



# HERBALIFE NUTRITION

Product Brochure 2019: Issue #2

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## NEW IN THIS ISSUE

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Meet **Tri Blend Select** –  
a premium wellness protein  
shake without compromise





# Welcome to **HERBALIFE** **NUTRITION**





## HOW HEALTHY DO YOU WANT TO BE?

6-7

Find out the results of our survey, plus how to make your goals a reality.

## HOW TO BUILD A MEAL PLAN

8-9

From preparation tips to nutritious ingredients, in this section you'll find how to get the most out of your daily meals.

## FORMULA 1

18-19

All you need to know about the new generation of Formula 1

## HIGH PROTEIN ICED COFFEE

24-25

Created for life's adventures; big and small. Every batch has been expertly brewed to be smooth and bold with 100% Robusta espresso coffee beans and it provides 80mg of caffeine per serve.

## TRI BLEND SELECT

26-27

A premium wellness protein shake that is 100% uncompromising: carefully sourced natural ingredients delivering optimal nutrition and delicious flavour.

## HERBALIFE SKIN

48-49

Clinically tested for radiant, younger looking skin.

## BODY & HAIR CARE

50-51

Hydrating & nourishing with soothing Aloe Vera.

Always consume Herbalife Nutrition® products as part of a balanced and varied diet in line with a healthy lifestyle. For further product information visit [Herbalife.co.uk](https://www.herbalife.co.uk) or speak to your Independent Herbalife Nutrition Member.

## WHY HERBALIFE WHY NOW

Get in touch with your Member and find out more about our business opportunity!

## RESERVE YOUR ORDER ON THE APP

Like what you see? Pick your favourites and reserve your orders with your Member via the Herbalife Nutrition GO app. Download it now from the App Store and reap the benefits, meal plans, shake recipes and much more!





QUALITY PRODUCTS

# FROM SEED TO FEED

## QUALITY PRODUCTS crafted for you

We identify the needs of our customers and combine these findings with the latest advancements in science. Our PhDs, scientists and nutritionists then work with world-class partners to bring better nutrition to customers. Herbalife Nutrition has made a significant investment in new laboratories, testing equipment, facilities, ingredients and scientific talent to meet the rigorous standards set by the International Organisation for Standardisation (ISO) and NSF International.

Our aim is to make balanced nutrition straightforward. To do this, we choose to invest

in science. Our Scientific Leadership (which includes David Heber, Ph.D., Chairman of the Herbalife Nutrition Advisory Board) have spent the last three decades creating high-quality, calorie-controlled products to make your new healthy eating plan that bit easier.

From a Nobel\* Laureate to the former director of the FDA\*\*, each member of the Nutrition Advisory Board is at the top of their field. By combining their expertise, they work to give you confidence in our products, and ensure the science behind them is substantiated by scientific literature and clinical trials.



We're building a global manufacturing network. Our investments in facilities, technology and resources, combined with our commitment to making more products in-house, strengthen our industry-leading quality and operational capabilities.

**DAVID PEZZULLO**, Herbalife Nutrition COO, Worldwide Operations

\* The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition products.

\*\* Food And Drug Administration.



## GOOD TO KNOW

The Herbalife Nutrition Innovation & Manufacturing facility in Winston-Salem, North Carolina spans an incredible 800,000 sq. ft. and has a 3-mile circumference; making it the largest Herbalife Nutrition facility to date. Opened in 2014, it enhances our ability to deliver top nutrition products to people around the globe.



OUR FARMERS  
SEED THE FIELDS



AND CULTIVATE  
THE LAND



TO ENSURE  
QUALITY



IS GUARANTEED  
THROUGHOUT



UNTIL IT'S IN  
YOUR HANDS



### INGREDIENTS WITH PURPOSE

We are invested in responsible farming and advanced production methods to craft the best products possible. We have a team of scientists and manufacturers from around the world dedicated to identifying only the best sources of ingredients.



### MADE WITH CARE

We go to great lengths to ensure Herbalife Nutrition® products meet or exceed a variety of industry standards in quality. You can be confident in the purity and value of our individual ingredients, as well as the integrity of our processes.



### NUTRITION DELIVERED TO YOU

Using advanced technology, we carefully monitor the environment where our products are stored – ensuring they are just as beneficial and powerful when you receive them as when they were first developed.



# ASK YOURSELF

## How healthy do you want to be?

Becoming the best version of you is more than just a number on the scales. It's different for everyone. Be it your health, happiness, confidence or fitness level - it starts with setting your goals.

**85%**  
**OF EUROPEANS  
SAY THEY WOULD  
LIKE TO LIVE A  
HEALTHIER LIFESTYLE<sup>1</sup>.**

**ONLY 15%**  
**OF EUROPEANS  
FEEL THEY ARE  
'VERY HEALTHY'<sup>1</sup>.**

<sup>1</sup> Results based on 2014 Herbalife Nutrition consumer research survey, across 15 countries with 15,000 responses.



## WHAT ARE YOUR FITNESS GOALS?

Is your ultimate goal a lean and toned physique? Are you focusing on optimizing your diet before, during and after exercise?

Top athletes around the world use Herbalife Nutrition to help them reach their fitness goals. Train like an athlete with our fitness range, H24!

## WHAT ARE YOUR WEIGHT GOALS?

Reaching a healthy weight can completely change your lifestyle, and while it does require a little bit of willpower, you can still enjoy the flavours you love.

Through the Herbalife Nutrition ecosystem, we developed the tools and support to help you reach your goals, stay motivated and reap the benefits of good nutrition and regular exercise.

## COULD YOU BENEFIT FROM A HEALTHIER LIFESTYLE?

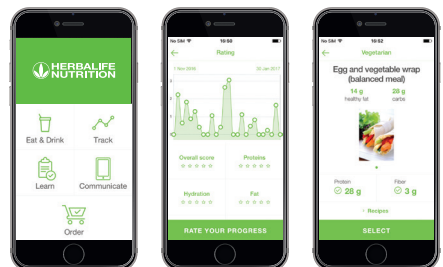
A healthy and active lifestyle is fuelled by good nutrition. The way you nurture your body reflects in your general welfare and daily stamina.

For optimum wellbeing, adopt a balanced nutrition plan and fitness regime that suits your needs and complements your lifestyle, no matter how busy.

### SET AND TRACK YOUR GOALS ON THE HERBALIFEGO APP!

The HerbalifeGO app is there to connect you with your Personal Coach (Herbalife Nutrition Member). Log your measurements, track your progress, view healthy meal plans, recipes, and receive tips, support and educational information directly from their phone to yours.

**DOWNLOAD  
IT NOW  
FROM THE  
APP STORE!**





# EASY MEAL Builder

Do you ever feel stumped come mealtime, not knowing what to make or where to start? Our meal builder has you covered with simple steps and balanced nutrition.



## STEP 1:



Chicken  
or turkey

## STEP 2:



## STEP 3:



**100% whole grain  
bread or crackers**

1 slice, ½ pita bread,  
½ English muffin

## STEP 4:



**Parmesan or low-fat  
feta cheese**

2 TBSP

## STEP 5:



Herbs & spices

## START WITH PROTEIN

**25g PROTEIN**  
400 CALORIES

**40g PROTEIN**  
600 CALORIES



**Eggs**  
1 whole



**Lean beef**



**Greek-style yogurt  
(non-fat or low-fat)**  
½ cup



**Fish**



**Tofu**  
100g

**85g,  
cooked**

**140g,  
cooked**

## ADD VEGETABLES



**Cooked vegetables, vegetable soup, tomato sauce (1 cup)**

**Choose 1**

**Choose 2**



**Raw vegetables**

**Any  
amount**

**Any  
amount**

## ADD WHOLE GRAINS/STARCH



**Rice  
(brown or wild)**  
½ cup, cooked



**Tortillas**  
2 corn,  
1 medium-sized  
flour (whole grain)



**Beans, peas,  
corn or lentils**  
½ cup, cooked



**Potato  
(white or sweet)**  
½ medium



**Pasta, quinoa,  
millet, barley  
or bulgur**  
½ cup, cooked

**Choose 1**

**Choose 2**

## ADD SOME HEALTHY FAT FOR FLAVOR



**Olive oil**  
1 TBSP



**Nuts**  
28g



**Hummus, low-fat salad  
dressing, mayonnaise,  
sour cream, vinaigrette**  
2 TBSP



**Avocado**  
½ small



**Seeds or  
nut butter**  
1 TBSP

**Choose 1**

**Choose 2**

## SEASON IT UP!



**Lemon**



**Garlic**



**Vinegar**



**Salsa &  
hot sauce**



**Mustard**

**Any  
amount**

**Any  
amount**



# SOCIAL STORIES

**Bianca K Kend, IE**

F1 Banana Cream is very creamy and I love that.



