



HERBALIFE NUTRITION

Product Brochure 2022

**Delicious and
Nutritious Products**
to Support your Healthy,
Active Lifestyle.



Welcome to **Herbalife Nutrition**



Formula 1 22-23

All you need to know about the New Generation of Formula 1.

Formula 1 Savoury Meal 24-25

Savour the sumptuous taste of mushrooms with the light sweetness of onion, garlic and aromatic herb.

Protein Drink Mix - Vegan 34-35

Try Protein Drink Mix-Vegan and boost your daily intake of protein and key vitamins and minerals.

Protein Chips 40-41

Change the way you view snacking and treat your taste buds with Protein Chips – available in two tantalising flavours.

Immune Booster 44-45

Berry-flavoured food supplement drink. It is high in key vitamins and minerals, that contribute to the normal function of the immune system.

Collagen Skin Booster 60-61

Healthy-looking skin starts from within. Collagen Skin Booster is not just a quick fix; it's expert nutrition for your skin that's backed by science with proven results.

H24 Achieve 66-67

Whether you're just starting your fitness journey, a regular gym-goer or a performance athlete, you need sports nutrition that supports you through every moment.

LiftOff® Max 70-71

Boost your workouts with H24 LiftOff® Max Grapefruit flavour! It's a sugar free energy drink that contains 180 mg of caffeine per serving.

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 or speak to your Herbalife Nutrition Independent Member.

Why Herbalife why now

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

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.

Our Experts

Our notable experts in nutrition and science are actively involved in the development and testing of all Herbalife Nutrition products®, to ensure that they are of the highest quality. They help to educate and train Members around the world, by providing them with tools to help them inspire others to live a healthy, active lifestyle. They are also members of various research and professional societies and dietetic groups worldwide.



Rocío Medina

Vice Chairwoman and Member,
Nutrition Advisory Board



Gary Small

Member,
Nutrition Advisory Board



Kristy Appelhans

Vice President,
Global Consumer Safety



Kent Bradley

Chief Health and Nutrition
Officer Chairman, Nutrition
Advisory Board



John Heiss Ph.D.

Member,
Nutrition Advisory Board



Luigi Gratton

Vice President,
Training



David Heber

Chairman, Herbalife
Nutrition Institute



Steve Henig

Chief Scientific Officer
Emeritus Member,
Nutrition Advisory Board

EXCELLENCE IN SCIENCE

NOTABLE EXPERTS



Susan Bowerman

Senior Director, Worldwide
Nutrition Education and
Training Chairwoman,
Dietetic Advisory Board



Laura Chacón-Garbato

Director, Nutrition Product
Training Chairwoman,
Outer Nutrition Advisory Board



Samantha Clayton

Vice President,
Sports Performance
and Fitness



Vasilios Frankos

Senior Corporate Advisor,
Product Science, Safety
and Compliance



Louis Ignarro

Nobel* Laureate
Member, Nutrition
Advisory Board



Dana Ryan

Director, Sports Performance
and Education



Gary Swanson

Senior Vice President,
Quality Assurance and Control



Michael Yalcilla

Senior Vice President,
Research and Development

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We are Committed

To help eliminate world hunger and malnutrition through our Nutrition for Zero Hunger programme.

Our programme aligns with the United Nation's Sustainable Development Goal #2 – Zero Hunger.

This goal calls for bold action to end hunger in all of its forms by 2030, to achieve food security, improved nutrition and promote sustainable agriculture.



For the last **25 years** we have worked with our **140** community-based partners through our charity the Herbalife Nutrition Foundation. Last year, our members and staff donated **US\$3.2 million** to promote better nutrition, active lifestyles and supported over **90,000 children** in **50 countries**.

“I cannot express how proud I am of you! You have made Herbalife a force of goodwill that has inspired everyone for over two decades and for the future generations.”


- Herbalife Nutrition Founder and First Distributor, Mark Hughes (1956-2000)

We will invest **US\$2 million** over the next three years to help tackle these urgent issues. We'll do this by supporting NGOs and charities around the world, donating our products, providing nutrition expertise and education, volunteering and a range of activities to help raise awareness.

Nutrition for
ZERO
HUNGER

HERBALIFE NUTRITION
H N F
FOUNDATION 

Reach your goals



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.

**ONLY 15%
OF EUROPEANS
FEEL THEY ARE
'VERY HEALTHY'¹.**

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



85%

**OF EUROPEANS
SAY THEY WOULD
LIKE TO LIVE A
HEALTHIER LIFESTYLE¹.**

What are your fitness goals?

Is your ultimate goal a lean and toned physique? Are you focusing on 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, Herbalife24!

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 it is.

Reimagine Cooking

Order your copy from MyHerbalife.com
or contact your Herbalife Nutrition
Independent Member today!

SKU 107K





**CREAMY
FRUIT TARTS**

- Batter:**
- 150g oatmeal
 - 2 tablespoons honey
 - 2 tablespoons coconut oil
 - 1 serving (20g) F3 PPP
 - 2 servings (12g) F3 PPP
 - 2 tablespoons warm water
- Topping:**
- F11 serving (20g) F1 Vanilla Cream
 - F15 servings (12g) PDM
 - 12 blackberries
 - 6 small strawberries
 - 1/2 cup peach slices (frozen)
 - fruit: make the Belgian Bagel

Protein	Fiber	Carb	Calorie	Energy
13g	3g	4g	29g	8g



F1 Vanilla Cream | F3 PPP | PDM



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 any day. Thanks Herbalife Nutrition!



