



HERBALIFE®

Herbalife Product Brochure 2010

• Maximise your Nutrition. Maximise your Potential



your guide to a **healthy life**





Herbalife: Changing People's Lives

This year, Herbalife celebrates 30 years helping people pursue healthy active lifestyles.

With 30 years experience at the forefront of nutritional and weight management science, Herbalife is one of the largest global network marketing companies, with a mission of 'Changing People's Lives'.

Herbalife pursues this mission by offering weight management products, targeted nutritional supplements, energy and fitness products and outer nutrition products to people seeking a healthy lifestyle and a financially rewarding business opportunity to those who choose to become Independent Distributors of the products.



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Herbalife in Action - Hannah Davis **Business Opportunity** - join millions worldwide who are living their dreams with their Herbalife business.



Herbalife: changing people's lives

Who We Are:

A Premier Nutrition and Weight-Management Company

- A global nutrition and direct-selling company
- Improving lives in over 70 countries on six continents through a network of over 2 million Distributors.
- Providing innovative and science-based products
- Focusing on customers' unique needs
- Helping our communities and our environment
- Offering you a proven business opportunity to help achieve your goals



Herbalife:

From one man's dream to global success

Herbalife was founded by entrepreneur Mark Hughes in California in 1980; he had a dream to be able to offer people healthy living solutions. The company has grown from this one-man initiative to a global company with more than 2 million Independent Distributors! Herbalife continues to grow and Mark Hughes' dream lives on. Today, Herbalife is affiliated with and plays an active role in a large number of industry trade organisations and is a founding member of the International Alliance of Dietary/Food Supplement Associations (IADSA). Corporate headquarters are located in California, USA and the Australasia headquarters are located in Adelaide, Australia.

For more information please visit: www.Herbalife.com



Nutrition

for a better life



Commitment to Quality Products

For 30 years, Herbalife has been dedicated to developing innovative, healthy products that comply with the highest research, development and manufacturing standards in the industry:

- Only the Finest Raw Materials
- Rigorous Product Testing
- Highest-Quality Policies and Procedures
- Precise Formulation and Labelling
- Most Trusted Contract Manufacturers



Science matters to Herbalife and we focus on uncovering it and turning it into tangible products that work for you, through new product development and keeping current products as powerful as ever. As a leader in nutritional science, Herbalife is committed to further development.



In 2003, Herbalife helped establish the Mark Hughes Cellular and Molecular Nutrition Laboratory at the Center for Human Nutrition at UCLA* as part of its mission to advance nutritional science through the most progressive research and development technologies available. Herbalife affiliates itself with other universities, such as The Natural Center of Natural Products at the University of Mississippi*, to stay at the forefront of producing the best nutrition and weight management products.



Products proven with science

Herbalife is guided by a team of world-renowned nutrition and scientific advisors who participate in our product development and testing programs. They also ensure that new products are of the highest quality and contain the best ingredients. Additionally, Herbalife sponsors innovative nutrition research in universities around the world.

* Titles are for identification purposes only. The University of California and The University of Mississippi do not endorse specific products or services as a matter of policy.

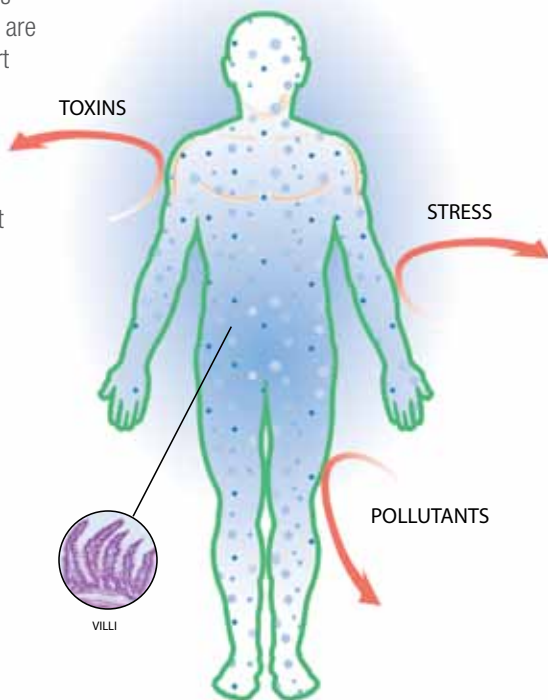
Maximise your health with Cellular Nutrition

