

* Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.



**“To be the best,
I trust Herbalife.**

Cristiano Ronaldo

CR7 DRIVE

A delicious and refreshing carbohydrate-electrolyte drink to take during exercise, developed in partnership with Cristiano Ronaldo. Flavoured with Acai Berry, CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to support your fitness goals.

CR7 Drive

411 kJ per serving | 249 mg sodium | 142 mg magnesium | Very high in vitamins B1 and B12

Acai Berry Flavoured	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

Tottenham Hotspur Women Team

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:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code

Building the Nation through Income Creation

DSA

DIRECT SELLING ASSOCIATION OF SOUTH AFRICA

Herbalife

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