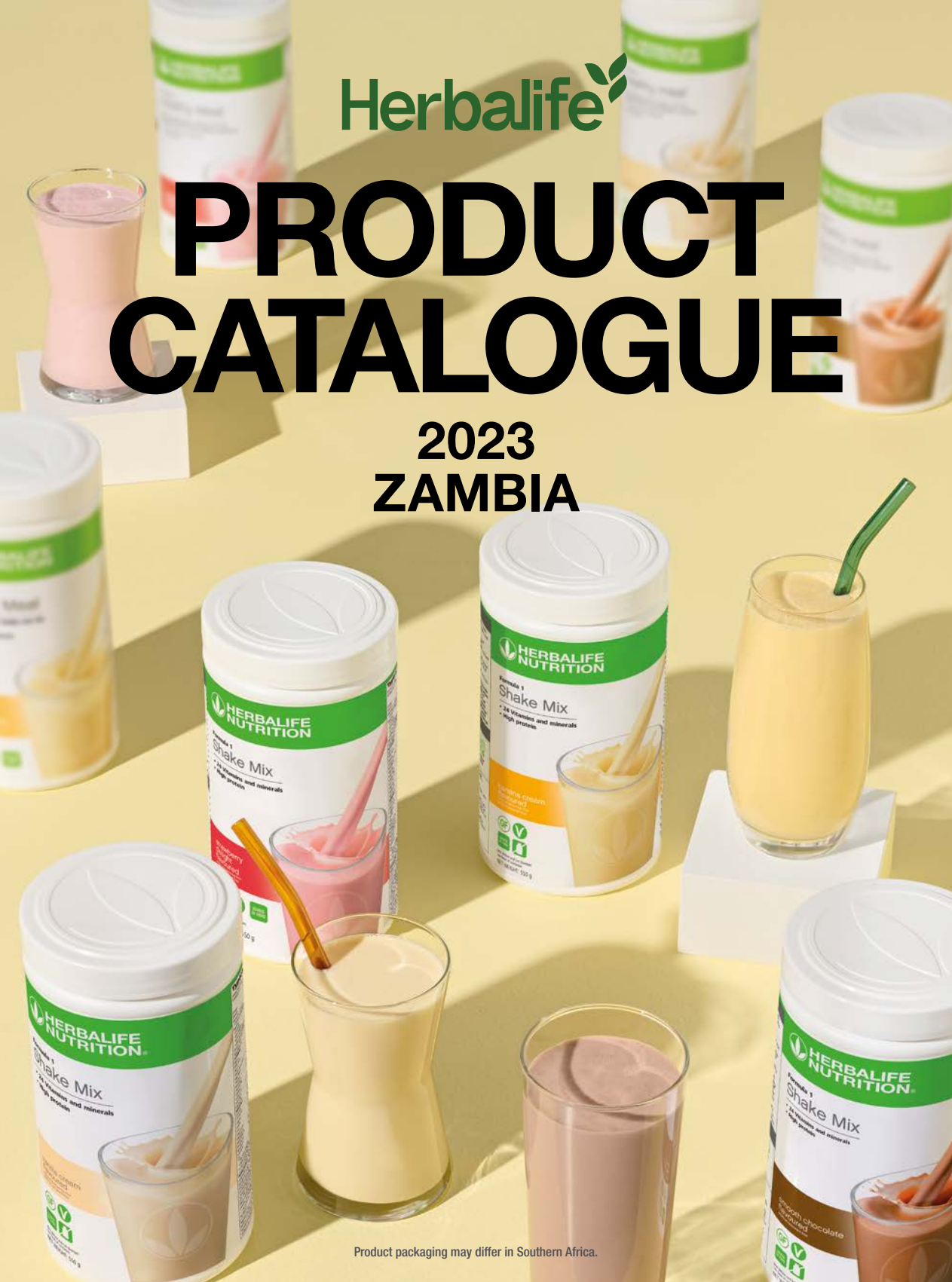


Herbalife[®]

PRODUCT CATALOGUE

2023
ZAMBIA



Product packaging may differ in Southern Africa.



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Nutrition for life

HERBALIFE
24

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.