the foundation of healthy living

Cells are the basic unit of the human body, providing the power for everything you do - from thinking to growing. Our products are formulated to support healthy villi, the tiny finger-like structures along the intestine wall that act as 'gatekeepers', helping your body absorb more nutrients, vitamins and minerals, while protecting you from toxins. The healthier your villi, the more efficiently your cells can absorb nourishment – and the healthier you'll be.

The concept of Cellular Nutrition is simple. All of Herbalife's products are scientifically formulated to support healthy villi. Herbalife's Cellular Nutrition provides the elements the body needs daily to maintain good health from vitamins, antioxidants and minerals, as part of a healthy diet. Our products are personalised to your lifestyle, providing nutritional solutions appropriate for your stage in life.

Cellular Nutrition has been the core of Herbalife's nutritional programmes and has provided lasting results for over 30 years. Start using our Cellular Nutrition products today and discover the Herbalife difference for yourself!





A healthy active lifestyle starts with being at your ideal weight

- Would you like to achieve your absolute best?
- Would you like to be nourished, healthier and raring to go?...

You can!



Our Cellular Nutrition Wheel shows you how the Herbalife® product ranges fit perfectly within a healthy, active lifestyle. Start with the Herbalife® Daily Nutrition products at the core of the wheel:

- **Formula 1 Nutritional Shake Mix**
- **Formula 2 Multivitamin Complex**

These core products form the foundation of balanced nutrition. A balanced nutrition plan should provide your body with balanced levels of energy, vitamins, minerals, good carbohydrates, plant-based protein, healthy fats and beneficial fibre, herbs and antioxidants. A healthy eating plan, supported by Herbalife® products, involves eating a variety of foods but all in moderation.



Maximise your health with **balanced nutrition**

At Herbalife we believe you should strive to get all the different nutrients your body needs in a balanced way, so that your body's reserves are not depleted. These nutrients are best found in fresh seasonal foods in a balanced and varied diet. When our circumstances, lifestyle or choices are compromised, food supplements are an ideal way to fill the gap.

Along with good eating habits such as eating fresh fruits and vegetables and avoiding sugary snacks and high fat foods, you need to exercise regularly, drink plenty of water, avoid smoking and limit your alcohol intake.

And once you have achieved your personal goal, you need to keep up the good work.

That's where Herbalife comes in. Make sure you talk to your Herbalife Independent Distributor who is there to provide one to one service. He/she will also make sure you never feel alone so that you can stay motivated in the long run!



It's all about the
balance



feel the difference!

Staying healthy is fun...

The Herbalife core philosophy is to inspire people to make positive changes to their eating habits and general wellbeing for a healthy active lifestyle. The foundation for this is good nutrition together with regular exercise, rest and relaxation.



Start every day the Herbalife way:

- Good nutrition gained from a balanced and varied diet which includes the right balance and level of macro and micronutrients to suit an individual's needs and lifestyle (age, gender, life stage, weight, body composition, activity levels and metabolic rate) and personal objectives:
 1. Weight control, weight management or weight gain
 2. Healthy nutrition for overall vitality
 3. Sport and fitness goals
- Reasonably sized balanced and nutritious meals and snacks throughout the day to help regulate energy levels and replenish depletion of nutrients
- At least five, preferably seven, portions of colourful fresh fruit and vegetables per day for nutritional and antioxidant benefit
- Adequate hydration – two litres of water a day
- Regular exercise, rest and relaxation including 30 minutes of moderate to intense exercise a day (five days a week) and at least seven hours of quality sleep a night.