**Alison Griffiths-Brown, UK**

I've been using Herbalife Nutrition for over 10 years along with my family. We love all the inner and outer nutrition and wouldn't be without it every day. Thanks Herbalife!



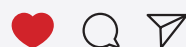
**Katrina Cordner, UK**

I have used the products since May 2018 and I can already feel the difference. I feel more energetic than ever, plus the shakes are yummy – it's a win/win.



**Lola Steele, UK**

Love Herbalife Nutrition. Love how it makes me feel.



@HerbalifeUK

[Herbalifeblog.co.uk](http://Herbalifeblog.co.uk)

[MyHerbalifeShake.com](http://MyHerbalifeShake.com)

#HerbalifeNutrition  
#MyHerbalifeShake





# Optimise your **NUTRITION**

Your goals and needs are unique to you.

The journey to your desired results starts with balanced nutrition and healthy activity. But behind sustainable results there is dedication and a plan to keep you energised, focused and in control.

The around-the-clock Herbalife Nutrition programme will help you reach optimum levels in these six nutritional elements that are key to your success. These solutions are based on the latest science and delivered to you with the personalised support of the Herbalife Nutrition Member.

**1. PROTEIN**

**2. VITAMINS & MINERALS**

**3. HEALTHY FATS**

**4. FIBRE**

**5. PHYTONUTRIENTS**

**6. HYDRATION**







# HERBALIFE NUTRITION IDEAL BREAKFAST

How often do you skip breakfast or grab a coffee and pastry on-the-go to stop the hunger pangs mid-morning? Once a week? Twice? Everyday?

'Breakfast' literally means to 'break the fast' that occurs overnight. After approximately 12 hours without fuel, it's easy to see why it's called the most important meal of the day – providing the energy your body needs to get you going in the morning.

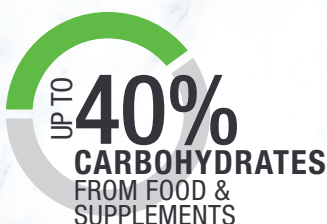
## **A BALANCED BREAKFAST ON A REGULAR BASIS MEANS\***

- A more balanced overall diet
- An increased vitamins and minerals intake
- More likely to meet your 5 portions of fruit & veg a day



# WHAT ACTUALLY IS A NUTRITIOUS AND BALANCED BREAKFAST?

An ideal breakfast helps you to reach the recommended daily calorie intake made up of:



The Herbalife Nutrition Ideal Breakfast is great-tasting, full of nutrients and requires little to no preparation. Even better? It can be tailored to suit you!

- 1** | **NOURISH**  
Enjoy the creamy and delicious **Formula 1 shake** – all the taste, whilst still **controlling the calories**.
- 2** | **HYDRATE**  
Get creative and infuse your **Aloe Drink** with fresh fruits, vegetables and herbs. Start your day with a **unique personalised taste**.
- 3** | **REFRESH**  
Wake up to a **refreshing herbal drink** with 85mg\*\* of caffeine to help improve concentration when you need it most.

Ask your Herbalife Nutrition Member for the Ideal Breakfast that best works for you.

The Trial Pack is a great way to give the products a go and feel the difference for yourself!

\* Matthys C, et al; Public Health Nutr. 2007 Apr;10(4):413-21. Smith KJ, et al. Am J Clin Nutr. 2010 Dec;92(6):1316-25. Azadbakht, L et al. Nutrition. 2013 Feb;29(2):420-5.  
\*\* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (EFSA).



An essential component of every cell in the body, protein is a macronutrient made of 22 'building blocks' called amino acids. Proteins have different functions in the body including contributing to growth in muscle mass and the maintenance of muscle and normal bones. Without enough protein, it can be difficult to sustain a balanced diet and reach your goals.

Aim to consume up to 30% of your daily calories from protein. During exercise, your body requires more protein to build/maintain muscle, so keep in mind that protein needs may differ. An active male who consumes up to 2,000kcal per day\* and wants to build muscle should aim for up to 150g<sup>1</sup> protein in his daily diet. For a woman who consumes up to 1,400kcal per day and wants to control her weight, the recommendation would be up to 105g of protein per day.<sup>2</sup>

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A combination of vegetable and animal protein sources each day. Soy is one of the best vegetable sources as it is a 'complete' protein that provides all the essential amino acids. As other vegetable protein sources like nuts, seeds and lentils are not 'complete proteins', try to combine them to provide a better proportion of amino acids. For animal protein, high quality sources include fish, poultry, eggs and low-fat dairy products, which provide the additional benefits of Iron, Zinc and B vitamins.

<sup>2</sup> Flechtner-Mors M. Diabetes 2010 Jul;26(5):393-405.

# The protein power couple

## ENHANCE YOUR BREAKFAST

Boost your protein intake to support your goal by combining PDM, Formula 1\* New Generation and water – a healthy, simple and nutritious meal. Enhance your daily protein intake with a tasty and nutritious vanilla flavoured drink, ready in seconds; just add water and shake it!

**24g**  
protein

**4g**  
fibre

**212**  
kcal



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



# A DELICIOUS, HEALTHY MEAL

A rich and creamy shake that can be prepared in seconds; it provides an excellent balance of high-quality protein and essential macro and micronutrients, which makes it a great meal replacement for weight control.

All our Formula 1 New Generation shakes are vegan sourced, are gluten free, suitable for vegetarians and provide more than a third of your daily recommended intake of 25 vitamins and minerals.

You no longer have to choose between healthy meals and convenience - the F1 New Generation shakes are quick and easy to prepare!

## Formula 1

- Underpinned by science and developed by experts in nutrition
- Clinical studies show substituting one daily meal of an energy-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss\*
- The new Cookie Crunch, Vanilla Cream and Smooth Chocolate Formula 1 flavours are our first vegan and dairy free meal replacements when prepared with soy beverage!
- Formula 1 Free From is free from lactose, soy and gluten when made according to instructions

Café Latte	21 servings, 550g	#4465
Spiced Apple	21 servings, 550g	#4464
Mint & Chocolate	21 servings, 550g	#4471
Summer Berries	21 servings, 550g	#4470
Banana Cream	21 servings, 550g	#4462
Vanilla Cream	21 servings, 550g	#4466
Smooth Chocolate	21 servings, 550g	#4468
Strawberry Delight	21 servings, 550g	#4463
Cookie Crunch	21 servings, 550g	#4467
Free From Vanilla	21 servings, 550g	#3118
Vanilla Cream	30 servings, 780g	#048K
Vanilla Cream sachets	7x26g	#053K



\* Heymsfield SB, et al. Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.

\*\* When mixed with semi-skimmed milk.