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

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.

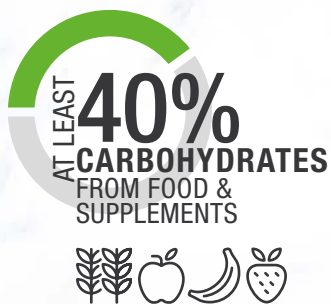
A balanced breakfast on a regular basis means*

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



What is a nutritious and balanced breakfast?

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



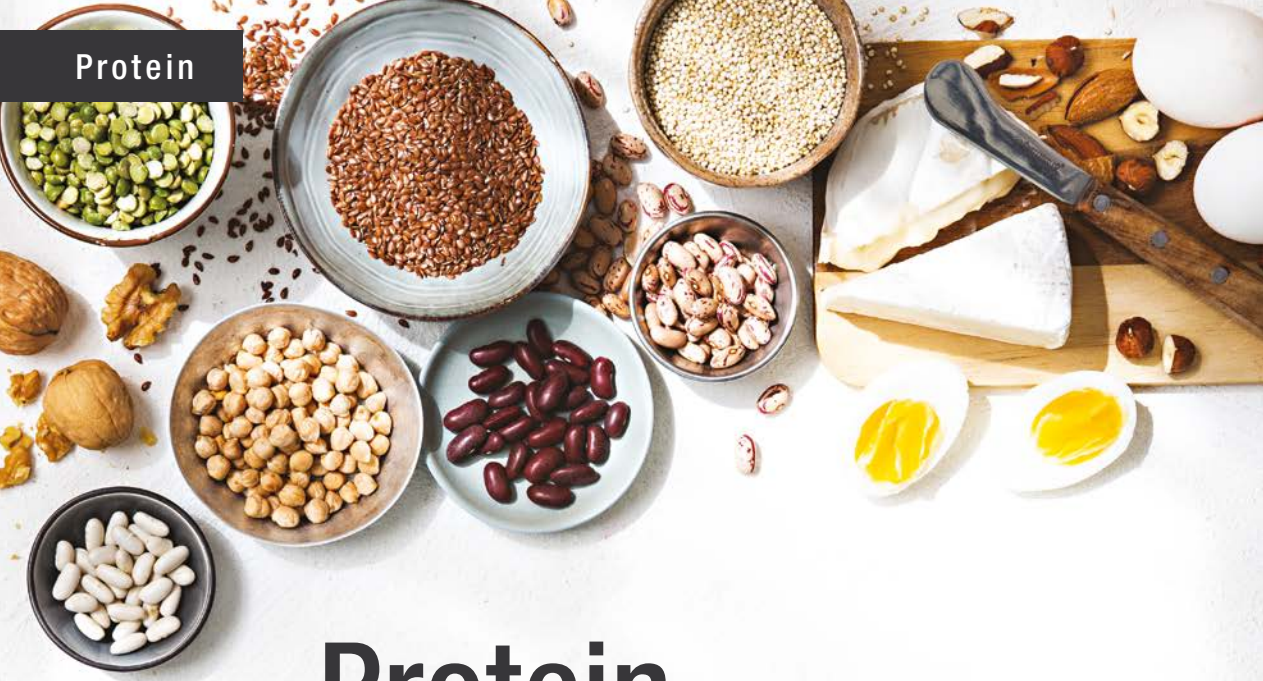
The Herbalife Nutrition Ideal Breakfast is great-tasting, full of nutrients and requires little to no preparation. What's more: It can be tailored to suit you!

- **1** | **NOURISH**
Enjoy the creamy and delicious **Formula 1 shake** – **all the taste**, whilst still **controlling the calories**.
- **2** | **HYDRATE**
Get creative with water and infuse your **Herbal 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 85 mg** of caffeine to help improve concentration when you need it most.

Ask your Herbalife Nutrition Independent 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).



Protein

An essential component of every cell in the body, protein is a macronutrient made of 21 'building blocks' called amino acids. Proteins have different functions in the body including contribution 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 2,000 kcal per day* and wants to build muscle should aim for up to 150 g¹ protein in his daily diet. For a woman who consumes up to 1,400 kcal per day and wants to control her weight, the recommendation would be up to 105 g of protein per day.²

SO WHAT SHOULD I EAT?

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.

* Within the context of weight control.

¹ Jäger R, et al. J Int Soc Sports Nutr. 2017 Jun 20;14:20.

² 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 Vegan 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!



24 g protein

26

26 Vitamins & Minerals



Low Sugar



Gluten Free



Vanilla Cream
21 servings, 550 g
#4466



Vanilla
20 servings, 560 g
#172K



* 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 key macro and micronutrients, which makes it a great meal replacement for weight control.

All our Formula 1 New Generation shakes are vegan-sourced, 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*
- Formula 1 Free From is free from lactose, soy and gluten when made according to instructions



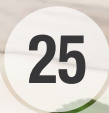
Dairy Free



18 g protein**



5 g fibre



25 Vitamins & Minerals



Vegan Ingredients



Gluten Free



Café Latte
21 servings, 550 g
#4465



Mint & Chocolate
21 servings, 550 g
#4471



Summer Berries
21 servings, 550 g
#4470



Banana Cream
21 servings, 550 g
#4462



Vanilla Cream
21 servings, 550 g
#4466



Smooth Chocolate
21 servings, 550 g
#4468

* Heymsfield SB, et al. Int J Obes Relat Metab Disord. 2003 May;27(5):537-49.
** When mixed with semi-skimmed milk.