Start your day **the right way**



Formula 1

Nutritional Shake Mix

A tasty Herbalife Formula 1 shake is a nutritionally-balanced, versatile and simple-to-prepare healthy meal in a glass! Formulated by Herbalife's nutritional experts, Herbalife Formula 1 shakes are packed with vitamins and minerals, together with soy protein and carbohydrates, and just 205 calories per shake!

- A healthy meal for balanced nutrition, rich in essential vitamins and minerals
- Contains 19 grams of high-quality soy protein per shake to help you feel full and satisfied
- Contains no saturated (trans) fats
- 2.3 grams of fibre for digestive health
- Low GI carbohydrate
- Contains added benefit of Aminogen[†], a naturally derived ingredient that helps the body break down and digest food protein more efficiently
- Comes in four great-tasting flavours

Formula 1 shakes not only have a balance of essential nutrients for a healthy nutritious meal, you're able to personalise them to suit you. Add your favourite fruits, nuts or yoghurt for a great new shake recipe. Add Personalised Protein Powder to satisfy your extra protein needs. The choice is yours!

Follow one of our sensible daily plans to achieve your best shape.

- To lose weight: Substitute two of your three daily meals with a Formula 1 shake.
- To maintain weight: Substitute a Formula 1 shake for one of your daily meals.
- To gain weight: Add two Formula 1 shakes to your diet.

Formula 1* (560g):

French Vanilla	#0141
Dutch Chocolate	#0142
Berry Flavour	#0143
Tropical Fruit	#0144

Formula 1* (28g sachets):

French Vanilla (x15)	#3161
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* Contains milk, oat and soy bean ingredients.

[†] Aminogen brand is the property of Triarco Industries, Inc.

Note: When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.

Complete your **formula to success**

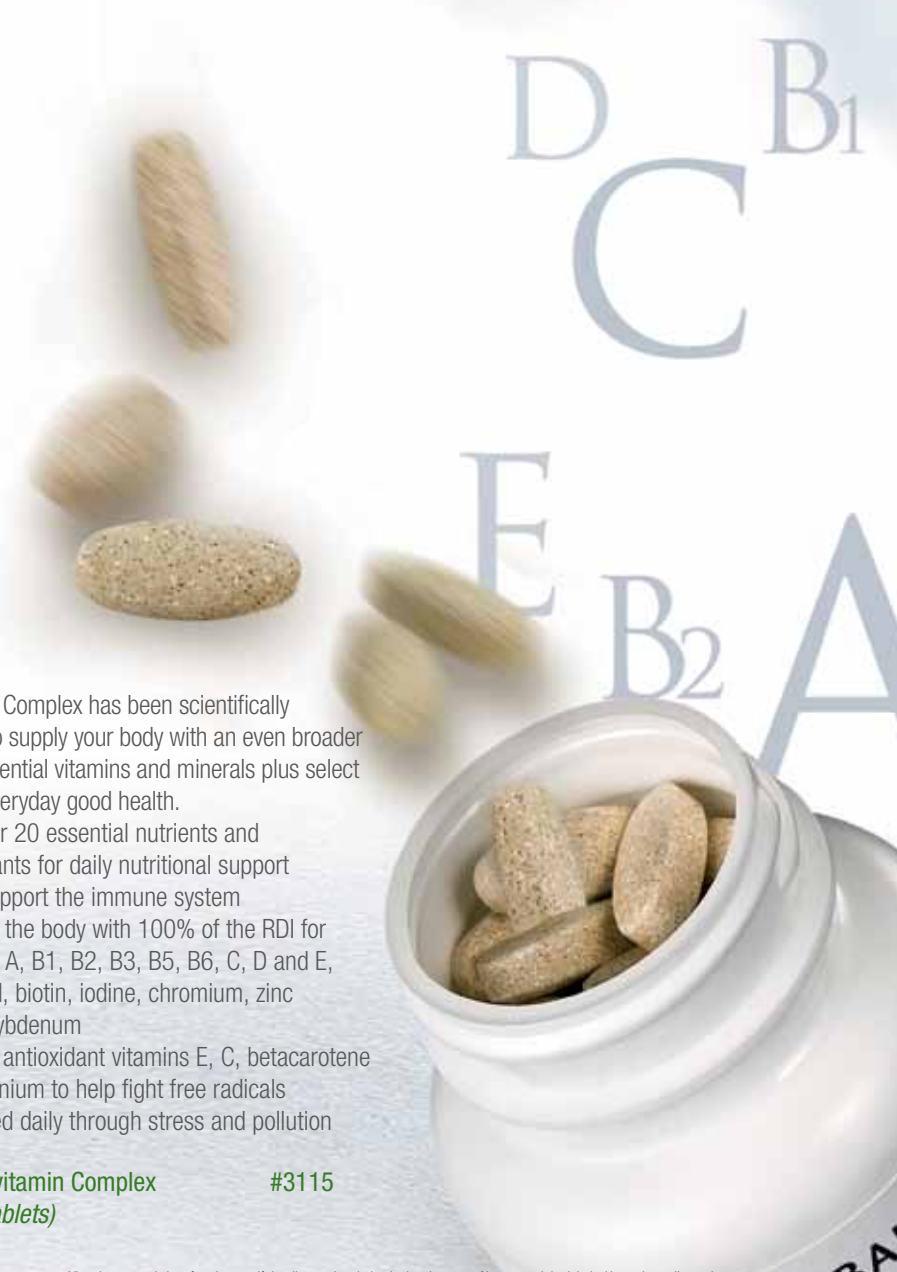
Stress, a poor diet, lifestyle habits and exposure to pollutants can rob your body of essential nutrients. As a result, you may look and feel tired, get sick easily or have difficulty in maintaining your ideal weight.