**18g**  
protein\*\*

**5g**  
fibre

**25**  
vitamins &  
minerals

**vegan**  
ingredients

**GF**



*Serving suggestion*



# SUMMER BERRIES MERMAID BOWL

## Ingredients:

- 2 scoops **Formula 1 Summer Berries**
- 1 banana, frozen (medium)
- 60g mixed berries frozen
- 200ml dairy-free milk
- ½ **tbsp** spirulina

## To top:

- 10g frozen berries
- 5g toasted coconut flakes
- 5g granola
- ¼ medium banana

## Method:

1. Place the frozen banana, mixed berries, dairy-free milk, **Herbalife Nutrition Formula 1 Summer Berries** and spirulina in to a blender. Blend until smooth.
2. Top with a selection of frozen berries, toasted coconut flakes, granola and banana slices to serve

Protein	Kcals	Fibre	Fat	Carbs	Sugars
21.2g	425	11.5g	10.5g	65g	40.9g

Nutritional Values per serving

# BANANA-COCONUT SNOWBALLS

**YIELD: 24**

**Ingredients:**

- 2 scoops **Formula 1 Banana Cream**
- 2 scoops **Protein Drink Mix**
- ½ cup full fat coconut milk
- 1 cup desiccated coconut

(and extra ½ cup of shredded coconut for rolling)

**Method:**

1. Mix ingredients in a food processor until combined.
2. Roll into balls
3. Roll protein balls in shredded coconut to coat

Protein	Kcals	Fibre	Fat	Carbs	Sugars
2.9g	98	2.2g	8.4g	3.8g	1.7g

Nutritional Values per serving (2 balls)



## Formula 1 Express Healthy Meal Bar

- 32% of your recommended daily fibre intake\*
- Excellent balance of key nutrients including essential vitamins and minerals
- Underpinned by science: studies show that substituting one daily meal of an energy-restricted diet with a meal replacement like Formula 1 contributes to the maintenance of weight after weight loss<sup>1</sup>
- Free from artificial preservatives, and suitable for vegetarians

Chocolate	7 x 56g, 392g	#2669
Red Fruits and Yoghurt	7 x 56g, 392g	#2670

13g  
protein

8g  
fibre

207  
kcal



\* 25 grams of fibre per day is the recommended intake by EFSA.

<sup>1</sup> Heymsfield SB, et al. Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.







# COFFEE with the POWER OF PROTEIN

Created for life's adventures; big and small. When passion alone isn't enough to keep you going for your next challenge, try our High Protein Iced Coffee. Every batch has been expertly brewed to be smooth and bold with 100% Robusta espresso coffee beans and provides 80mg\* of caffeine per serve. We believe that good coffee should be good for you\*\*, that's why our iced coffee has no added sugar, 85 calories\*\*\* and we've ramped it up with 15g\*\*\* of protein. Take it with you everywhere and just add water for a delicious High Protein Iced Coffee experience.

15g  
protein

80mg  
caffeine

85  
kcal



NEW



#012K

\* It is recommended not to exceed a daily intake of 400mg of caffeine from all sources.

\*\* Protein contributes to a growth in muscle mass.

\*\*\* Per serve.

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## High Protein Iced Coffee

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- 100% Robusta espresso coffee beans
- Every batch has been expertly brewed to be smooth and bold
- Just add water

Latte Macchiato	14 Servings, 308g	#012K
Mocha	14 Servings, 322g	COMING SOON

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# TRI BLEND SELECT

## PEA, QUINOA & FLAX SEED

Tri Blend Select is a premium wellness protein shake that is 100% uncompromising: carefully sourced natural ingredients delivering optimal nutrition and delicious flavours. Tri Blend Select is made with a high-quality blend of pea, quinoa and flaxseed to deliver a complete protein source\*, alongside a number of other natural and organic ingredients providing fibre, vitamin C and selected minerals.

**20g**  
protein

**6g**  
fibre

**151**  
kcal

**naturally  
sourced  
vitamin C**

### Tri Blend Select

- Vegan blend of Pea Protein, Quinoa and organic Flax Seed.
- High in protein, fibre and with vitamin C to help reduce tiredness and fatigue, maintain a normal function of the immune system and normal energy-yielding metabolism
- Naturally sourced, wholefood vegan ingredients for your evolving nutritional needs.
- Low in sugar full in flavour

Banana	15 Servings, 600g	<b>#013K</b>
Coffee Caramel	15 Servings, 600g	<b>#052K†</b>



**HIGH  
PROTEIN**



**HIGH  
FIBRE**



**GLUTEN  
FREE**



**SUITABLE  
FOR VEGANS**



**WITH NATURAL  
INGREDIENTS**

\* The addition of rice protein delivers a complete protein. † Coming Soon.

NEW



#013K



#052K





# The ideal all-in-one PROTEIN SHAKE

A practical and convenient solution to help you meet your protein, fibre, vitamin and mineral needs. Whether you're looking to maintain a nutritious and balanced diet or need a healthy post workout shake, PRO 20 Select is the perfect solution for you. With 20g of high-quality soy protein and carefully selected ingredients and nutrients it is an ideal foundation to help you achieve your personal nutrition goals.

Enjoy PRO 20 Select either as a post-workout or as a healthy shake any time of the day. Add your favourite fruit or vegetable, blend it to make it your way.

## PRO 20 Select

Vanilla

15 Servings, 630g

#1660

20g  
protein

6g  
fibre

25  
vitamins &  
minerals

146  
kcal



20G OF  
PROTEIN



6G OF FIBRE



25 VITAMINS  
& MINERALS



LOW SUGAR



VEGETARIAN



## Protein Drink Mix

When enjoyed as a snack, Protein Drink Mix delivers the following nutritional benefits:

- 15g high quality protein
- 7g of carbohydrates
- 20 vitamins and minerals
- Suitable for vegetarians

Vanilla 21 servings, 588g #2600

15g  
protein

22  
vitamins &  
minerals

108  
kcal



## Formula 3 Personalised Protein Powder

Boost your protein intake in one easy step - simply add a scoop of powder to your daily Formula 1 shake.

- Rich in soy and whey protein, to help maintain muscle mass and maintain normal bones
- 5g protein per serving
- Suitable for vegetarians

Original 40 servings, 240g #0242

5g  
protein

23  
kcal



**WE TAKE CARE TO ENSURE  
ALL INGREDIENTS USED  
IN HERBALIFE NUTRITION  
PRODUCTS ARE NON-GMO\*.**

*Serving suggestion*

\* All the ingredients are not sourced from GM crops, in compliance with applicable EU regulations.



# Smart PROTEIN SNACKS

Stop unhealthy temptation in its tracks! Keep convenient, nutritious snacks on hand to help keep hunger at bay between meals and your motivation high.

Contrary to popular belief, snacking can be helpful for those trying to control their weight.

Plus, they are another chance to fuel your body with nutrients!

A clinical study even found that healthy, calorie-controlled snacks in portion-controlled packs help people to eat less throughout the day<sup>1</sup>.



## Gourmet Tomato Soup

**Ready in seconds, this warming snack provides 8 times the protein of regular tomato soup<sup>2</sup>.**

- 104kcal per serving
- High in protein to help you maintain muscle mass
- High in fibre (4g per serving)
- Simply mix with hot water, according to directions on the label
- Deliciously flavoured with Mediterranean herbs

Tomato	21 servings, 672g	#0155
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**7g**  
protein

**4g**  
fibre

**104**  
kcal







## Roasted Soy Beans

A healthy, savoury snack at home or on-the-go; calorie-controlled for your convenience.

- 9g protein to help build muscle mass
- 110kcal to help manage your calorie intake
- Convenient individual sachets, ideal for when you're on the move
- Delicious and lightly salted

Lightly Salted

12 servings, 258g

#3143

9g  
protein

110  
kcal



## Protein Bars

Got a sweet tooth? Curb the chocolate cravings with a delicious high-protein snack, or enjoy this healthy treat pre or post-exercise.

- Approx. 140kcal<sup>2</sup> per bar
- 10g high-quality protein to help maintain muscle mass
- 16g carbohydrates per serving to help fuel your workout

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

10g  
protein

146  
kcal



<sup>1</sup> Nijke et al (2016). Snack food, satiety, and weight. Adv. in Nutrition, 7(5).

