



# HERBALIFE NUTRITION

Product Brochure 2019: Issue #2

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## NEW IN THIS ISSUE

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Meet **Tri Blend Select** –  
a vegan blend of pea  
protein, quinoa and organic  
flaxseed protein shake mix



# Welcome to **HERBALIFE NUTRITION**

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

## **WHY HERBALIFE WHY NOW**

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







## WHAT'S INSIDE

### 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

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

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

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A vegan blend of pea protein, quinoa and organic flaxseed protein shake mix

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Clinically tested for radiant, younger looking skin.

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Hydrating & nourishing with soothing Aloe Vera.

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, kilojoule-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!

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## 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.

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## 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.

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# 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

25 g PROTEIN  
1672 KILOJOULES

40 g PROTEIN  
2508 KILOJOULES



**Eggs**  
1 whole



**Lean beef**



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



**Fish**



**Tofu**  
3½ ounces  
(¼ block)

80 grams,  
cooked

142 grams,  
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 FLAVOUR



**Olive oil**  
1 TBSP



**Nuts**  
1 ounce



**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

## Oreniga Revignet Ingueza, SA

Herbalife Nutrition completely changed the way I feel, eat and live.



## Mary Jones, SA

Awesome products that are quick, easy, convenient and gives your body all it needs!



## Loloh Bugattigal, SA

Great product range! Yummy, I love the Formula 1 Mint Chocolate Shake.



## Willemien Lee, SA

Best way to start your day, best decision I've made to join this community! I can see results, I can feel results and I tell everyone about them!



@HerbalifeSouthAfrica

@HerbalifeSA

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 Independent Members.

**1. PROTEIN**

**2. VITAMINS & MINERALS**

**3. HEALTHY FATS**

**4. FIBRE**

**5. PHYTONUTRIENTS**

**6. HYDRATION**







# HERBALIFE 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\***

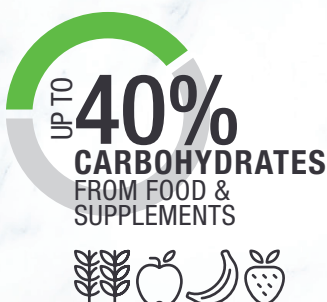
- A more balanced overall diet
- An increased vitamins and minerals intake
- More likely to meet your 5 portions of fruit & veg a day





# WHAT ACTUALLY IS A NUTRITIOUS AND BALANCED BREAKFAST?

A balanced breakfast helps you to reach the recommended daily kilojoule intake made up of:



The Herbalife Breakfast is great-tasting 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 kilojoules**.
- 2** | **HYDRATE**  
Get creative and infuse your **Herbal Aloe Concentrate 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 85 mg\*\* of caffeine to help increase alertness when you need it most.

Ask your Herbalife Nutrition Independent Member for the Herbalife 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 M, 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 kilojoules 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 8360 kilojoules per day\* and wants to build muscle should aim for up to 150 g<sup>1</sup> protein in his daily diet. For a woman who consumes up to 5852 kilojoules per day and wants to control her weight, the recommendation would be up to 105 g 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 delicious and simple Shake Mix. Enhance your daily protein intake with a tasty and convenient vanilla flavoured drink, ready in seconds; just add water and shake it!

**24 g**  
protein

**4 g**  
fibre

**886**  
kilojoules



# A DELICIOUS, SHAKE MIX

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

All our Formula 1 New Generation shakes are made with ingredients suitable for vegans, are gluten free, suitable for lacto-vegetarians and provide 24 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
- The new Cookie Crunch Flavoured and Vanilla Cream Flavoured Formula 1 Shake Mix flavours are our first vegan and dairy free shake mix when prepared with soy beverage!
- Formula 1 Free From is free from lactose, soy and gluten when made according to instructions

Café Latte Flavoured	21 servings, 550 g	<b>#4465</b>
Spiced Apple Flavoured	21 servings, 550 g	<b>#4464</b>
Mint Chocolate Flavoured	21 servings, 550 g	<b>#4471</b>
Summer Berries Flavoured	21 servings, 550 g	<b>#4470</b>
Banana Cream Flavoured	21 servings, 550 g	<b>#4462</b>
Vanilla Cream Flavoured	21 servings, 550 g	<b>#4466</b>
Chocolate Flavoured	21 servings, 550 g	<b>#0142</b>
Strawberry Delight Flavoured	21 servings, 550 g	<b>#4463</b>
Cookie Crunch Flavoured	21 servings, 550 g	<b>#4467</b>
Free From Vanilla Flavoured	21 servings, 550 g	<b>#3118</b>
Vanilla Cream Flavoured	30 servings, 780 g	<b>#048K</b>
Vanilla Cream Flavoured sachets	7 x 26 g	<b>#053K</b>



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

\*\* When mixed with semi-skimmed milk (1.5% fat).





**18 g**  
protein\*\*

**4 g**  
fibre

**24**  
vitamins &  
minerals

**vegan**  
ingredients

**GF**



*Serving suggestion*

# SUMMER BERRIES MERMAID BOWL

## Ingredients:

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

## To top:

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

## Method:

1. Place the frozen banana, mixed berries, dairy-free milk, **Herbalife Nutrition Formula 1 Summer Berries Flavoured Shake Mix** 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	Kilo-joules	Fibre	Fat	Carbs	Sugars
21.2 g	1777	11.5 g	10.5 g	65 g	40.9 g

Nutritional Values per serving



# BANANA-COCONUT SNOWBALLS

YIELD: 24

## Ingredients:

- 2 scoops **Formula 1 Banana Cream Flavoured Shake Mix**
  - 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	Kilo-joules	Fibre	Fat	Carbs	Sugars
2.9 g	440	2.2 g	8.4 g	3.8 g	1.7 g

Nutritional Values per serving (2 balls)



## Formula 1 Express Bar

- Tasty and convenient will all the nutritional goodness of a Formula 1 Shake
- Formulated with key ingredients that are high in protein, high in fibre and a source of linolenic acid with added vitamins and minerals
- Provides vitamins and minerals including vitamin C, vitamins B (B1, B12), calcium, iron and essential nutrients.
- Ideal for busy lifestyles when you need a snack on the go.