Satisfy your body's nourishment needs with these complementary products – along with the balanced nutrition provided in Herbalife® Formula 1 shakes – for overall good health. The healthy nutrition that the Herbalife® core product range provides – Herbalife® Formula 1 Nutritional Shake Mix and Herbalife® Formula 2 Multivitamin Complex - can make a positive addition to any lifestyle – helping you to achieve and maintain a healthy weight and setting you free to be at your absolute best.



Formula 2

Multivitamin Complex



Multivitamin Complex has been scientifically developed to supply your body with an even broader range of essential vitamins and minerals plus select herbs, for everyday good health.

- With over 20 essential nutrients and antioxidants for daily nutritional support
- Helps support the immune system
- Supplies the body with 100% of the RDI for Vitamins A, B1, B2, B3, B5, B6, C, D and E, folic acid, biotin, iodine, chromium, zinc and molybdenum
- Includes antioxidant vitamins E, C, betacarotene and selenium to help fight free radicals generated daily through stress and pollution

Multivitamin Complex
(90 tablets)

#3115

Vitamins can only be of assistance if the dietary vitamin intake is adequate. Always read the label - Use only as directed.

For more information about Herbalife and our products, please contact your local Independent Distributor.

Losing weight **tastes great**

Lose, gain or maintain!

At Herbalife, we make weight management easy...

If you've tried to lose weight before and failed, take heart. Herbalife's science-based products combine Cellular Nutrition and the power of protein so you can manage your hunger, maintain a healthy metabolism and feel energised as you lose those unwanted kilos.

Discover what's right for you:

- Healthy snacking
- Extra protein to personalise to your individual needs
- Calorie-controlled hot and cold drinks
- A range of enhancers to assist with those extra challenges associating with managing weight



Satisfy your hunger with protein-powered snacks

These delicious protein bars are the perfect between-meal treat. A protein bar satisfies the hunger, yet provides optimum nutritional support. Loaded with vital nutrients and powered by 10 grams of hunger-fighting protein, the bars contain 3.3 grams of fat and approximately 134 calories.

Protein Bars*:

Vanilla Almond

#0258

Chocolate Peanut

#0259

Citrus Lemon

#0260

(14 x 35g bars per box)



*Contains milk and soybean ingredients. May contain traces of nuts (including peanuts), gluten and egg.

Get lean with protein

Experience the Power of Protein



Herbalife products personalise your daily protein intake to match your body's needs. With the right amount of daily protein, hunger control happens naturally. You feel healthy and satisfied as you slim down easier than you ever imagined possible.