Serving suggestion



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



Cookie Crunch
21 servings, 550 g
#4467



**Free From
Raspberry &
White Chocolate**
21 servings, 550 g
#4469



Vanilla Cream
30 servings, 780 g
#048K



**Vanilla Cream
sachets**
7x182 g
#053K

Formula 1 Savoury Meal

Are you stuck for evening meal ideas? In need of a lunchtime saviour? If so, Formula 1 Savoury meal could be exactly what you are looking for.

Treat yourself to the rich, smooth and creamy taste of Mushroom & Herb flavour. It contains high-quality soy protein, key vitamins and minerals, fibre, the sumptuous taste of mushrooms, sweet onion, aromatic herb and garlic with no added sugar.

Formula 1 Savoury meal Mushroom & Herb flavour is a great nutritional lunch or evening meal to have while staying on track with your healthy and active lifestyle - wherever you are.

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

19 g
protein*

216
kcal*

25

25 Vitamins
& Minerals

V

Vegan
Ingredients

GF

Gluten
Free

Formula 1 savoury meal

- High in protein
- 25 vitamins and minerals
- Vegan ingredients
- No added sugar
- Natural flavours
- No artificial colours or sweeteners
- Gluten-free



**Mushroom
& Herb**

21 servings, 550 g
#092K

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

For a vegan and dairy free option, mix 2 scoops (26 g) of powder to 250 ml of warm, fortified soya beverage.

Serving suggestion

* When mixed with 250 ml of milk.



CREAMY MUSHROOM-FLAVOURED PASTA

Serves 1

Preparation time: 5 minutes

Cooking time: 20 minutes

- 2 scoops (26 g) F1 Savoury
- 1 tbsp cornflour
- 100 ml skimmed milk
- ½ lemon, zested
- 40 ml water
- 55 g wholemeal penne pasta
- 25 g half fat creme fraiche
- 2 tbsp chopped flat leaf parsley
- Black pepper

METHOD

1

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

2

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

Nutritional values per serving:

Kcal	Protein	Sugar	Fat	Fibre	Salt
388	22g	8.7g	8.3g	12g	1.4g

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

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

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



For illustration purposes only.

MUSHROOM- FLAVOURED CHEESE AND DILL MUFFINS

Serves 4

Preparation time: 10 minutes

Cooking time: 25 minutes

- 2 scoops (26 g) F1 Savoury
- 90 g wholemeal flour
- 1 tbsp baking powder
- 1 egg
- 80 ml skimmed milk
- 80 g Half-fat Mediterranean- style salad cheese, chopped
- 2 tbsp chopped fresh dill
- Black pepper

METHOD

1

Preheat the oven to 180°C, gas 4 and line a muffin tray with four paper muffin cases or baking paper squares.

2

In a large bowl, mix together the **F1 Savoury, flour, baking powder, egg** and **milk** until completely combined and then season with **pepper**. Mix in the **cheese** and **dill**, and divide the mixture between the muffin cases and bake for 20-25 mins until risen and golden. Allow to cool and serve.

Nutritional values per serving:

Kcal	Protein	Sugar	Fat	Fibre	Salt
162	12g	1.6g	4.6g	3.6g	1.3g

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For illustration purposes only.



Serving suggestion

13 g
protein

7 g
fibre

207
kcal

25

25 Vitamins
& Minerals



Dark Chocolate
7 x 56 g, 392 g
#4472

Formula 1 Express Bars

Nutritionally complete meal

- Contains 25 vitamins and minerals
- High in Protein with 13 g per bar, to help build muscle mass
- High in Fibre with 7 g per bar, accounting for 28% of the recommended daily intake of fibre*
- Contains Promitor® fibre
- Suitable for vegetarians
- No artificial colours or sweeteners
- A delicious bar with an improved flavour and texture

* EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA)
EFSA Journal 2010; 8(3), 1462.

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 80 mg* of caffeine per serve. We believe that good coffee should be good for you**, that's why our iced coffee has no added sugar, 80 calories*** and we've ramped it up with 15 g of protein***. Take it with you everywhere and just add water for a delicious High Protein Iced Coffee experience.



* It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources. (200 mg for pregnant and lactating women)

** Protein contributes to a growth in muscle mass.

*** Per serve.



High Protein Iced Coffee

- 100% Robusta espresso coffee beans
- Every batch has been expertly brewed to be smooth and bold
- Just add water
- 15 g of whey protein per serving

15 g
protein

80 mg
caffeine

80
kcal



Latte Macchiato
14 Servings, 308 g
#012K



Mocha
14 Servings, 322 g
#011K

Protein



**NEW
FLAVOUR**
Coffee
Caramel

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 great 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.



High Protein



High Fibre



Gluten free



Suitable
for vegans



With natural
ingredients

* The addition of rice protein delivers a complete protein.



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, 600 g	#013K
--------	--------------------	-------

Coffee Caramel	15 Servings, 600 g	#052K
----------------	--------------------	-------

20 g
protein

6 g
fibre

151
kcal

naturally
sourced
vitamin C



Serving suggestion

Protein Drink Mix

Vegan

It can be challenging to achieve your health and wellness goals. Whether you're vegan or trying more plant-based options, getting enough protein is important for a balanced diet. Try Protein Drink Mix-Vegan and boost your daily intake of protein and key vitamins and minerals.

Protein Drink Mix-Vegan is 100% vegan, high in protein, gluten-free, sugar-free, naturally lactose free - and ultra-creamy.