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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'

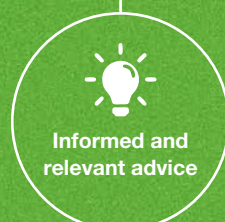
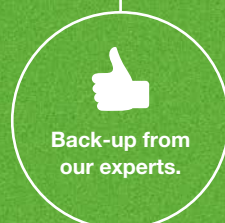
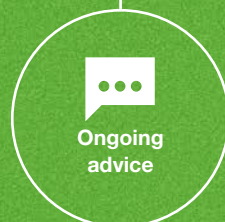
We are the full package! With products only available to buy from our independent distributors, it means you are also invested in their expertise. Whether you want to improve fitness or manage weight, the personal connection with your distributor will provide a clear direction and tailored plan to achieve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

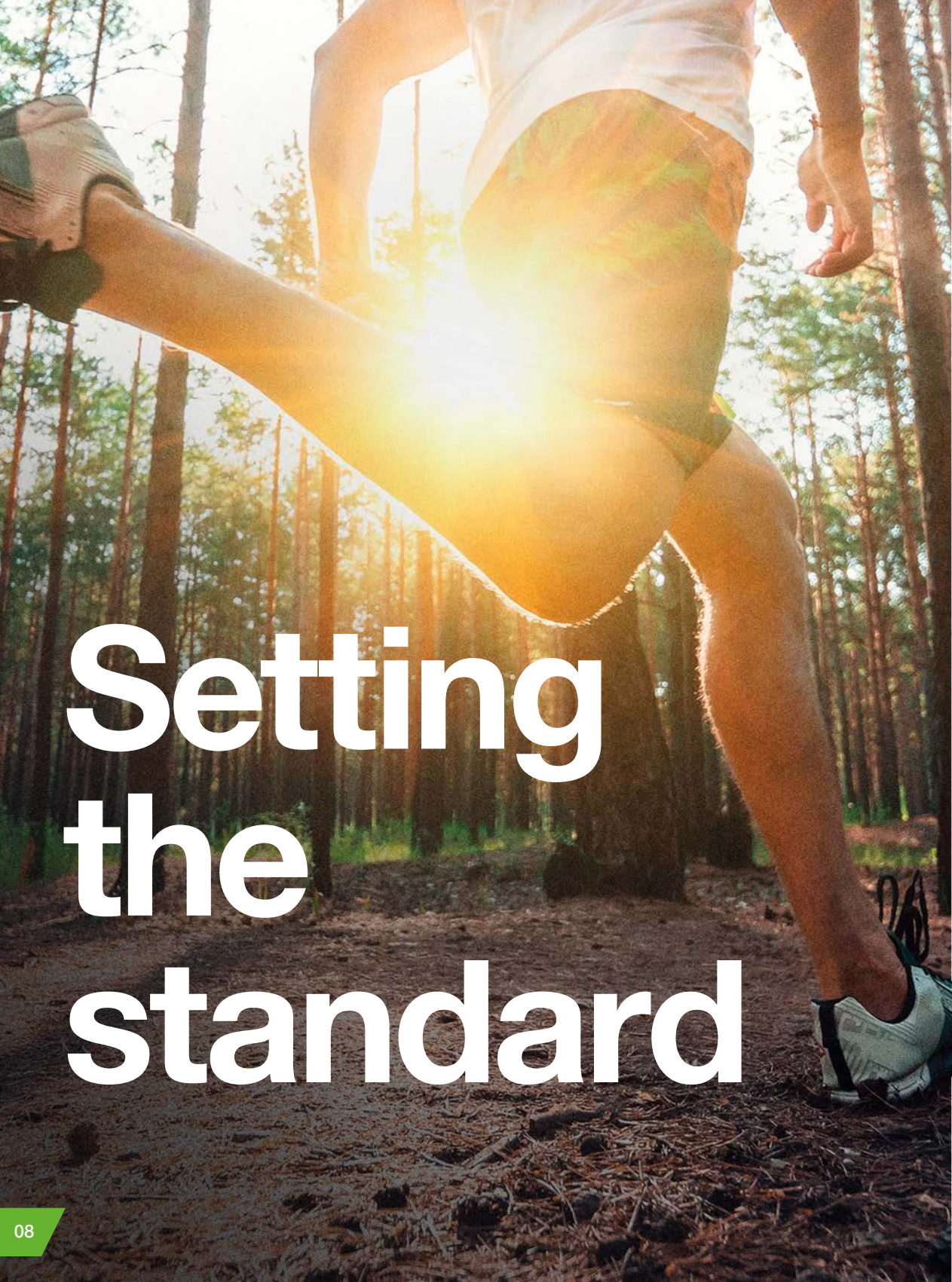
This extra one-to-one, high-touch approach is what differentiates Herbalife from other nutrition companies.