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

13 g  
protein

8 g  
fibre

861  
kilojoules









# TRI BLEND SELECT

## PEA, QUINOA & FLAX SEED

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

20 g  
protein

6 g  
fibre

634  
kilojoules

With  
ingredients  
sourced  
naturally

### Tri Blend Select

- Vegan blend of Pea Protein, Quinoa and organic Flax Seed.
- High in protein, fibre and gluten free
- With ingredients sourced naturally from around the world and are plant-based.
- Low in sugar

Banana Flavour

15 Servings, 600 g

#013K



HIGH  
PROTEIN



HIGH  
FIBRE



GLUTEN  
FREE



SUITABLE  
FOR VEGANS



WITH  
INGREDIENTS  
SOURCED  
NATURALLY







NEW



#013K



# Water Mixable PROTEIN SHAKE

A practical and convenient solution to help you meet your protein, fibre, vitamin and mineral needs. If you're looking to maintain a balanced diet or need a post workout snack, PRO 20 Select is the solution for you. With 13 g of soy protein PRO 20 Select is a great on-the-go snack. Ready in seconds, just add water.

Enjoy PRO 20 Select either as a on-the-go protein snack or as a protein shake any time of the day. Add your favourite fruit or vegetable, blend it to make it your way.

## PRO 20 Select

Vanilla Flavoured 15 Servings, 630 g #1660

13 g  
protein

4 g  
fibre

24  
vitamins &  
minerals

396  
kilojoules



13 G OF  
PROTEIN



4 G OF FIBRE



24 VITAMINS  
& MINERALS



VEGETARIAN SUITABLE  
FOR OVO-LACTO  
VEGETARIANS.  
ARTIFICIAL SWEETENER  
AND ARTIFICIAL  
COLOURANT FREE.



## Protein Drink Mix

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

- 15 g protein
- 7 g of carbohydrates
- 20 vitamins and minerals

Vanilla Flavoured      21 servings, 588 g      #2600

15 g  
protein

20  
vitamins &  
minerals

457  
kilojoules



## Formula 3 Personalised Protein Powder

An easy way to boost your protein intake – simply add a scoop of powder to your daily Formula 1 Shake.

- High in soy and whey protein,
- 5 g protein per serving

Original      40 servings, 240 g      #0242

5 g  
protein

97  
kilojoules



Serving suggestion

# Smart | PROTEIN SNACKS

Stop unhealthy temptation in its tracks! Keep convenient, 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, kilojoule-controlled snacks in portion-controlled packs help people to eat less throughout the day<sup>1</sup>.

## Protein Bars

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

- Approx. 586 kilojoules per bar
- 10 g protein per serving
- 15 g carbohydrates per serving

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

10 g  
protein

586  
kilojoules





## Roasted Soy Beans

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

- 9 g protein per serving
- 458 kilojoules to help manage your kilojoule intake
- Convenient individual sachets, ideal for when you're on the move
- Delicious and lightly salted

Lightly Salted

12 servings, 672 g

#3143

9 g  
protein

458  
kilojoules



<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, everyday.

## 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.



# PRO-CORE

## FOR EVERYDAY SUPPORT

**BOOST  
YOUR DAY!**

Introducing Pro-Core! Formulated with a unique complex of ingredients such as:

#2273

- ✓ EpiCor®, a yeast based fermentate
- ✓ High in vitamins C & D
- ✓ High in minerals Zinc & Selenium
- ✓ With delicious Elderberry Juice

Enjoy Pro-Core once a day with warm or cold water or with your favourite beverage.



EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

**HERBALIFE  
NUTRITION**

## 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 caffeine from green tea and yerba mate
- Source of Vitamin C
- Contains 73,5 mg of caffeine per serving

90 tablets, 78.9 g

#0050



Vitamin C

73,5 mg 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, 150 g

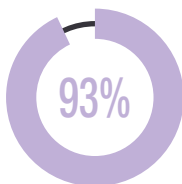
#3150



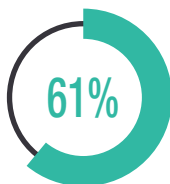
vitamins C & E

L-Arginine  
L-Citrulline  
L-Taurine

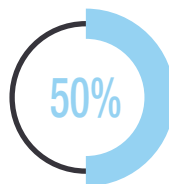




OF ADULTS DO NOT  
MEET THEIR NRV\*\*  
FOR VITAMIN D AND  
E IN THEIR DAILY  
DIET, ACCORDING  
TO A MEDICAL  
REVIEW\*



RESULTS ALSO  
SHOWED THAT 61%  
WERE LACKING IN  
MAGNESIUM



AND 50% DID  
NOT CONSUME  
ENOUGH VITAMIN  
A AND CALCIUM

## Cell Activator

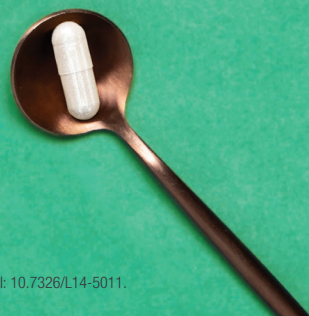
### B vitamins to unlock the energy in foods

- Source of vitamins B1, B2 and B6
- Source of Zinc
- Source of Copper and Manganese

90 capsules, 48.1 g

#0104

B vitamins



\* Balz Frei, Bruce N. Ames, Jeffrey 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.

## VITAMINS

### VITAMIN A

**Found in cheese, liver, sweet potato, carrots**

Contributes to: Normal iron metabolism, the maintenance of normal skin and normal vision, the normal function of the immune system.

**How much do I need each day?**

Nutrient Reference Value: Vitamin A 900 mcg – equivalent to 4 tablespoons of cooked carrots.



### VITAMIN B1 (Thiamine)

**Found in wholegrain cereals, pork, nuts, pulses**

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system and the heart.

**How much do I need each day?**

Nutrient Reference Value: Vitamin B1 (Thiamine) 1.2 mg – equivalent to 460 g peas.



### VITAMIN B2 (Riboflavin)

**Found in dairy products, meat, green leafy vegetables**

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal red blood cells, the maintenance of normal skin, the maintenance of normal vision, the normal metabolism of iron, the protection of cells from oxidative stress, the reduction of tiredness and fatigue.