Mix it with your favourite Formula 1 flavour to create the ultimate vegan healthy meal that's high in protein (24 g), high in fibre (6 g) and with 26 vitamins and minerals. Just add two scoops (28 g) of Protein Drink Mix-Vegan and two scoops (26 g) of your favourite Formula 1 shake to 300ml of water, blend and enjoy.

You can also enjoy Protein Drink Mix-Vegan on its own as a healthy shake, with 2 scoops (28 g) delivering 15 g of protein, 22 key vitamins and minerals and less than 1 g of sugar per serving.

There are so many ways to enjoy the delicious taste of Protein Drink Mix-Vegan. It's the perfect partner for your Formula 1 shakes. Its light vanilla flavour makes it an ideal ingredient for healthy bakes and recipes.*

Protein Drink Mix-Vegan is now part of our Vegan Ideal Breakfast range. Try our other products in the Vegan range and start your journey to great nutrition.

Protein Drink Mix Vegan

- 100% vegan
- High in protein
- Endless flavour combinations
- Gluten-free
- Sugar-free
- Dairy free
- 22 key vitamins and minerals per serving
- Vanilla flavour

Vanilla Flavour 20 Servings, 560 g #172K

Directions for Use: Create the ultimate vegan healthy meal that's high in protein and nutritionally balanced. Add two scoops (28 g) of Protein Drink Mix-Vegan and two scoops (26 g) of your favourite Formula 1 shake to 300 ml of water, blend and enjoy. To consume Protein Drink Mix-Vegan by itself, mix 2 scoops (28 g) of powder with 250 ml of cold water, or three scoops (42 g) of powder with 375 ml of cold water, depending on your protein requirements. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Enjoy.



Vegan



High Protein



Gluten Free



Naturally lactose free



22 Vitamins & Minerals

* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on the label. Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

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 20 g 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.



Serving suggestion

PRO 20 Select



20 g protein

25

25 Vitamins & Minerals

6 g fibre

146 kcal

Vanilla
15 servings, 630 g
#1660



20 g of Protein



6 g of Fibre



25 Vitamins & Minerals



Low sugar

Vegetarian

Protein Drink Mix

Enhance your daily protein intake with a delicious, vanilla flavoured drink that is quick and easy to make!

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



Vanilla
21 servings, 588 g
#2600

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
- 5 g protein per serving
- Suitable for vegetarians



Original
40 servings, 240 g
#0242

15 g
protein

22

22 Vitamins
& Minerals

108
kcal

5 g
protein

23
kcal



Serving suggestion



We take care to ensure all ingredients used in Herbalife Nutrition products are non-GMO*.

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

Smart protein snacks

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 day¹.



7 g protein

4 g fibre

104 kcal

9 g protein

110 kcal

Gourmet Tomato Soup

Ready in seconds, this warming snack provides 8 times the protein of regular tomato soup².

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



Tomato
21 servings, 672 g
#0155

Roasted Soya Beans

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

- 9 g protein to help build muscle mass
- 110 kcal 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, 258 g
#3143



¹ Njike et al (2016). Snack food, satiety, and weight. *Adv. in Nutrition*, 7(5).
² The composition of Foods; Food Standards Agency and The Institute of Food Research in the UK, 2006.

10 g protein

Approx. 140 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. 140 kcal per bar
- 10 g high-quality protein to help maintain muscle mass
- 16 g carbohydrates per serving to boost your workout



Chocolate Peanut
 14 x 35 g, 490 g
#3972



Vanilla Almond
 14 x 35 g, 490 g
#3968



Citrus Lemon
 14 x 35 g, 490 g
#3976

Protein Chips

Change the way you view snacking and treat your taste buds with Protein Chips – available in two tantalising flavours.

Protein Chips has 50% less fat than fried potato chips because we never fry them. We pop them with heat to give you a savoury treat with a satisfying crunch.

Every pack of Sour Cream and Onion flavoured Protein Chips contains 12 g of protein and is suitable for vegetarians.

Every pack of Barbecue flavoured Protein Chips contains 11 g of plant-based protein and is suitable for vegans.

Treat yourself while staying on track with your nutrition goals wherever you are.



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

Protein Chips Barbecue Flavour

- 50% less fat than fried potato chips
- Never fried, always popped
- Contains 11 g of protein
- Suitable for vegans
- Gluten-free
- High in plant-based protein
- Contains pea protein

Barbecue 10 Servings, 30 g #141K



Vegan

Gluten Free





Protein Chips Sour Cream and Onion Flavour

- 50% less fat than fried potato chips
- Never fried, always popped
- Contains 12 g of protein
- Contains natural flavour
- Gluten-free
- Suitable for vegetarians
- Contains pea protein

Sour Cream & Onion 10 Servings, 30 g #142K

Vegetarian

12 g
protein

GF

Gluten
Free



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 may 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, 84.3 g	#1800
For Women	60 Tablets, 84.3 g	#1819

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 Herbalife Nutrition Independent 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.

Smart Nutrition for your Immune System

Immune Booster is high in key vitamins and minerals that contribute to the normal function of the immune system. These include: Vitamins C and D, Selenium and Zinc. It also contains EpiCor®, a scientifically proven dried yeast-based ingredient.

Immune Booster comes in sachets and is great to have when you're on-the-go.

Enjoy Immune Booster daily by adding one sachet (3.7 g) to 150 ml of water and stir until dissolved. Consume one glass per day with meals.