Hunger Control

Protein-based shakes, meals and snacks help to curb appetite in two ways: protein digestion happens slowly, helping your stomach feel fuller, longer, and molecules from protein digestion signal the brain that the body is full and satisfied.

Burn Calories

Eating the right amount of protein daily helps you maintain lean body mass (LBM) as you lose weight. The more LBM you have, the higher your metabolism and the more rapidly you burn calories and stored fat.

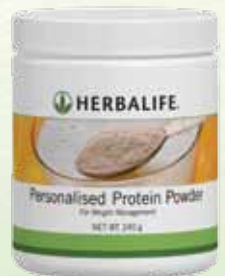


Personalised Protein Powder

Your body needs adequate daily protein for healthy weight management and peak physical performance. Personalised Protein Powder is a convenient way to supplement dietary protein, helping you stay lean and fit. Contains 5g of protein per 6g serving.

- Boosts protein intake to help fight hunger.
- Helps maintain lean muscle mass.
- Includes high-quality soy and whey proteins.
- Unflavoured and mixes easily in shakes, soups and sauces.

Adequate daily protein intakes range from 45-55g for women and at least 55-65g for men depending on the level of physical activity. Some of the latest research suggests approximately 100g of protein for women and 150g for men for optimum protein benefits.



Personalised Protein Powder (240g)

#0242

Always read the label. Use only as directed.



Control your appetite

Chitosan Fibre Complex

This scientifically-advanced formula is derived from all-natural ingredients and is designed to assist with the maintenance of regularity and suppression of appetite as part of a kilojoule (calorie) controlled eating plan. Scientific and nutritional experts recommend an increased consumption of dietary fibre and lower intake of fat and calories to help maintain good health. Unfortunately the typical western diet tends to be high in fat and low in fibre-rich foods. Chitosan (a dietary fibre) is blended with Fenugreek to assist with the maintenance of regularity and suppression of appetite as part of a kilojoule/calorie controlled eating plan.

- Contains LipoSan Ultra, a patented form of Chitosan that becomes soluble in stomach acid and works faster.
- This means you can take this product right before you eat, not one hour before.
- Each capsule contains Chitosan 330.0mg and Fenugreek powder 110.0mg.



Chitosan Fibre Complex
(90 capsules)

#0210

Always read the label - Use only as directed. If symp

Revive and refresh



Instant Herbal Beverage

This delicious low-calorie tea mix can be savoured throughout the day for a natural lift. It includes the health benefits of green tea, making it an ideal part of a nutritious weight-loss programme. Enjoy daily as a tasty and healthy alternative to coffee and soft drink.

- Includes the health benefits of green tea and specially selected herbal extracts
- Contributes to overall well-being and helps support normal vitality
- A choice of two refreshing flavours: Original and Peach
- Enjoy hot or cold

Original Flavour* (100g)

#0106

Peach Flavour* (100g)

#0190



*Contains caffeine

Tailored **nutrition solutions** just for you

Whether you'd love to see a few extra kilos, have a bit more energy each day, or want to improve your general health and well-being, Herbalife has the perfect solution for you. Our team of experts has created specialised programmes with carefully-selected combinations of products to help you get started on the road to better health and wellness.



Shape Up Programme

Our basic programme for healthy weight management, without blowing the budget, that includes:

- Two core products - Formula 1 Nutritional Shake Mix (560g) and Formula 2 Multivitamin Complex to help support Cellular Nutrition
- Formula 3 Vitamin C Supplement in a Herbal Base to help the body regain its natural water balance

French Vanilla
Dutch Chocolate
Berry Flavour
Tropical Fruit

#1777
#1778
#1779
#3441

Always read the label - Use only as directed.

Regular exercise, balanced nutrition and a calorie controlled diet are the basic requirements of any successful weight control programme.



Protein Plus Starter Programme

Our Core Daily Nutrition products with the added benefit of Personalised Protein Powder, designed to help start shaping your body, whether you are an athlete to purely maintaining your current weight. Gives you the option to personalise your programme with additional targeted nutrition and weight management supplements.