**How much do I need each day?**

Nutrient Reference Value: Vitamin B2 (Riboflavin) 1.3 mg – equivalent to 2 and ½ small glasses of milk.



### VITAMIN B3 (Niacin)

**Found in meat, fish, wholegrain cereals**

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal skin, the reduction of tiredness and fatigue.

**How much do I need each day?**

Nutrient Reference Value: 16 mg - equivalent to 5 slices of roast lamb (133 g)



### VITAMIN B5 (Pantothenic Acid)

**Found in milk, eggs, green vegetables**

Contributes to: Normal energy yielding metabolism, the reduction of tiredness and fatigue, normal mental performance.

**How much do I need each day?**

Nutrient Reference Value: Vitamin B5 (Pantothenic Acid) 5 mg – equivalent to 2 and a ½ avocados.

### VITAMIN B6

**Found in meat, fish, potatoes, bananas**

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal function of the immune system, the regulation of hormonal activity, the reduction of tiredness and fatigue.

**How much do I need each day?**

Nutrient Reference Value: Vitamin B6 1.7 mg – equivalent to 2 and a ½ cans of tuna fish.



### VITAMIN B12

**Found in meat, dairy products, eggs and fish**

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal red blood cell formation, the reduction of tiredness and fatigue.

**How much do I need each day?**

Nutrient Reference Value: Vitamin B12 2.4 mcg – equivalent to 2 and ½ slices of cheddar cheese.



### FOLATE / FOLIC ACID

**Found in fortified breakfast cereal, green leafy veg, pulses**

Contributes to: Maternal tissue growth during pregnancy, normal blood formation, normal homocysteine metabolism, the reduction of tiredness and fatigue, the normal function of the immune system.

**How much do I need each day?**

Nutrient Reference Value: 400 mcg - equivalent to 12 heaped tablespoons of cooked spinach.



### BIOTIN

**Found in eggs, nuts, pulses, liver and wholegrain cereals**

Contributes to: Normal energy yielding metabolism, normal functioning of the nervous system, normal macronutrient metabolism, the maintenance of normal skin and hair.

**How much do I need each day?**

Nutrient Reference Value: 30 mcg - equivalent to 1 and ½ handfuls of plain peanuts.



### CHOLINE

**Found in eggs**

Contributes to: The maintenance of normal liver function.

**How much do I need each day?**

Nutrient Reference Value: 550 mg - equivalent to 3 and ½ whole eggs.







## VITAMIN C

**Found in citrus fruits, potatoes, strawberries**

Contributes to: The normal function of the immune system, normal energy yielding metabolism, normal functioning of the nervous system, the protection of cells from oxidative stress, the reduction of tiredness and fatigue. Increases iron absorption.

**How much do I need each day?**

Nutrient Reference Value: Vitamin C 100 mg – equivalent to 2 medium oranges.



## VITAMIN D

**Found in oily fish, dairy products, eggs and by action of sunlight on the skin**

Contributes to: Normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the normal function of the immune system, the normal absorption/ utilisation of calcium and phosphorus.

**How much do I need each day?**

Nutrient Reference Value: Vitamin D 15 mcg – equivalent to 2 fillets of grilled mackerel.



## VITAMIN E

**Found in sunflower oil**

Contributes to: The protection of cells from oxidative stress.

**How much do I need each day?**

Nutrient Reference Value: Vitamin E 15 mg te – equivalent to 3 tablespoons of sunflower oil.

## MINERALS

### CALCIUM

**Found in dairy products, green leafy vegetables, pulses**

Contributes to: Normal energy yielding metabolism, normal muscle function, the maintenance of normal bones and teeth.

**How much do I need each day?**

Nutrient Reference Value: 1300 mg - equivalent to 5 pots of yoghurt (600 g).



## MAGNESIUM

**Found in seeds, nuts legumes and dark green leafy veg**

Contributes to: Normal functioning of the nervous systems, normal muscle function, normal protein synthesis, the maintenance of normal bones and teeth.

**How much do I need each day?**

Nutrient Reference Value: 420 mg - equivalent to 10 tablespoons of raw pumpkin seeds.



## PHOSPHORUS

**Found in meat, poultry, fish, eggs, nuts and legumes**

Contributes to: Normal function of cell membranes, the maintenance of normal bones and teeth.

**How much do I need each day?**

Nutrient Reference Value: 1250 mg - equivalent to 3 salmon fillets.



## POTASSIUM

**Found in fruits, vegetables & potatoes, cocoa, coffee**

Contributes to: Normal functioning of the nervous system, normal muscle function, the maintenance of normal blood pressure.

**How much do I need each day?**

Nutrient Reference Value: 2000 mg - equivalent to 6 medium bananas.



## IRON

**Found in meat, fish, pulses, fortified cereals**

Contributes to: Normal cognitive function, normal energy-yielding metabolism, normal formation of red blood cells & haemoglobin, normal oxygen transport in the body, the reduction of tiredness and fatigue, the normal function of the immune system.

**How much do I need each day?**

Nutrient Reference Value: 18 mg - equivalent to 4 grilled sirloin steaks.



## ZINC

**Found in meat, fish and shellfish, dairy products seeds and pulses**

Contributes to: Normal carbohydrate metabolism, normal cognitive function, the maintenance of normal bones, the maintenance of normal skin, hair and nails, the maintenance of normal vision, the protection of cells from oxidative stress, the normal function of the immune system, normal fertility and reproduction, normal metabolism of fatty acids, normal macronutrient metabolism.

**How much do I need each day?**

Nutrient Reference Value: 11 mg - equivalent to 23 tablespoons of dried sesame seeds.



## COPPER

**Found in shellfish, nuts and cocoa**

Contributes to: Normal energy-yielding metabolism, normal functioning of the nervous system, normal iron transport in the body, normal skin and hair pigmentation, the normal function of the immune system, the protection of cells from oxidative stress.

**How much do I need each day?**

Nutrient Reference Value: 0.9 mg - equivalent to 1 and ½ handfuls of roasted cashew nuts.