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

EPICOR

80 mg
vitamin C

10 µg
vitamin D

55 µg
selenium

3 mg
zinc

Immune Booster

- Available in 21 individual sachets, as maximum efficacy typically seen after 2-3 weeks.
- Refreshing berry flavour
- Formulated with EpiCor®, scientifically proven to support a strong immune system
- High in Vitamin C, Vitamin D, Selenium and Zinc, which contribute to the normal function of the immune system
- Vitamin C, Selenium and Zinc also contribute to the protection of cells from oxidative stress
- Contains no artificial colours or flavours
- Suitable for vegans
- Gluten-free



Berry
21 x 3.7 g, 77.7 g
#233K



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 82 mg of caffeine per serving to give you a mental lift by helping to improve concentration***

90 tablets, 78.9 g

#0050



Vitamin C

82 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

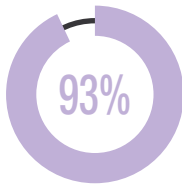
L-Arginine
L-Citrulline
L-Taurine



* 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.

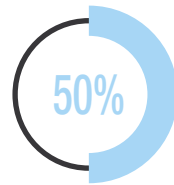
*** It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).



93% 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, 131 g

#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, 48.1 g

#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 fatty acids (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) 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 vision¹, as well as the maintenance of normal blood pressure⁴ and normal blood triglyceride levels³.



* 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.

** EPA and DHA contribute to the normal function of the heart (the beneficial effect is obtained with a daily intake of 250 mg 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 capsule¹, which deliver heart¹, vision² and brain² benefits.

Improved formulation with 5 key claims.

- Sustainably sourced fish oil accredited by Friend of the Sea
- Vegetarian gel capsule
- Each capsule contains 375 mg of EPA and 250 mg of DHA
- DHA contributes to the maintenance of normal brain function and normal vision²
- EPA and DHA contribute to the normal function of the heart¹ as well as to the maintenance of normal blood triglyceride levels³ and normal blood pressure⁴
- Contains essential oils from thyme and peppermint to freshen the taste



For more information,
please visit
FRIENDOFTHESEA.ORG

DAILY USAGE



- ✓ Contribution to the normal function of the heart¹
- ✓ Maintenance of normal vision²
- ✓ Maintenance of normal brain function³



- ✓ Maintenance of normal blood triglyceride levels³



- ✓ Maintenance of normal blood pressure⁴



30 capsules, 42 g
#0043

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



Fibre

Fibre is a type of (non-digestible) carbohydrate that plays a key role in normal digestion¹. 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 function¹, adults should aim to consume 25 g fibre per day². Yet research shows that in some European countries the average fibre intake is less than half of the recommended amount³. 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 digestion¹. And it's sugar-free⁴!

- 5 g of fibre per serving
- Low calorie - 18 kcal per serving
- 6 fibre sources
- Contains both soluble and insoluble fibre
- Sugar-free⁴ formula with no artificial sweeteners
- Enjoy with water or mixed with your favourite Formula 1 shake



5 g
fibre

18
kcal



Oat Apple Fibre
30 servings, 204 g
#2554

Fibre and Herb

Fibre supplement to help you reach the recommended daily fibre intake of 25 g per day².

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

¹ Oat grain fibre contributes to an increase in faecal bulk.

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

³ Nutr Res Rev. 2017 Jul 5:1-42.

⁴ Contains 0.1 g of naturally occurring sugar.

Beta heart[®]

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

- 3 g of Beta-glucans contribute to the reduction* of blood cholesterol levels
- 1.5 g of Beta-glucans contribute to the maintenance** of normal blood cholesterol level (1 scoop)
- Mix 2 scoops with your water, your favourite drink or shake
- Sugar-free
- With no artificial sweeteners
- High in fibre (3 g per scoop)
- 25 kcal per scoop

* 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 3 g 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 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. OatWell[™] is a trademark of DSM.



3 g
fibre

25
kcal

3 g
fibre

Fibre and Herb
180 tablets, 162 g
#3114

Beta heart[®] - Vanilla
30 servings, 229 g
#0267

Microbiotic Max

Microbiotic Max has been formulated to offer you a combination of probiotics and prebiotic fibre, that work together in harmony to help support your nutrition goals. With a subtle vanilla flavour, each serving contains 2 billion live bacteria from strains of *Bifidobacterium lactis* and *Lactobacillus helveticus*. This product is high in fibre and available in powdered sachets, making it perfect for you to take wherever you are.

Microbiotic Max

- Contains a combination of both Probiotics & Prebiotic fibre
- Delivering 2 billion live bacteria (CFU) per serving
- Contains no sweeteners, colours or preservatives
- No need for refrigeration
- Available as a box of 20 individual sachets
- Perfect for when you are on-the-go
- No added sugar

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



Probiotics



Prebiotic fibre



Gluten Free



High in fibre



Enjoy
**Microbiotic
Max** with water
or your favourite
**Formula 1
shake***.



For illustration purposes only.

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

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 for women and 2.5 litres for men. 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.

** In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.

Herbal Aloe Concentrate Drink

A tasty and low-calorie drink to help you stay hydrated. Simply add it to water as a healthy alternative.

- 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

Turn to page 69 to find out more about H24 Hydrate, for performance hydration.



Serving suggestion

**Herbal Aloe
Concentrate Drink**
31 servings, 473 ml
Mango #1065

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
- From our fields to your glass, enjoy daily as the ideal addition to your health and wellbeing plan
- Only 2 kcal per serving



97%
Aloe Vera

AloeMax
31 servings, 473 ml
#1196

Serving suggestion

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 calories and infused with green and black tea, it is delicious enjoyed hot or cold.