<sup>2</sup> The composition of Foods; Food Standards Agency and The Institute of Food Research in the UK, 2006.



# VITAMINS & MINERALS

Vitamins and minerals are key micronutrients that are required for many of the chemical reactions your body performs every day. Many minerals – like Calcium and Magnesium – have structural roles in the body too.\* However, the body can't synthesise all the vitamins and minerals it needs to function at its best, which is why a healthy diet is so important.

A balanced diet helps to supply the essential vitamins and minerals, but it can be difficult to consume all the necessary nutrients simply through food. Daily vitamin and mineral supplements can help to ensure you reach the recommended daily amount of each, every day.

## SO WHAT SHOULD I EAT?

Most of the foods you consume will provide some essential vitamins and minerals. Some particularly nutrient-dense foods include fruits, vegetables and grains. Each nutrient has a different use in the body, so different people may benefit from increasing their intake of different vitamins or minerals. Spinach is rich in vitamins C and E, which help to protect cells from oxidative stress, while phosphorus and calcium found in milk, yoghurt and seeds help to support the maintenance of normal bones. Your B vitamins help the body convert food into fuel\*\*, and vitamin K contributes to the maintenance of normal bones and normal blood clotting.

\* Calcium is needed for the maintenance of normal bones and teeth.

\*\* Vitamin B1, B2, B3, B5, B6, B12 contribute to normal energy-yielding metabolism.

# Vitamin & Mineral Complex

## MEN & WOMEN

**For the optimum in wellbeing and performance.**

- All-round nutritional support, with 24 key nutrients, including micronutrients which your body can't make itself or can't make enough of
- Tailored specifically to the needs of men and women to provide your body with the optimal amount of vitamins and minerals
- Developed by nutritional experts and backed by proven science

For Men	60 Tablets, 84.3g	<b>#1800</b>
For Women	60 Tablets, 84.3g	<b>#1819</b>

### FORMULATED TO WORK IN CONJUNCTION WITH YOUR FAVOURITE FORMULA 1 SHAKE

Whether you take one or two Formula 1 shakes each day, Vitamin & Mineral Complex has been designed to provide your body with the nutrients it needs at just the right level. Talk to your Member to find out how.



**HORMONAL  
ACTIVITY**



**BONE  
HEALTH**



**ENERGY  
METABOLISM**



**SKIN, HAIR &  
NAIL HEALTH**



**IMMUNE  
DEFENCE**



**ENERGY  
METABOLISM**



**MUSCLE  
FUNCTION**



**MENTAL  
PERFORMANCE**

Please refer to the product label for more details on the specific nutrient benefits present in each formulation.



# GET THE MOST FROM Your body

No matter how old, young, healthy or active we are, caring for our bodies and getting the nutrients we need is essential.

Despite your best intentions, your daily diet may not contain the right levels of every nutrient. This is where dietary supplements can help, as they're a great way to ensure you're fuelling your body right. Vitamins and minerals help to support overall good health and vitality and are key for the body's normal growth and development.

## Thermo Complete®

- A unique blend of naturally sourced caffeine from green tea and yerba mate
- Vitamin C contributes to the reduction of tiredness and fatigue
- Contains 82mg of caffeine per serving to give you a mental lift by helping to improve concentration\*\*\*

90 tablets, 78.9g

#0050



Vitamin  
C

82mg  
caffeine



## Niteworks®

### Night-time nutrition.

- Niteworks® contains the amino acids L-Arginine and L-Citrulline
- High in Folic Acid
- High in vitamins C & E which contribute to the protection of the cells from oxidative stress

15 servings, 150g

#3150

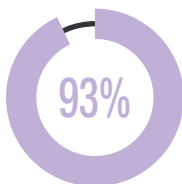
vitamins  
C & E

L-Arginine  
L-Citrulline  
L-Taurine

\* Balz Frei, Bruce N. Ames, Jeff rey B. Blumberg, Walter C. Willett. Enough Is Enough. Annals of Internal Medicine, 2014; 160 (11): 807 DOI: 10.7326/L14-5011.

\*\* NRV= Nutrient Reference Value.

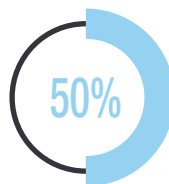
\*\*\* It is recommended not to exceed a daily intake of 400mg of caffeine from all sources (200mg for pregnant or breast-feeding women).



OF ADULTS DO NOT MEET THEIR NRV\*\* FOR VITAMIN D AND E IN THEIR DAILY DIET, ACCORDING TO A MEDICAL REVIEW\*



RESULTS ALSO SHOWED THAT 61% WERE LACKING IN MAGNESIUM



AND 50% DID NOT CONSUME ENOUGH VITAMIN A AND CALCIUM

## Xtra-Cal®

A daily Calcium supplement with vitamin D and Magnesium.

- Contains Calcium, which is needed for the maintenance of normal bones and teeth
- Contains over 100% of your Calcium NRV per daily dose – to help you meet your daily Calcium requirements and is rich in vitamin D
- Also contain Magnesium, Copper, Manganese and Zinc

90 tablets, 131g

#0020

vitamin D

Calcium & Magnesium



B vitamins

## Cell Activator

For energy and carbohydrate metabolism.

- Special formula which contains B vitamins (B1, B2, B6), Manganese and Copper which contribute to normal energy-yielding metabolism
- Contains Zinc for normal carbohydrate metabolism
- The minerals Zinc, Copper and Manganese also help protect the cells from oxidative stress

90 capsules, 48.1g

#0104



# HEALTHY FATS

Your body requires small amounts of fat in order to function properly, but there's a difference between those that are good for you and those that are not. Unsaturated fats (e.g. polyunsaturated, such as Omega-3s) are considered better for you, since these fats can help to keep blood cholesterol within a normal range\*. A diet high in saturated fat (from processed snacks and animal foods such as butter) can contribute to a rise in blood cholesterol levels.

As fats are a very concentrated source of calories, the Herbalife Nutrition Solution recommends getting up to 30% of your daily calories from fat, with special emphasis on optimising your intake of the healthy types of dietary fat. The typical Western diet supplies far more total fat and saturated fat than we need.

## SO WHAT SHOULD I EAT?

Healthy fats include those found in fish, nuts, olive oil and avocados. To ensure you're getting those good-for-you Omega-3s, aim to consume fish at least twice a week, including one portion of oily fish such as salmon or mackerel, as part of a healthy balanced meal. A dietary supplement can also be useful in helping you gain the benefits of EPA and DHA (Omega-3 fatty acids): to keep your heart healthy and maintain normal brain function and vision, as well as the maintenance of normal blood pressure and normal blood triglyceride levels.



\*DHA and EPA contribute to the maintenance of normal blood triglyceride levels. The beneficial effect is obtained with a daily intake of 2g of EPA and DHA.



## Herbalifeline Max®

A food supplement that contains sustainably sourced fish oils high in omega-3 fatty acids (EPA and DHA) HIGHER levels of EPA and DHA per capsule†, which deliver heart<sup>1</sup>, vision<sup>2</sup> and brain<sup>2</sup> benefits.