- Personalised Protein Powder to help fight hunger and maintain lean muscle mass

French Vanilla	#3424
Dutch Chocolate	#3425
Berry Flavour	#3426
Tropical Fruit	#3427



Advanced Programme

The Advanced Programme includes all the components of the Quickstart Programme PLUS Instant Herbal Beverage. Feel the difference as Instant Herbal Beverage contributes to the building and preservation of the body's normal vitality and well-being by providing additional fluids. Includes ALL Quickstart products PLUS:

- Instant Herbal Beverage (Original flavour) 100g

French Vanilla	#1722
Dutch Chocolate	#1723
Berry Flavour	#1724
Tropical Fruit	#3439



Quickstart Programme

Designed to help you quickly and safely dispense with poor eating habits and move on to a healthier lifestyle. Includes ALL the products in the Shape Up programme PLUS:

- Chitosan Fibre Complex to assist with suppression of appetite as part of calorie-controlled eating plan
- NRG - Nature's Raw Guarana tablets to help give you an invigorating lift during the day

French Vanilla	#1719
Dutch Chocolate	#1720
Berry Flavour	#1721
Tropical Fruit	#3438



Ultimate Programme

Builds on the benefits of our Advanced programme with enhancers to help rev up your energy. Includes ALL Advanced programme products PLUS:

- Florafibre - fibre supplement to assist with suppression of appetite and maintenance of regularity
- Herbal Aloe Concentrate to support internal cleansing and digestive health

French Vanilla	#1725
Dutch Chocolate	#1726
Berry Flavour	#1727
Tropical Fruit	#3440

Always read the label - Use only as directed.

Regular exercise, balanced nutrition and a calorie controlled diet are the basic requirements of any successful weight control programme.

No matter what your health goal, achieving it is as easy as...

take your supplements

3

times a day...

2

personalised shakes

1

colourful meal

Incorporating a Herbalife Programme into your lifestyle couldn't be simpler:

3 Times a Day

Take your supplements and enhancers three times daily to support healthy weight management.

2 Shakes, Personalised

Enjoy two meal-replacement shakes, personalised to the protein needs of your body, plus protein snacks to keep your metabolism up and hunger at bay. Shakes are simple to make, tasty and fun.

1 Colourful Meal

Eat one healthy meal of foods you love each day, making sure to include a source of lean protein plus colourful fruits and vegetables.

Once you achieve your weight-loss goal, or if you're already at your ideal weight, our products can help you maintain it. Formula 1 can even help you gain weight if you need to and feel great in the process.



Get results with a Personal Wellness Coach

Whether your goal is achieving healthy weight management, increasing your energy levels, maximising nutrition, or nourishing your skin and hair, your Herbalife Independent Distributor can help get you there...

Your Herbalife Independent Distributor as your Personal Wellness Coach will be with you every step of the way to:

- Help you set achievable and personalised goals
- Maximise the effectiveness of the Herbalife® products
- Provide methods of tracking your progress
- Offer tips and insights that may help you achieve your goals
- Inspire and motivate you to reach your personal best

Speak to your Distributor about watching the 'Personalise Your Programme' dvd. This is an interactive way to view Herbalife® products that personally interest you, and learn about their key benefits to enhance your overall well-being.

Watch now and learn more about nutrition for a better life! Just ask your Herbalife Independent Distributor for more information.

Get ready to **feel better**,
look better and **enjoy a
lifetime of good health**
by customising a nutrition
programme to meet your
own needs.



#9364
(pack of 5)

Rebecca lost 30 kg!



Before: 97kg
After: 67kg
Time taken:
16 months



Mark lost 32 kg!



Before: 148kg
After: 116kg
Time taken:
11 months



Our Great Products...

Margaret lost 24 kg!



Before: 82kg
After: 58kg
Time taken:
20 months



Holly lost 27 kg!



Before: 91kg
After: 64kg
Time taken:
24 kg in
7 months



Michelle lost 40 kg!



Before: 106.5kg

After: 66.5kg

Time taken:

13 months



Dennis lost 24 kg!