- Low calorie with approx. 6 kcal 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



6
kcal



Original
58 servings, 100 g
#0106



Original
29 servings, 50 g
#0105



Lemon
29 servings, 50 g
#0255



Raspberry
29 servings, 50 g
#0256



Peach
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).

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 ☾ / 50 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***

Collagen Skin Booster Beauty Drink

Healthy-looking skin starts from within. Collagen Skin Booster is not just a quick fix; it's expert nutrition for your skin that's backed by science with proven results.

With a refreshing strawberry and lemon flavour, Collagen Skin Booster is high in key vitamins and minerals to support healthy skin, hair and nails.* This is expert nutrition for your skin. Backed by science using Verisol® P¹ with proven results.

Collagen Skin Booster

- Contains bioactive collagen peptides™ called Verisol® P, that are scientifically proven to reduce eye wrinkles, visible signs of cellulite and improve skin elasticity**
- Contains sweetener from natural source and natural flavouring
- Selected blend of 9 key vitamins and minerals

Strawberry and Lemon 30 Servings, 171 g #076K



9 Vitamins & Minerals

Gluten Free

¹ Verisol® P and bioactive collagen peptides are trademarks of Gelita AG.
* Biotin, Copper, Iodine, vitamin A and Zinc contributes to the maintenance of normal skin. Biotin, Selenium and Zinc contributes to the maintenance of normal hair. Selenium and Zinc contributes to the maintenance of normal nails.
** Results shown on eye wrinkles and skin elasticity after 4 weeks, first results of reduction in visible signs of cellulite after 3 months.



Mix 1 scoop (5.7 g) of powder with 250 ml of water. Enjoy once a day with a meal. Use this product within a balanced and varied diet as part of a healthy, active lifestyle.

Herbal Aloe



Strengthen and repair your hair

Herbal Aloe Strengthening Shampoo / 250 ml - #2564

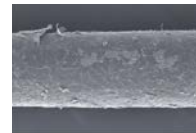
- Leaves hair 10 times stronger after just one use*
- Reduces hair breakage by 90%
- Hydrolysed wheat protein helps protect, repair and strengthen your hair*
- Colour-preserving formula

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

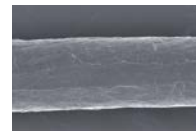
STUDY RESULTS

- 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 ml - #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

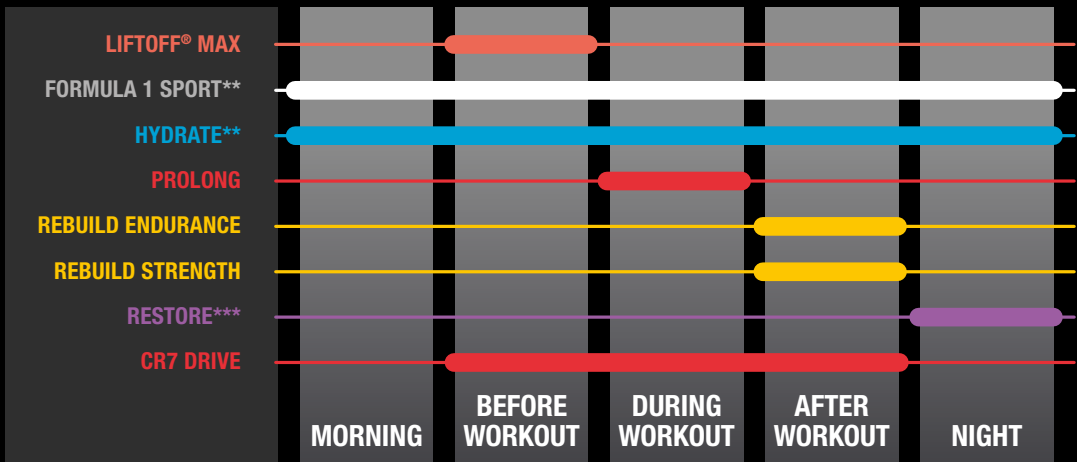
Uncompromising sports nutrition

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



* 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., Member, Nutrition Advisory Board. A cross-country runner, competitive cyclist and downhill skier, Heiss knows exactly what it takes to meet the nutritional needs of athletes.

H24 Achieve Protein Bar

Whether you're just starting your fitness journey, a regular gym-goer or a performance athlete, you can benefit from sports nutrition that supports you through every moment. That's why we created H24 Achieve Protein Bars.

They are a convenient post-workout treat that contains 21 grams of protein per bar. Each protein bar is available in a decadent Dark Chocolate flavour or a rich Chocolate Chip Cookie Dough flavour, with no artificial flavours, colours and are suitable for vegetarians!

We want to provide you with nutrition that helps you to achieve your goals, no matter how great or small. Consume H24 Achieve Protein Bars once a day, in between meals or after your workout.