NEW formulation with 5 key claims

NEW sustainably sourced fish oil accredited by Friend of the Sea

NEW vegetarian gel capsule

- Sustainably sourced fish oil accredited by Friend of the Sea
- Vegetarian gel capsule
- DHA contributes to the maintenance of normal brain function and normal vision<sup>2</sup>
- EPA and DHA contribute to the normal function of the heart<sup>1</sup> as well as to the maintenance of normal blood triglyceride levels<sup>3</sup> and normal blood pressure<sup>4</sup>

30 Capsules, 42g

#0043



For more information  
please visit  
[FRIENDOFTHESEA.ORG](http://FRIENDOFTHESEA.ORG)

### DAILY USAGE



- ✓ Contribution to the normal function of the heart<sup>1</sup>
- ✓ Maintenance of normal vision<sup>2</sup>
- ✓ Maintenance of normal brain function<sup>3</sup>



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



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



† On average 3 times more EPA and DHA when compared to the current Herbalifeline formula.  
<sup>1</sup> The beneficial effect is obtained with a daily intake of 250mg of EPA and DHA;  
<sup>2</sup> The beneficial effects are obtained with a daily intake of 250mg of DHA.  
<sup>3</sup> The beneficial effect is obtained with a daily intake of 2g of EPA and DHA.  
<sup>4</sup> The beneficial effect is obtained with a daily intake of 3g of EPA and DHA;  
A supplemental daily intake of 5g of EPA and DHA combined must not be exceeded.



## SO WHAT SHOULD I EAT?

A combination of soluble and insoluble fibre every day. Soluble fibre can be found in broccoli, carrots, apples and oats. Insoluble fibre is broken down to a lesser extent than soluble and generally passes through the intestinal tract without being modified. Good sources include nuts, beans, leafy vegetables and whole grains.

# FIBRE

Fibre is a type of (non-digestible) carbohydrate that plays a key role in normal digestion<sup>1</sup>.

There are 2 types: soluble and insoluble.

Unlike other complex carbs, fibre cannot be broken down by the human digestive system, so most of it passes undigested through the small intestine; providing bulk.

As the most important dietary factor for helping to maintain normal gastrointestinal function<sup>1</sup>, adults should aim to consume 25g fibre per day<sup>2</sup>. Yet research shows that in some European countries the average fibre intake is less than half of the recommended amount<sup>3</sup>. If your current fibre intake is low, increase fibre consumption gradually and drink plenty of water.

## Oat Apple Fibre drink

**A delicious way to increase your daily fibre intake and support healthy digestion<sup>1</sup>. Now sugar-free<sup>4</sup>!**

- 5g of fibre per serving
- Low calorie - 18kcal per serving
- 6 fibre sources
- Contains both soluble and insoluble fibre
- Sugar-free<sup>4</sup> formula with no artificial sweeteners
- Enjoy with water or mixed with your favourite Formula 1 shake

Apple	30 servings, 204g	<b>#2554</b>
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## Fibre and Herb

**Fibre supplement to help you reach the recommended daily fibre intake of 25g per day<sup>2</sup>.**

- Contains oat fibre together with parsley
- Provides 3g fibre per daily recommended serving

180 tablets, 162g	<b>#3114</b>
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<sup>1</sup> Oat grain fibre contributes to an increase in faecal bulk.

<sup>2</sup> EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). EFSA Journal 2010; 8(3):1462.

<sup>3</sup> Nutr Res Rev. 2017 Jul 5:1-42.

<sup>4</sup> Contains 0.1g of naturally occurring sugar.

3g  
fibre

## Beta heart®

**Beta heart® contains the key ingredient OatWell™ oat Beta-glucan - shown to lower\* or maintain\*\* blood cholesterol.**

**Mix 2 scoops of Beta heart® with water for a sugar free drink.**

**You can also mix with fruit juice or add it to your favourite Formula 1 shake.**

- 3g of Beta-glucans contribute to the reduction\* of blood cholesterol levels
- 1.5g of Beta-glucans contribute to the maintenance\*\* of normal blood cholesterol level (1 scoop)
- Sugar free
- With no artificial sweeteners
- High in fibre (3g per scoop)
- Source of protein
- 25kcal per scoop

Vanilla	30 servings, 229g	<b>#0267</b>
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\* Oat Beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect is obtained with a daily intake of 3g of oat Beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect.

\*\* Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

OatWell™ is a trademark of DSM.

HEART UK Charity Registration Number 1003904.

This Beta heart® canister and HEART UK endorsement is relevant to the UK only, excluding Ireland.

25  
kcal

3g  
fibre





# PHYTONUTRIENTS

The pigments that give fruit and vegetables (as well as herbs, spices and even some whole grains) their beautiful colours are naturally-occurring plant compounds known as phytonutrients.

Many phytonutrients also act as antioxidants that help to protect against cell and tissue damage caused by normal, everyday metabolism<sup>1</sup>.

Eating a balanced diet with at least 5 servings of colourful fruits and vegetables per day can help to ensure you get all the necessary nutrients and can reap the benefits of the phytonutrients in your food.

When fruits such as red apples, blueberries, grapes and oranges are eaten together, they provide a richer mix of nutrients with antioxidant effects<sup>2</sup> than when eaten individually. So mix up your salads, fruit salads and stir-fries.

## SO WHAT SHOULD I EAT?

Remember the phrase 'eat a rainbow'. Fruits and vegetables have their own unique pigments and phytonutrient profiles; but their level of antioxidant activity varies too<sup>2</sup>, which is why it's a good idea to eat an abundance of different types and colours.



# ROSEGUARD

## High in vitamins A, C and E

Maintaining your immune system\* and supporting your body with vitamins is important for a healthy active lifestyle.

RoseGuard® is a food supplement which provides an expert blend of vitamins A, C and E. It also contains a range of carefully selected botanical ingredients including rosemary, turmeric and cruciferous vegetables.

### RoseGuard®

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

- Contains vitamins A and C to support the normal function of the immune system and vitamin E to help protect the body's cells from oxidative stress

60 tablets, 82.8g

#0139

vitamins  
A, C & E



### VITAMINS A+C

Contribute to the normal function of the immune system

### VITAMIN E

Contributes to the protection of cells from oxidative stress

Two tablets per day provide 100% of your NRV<sup>3</sup> for vitamins A and C.

\* Vitamins A and C support the normal function of the immune system.

<sup>1</sup> Many phytonutrients contain Copper, Manganese, Riboflavin, Selenium, vitamin C, vitamin E and Zinc or olive oil Polyphenols contribute to the protection of cells from oxidative stress.

<sup>2</sup> Copper / Manganese / Riboflavin / Selenium / vitamin C / vitamin E / Zinc contributes to the protection of cells from oxidative stress.

<sup>3</sup> Nutrient reference values.





# HYDRATION

The human body is 60% water, and most of the chemical reactions in the body need water in order to be conducted. Water also contributes to the maintenance of normal regulation of the body's temperature and normal physical and cognitive functions. Most of the chemical reactions in the body take place in water too.\* Not drinking enough fluids can lead to negative effects in the body, so to maintain normal physical and cognitive function try to consume the recommended intake of approximately 2 litres of fluids per day. Ideally this would come from water, but drinks such as fruit juice and herbal tea also count towards your daily fluid intake. It's good to note that foods with a high water content also help to keep you hydrated. Ensure you increase your fluid intake during exercise or hot weather, to replace what you lose through sweat.\*

\* EFSA Panel on Dietetic Products, Nutrition and Allergies. EFSA Journal 2010; 8(3):1459.  
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).

**TURN TO PAGE 55  
TO FIND OUT MORE  
ABOUT H24 HYDRATE,  
FOR PERFORMANCE  
HYDRATION.**

## Herbal Aloe Concentrate Drink

**A tasty and low-calorie drink to help you stay hydrated. Simply add it to water for a healthier alternative to high-calorie, sugary soft drinks.**

- Contains 40% Aloe Vera juice which is derived from the whole Aloe Vera leaf
- The aloe is extracted using cold processing which is the best way to achieve the highest quality of the aloe ingredient
- Liven up your water with a refreshing taste to help you to achieve adequate fluid intake of approximately 2 litres per day
- Mango flavour with no added sugars and no artificial flavours or colours

Mango

31 servings, 473ml

#1065

40%  
Aloe Vera





## AloeMax

**Our hand-picked Aloe Vera leaves are carefully selected and prepared to ensure you receive a high-quality product.**

- Contains 97% Aloe Vera juice which is derived from the whole Aloe Vera leaf
- AloeMax has no colours, sweeteners or flavours
- From our fields to your glass, enjoy daily as the ideal addition to your health and wellbeing plan

AloeMax

31 servings, 473ml

#1196

97%  
Aloe Vera



## LIGHT REFRESHING MIX

- 6 capfuls of AloeMax
- 250ml water
- ½ apple
- ¼ cucumber
- Juice of ½ medium lemon

Infuse or blend until smooth

Protein	Kcals	Fibre	Fat	Carbs
0.5g	17	2.5g	0.2g	17g

These nutritional values reflect the recipe of the blended ingredients.