The distributor difference





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.

A scientist wearing a white lab coat, a blue hairnet, safety glasses, and a blue surgical mask is working in a laboratory. They are wearing blue nitrile gloves and are positioned behind a counter with several large white plastic containers that have green horizontal bands. The scientist is reaching into one of the containers. In the background, there is a laboratory fume hood with a control panel and a digital display showing the number '1'. The overall scene is brightly lit, typical of a laboratory environment.

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.**



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

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* Protein

Approximately
4.5 g Fibre

24
Vitamins

Approximately
942 kJ

Gluten
free

* When mixed with semi-skimmed milk (1,5 % fat)



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 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

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

Formula 1

Chocolate Orange Flavoured Shake Mix



Formula 1 Chocolate Orange Flavoured limited edition is a joyful addition to the Formula 1 family.

High in protein

25 vitamins & minerals

Naturally lactose free*

Gluten free

Artificial colourant and artificial flavourings free

21 servings, 550 g

#244K

*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 Shake Mix.”



Formula 1 Savoury Shake Mix

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



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

18.8 g
protein*

905 kJ*

24 vitamins
& minerals

Vegan
ingredients

Gluten
free

21 servings, 550 g

#092K

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



Creamy mushroom flavoured pasta

Preparation time: 5 minutes

Cooking time: 20 minutes



Ingredients for 1 serving

2 scoops (26 g) F1 Savoury Shake Mix

1 tbsp cornflour

100 ml skimmed milk (1.5 % fat)

½ lemon, zested

40 ml water

55 g wholemeal penne pasta

25 g half fat creme fraiche

2 tbsp chopped flat leaf parsley

Black pepper

Step 1 In a saucepan, mix together the F1 Savoury Shake Mix and cornflour, then mix in 4 tbsp of the milk. Stir in the remaining milk gradually, continuing to stir, then add the zest and juice of the lemon, as well as 40 ml water. Season with pepper and cook on a medium heat, stirring constantly for 1-3 mins, until thickened, smooth and hot.

Step 2 In the meantime, put the penne in a separate saucepan and cook for 10-12 mins or until cooked to your liking. Drain then add to the pasta sauce. Mix through the crème fraiche and parsley, then serve immediately, sprinkled with more pepper.

Customers say
“It’s delicious and creamy... A great alternative for cold nights.”

Nutritional values per portion*:

Energy (kJ)	1621
Protein (g)	22
Total Fat (g)	8.3
of which saturates (g)	3.3
Carbohydrate (g)	57
Carbohydrate of which starches (g)	49
Fibre (g)	12
Salt (g)	1.4

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

** Please remember that if a Herbalife product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

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



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 (p22)**. 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 (p33)**, 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 (p42).



Essential nutrients



Calcium



Vitamin D



Iron



Zinc



Vitamin B12

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

Mocha Flavoured

14 servings, 322 g #011K



Product packaging may differ in Southern Africa.

* 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

Product packaging may differ in Southern Africa.