H24 ACHIEVE PROTEIN BAR

- ✓ 21 g of protein per bar
- ✓ Low in sugar
- ✓ Informed Sports certified
- ✓ No artificial colours or flavours
- ✓ Suitable for vegetarians

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

Directions for Use: Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



High Protein



Low sugars



Vegetarian





HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE
ACHIEVE

HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE

ACHIEVE
PROTEIN BAR

DARK CHOCOLATE
FLAVOURED
natural flavourings with sweeteners

CHOCOLATE CHIP
COOKIE DOUGH FLAVOUR
natural flavourings with sweeteners

High Protein | Low In Sugar | Vegetarian

High Protein | Low In Sugar | Vegetarian



212
kcal
888
kJ

* Energy per serving (60 g)
Energy per 100 g
353 kcal (1476 kJ)

HERBALIFE
24

ACHIEVE
PROTEIN BAR

CHOCOLATE CHIP
COOKIE DOUGH FLAVOUR
natural flavourings

High Protein | Low In Sugar | Vegetarian

212
kcal
888
kJ
60 g e

212
kcal
888
kJ
60 g e



10 g
protein

184
kcal

REBUILD ENDURANCE

Recovery* carb-protein drink for endurance sports.

- ✓ For use after aerobic exercise
- ✓ Contains 36 g of specially selected carbohydrate and 10 g 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, 1000 g #1436

7 g
protein

225
kcal

PROLONG

Carb-protein drink for use during prolonged intense exercise.

- ✓ Provides 225 kcal per serving, great for endurance sports
- ✓ This unique carbohydrate-protein mix drink has an osmolality of 270 – 330 mOsmol/kg
- ✓ 7 g 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, 900 g #1435

vitamin
E

200 mg
vitamin C

Lactium

RESTORE

Food supplement for night-time nutritional support.

- ✓ Unique night-time nutritional formula for those that push to the extremes
- ✓ Contains 200 mg 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, 21.4 g

#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



18 g
protein

219
kcal

25 g
protein

190
kcal

vitamins
B & C

270
mOsmol/kg

FORMULA 1 SPORT

NEW AND IMPROVED formula and flavour

Fuel your inner athlete.

- ✓ Enjoy a delicious shake high in milk protein that consists of two types of protein; slowly digested casein and quickly digested whey¹
- ✓ Consuming both Whey and Casein protein at the same time can help provide the body with a steady supply of all of the amino acids over a prolonged period of time¹
- ✓ Milk protein contributes to the growth and maintenance of muscle mass
- ✓ Contains more than 1/3 of your recommended daily intake of 25 vitamins and minerals

Vanilla Cream 20 servings, 524 g #4461

REBUILD STRENGTH

Recovery* high protein drink for use after strength training.

- ✓ For use after anaerobic exercise
- ✓ Contains 25 g 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 190 kcal per serving

Chocolate 20 servings, 1000 g #1437

HYDRATE

Calorie-free electrolyte drink.

- ✓ Calorie-free drink for athletes to encourage fluid consumption
- ✓ With an osmolality of less than 270 mOsmol/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 5.3 g, 106 g #1433

¹ Soop et al., Am J PhysiolEndocrinol Metab, 2012, 303(1): p. E152-62.

* 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.

** NRV= Nutrient Reference Value.

H24 LiftOff® Max

Boost your workouts* with H24 LiftOff® Max Grapefruit twist flavour! It's a sugar free energy drink that contains 180 mg of caffeine per serving. But this is no ordinary energy drink. H24 LiftOff® Max is formulated with vitamins B6, B12 and C to help reduce tiredness and fatigue.

With no artificial colours or flavours, this is an energy drink that you can trust. It also contains pantothenic acid which contributes to normal mental performance. Feel refreshed and enjoy the sharp, zesty taste of grapefruit. Consume H24 LiftOff® Max before exercising or whenever you need to get back on track.



* Kerksick et al. (2018) J Int Soc Sports Nutr, 15(1), 3.

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

180 mg
caffeine

Vitamin
C

B6 and B12
vitamins

LIFTOFF® MAX

- ✓ 180 mg of caffeine** per serving
- ✓ Formulated with vitamins B6, B12 and C which contribute to reducing tiredness and fatigue
- ✓ Contains pantothenic acid which contributes to normal mental performance
- ✓ Informed Sports certified
- ✓ Sugar free
- ✓ No artificial colours or flavours
- ✓ Sharp, zesty grapefruit flavour
- ✓ Naturally sourced sweetener from Stevia leaves

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

Directions for Use: For best results, we recommend drinking 1 sachet per day dissolved in 250 ml water either before a workout or whenever you need to get back on track. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

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 portion
- ✓ With 100% NRV vitamin B1 and B12 which contribute to normal energy-yielding metabolism***
- ✓ Under 100 kcal per serving to help manage your calorie intake
- ✓ No artificial sweeteners

HERBALIFE

24

CR7 DRIVE

vitamins
B1 & B2

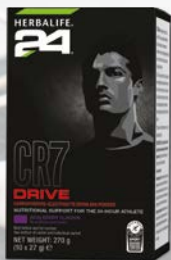
97
kcal

Sodium &
Magnesium



Acai Berry

20 servings, 540 g
#1466



Acai Berry

10 sachets x 27, 270 g
#1467



* 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.