## IODINE

**Found in dairy products, iodised salt, seafood**

Contributes to: Normal cognitive function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal skin, the normal production of thyroid hormones and normal thyroid function.

**How much do I need each day?**

Nutrient Reference Value: 150 mcg - equivalent to medium size fillet of cooked cod.



## MANGANESE

**Found in brown rice, wholegrains, legumes, nuts and tea**

Contributes to: The maintenance of normal bone, the protection of cells from oxidative stress.

**How much do I need each day?**

Nutrient Reference Values: 2.3 mg - equivalent to 1 and ½ cups of boiled brown rice.



## SELENIUM

**Found in fish, meat, vegetables, wholegrain cereals**

Contributes to: The maintenance of normal hair and nails, the normal function of the immune system, the protection of cells from oxidative stress and normal thyroid function.

**How much do I need each day?**

Nutrient Reference Value: 55 mcg - equivalent to 1 and ½ cans sardines.



## OTHER

### PROTEIN

**Found in fish, pulses, meat, dairy products, nuts**

Contributes to: The growth of muscle mass, the maintenance of muscle mass, the maintenance of normal bones.

**How much do I need each day?**

It is recommended that adults consume about 0.8g protein per kg body weight e.g 56 g for a 70 kg adult.



### EPA/DHA

**(Eicosapentaenoic acid & Docosahexaenoic acid)**

**Found in oily fish like mackerel, salmon, trout**  
**Contributes to: The normal function of the heart.**

**How much do I need each day?**

It is recommended that you consume 250 mg of EPA and DHA for normal heart function.



### DHA (Docosahexaenoic acid)

**Found in oily fish with small amounts in meat and poultry**

Contributes to: The maintenance of normal vision, maintenance of normal brain function.

**How much do I need each day?**

It is recommended that you need 250 mg DHA to support these functions.



The Nutrient Reference Values (NRV) used here will meet the needs of nearly all (97 to 98%) healthy individuals to prevent nutrient deficiencies. NRV values are not necessarily enough to maintain optimum nutritional status and prevent chronic disease. The equivalent food amounts cited above are not recommended portion sizes but are used for comparative purposes only. In general foods provide a variety of nutrients and daily needs are best met using a balanced and varied diet.



# 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 kilojoules, the Herbalife Nutrition Solution recommends getting up to 30% of your daily kilojoules 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 2 g of EPA and DHA.

\*\* EFSA Panel on Dietetic Products, Nutrition and Allergies. EFSA Journal 2010;8(3):1461.

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### Herbalifeline®

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#### Omega-3 supplement

- Provides Omega-3 fatty acids EPA and DHA
- Contains essential oils to enhance and freshen taste

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90 capsules, 73 g

#0065

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Studies show many Western diets are very low in long chain Omega-3 fatty acids (EPA & DHA). The European Food Safety Authority (EFSA) recommends adults to consume 250 mg EPA & DHA\* per day. However, this can be difficult to reach which is where a supplement can be beneficial.



# WELLNESS EVALUATION

In order to make positive changes towards getting a varied and balanced diet you need to have a basic understanding of the principles of nutrition, identify your areas of concern and adapt this knowledge, along with appropriate changes, to your daily routine. Your Herbalife Nutrition Independent Member can guide you through this.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Female ☐ Male ☐ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ kg Height: \_\_\_\_\_ metres Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Phone: \_\_\_\_\_

## 1. QUESTIONNAIRE

- |  | YES                   | NO                    |
|--|-----------------------|-----------------------|
| 1. Do you eat more meals with poultry, lean meat, fish and plant proteins (beans and pulses including soy) rather than steaks, roasts and other red meats? | <input type="radio"/> | <input type="radio"/> |
| 2. Do you eat a variety of colourful fruits and vegetables and do you eat at least 5 servings a day of these?  | <input type="radio"/> | <input type="radio"/> |
| 3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?             | <input type="radio"/> | <input type="radio"/> |
| 4. Do you eat oily fish (such as salmon, mackerel, sardines, trout) at least 3 times a week?   | <input type="radio"/> | <input type="radio"/> |
| 5. Is your digestive system free of indigestion or irregularity?   | <input type="radio"/> | <input type="radio"/> |
| 6. Do you maintain a stable and appropriate weight?  | <input type="radio"/> | <input type="radio"/> |
| 7. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?  | <input type="radio"/> | <input type="radio"/> |
| 8. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?   | <input type="radio"/> | <input type="radio"/> |
| 9. Are you free of water retention and bloating?   | <input type="radio"/> | <input type="radio"/> |
| 10. Do you drink at least eight glasses of water a day?  | <input type="radio"/> | <input type="radio"/> |
| 11. Is your body free from aching and tired muscles and joints?  | <input type="radio"/> | <input type="radio"/> |

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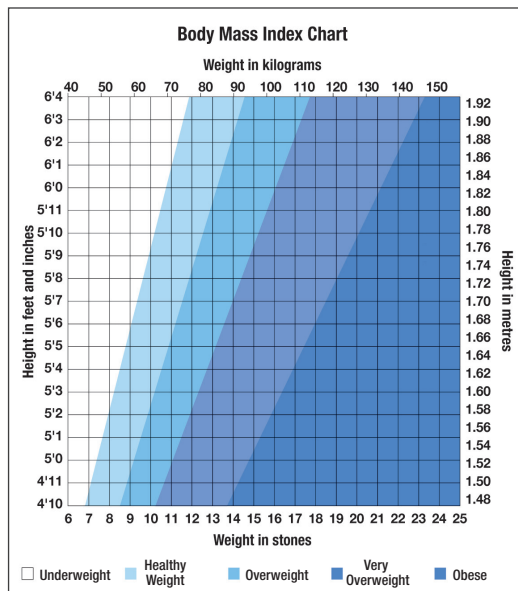
## 2. BODY MASS INDEX

BMI is a broad guide to determine whether your weight falls into a healthy range. It is considered a more useful measurement than weight alone, as it considers both weight and height.

Use your measurements to determine your BMI.

$$\frac{\text{Weight (kg)}}{\text{Height (m)}^2} = \text{Your BMI}$$

**Note:** This calculation is a guideline only as it does not take into consideration fat to muscle ratio, which affects the interpretation of BMI results. Therefore, it may not be appropriate for athletes or those of muscular build.