## MINTY LEMONADE

- 6 capfuls of AloeMax
- 250ml water
- Juice of 1 medium lemon
- 2 sprigs of mint leaf
- 5 large cubes of ice

Blend until smooth

Protein	Kcals	Fibre	Fat	Carbs
0g	33.5	2g	0g	8g



## THE GREEN SMOOTHIE

- 6 capfuls of AloeMax
- 250ml water
- ½ apple peeled
- ½ avocado
- ½ lime
- ¼ large lemon
- Handful of spinach
- ½ handful of parsley

Blend until smooth

Protein	Kcals	Fibre	Fat	Carbs
3g	180	8g	11g	24g





6  
kcal

## Instant Herbal Beverage

**Wake up to a refreshing herbal drink, containing 85mg caffeine\* to serve as a pick-me-up whenever you need a boost. Low in calories and infused with green and black tea, it is delicious enjoyed hot or cold.**

- Low calorie with approx. 6kcal per serving
- A unique blend of orange pekoe - a traditional black tea, and green tea with extracts of malva extract, hibiscus powder and cardamom extract
- Our green tea is water extracted to give you the full spectrum of compounds found in green tea

Original	58 servings, 100g	#0106
Original	29 servings, 50g	#0105
Lemon	29 servings, 50g	#0255
Raspberry	29 servings, 50g	#0256
Peach	29 servings, 50g	#0257



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

## WARMING INFUSION

Boil **1 litre of water** and infuse it with your favourite berries. Add **2 teaspoons of Raspberry flavoured Instant Herbal Beverage**. Comforting and warm, the perfect guilt-free treat for a relaxing evening.

Protein	Kcals	Caffeine	Fat	Carbs
0.2g	6	85mg	0g	1.3g

# HOT



## COOLING ICED TEA

Infuse **1 litre of water** overnight with pomegranate and a few slices of orange. Add **ice, 2 teaspoons of lemon flavoured Instant Herbal Beverage** and **fresh pomegranate**. Refreshing and citrus flavoured, perfect for a hot summer day.

Protein	Kcals	Caffeine	Fat	Carbs
0g	6	85mg	0g	1.4g

# COLD





# SKIN | Cleanse, tone, treat, target, moisturise



## Firming Eye Gel / 15ml - #0770

Helps improve the appearance of the delicate eye area by increasing your skin's firmness and elasticity\*

## Energising Herbal Toner ☀️🌙 / 50ml - #0767

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

## Line Minimising Serum ☀️🌙 / 50ml - #0829

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

## Purifying Mint Clay Mask / 120ml - #0773

This rich, creamy clay mask has the absorbent and toning effects of bentonite clay to remove dirt and absorb excess oil  
💧 Normal to Oily Skin

## Polishing Citrus Cleanser ☀️🌙 / 150ml - #0766

Deep cleansing microbeads refresh your skin for a healthy glow  
💧 Normal to Oily Skin

## Soothing Aloe Cleanser / 150ml - #0765

This gentle cleanser leaves your skin clear, soft and clean  
💧 Normal to Dry Skin

\* 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.

\*\* Test on 30 subjects: skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

\*\*\* Test on 30 subjects: smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of 2, 4 and 7 days.

## GOOD TO KNOW

Our skincare products have no added Parabens, no added Sulphates and are dermatologically tested.



### Replenishing Night Cream 🌙 / 15ml - #0827

This rich, luxurious cream helps deliver much needed moisture to the skin at night. Long-term hydration allows you to awaken with softer, smoother skin

### Instant Reveal Berry Scrub / 120ml - #0772

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

### Daily Glow Moisturiser ☀️ / 50ml - #0830

All-purpose hydrating lotion with illuminating properties to give your face a healthy glow. Skin looks radiant, even without makeup

### SPF 30 Protective Moisturiser ☀️ / 50ml - #0828

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

### Hydrating Eye Cream / 15ml - #0771

Helps minimise the appearance of fine lines and wrinkles around the eyes, an area which has a lower amount of both sweat and oil glands, making it highly susceptible to dehydration

### 7 Day Result Kit - #0867

A diminished appearance of fine lines and wrinkles in just 7 days\*\* and remarkable improvement in skin softness, smoothness, radiance, glow and luminosity in just 7 days\*\*\*



# HERBAL ALOE



## Strengthen and repair your hair

### Herbal Aloe Strengthening Shampoo / 250ml - #2564

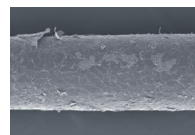
- Leaves hair 10 times stronger after just one use\*
- Reduces hair breakage by 90%
- Hydrolysed wheat protein helps protect, repair and strengthen your hair\*
- Colour-preserving formula

### Herbal Aloe Strengthening Conditioner / 250ml - #2565

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner
- Colour-preserving formula
- With no added Paraben and Sulphate

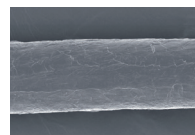
### STUDY RESULTS

- Leaves hair 10 times stronger.
- Reduces hair breakage by 90%



#### 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.



#### GOOD TO KNOW

Treat your hair to an intensive conditioning treatment - leave Herbal Aloe Conditioner to soak in for 5 minutes before rinsing for hair that's super-soft and shiny.

#### STUDY RESULTS

- All day hydration
- Shown to leave skin smoother and softer by 100%

## Refresh and revive

### Herbal Aloe Bath & Body Bar / 125g - #2566

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe Vera, olive oil and Vitamins A, C and E nourishes the skin
- Fresh clean scent
- With no added paraben and sulphate

### Herbal Aloe Hand & Body Wash / 250ml - #2561

- Gentle plant-derived cleansers
- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin
- With no added paraben and sulphate

## Hydrate and nourish

### Herbal Aloe Hand & Body Lotion / 200ml - #2563

- Clinically shown to hydrate skin for deep nourishment
- All-day hydration
- Aloe Vera and African shea butter absorb quickly and leave skin feeling soft and smooth
- With no added paraben and sulphate

### Herbal Aloe Soothing gel / 200ml - #2562

- Gel Shown to leave skin smoother and softer
- Infused with Aloe Vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragrance-free formula
- With no added paraben and sulphate



# UNLEASH YOUR POTENTIAL

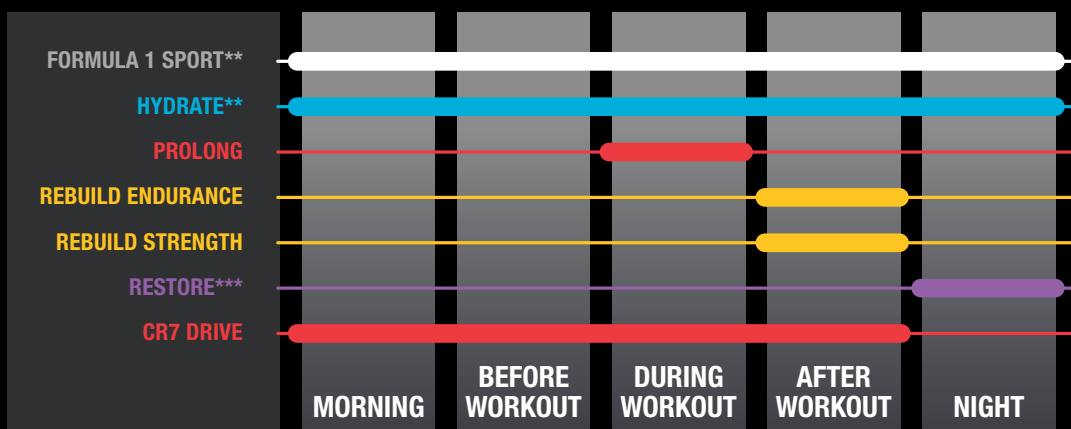
## UNCOMPROMISING SPORTS NUTRITION

Intense focus, attention to detail and the willingness to put in the hard work – these are the traits that define great athletes; and the same traits that the Herbalife Nutrition team used to create the first 24-hour sports nutrition line: Herbalife24®.