Balancing protein

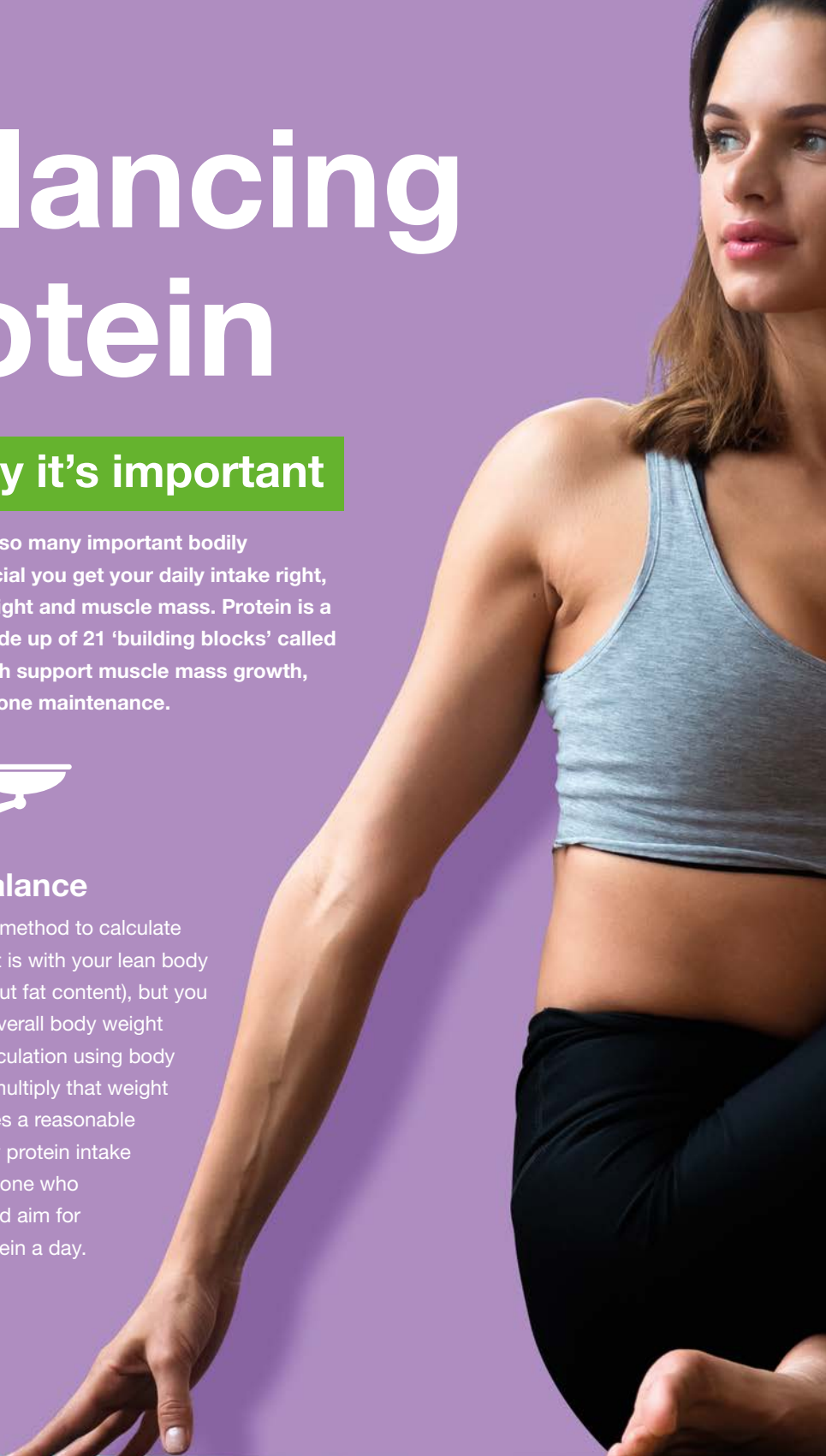
and why it's important

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.

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.



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.



Vanilla Flavoured

20 servings, 560 g #172K



Pro 20 Select

A practical and convenient way to help you meet your specific goals.



Vanilla Flavoured

23 servings, 630 g #1660



Formula 3 Personalised Protein Powder

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



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 offer another chance to fuel your body with nutrients!

Gourmet Tomato Soup

Deliciously flavoured with Mediterranean herbs, this warming snack is ready in seconds.