LIFTOFF® **Effervescent Energy drink**

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 75 mg of caffeine

**vitamins
B & C**

**10
kcal**

**75 mg
caffeine**



LIFTOFF
Lemon/Lime
10 sachets x 4.5, 45 g
#3152





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**



Formula 1

Banana Cream, 550 g	#4462 £34.89	Strawberry Delight, 550 g	#4463 £34.89	Free From Raspberry & White Chocolate, 500 g	#4469 £34.89
Café Latte, 550 g	#4465 £34.89	Cookie Crunch, 550 g	#4467 £34.89	Vanilla Cream, 780 g	#048K £46.85
Mint & Chocolate, 550 g	#4471 £34.89	Vanilla Cream, 550 g	#4466 £34.89	Vanilla Cream sachets - 7x26 g	#053K £13.35
Summer Berries, 550 g	#4470 £34.89	Smooth Chocolate, 550 g	#4468 £34.89		



Formula 1 Savoury Meal

Mushroom & Herb, 550 g **#092K** **£38.56**



Formula 1 Express Bars

Dark Chocolate - 7x56 g **#4472** **£19.88**



High Protein Iced Coffee

Latte Macchiato, 308 g **#012K** **£46.54**
Mocha, 322 g **#011K** **£46.54**



Tri Blend Select

Banana, 600 g **#013K** **£52.59**
Coffee Caramel, 600 g **#052K** **£52.59**



Protein Drink Mix - Vegan

Vanilla, 560 g **#172K** **£39.11**



Pro 20 Select

Vanilla, 630 g **#1660** **£48.50**

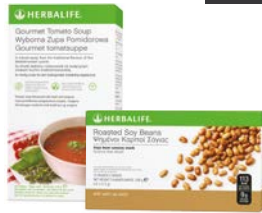


Protein Drink Mix

Vanilla, 588 g #2600 £41.06

Formula 3 Personalised Protein Powder

Original, 240 g #0242 £26.85



Gourmet Tomato Soup

Tomato, 672 g #0155 £34.23

Roasted Soya Beans

Lightly Salted - 12x21.5 g #3143 £17.78



Protein Bars

Chocolate Peanut - 14x35 g, 490 g #3972 £18.04

Vanilla Almond - 14x35 g, 490 g #3968 £18.04

Citrus Lemon - 14x35 g, 490 g #3976 £18.04



Protein Chips

Barbecue, 10x30 g, 300 g #141K £18.58

Sour Cream and Onion, 10x30 g, 300 g #142K £18.58



Formula 2 Vitamin & Mineral Complex

MEN, 60 tablets, 84.3 g #1800 £25.26

WOMEN, 60 tablets, 84.3 g #1819 £25.26



Immune Booster

Berry, 21 x 3.7 g, 77.7 g #2273 £19.98



Thermo Complete

90 tablets, 78.9 g #0050 £43.73

Niteworks

Lemon, 150 g #3150 £62.27

Cell Activator

90 capsules, 48.1 g #0104 £32.98

Xtra-Cal®

90 tablets, 131 g #0020 £17.57



Herbalifeline Max

30 capsules, 42 g #0043 £27.80



Oat Apple Fibre Drink

Apple, 204 g #2554 £27.74

Fibre And Herb

180 tablets, 162 g #3114 £22.51

Beta heart®

Vanilla, 229 g #0267 £32.73

List of products

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Microbiotic Max

Vanilla, 20x2 g, 40 g **#173K £47.82**

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Herbal Aloe Concentrate Drink

Mango, 473 ml **#1065 £41.05**

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AloeMax

473 ml **#1196 £46.86**

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Instant Herbal Beverage

Original, 100 g	#0106	£44.02
Original, 50 g	#0105	£25.07
Lemon, 50 g	#0255	£25.07
Raspberry, 50 g	#0256	£25.07
Peach, 50 g	#0257	£25.07

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Herbalife SKIN 7 Day Results Kit

#0867 £24.38

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	£23.84
Polishing Citrus Cleanser, 150 ml	#0766	£23.84
Instant Reveal Berry Scrub, 120 ml	#0772	£18.61
Purifying Mint Clay Mask, 120 ml	#0773	£20.20
Energising Herbal Toner, 50 ml	#0767	£18.05
Line Minimising Serum, 50 ml	#0829	£61.67
Firming Eye Gel, 15 ml	#0770	£37.49
Hydrating Eye Cream, 15 ml	#0771	£36.06
Daily Glow Moisturiser, 50 ml	#0830	£46.44
SPF 30 Protective Moisturiser, 50 ml	#0828	£46.44
Replenishing Night Cream, 50 ml	#0827	£46.44



Collagen Skin Booster

Strawberry & Lemon, 171 g **#076K £63.43**



Herbal Aloe

Strengthening Shampoo, 250 ml	#2564	£10.60
Strengthening Conditioner, 250 ml	#2565	£10.60
Bath & Body Bar, 1 bar	#2566	£7.13
Hand & Body Wash, 250 ml	#2561	£10.92
Hand & Body Lotion, 250 ml	#2563	£10.55
Soothing Gel, 250 ml	#2562	£10.55



H24 Achieve

Dark Chocolate, 6 servings, 60 g **#150K £19.72**
 Chocolate Chip Cookie Dough, 6 servings, 60 g **#149K £19.72**



Herbalife 24 Range

Rebuild Endurance, Vanilla, 1000 g	#1436	£65.32
Prolong, Citrus, 900 g	#1435	£57.47
Restore, 30 capsules, 21.4 g	#1424	£34.69
Formula 1 Sport, Vanilla Cream, 524 g	#4461	£53.11
Rebuild Strength, Chocolate, 1000 g	#1437	£58.32
Hydrate, Orange, 20 x 5.3 g, 106 g	#1433	£41.82



H24 LiftOff® Max

Grapefruit Twist, 10 sachets, 60 g **#192K £26.94**



CR7 Drive

Acai Berry, 540 g **#1466 £18.92**
 Acai Berry, 10 sachets, 270 g **#1467 £11.44**



LiftOff®

Lemon-Lime, 10 x sachets, 45 g **#3152 £27.47**

VICTORY STARTS ON THE INSIDE



Global Nutrition Partner
of Cristiano Ronaldo



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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.