## CUSTOMISE YOUR HERBALIFE24 PROGRAMME

BASED ON YOUR INDIVIDUAL SPORT, TRAINING, PERFORMANCE AND RECOVERY NEEDS.  
TO CREATE YOUR UNIQUE PROGRAMME VISIT [HERBALIFE24.COM](http://HERBALIFE24.COM)



\* Close et al (2016). New strategies in sport nutrition to increase exercise performance. Free Radical Biology and medicine; 98 (144-158).

\*\* To be consumed as directed on pack.

\*\*\* Herbalife24 Restore provides 200mg of vitamin C, helping maintain the normal function of the immune system during and after intense physical exercise.

\*\*\*\* Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

# THE HERBALIFE24 SPORTS LINE

Whether you're a gentle jogger or an elite athlete, the Herbalife24® sports line has the products you need to help you to prepare, train and recover\*\*\*\*. As the market's first 24-hour sports nutrition line, it's no surprise that more than 190 sporting teams, athletes and events around the world use Herbalife24 products to help them perform at their best.

## QUALITY & SAFETY

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



HERBALIFE  
**24**

### GOOD TO KNOW

The main factors causing fatigue during competition are fuel (carbohydrate) depletion & dehydration. Strategies for eating before, during and after events help to reduce these effects.\*

The creator of the Herbalife24 range is John Heiss, Ph.D., Sr. Director, Product Marketing, Herbalife Nutrition. A cross-country runner, competitive cyclist and downhill skier, Heiss knows exactly what it takes to meet the nutritional needs of athletes.







10g  
protein

184  
kcal

## REBUILD ENDURANCE

Recovery\* carb-protein drink for endurance sports.

- ✓ For use after aerobic exercise
- ✓ Contains 36g of specially selected carbohydrate and 10g high quality dairy protein in each serving
- ✓ Protein contributes to the growth and maintenance of muscle mass
- ✓ Provides vitamins B1, B2, C and E, along with iron
- ✓ No artificial colours, flavours or sweeteners

Vanilla 20 servings, 1000g #1436

7g  
protein

225  
kcal

## PROLONG

Carb-protein drink for use during prolonged intense exercise.

- ✓ Provides 225kcal per serving, great for endurance sports
- ✓ This unique carbohydrate-protein mix drink has an osmolality of 270 – 330mOsmol/kg
- ✓ 7g whey protein to support the growth of muscle mass
- ✓ Contains carbohydrate in the form of maltodextrin and fructose
- ✓ Enriched with vitamin C and B vitamins (including B1, B3, B6, B12 and Pantothenic Acid), this drink has a light, subtle flavour, which is great to take whilst exercising
- ✓ No artificial colours, flavours or sweeteners

Citrus 15 servings, 900g #1435

vitamin  
E

200mg  
vitamin C

Lactium

## RESTORE

Food supplement for night-time nutritional support.

- ✓ Unique night-time nutritional formula for those that push to the extremes
- ✓ Contains 200mg vitamin C which helps maintain the normal function of the immune system during and after intense physical exercises
- ✓ Contains 100% NRV of vitamin E which contributes to the protection of cells from oxidative stress
- ✓ Contains Lactium™ – derived from casein protein

30 capsules, 21.4g #1424

TAKE RESTORE AS PART OF A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE AND CONSUME AS INDICATED ON LABEL. TO LEARN MORE ABOUT LACTIUM™, VISIT [WWW.LACTIUM.COM](http://WWW.LACTIUM.COM)



18g  
protein

219  
kcal

25g  
protein

190  
kcal

vitamins  
B & C

270  
mOsmol/kg

## FORMULA 1 SPORT

Healthy nutritional shake for athletes.

- ✓ Contains 18g of protein which supports the growth of muscle mass
- ✓ Formula 1 Sport contains high quality dairy proteins
- ✓ 219kcal per serving to help manage your calorific intake
- ✓ Unique protein-carbohydrate blend with fibre and essential vitamins and minerals
- ✓ Vitamins C, E and Selenium help to protect the body's cells from oxidative stress

Vanilla Cream 20 servings, 524g #1432

## REBUILD STRENGTH

Recovery\* high protein drink for use after strength training.

- ✓ For use after anaerobic exercise
- ✓ Contains 25g protein that contributes to the growth and maintenance of muscle mass
- ✓ Iron contributes to normal energy-yielding metabolism, the normal formation of red blood cells and oxygen transport in the body
- ✓ No artificial colours, flavours or sweeteners
- ✓ Contains 190kcal per serving

Chocolate 20 servings, 1000g #1437

## HYDRATE

Calorie-free electrolyte drink.

- ✓ Calorie-free drink for athletes to encourage fluid consumption
- ✓ With an osmolality of less than 270mOsmol/kg
- ✓ Provides 100% of your NRV\*\* for vitamin C which helps reduce tiredness and fatigue
- ✓ Provides B vitamins (B1, B2, Pantothenic Acid and B12) and Calcium and Magnesium, all contributing to normal energy-yielding metabolism

Orange 20 sachets x 5.3g, 106g #1433

\* Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

\*\* NRV= Nutrient Reference Value.



## CR7 DRIVE

### Fuel your workouts and enhance hydration\*\*.

- ✓ Delicious and refreshing carbohydrate-electrolyte drink to take during exercise
- ✓ Carbohydrate-electrolyte solution that is proven to help sustain endurance performance\*
- ✓ Also enhances the absorption of water during exercise\*\*
- ✓ Formulated with essential electrolytes: 249mg Sodium and 142mg Magnesium per portion
- ✓ With 100% NRV vitamin B1 and B12 which contribute to normal energy-yielding metabolism\*\*\*
- ✓ Under 100kcal per serving to help manage your calorie intake
- ✓ No artificial sweeteners

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

vitamins  
B1 & B2

97  
kcal

Sodium &  
Magnesium



HERBALIFE

24

CR7 DRIVE



\* Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged exercise.

\*\* Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

\*\*\* Vitamin B1 and B12 contribute to normal energy-yielding metabolism. NRV: Nutrient Reference Value.