## 3. DAILY PROTEIN

Protein is essential in the diet and contributes to the growth and maintenance of muscle mass and to the maintenance of normal bones. When protein is increased in the diet, along with an increase in exercise, your metabolic rate increases which has a positive effect on weight control.

Use the table below to determine your Protein Factor – your daily recommended protein intake in grams.

		BMI													
		19	20	21	22	23	24	25	26	27	28	29	30		
Your Height women	4'10" to 5'0"	54	56	56	59	61	61	62	63	66	66	67	69	147 to 153	Your Height (cm) women
	5'1" to 5'4"	66	70	72	73	74	76	77	78	81	82	84	84	154 to 163	
	5'5" to 5'8"	80	82	85	85	88	89	92	94	97	97	98	102	164 to 173	
	5'9" to 6'0"	93	95	97	100	102	104	106	108	110	113	115	117	174 to 183	
Your Height men	5'1" to 5'4"	82	84	86	87	89	92	92	93	95	97	98	99	154 to 163	Your Height (cm) men
	5'5" to 5'8"	97	98	99	102	104	106	107	110	110	114	115	118	164 to 173	
	5'9" to 6'0"	107	113	115	118	119	122	125	127	129	131	132	135	174 to 183	
	6'1" to 6'4"	126	130	132	133	137	140	141	143	147	149	151	154	184 to 193	
		Your Protein Factor													

## YOUR RESULTS

**Congratulations!** By calculating your personal nutrition indicators and writing down your current measurements, you've taken the first step towards achieving success. Now, work with your Herbalife Nutrition Independent Member to help you reach your goals.

BMI

Protein Factor (g)

Kilojoule intake for weight management

Body Fat (%)

Body Water (%)

Basal Metabolic Rate

Metabolic Age

Visceral Fat

Muscle Mass

To find out more, contact me today:

By signing this you consent that I, as your Herbalife Nutrition Independent Member, may collect as a controller your personally identifiable information (PII) provided by you in this questionnaire and your picture. Failure to provide the information makes it impossible for me to fulfil my contractual obligations towards you and Herbalife Nutrition. I may also use your information for direct marketing, subject to any consent or other legal requirements that may be applicable in your jurisdiction. By signing this agreement you consent that I may contact you and recommend products of Herbalife Nutrition. I am required to process your information in accordance with applicable laws and the Herbalife Nutrition's Rules of Conduct. I will retain your data for as long as necessary for the purposes for which it was collected, and as a long as required by law (but in no event less than two (2) years). Depending on applicable law, you may have various rights with respect to your personal information towards me as your Herbalife Nutrition Independent Member, such as a right of access, rectification, restriction of or objection to processing, portability to another controller and erasure. These rights are subject to limitations set out in law. To exercise such rights or to learn more about my privacy practices, please contact me directly using information found on the top of this order form. You have the right to file a complaint with the competent Supervisory Authority in your jurisdiction. I may share your data with Herbalife International South Africa, Ltd ("Herbalife Nutrition"). I do so on the basis of my legitimate business interest to process your orders and otherwise support my business operations, and to maintain the optimal functioning of the Herbalife Nutrition's Sales and Marketing Plan in accordance with all legal and contractual requirements to which I am subject. Herbalife Nutrition will use your data as a controller and apply the principles set forth in its privacy policy, located at [www.herbalife.co.za](http://www.herbalife.co.za).

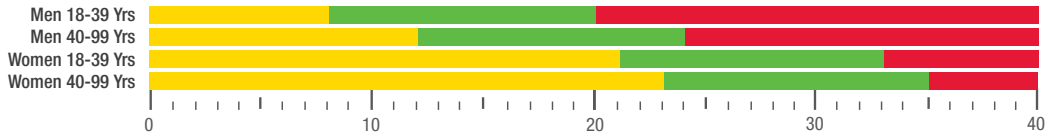


# MY PROFILE

See where your current measurements fall on the charts below. If your readings fall outside of the healthy range, your Herbalife Nutrition Independent Member can help you create a personalised plan to reach the healthy range and stay there!

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Weight: \_\_\_\_\_ Target Weight: \_\_\_\_\_

**Body Fat (%)** - Body fat percentage is the amount of body fat as a proportion of your body weight.\*



**Body Water (%)** - This is amount of fluid in a person's body expressed as a percentage of their total weight.



**Visceral Fat** - Visceral fat is the fat that is in the internal abdominal cavity, surrounding the vital organs in the abdominal area.



**Basal Metabolic Rate**

The minimum level of energy or kilojoules your body needs when at rest to support breathing, circulation and organ function. Increasing exercise can help increase BMR and help burn more kilojoules.

Current BMR:

BMR after 12 weeks:

**Metabolic Age**

If your Metabolic Age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

Actual Age:

Metabolic Age:

**Muscle Mass**

Indicates the weight of muscle in your body. Track your progress and the effect of your exercise and diet on your muscle mass reading.

Current muscle mass:

Muscle mass after 12 weeks:

**HEALTHY RANGE INDICATOR**

Under



Healthy Range



Over



## WHAT'S YOUR GOAL?

### CONTROL WEIGHT

Replace two meals per day with a delicious Formula 1 Shake and eat one nutritious meal.

### WEIGHT MANAGEMENT

Replace one meal per day with a delicious Formula 1 Shake and eat two nutritious meals.

### GAIN MUSCLE

If your BMI is already in the normal range, turn to the next page for a meal plan to help you gain lean muscle and lose body fat.

Measurement ranges relate to Tanita Body Composition Analysers - if you are using a different analyser ensure you check their scale.

\*Athletes may have lower percentage body fat than in the normal range.

# WEEKLY PROGRESS TRACKER

Tracking your progress each week is a great way to keep you focussed on what you are working towards. It's also a useful tool to reflect on the things you've achieved and think about how you can make the next week even better!

## MY MEASUREMENTS THIS WEEK

/ /

Weight

Body fat %

Visceral fat

Body water %

Muscle Mass

Metabolic Age (once a month)

My goals:

Goals for this week:

## HOW I FELT THIS WEEK



## WEEKLY GOOD HABITS

Example: Snacked on healthy foods and drank 2 litres of water each day.