Before: 84kg

After: 60kg

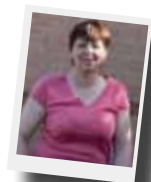
Time taken:

5 months



Your Success Stories

Nelleke lost 26 kg!



Before: 92kg

After: 66kg

Time taken:

23 kg in 6 months



Ben lost 36 kg!



Before: 117kg

After: 81kg

Time taken:

35 kg in

14 months





Targeted **solutions** for everybody

Herbalife offers you a variety of targeted products that build on a foundation of Cellular Nutrition (Formula 1 Nutritional Shake Mix and Formula 2 Multivitamin Complex). With every Herbalife® Programme, Cellular Nutrition serves as your starting point, whether you want to lose weight or are already at your ideal weight and are now fine-tuning your programme for a healthy nutritional edge.

By adding in health supplements, you can zero in on your specific needs. Since men and women of varying ages have different health challenges, we have separate products for each. Herbalife® Health Supplements offer a wide array of products to address individual needs - everything from your heart health and stress to menstrual discomfort.



Florafibre

Without the right balance of micro-organisms in the digestive tract, gas, bloating and constipation are common. The so-called 'friendly' bacteria help keep the colon healthy. They play a role in digestion and elimination and enhance nutrient absorption.

- Florafibre combines fibre with *Lactobacillus acidophilus* ('friendly' bacteria) for improved intestinal health. Encourages the growth of 'friendly' bacteria for healthy intestinal flora.
- Helps maintain healthy digestive function.

Florafibre
(90 tablets)

#0023

Always read the label - Use only as directed. If symptoms persist, please seek medical advice.

Top up your Essential Fatty Acids

Our bodies need specific fats because they are essential to the function of every human cell. These 'good' fats provide essential fatty acids (EFAs), which the body cannot manufacture and must therefore, obtain from dietary sources.

Formula 4 Unsaturated Fatty Acid Supplement

Formula 4 provides unsaturated fatty acids for healthy cell function, necessary for an optimal lipid supply to help maintain a good state of health, particularly during a reduced-fat diet.

- For an optimal lipid supply
- Contains Safflower oil to supply oleic, linoleic and linonic acids that complement your diet
- Source of 'good' fats to provide essential fatty acids (EFAs) which the body cannot manufacture and must therefore obtain from dietary sources
- Tops up your body's daily requirements for EFAs

Formula 4
(90 capsules)

#0027



Boost your immunity

Today's diets are filled with processed foods which are low in nutrients and the antioxidants your body needs to promote good health. Furthermore, exposure to pollution and other stresses can all undermine immunity, leaving you susceptible to colds, the flu and allergies.

Formula 5 Vitamin C in an Herbal Base

Formula 5 contains specially formulated nutrients, which with an adequate daily intake of water, has three special purposes. It can help the body regain its natural water balance, it helps the elimination process of wastes, and helps in smoothing the appearance of orange peel skin.

When Formula 5 Vitamin C Supplement in a Herbal Base is taken with an adequate daily intake of water, it can help the body regain its natural water balance, and help with the elimination process of waste.

- Specially formulated to provide a source of iron, which can assist in maintaining normal blood and act as a blood tonic.
- Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues and therefore maintains normal blood.
- Contains ascorbic acid (Vitamin C) an essential vitamin with antioxidant activity.



Formula 5
(90 tablets)

#0125

Vitamins can only be of assistance if the dietary vitamin intake is adequate.
Always read the label - Use only as directed. If symptoms persist, please seek medical advice.

Take control of your Heart Health

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids which help to maintain a healthy cardiovascular system, joint health and healthy brain function.

Did you know that on average people only eat a third of the recommended daily intake of Omega-3's - the building blocks of all cells in the human body?



Herbalifeline®

- A valuable source of Omega-3 fatty acids to promote good health. Omega-3 fatty acids provide temporary relief of arthritic pain.
- Omega-3 fatty acids help to maintain a healthy cardiovascular system by maintaining cholesterol and triglyceride levels already within a normal range.