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## LIFTOFF®

### Effervescent Energy drink

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**Low calorie energy drink, anytime anywhere.**

- ✓ 10kcal per serving, a great replacement for fizzy sugary drinks
- ✓ 100% of your vitamin C NRV to help alleviate tiredness and fatigue
- ✓ 100% of your B vitamins (B1, B2, B3, B6, Pantothenic Acid, Biotin) NRV for normal energy-yielding metabolism
- ✓ Contains caffeine powder and natural caffeine from Guarana
- ✓ Every serving provides 75mg of caffeine

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Lemon-Lime

10 sachets x 4.5, 54g

#3152

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vitamins  
B & C

10  
kcal

75mg  
caffeine

---

## N-R-G

### Nature's Raw Guarana

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- ✓ Each tablet provides 32mg of caffeine

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60 tablets, 61.2g

#0124

---



32mg  
caffeine







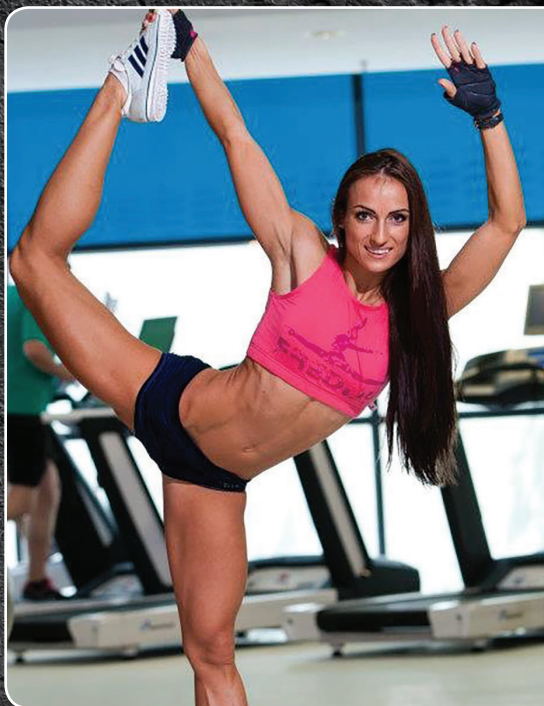
## NILE WILSON

### UNITED KINGDOM

"Herbalife24 Rebuild Strength is my favourite. It tastes great but it is also well-suited to my sport. Strength and power are the two key components in gymnastics, and I definitely feel the benefits."

**Nile Wilson**  
Gymnast & 2016 Olympic Bronze Medallist





## ANCA BUCUR ROMANIA

"It is told that if you feel good inside, it shows on the outside, and this is true indeed. I would have never kept up my fitness performance at a global level without the right nutrition. My body needs good quality fuel so I can perform my intense activity as an aerobics instructor and an endurance athlete. I am extremely grateful to be part of the nutrition programme that so many champions around the world have adopted too. Energy, confidence and performance: Thank you Herbalife Nutrition!"

**Anca Bucur**  
**2013 Miss Fitness Universe**

## GRAN CANARIA SPAIN

"The Spanish Basketball Team made history during 2012-2013 by reaching the semi-final of the ACB Play Off for the first time in the team's history. The hard work and enthusiasm of the players together with the support of Herbalife Nutrition is a strong and winning combination."

**Herbalife Nutrition Gran Canaria**  
**Basketball, Spain**





# LIST OF PRODUCTS

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## FORMULA 1

Banana Cream, 550g	#4462 £30.11	Summer Berries, 550g	#4470 £30.11	Smooth Chocolate, 550g	#4468 £30.11
Café Latte, 550g	#4465 £30.11	Strawberry Delight, 550g	#4463 £30.11	Free From Vanilla, 550g	#3118 £33.13
Spiced Apple, 550g	#4464 £30.11	Cookie Crunch, 550g	#4467 £30.11	Vanilla Cream, 780g	#048K £40.44
Mint & Chocolate, 550g	#4471 £30.11	Vanilla Cream, 550g	#4466 £30.11	Vanilla Cream sachets - 7x26g	#053K £11.52

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## FORMULA 1 BAR

Chocolate - 7x56g	#2669 £17.16
Red Fruits & Yoghurt - 7x56g	#2670 £17.16

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## HIGH PROTEIN ICED COFFEE

Latte Macchiato, 308g	#012K £40.80
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NEW

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## TRI BLEND SELECT

Banana, 600g	#013K £45.75
Coffee Caramel, 600g	#052K £45.75 <sup>†</sup>

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## PRO 20 SELECT

Vanilla, 630g	#1660 £41.86
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## PROTEIN DRINK MIX

Vanilla, 588g	#2600 £36.13
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## FORMULA 3 PERSONALISED PROTEIN POWDER

Original, 240g	#0242 £23.18
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### PROTEIN BARS

Chocolate Peanut - 14x35g, 490g	#3972	£15.56
Vanilla Almond - 14x35g, 490g	#3968	£15.56
Citrus Lemon - 14x35g, 490g	#3976	£15.56

### GOURMET TOMATO SOUP

Tomato, 672g	#0155	£29.55
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### ROASTED SOYA BEANS

Lightly Salted - 12x21.5g	#3143	£15.34
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### HERBALIFELINE MAX

30 capsules, 42g	#0043	£24.00
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### OAT APPLE FIBRE DRINK

Apple, 204g	#2554	£28.73
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### FIBRE AND HERB

180 tablets, 162g	#3114	£19.43
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### BETA HEART

Vanilla, 229g	#0267	£33.90
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### ROSEGUARD®

60 tablets, 82.8g	#0139	£28.60
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### FORMULA 2 VITAMIN & MINERAL COMPLEX

MEN - 60 tablets, 84.3g	#1800	£21.79
WOMEN - 60 tablets, 84.3g	#1819	£21.79



### THERMO COMPLETE

90 tablets, 78.9g	#0050	£37.75
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### NITWORKS

Lemon, 150g	#3150	£53.75
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### CELL ACTIVATOR

90 capsules, 48.1g	#0104	£28.46
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### XTRA-CAL®

90 tablets, 131g	#0020	£15.16
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### HERBAL ALOE CONCENTRATE DRINK

Mango, 473ml	#1065	£35.44
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# LIST OF PRODUCTS

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## ALOE MAX

473ml

#1196 £40.44

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## INSTANT HERBAL BEVERAGE

Original, 100g	#0106	£37.99
Original, 50g	#0105	£21.63
Lemon, 50g	#0255	£21.63
Raspberry, 50g	#0256	£21.63
Peach, 50g	#0257	£21.63

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## HERBALIFE SKIN 7 DAY RESULTS KIT

#0867 £21.04

Soothing Aloe Cleanser, 50ml  
Daily Glow Moisturiser, 15ml  
Replenishing Night Cream, 15ml  
Firming Eye Gel Packet, 2 x 2ml  
Hydrating Eye Cream Packet, 2 x 2ml

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## HERBALIFE SKIN

Soothing Aloe Cleanser, 150ml	#0765	£20.57
Polishing Citrus Cleanser, 150ml	#0766	£20.57
Instant Reveal Berry Scrub, 120ml	#0772	£16.07
Purifying Mint Clay Mask, 120ml	#0773	£17.44
Energising Herbal Toner, 50ml	#0767	£15.58
Line Minimising Serum, 50ml	#0829	£53.22
Firming Eye Gel, 15ml	#0770	£32.35
Hydrating Eye Cream, 15ml	#0771	£31.12
Daily Glow Moisturiser, 50ml	#0830	£40.08
SPF 30 Protective Moisturiser, 50ml	#0828	£40.08
Replenishing Night Cream, 50ml	#0827	£40.08

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## HERBAL ALOE

Strengthening Shampoo, 250ml	#2564	£9.14
Strengthening Conditioner, 250ml	#2565	£9.14
Bath & Body Bar, 1 bar	#2566	£6.14
Hand & Body Wash, 250ml	#2561	£9.43
Hand & Body Lotion, 250ml	#2563	£9.10
Soothing Gel, 250ml	#2562	£9.10



#### HERBALIFE 24 RANGE

Rebuild Endurance, Vanilla, 1000g	#1436	£56.36	Formula 1 Sport, Vanilla Cream, 524g	#1432	£45.84
Prolong, Citrus, 900g	#1435	£49.60	Rebuild Strength, Chocolate, 1000g	#1437	£50.34
Restore, 30 capsules, 21.4g	#1424	£29.94	Hydrate, Orange, 20 x 5.3g, 106g	#1433	£36.10



#### CR7 DRIVE

Acai Berry, 540g	#1466	£16.34
Acai Berry, 10 sachets, 270g	#1467	£9.86



#### Liftoff®

Lemon-Lime, 10 x 4.5g sachets, 45g	#3152	£23.71
<b>N-R-G NATURES RAW GUARANA</b>		
60 tablets, 61.2g	#0124	£18.82



# MOTIVATION

is what gets you started

# COMMITMENT

is what keeps you going



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 Models shown in this brochure are for illustrative purposes only.



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