Workogut:

Nutritigon:

Wellbeing:

## SET-BACKS THIS WEEK

Example: Felt too tired on Wednesday to get up for morning yoga.

Workogut:

Nutritigon:

Wellbeing:

## IMPROVEMENTS FOR NEXT WEEK

Example: I will fit in an extra 30 min workout.

Workogut:

Nutritigon:

Wellbeing:



# WELLNESS EVALUATION QUESTIONS & ANSWERS

- 1. Do you eat more meals with poultry, lean meat, fish and plant proteins (beans and pulses including soy) rather than steaks, roasts and other red meats?**

White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these “better-for-you” meats rather than high-fat meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day.

- 2. Do you eat a variety of colourful fruits and vegetables and do you eat at least 5 servings a day of these?**

It is important to eat at least five servings per day of fruits and vegetables to get the fibre, vitamins and minerals these foods contain. Eat a wide range of different coloured fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy.

- 3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?**

Processed and refined grains provide mainly starch as empty kilojoules. It is important to get whole grain baked goods so that you get all the goodness from whole grains including the vitamins, fibre, and protein found in these important foods.

- 4. Do you eat oily fish (such as salmon, mackerel, sardines, trout) at least 3 times a week?**

Oily fish provide the healthy ‘good oils’ that may help to maintain a healthy heart when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.

- 5. Is your digestive system free of indigestion or irregularity?**

Indigestion or irregularity can be reduced by eating 25 grams of fibre per day from fruits, vegetables and whole grains, drinking 6 to 8 glasses of water per day and reducing stress through exercise or meditation.

- 6. Do you maintain a stable and appropriate weight?**

Maintaining a healthy and appropriate weight can be achieved with regular exercise and following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate.

- 7. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?**

With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. There are many convenience items, such as prewashed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry portions that make healthy meals quick to put together.

- 8. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?**

Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relieve stress.

- 9. Are you free of water retention and bloating?**

Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance.

- 10. Do you drink at least eight glasses of water a day?**

If you wait until you are thirsty before you drink water, you may already be dehydrated. Your body requires water for many functions, and being well hydrated helps keep your skin and other tissues healthy.

- 11. Is your body free from aching and tired muscles and joints?**

Fluctuations in our body's natural physical cycles and strenuous physical exercise can lead to times when the body's more prone to cramps, aches and tension. Certain nutrients can help restore the body's natural balance, when included on a regular basis.

## SO WHAT SHOULD I EAT?

A combination of soluble and insoluble fibre everyday. 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 25 g 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.



## Multifibre

**A delicious way to increase your daily fibre intake<sup>1</sup>.  
No added sugar**

- 5 g of fibre per serving
- Low kilojoule – 75 kJ per serving
- 6 fibre sources from apple, oat, maize, citrus, chicory & soya
- Contains both soluble and insoluble fibre
- Artificial sweetener free
- Enjoy with water or mixed with your favourite Formula 1 Shake

Apple Flavoured

30 servings, 204 g

#2554



5 g  
fibre

75  
kilojoules

## Fibre and Herb

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

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

180 tablets, 162 g

#3114

<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.

3 g  
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

## 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 well-rounded food supplement rosemary extract.

### Roseguard®

- 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, 82.8 g

#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

\* 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.

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.\*

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.\*





**TURN TO PAGE 61  
TO FIND OUT MORE  
ABOUT H24 HYDRATE,  
FOR PERFORMANCE  
HYDRATION.**

## Herbal Aloe Concentrate Drink

**A tasty and low kilojoule drink to help you stay hydrated. Simply add it to water for a healthier alternative to high-kilojoule, 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 flavoured artificial flavouring and colourant free
- Also available in Original flavour with citrus to give your water a refreshing flavour twist

Mango Flavoured	31 servings, 473 ml	<b>#1065</b>
Original Flavoured	31 servings, 473 ml	<b>#0006</b>

**40%  
Aloe Vera**



## AloeMax

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

- Contains 97% Aloe Vera juice which is derived from the whole Aloe Vera leaf
- AloeMax is free from colourants, sweeteners and flavourings
- From our fields to your glass, enjoy daily as the ideal addition to your Herbalife Breakfast

AloeMax

31 servings, 473 ml

#1196

97%  
Aloe Vera





## LIGHT REFRESHING MIX

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

Infuse or blend until smooth

Protein	Kilo-joules	Fibre	Fat	Carbs
0.5 g	71	2.5 g	0.2 g	17 g

These nutritional values reflect the recipe of the blended ingredients.



## MINTY LEMONADE

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

Blend until smooth

Protein	Kilo-joules	Fibre	Fat	Carbs
0 g	140	2 g	0 g	8 g



## THE GREEN SMOOTHIE

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

Blend until smooth

Protein	Kilo-joules	Fibre	Fat	Carbs
3 g	752	8 g	11 g	24 g



26  
kilojoules

## Instant Herbal Beverage

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

- Low kilojoule with approx 26 kilojoules 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 Flavoured	58 servings, 100 g	#0106
Original Flavoured	29 servings, 50 g	#0105
Lemon Flavoured	29 servings, 50 g	#0255
Raspberry Flavoured	29 servings, 50 g	#0256
Peach Flavoured	29 servings, 50 g	#0257



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



## 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	Kilo-joules	Caffeine	Fat	Carbs
0.2 g	25	85 mg	0 g	1.3 g

# 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	Kilo-joules	Caffeine	Fat	Carbs
0 g	25	85 mg	0 g	1.4 g

# COLD



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



## Firming Eye Gel / 15 ml - #0770

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

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

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

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

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

## Purifying Mint Clay Mask / 120 ml - #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 ☀️🌙 / 150 ml - #0766

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

## Soothing Aloe Cleanser / 150 ml - #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 🌙 / 15 ml - #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 / 120 ml - #0772