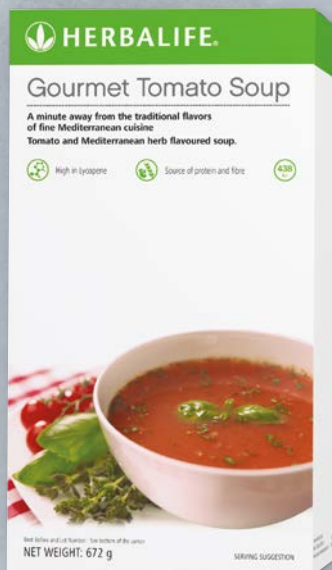
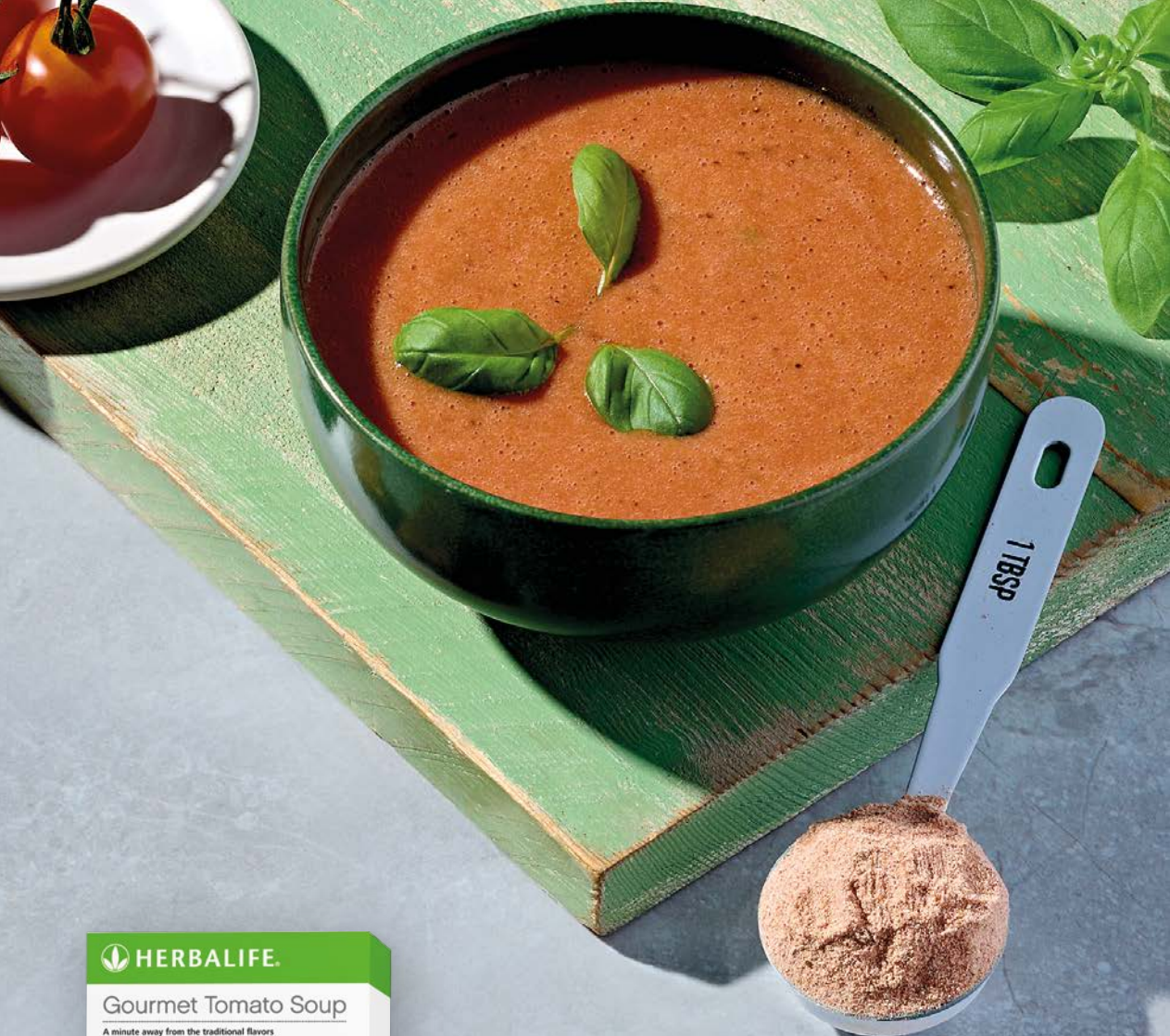
7 g
protein

3.6 g
fibre

438 kJ

21 servings, 672 g

#0155



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

A still life photograph set against a textured, light pink background. In the upper left, a white rectangular box is positioned below the title. To the left, a white scalloped-edge plate holds a pile of golden-brown, circular protein chips. To the right of the plate is a clear glass filled with a pinkish-orange beverage, ice cubes, and a lime wedge. Below the glass, a small white bowl contains a thick, green guacamole, topped with a drizzle of yellow oil and black pepper. On the far right, a small potted succulent with green leaves is partially visible. The scene is lit with soft, natural light, creating gentle shadows.

Customers say

“Takes away the craving for salt without breaking the kilojoules.”



Immunity support

Much is yet to be learned
about the immune system,
but we do know it is linked to
nutrition and gut health.



Protecting your body

What we eat, where we live, how much we sleep, how we exercise, and even who we live with, all cause chemical reactions that can affect our body.