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

### Daily Glow Moisturiser ☀️ / 50 ml - #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 ☀️ / 50 ml - #0828

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

### Hydrating Eye Cream / 15 ml - #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 / 250 ml - #2564

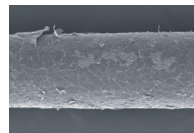
- Leaves hair 10 times stronger after just one use\*
- Reduces hair breakage by 90%
- Hydrolysed wheat protein helps protect, repair and strengthen your hair\*
- Colour-preserving formula

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

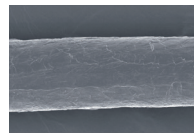
### STUDY RESULTS

- 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 / 125 g - #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 / 250 ml - #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 / 200 ml - #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 / 200 ml - #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

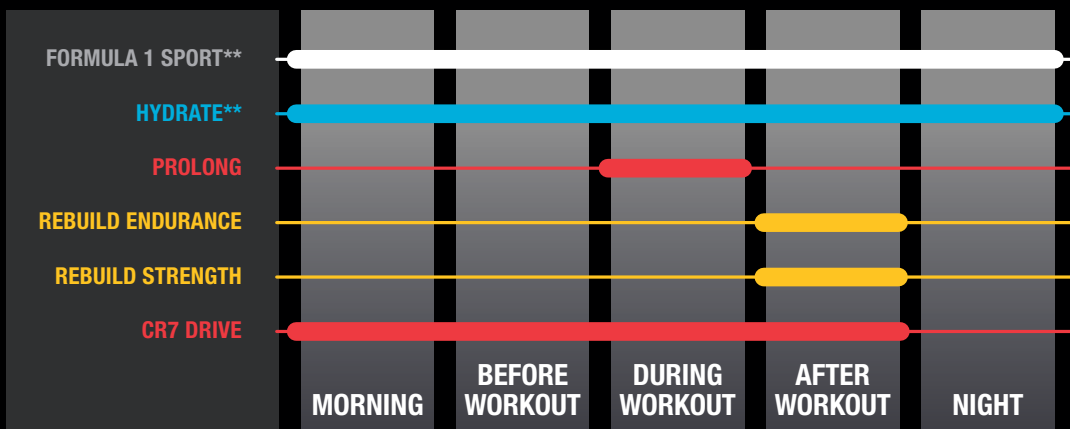
## UNCOMPROMISING SPORTS NUTRITION

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 200 mg 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 4 g 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.





10 g  
protein

800  
kilojoules

## REBUILD ENDURANCE

**Protein and Carbohydrate drink mix with added L-glutamine and L-carnitine.**

- ✓ For use after aerobic exercise
- ✓ High in carbohydrates 36 g per serving
- ✓ Source of protein 10 g per serving
- ✓ Provides vitamins B1, B2, C and E, along with iron
- ✓ Artificial colouring free, artificial flavouring and artificial sweetener free

Vanilla Flavoured	20 servings, 1000 g	#1436
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6.8 g  
protein

957  
kilojoules

## PROLONG

**Carb-protein drink mix with added vitamins for athletes.**

- ✓ Provides 957 kilojoules per serving
- ✓ This unique carbohydrate-protein mix drink has an osmolality of 270 – 330 mOsmol/kg
- ✓ 6.8 g whey protein
- ✓ Contains carbohydrate in the form of maltodextrin
- ✓ 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
- ✓ Artificial colouring free, artificial flavouring and artificial sweetener free

Citrus Flavoured	15 servings, 900 g	#1435
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18 g  
protein

915  
kilojoules

## FORMULA 1 SPORT

**Protein – Carbohydrate drink mix to enhance your daily nutrition**

- ✓ Contains 18 g of protein when made according to direction
- ✓ Formula 1 Sport contains both casein and whey protein
- ✓ Kilojoule controlled, 915 per serving
- ✓ Unique protein-carbohydrate blend with fibre and essential vitamins and minerals
- ✓ Vitamins C, E and Selenium

Vanilla Cream Flavour 20 servings, 524 g #1432

25 g  
protein

794  
kilojoules

## REBUILD STRENGTH

**High protein shake with added L-Glutamine and BCAAs for athletes.**

- ✓ For use after anaerobic exercise
- ✓ High in protein, 25 g per serving
- ✓ Artificial colouring free, artificial flavouring free and artificial sweeteners free
- ✓ Contains 794 kilojoules per serving

Chocolate Flavoured 20 servings, 1000 g #1437

vitamins  
B & C

270  
mOsmol/kg

## HYDRATE

**Low kilojoule electrolyte drink.**

- ✓ Low kilojoule drink for athletes to support fluid consumption
- ✓ With an osmolality of less than 270 mOsmol/kg
- ✓ Provides 80% of your NRV\*\* for vitamin C
- ✓ Provides B vitamins (B1, B2, Pantothenic Acid and B12) and Calcium and Magnesium

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

\*\* 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: 249 mg Sodium and 142 mg Magnesium per serving
- ✓ Very high in vitamin B1 and B12 \*\*\*
- ✓ 411 kilojoules per serving
- ✓ Artificial sweeteners free

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

vitamins  
B1 & B2

411  
kilojoules

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 kilojoule energy drink, anytime anywhere.

- ✓ 40 kilojoules per serving
- ✓ High in vitamin C
- ✓ High in B vitamins (B1, B2, B3, B6, Pantothenic Acid, Biotin)
- ✓ Contains caffeine powder and caffeine from Guarana
- ✓ Every serving provides 75 mg of caffeine

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Lemon-Lime

10 tablets x 4.5, 45 g

#3152

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vitamins  
B & C

40  
kilojoules

75 mg  
caffeine

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## N-R-G

### Nature's Raw Guarana

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- ✓ 40 mg of caffeine per serving

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60 g

#1105

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40 mg  
caffeine







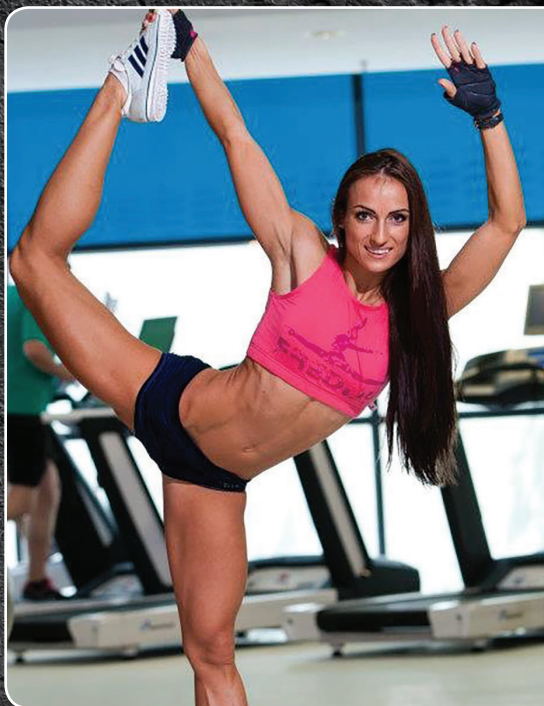
## NILE WILSON

### 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 semifinal 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 Flavoured, 550 g	#4462	R407.42	Summer Berries Flavoured, 550 g	#4470	R407.42	Chocolate Flavoured, 550 g	#0142	R407.42
Café Latte Flavoured, 550 g	#4465	R407.42	Strawberry Delight Flavoured, 550 g	#4463	R407.42	Free From Vanilla Flavoured, 550 g	#3118	R407.42
Spiced Apple Flavoured, 550 g	#4464	R407.42	Cookie Crunch Flavoured, 550 g	#4467	R407.42	Vanilla Cream Flavoured, 780 g	#048K	R517.32
Mint Chocolate Flavoured, 550 g	#4471	R407.42	Vanilla Cream Flavoured, 550 g	#4466	R407.42	Vanilla Cream Flavoured sachets, 7 x 26 g	#053K	

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## FORMULA 1 BAR

Chocolate Flavoured - 7x56 g	#2669	R189.49
Red Berries & Yoghurt Flavoured - 7x56 g	#2670	R189.49

NEW

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## TRI BLEND SELECT

Banana Flavour, 600 g	#013K	R687.55
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## PRO 20 SELECT

Vanilla Flavoured, 630 g	#1660	R603.26
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## PROTEIN DRINK MIX

Vanilla Flavoured, 588 g	#2600	R446.23
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## FORMULA 3 PERSONALISED PROTEIN POWDER

Original, 240 g	#0242	R332.57
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### PROTEIN BARS

Chocolate Peanut Flavoured - 14x35 g, 490 g **#3972 R270.31**  
 Vanilla Almond Flavoured - 14x35 g, 490 g **#3968 R270.31**  
 Citrus Lemon Flavoured - 14x35 g, 490 g **#3976 R270.31**

### ROASTED SOYA BEANS

Lightly Salted - 12x21.5 g **#3143 R195.81**



### PRO CORE

10 stick packs per box **#2273 R187.62**



### THERMO COMPLETE

90 tablets, 78.9 g **#0050 R528.08**

### NITWORKS

Lemon Balm, 150 g **#3150 R611.21**

### CELL ACTIVATOR

90 capsules, 48.1 g **#0104 R314.61**



### HERBALIFELINE

30 capsules, 73 g **#0065 R436.77**



### Multifibre

Apple Flavoured, 204 g **#2554 R254.06**

### FIBRE AND HERB

180 tablets, 162 g **#3114 R177.83**



### ROSEGUARD®

60 tablets, 82.8 g **#0139 R320.53**



### HERBAL ALOE CONCENTRATE DRINK

Mango Flavoured, 473 ml **#1065 R406.87**  
 Original Flavoured, 473 ml **#0006 R406.87**

# LIST OF PRODUCTS

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## ALOE MAX CONCENTRATE DRINK

473 ml

#1196 R584.75

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## INSTANT HERBAL BEVERAGE

Original Flavoured, 100 g	#0106	R486.81
Original Flavoured, 50 g	#0105	R276.59
Lemon Flavoured, 50 g	#0255	R276.59
Raspberry Flavoured, 50 g	#0256	R276.59
Peach Flavoured, 50 g	#0257	R276.59

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## HERBALIFE SKIN 7 DAY RESULTS KIT #0867 R291.58

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

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## HERBALIFE SKIN

Soothing Aloe Cleanser, 150 ml	#0765	R267.40
Polishing Citrus Cleanser, 150 ml	#0766	R267.40
Instant Reveal Berry Scrub, 120 ml	#0772	R209.15
Purifying Mint Clay Mask, 120 ml	#0773	R226.71
Energising Herbal Toner, 50 ml	#0767	R202.76
Line Minimising Serum, 50 ml	#0829	R692.16
Firming Eye Gel, 15 ml	#0770	R420.68
Hydrating Eye Cream, 15 ml	#0771	R420.68
Daily Glow Moisturiser, 50 ml	#0830	R521.40
SPF 30 Protective Moisturiser, 50 ml	#0828	R521.40
Replenishing Night Cream, 50 ml	#0827	R521.40

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## HERBALIFE ALOE

Strengthening Shampoo, 250 ml	#2564	R137.27
Strengthening Conditioner, 250 ml	#2565	R137.27
Bath & Body Bar, 1 bar	#2566	R97.85
Hand & Body Wash, 250 ml	#2561	R145.86
Hand & Body Lotion, 250 ml	#2563	R144.96
Soothing Gel, 250 ml	#2562	R144.96





#### HERBALIFE 24 RANGE

Rebuild Endurance, Vanilla Flavoured, 1000 g	#1436	R756.30	Rebuild Strength, Chocolate Flavoured, 1000 g	#1437	R845.80
Prolong, Citrus Flavoured, 900 g	#1435	R540.85	Hydrate, Orange Flavoured, 20 x 5.3 g, 106 g	#1433	R375.99
Formula 1 Sport, Vanilla Cream Flavoured, 524 g	#1432	R507.15			



#### CR7 DRIVE

Acai Berry Flavoured, 540 g	#1466	R232.87
Acai Berry Flavoured, 10 sachets, 270 g	#1467	R140.67



#### LiftOff®

Lemon-Lime, 10 x 4.5 g sachets, 45 g	#3152	R337.07
N-R-G NATURES RAW GUARANA		
60 g	#1105	R215.94

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# 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

Building the Nation through Income Creation



DIRECT SELLING ASSOCIATION OF SOUTH AFRICA