Around 70-80 % of body's immune cells are located in the gut* our immune system is located near the intestines, which monitors food intake and how the body uses it. So, it is critical for our diet to include the right vitamins, minerals, and other nutrients while maintaining a healthy lifestyle.

The four essential groups of nutrients to help strengthen your immune system are protein, vitamins and phytonutrients, probiotics and prebiotics and Omega-3 fatty acids.

Our vitamins and minerals product range can help support your diet to maintain a healthy lifestyle.

* Wiertsema SP. et al, Nutrients. 2021; 13(3)

For Everyday Support





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



Elderberry Flavoured

21 x 3.7 g, 77.7 g, #233K

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 scoop

30 servings, 204 g

#2554

* Contains 0.1 g of intrinsic sugar per serving.



Give to your gut

For healthy digestion

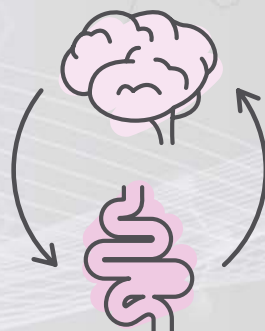


The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

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.



Check out our
BioAxis (p50)



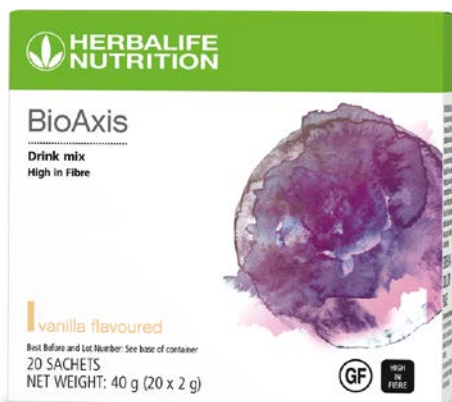
Customers say

“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.



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.



Hydration made easy

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

Our bodies require enough water to perform the vital function of digesting foods. Nutrients can be delivered to your cells, and waste substances can be eliminated.

Water also plays a huge role in controlling body temperature, keeping joints lubricated, and maintaining muscle power. The bottom line is every cell, tissue, and organ needs water to function properly. It's basic body housekeeping.

Top tips



1 Make it accessible
Put a jug, glass or bottle of water wherever you are – at your desk, by your bedside, on the kitchen work top.

2 Take it with you on the go
Invest in a re-usable bottle, so water is always on hand.

3 Drink before you eat
Hunger can sometimes be mistaken for thirst, so try a glass of water first - before adding to the kilojoules unnecessarily!

4 Flavour it
Plain water can be hard to drink, flavour it naturally with a slice of fresh lemon or lime, some cucumber or fresh mint or try adding our mango flavoured **Herbal Aloe Concentrate Drink**.

5 Eat it
Hydrating fruits and vegetables like cucumbers and watermelons contribute to your daily fluid intake. Low fat milk, tea, coffee and juice can also contribute. Our **Instant Herbal Beverage with Tea Extracts** range is great if you also want a pick-me-up.



Fluid Goals

Aloe range

Herbal Aloe Concentrate Drink

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

40 %
aloe vera
juice

Low kilojoule
concentrate

Artificial
flavouring
and colourant
free

Mango Flavoured 473 ml #1065

Original Flavoured 473 ml #0006

AloeMax Concentrate Drink

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 Flavour

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



Lemon Flavour

30 servings, 51 g #180K



Raspberry Flavour

30 servings, 51 g #182K



Peach Flavour

30 servings, 51 g #181K

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

** Contains 0.1 g of intrinsic sugar per serving.

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

Beauty edit

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.

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.”



High in
vitamins and
minerals

Refreshing
strawberry
and lemon
flavoured

Support

Collagen Complex Drink Mix

Strawberry and Lemon Flavoured

30 servings, 171 g #076K

Product packaging may differ in Southern Africa.

SPF 30 Protective Moisturiser

50 ml

Instant Reveal Berry Scrub

120 ml



Replenishing Night Cream

50 ml

Hydrating Eye Cream

15 ml

Daily Glow Moisturiser



ELEVATE YOUR POTENTIAL

BE YOUR OWN BOSS WITH A BRAND YOU CAN TRUST

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

Contact your Herbalife distributor now to find out more.

To find out more, contact me today:

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

Building the Nation through Income Creation



DIRECT SELLING ASSOCIATION OF SOUTH AFRICA



www.herbalifeproductbrochure.com