Herbalifeline®
(90 capsules)

#0065

Always read the label - Use only as directed. If symptoms persist, please seek medical advice.

Soothe your digestive system



Herbal Aloe Drink and Concentrate

Stress, coffee, cigarette smoke and poor eating habits can upset the stomach and impair digestion. Herbal Aloe Drink brings relief. The Aloe vera plant is known to contain dozens of beneficial substances, including enzymes, vitamins, minerals and amino acids. Herbal Aloe Drink combines the goodness of Aloe vera with a delicious citrus twist for a healthy digestive system.

- Contains the goodness of the Aloe vera plant for a healthy digestive system.
- Supports internal cleansing and digestive health
- Soothes the digestive system

Drink	#0002 (950ml)
	#0004 (3.8l)
Concentrate	#0006 (473ml)





Keep **stress** at bay

Tang Kuei Plus



Tang Kuei has been used for centuries in China as a general nutritional tonic and it's particularly beneficial for women. In the Chinese system, Tang Kuei is considered a superior herb and is often added to soups and broths to increase their nutritional value. Tang Kuei has been specially formulated to help relieve nervous tension, stress and mild anxiety. For the relief of pre-menstrual symptoms, relief of muscular aches and pains.

- Helps relieve nervous tension, stress and mild anxiety.
- Supports muscle relaxation.
- Promotes restful sleep.
- For the relief of pre-menstrual symptoms.

Tang Kuei Plus
(60 tablets)

#0003

Always read the label - Use only as directed.

Support your body's **natural defences**



RoseOx*

Keep your immune system strong and stay healthy all year long with our immune solutions

The importance of antioxidants for maintaining good health cannot be understated. Unfortunately, few people get enough antioxidant-rich vegetables and fruits in their daily diet. RoseOx* includes the antioxidant properties of rosemary, cruciferous vegetables and other herbs, to help ensure an adequate intake of these vital nutrients.

- A powerful blend of phytonutrients with antioxidant properties.
- Helps to protect the body's cells by acting as a free-radical scavenger.
- Is beneficial for individuals who may not receive an adequate intake of antioxidants and phytonutrients through their daily diet.

RoseOx*
(30 tablets)

#0139



The RoseOx brand is the property of Zuellig Botanicals Inc. USA.
Always read the label - Use only as directed.

Preventative care

It's never too early to start

Our Healthy Ageing products will help you stay active so you can do what you love - whether you're in your 20s, 40s, 60s or beyond.

Joint Support Complex

One-a-day-formulation

Herbalife's Joint Support Complex has been specially formulated to provide nutritional support for active people to help maintain healthy joints and for the temporary relief of joint pain of osteoarthritis.

- Helps maintain healthy joints and provides temporary relief of joint pain associated with osteoarthritis.
- Contains Glucosamine Sulphate in a dose that has been clinically proven to help relieve the symptoms of mild to moderate osteoarthritis.
- Also contains 25% of the body's recommended daily intake of Manganese and Selenium.



Joint Support Complex
(30 tablets)

#0078

Always read the label - Use only as directed. If symptoms persist, please seek medical advice.



Xtra-Cal



- Calcium supplement that can provide the calcium needed for strong and healthy bones.
- Can assist in the prevention and/or treatment of osteoporosis.
- Includes Vitamin D and Magnesium for better calcium absorption and utilisation.

Xtra-Cal
(90 tablets)

#0020

Vitamins can only be of assistance if the dietary vitamin intake is adequate.
Always read the label - Use only as directed.

Fuel your body...

Fuel your potential!

Do you get tired at a certain time of day? Do you have trouble shaking that sluggish feeling? Are you constantly reaching for a sugar jolt? Everything takes longer when you lack zip, your day drags on and you accomplish less.

So what can you do? A quick fix from a soft drink, a cup of coffee or a sugary snack can make you jittery and often gives way to a 'low' that causes you to want another boost. It's a cycle that can undermine weight loss and good health.



Kick start your energy

Liftoff™

Liftoff™ is a unique effervescent drink, formulated to help you stay on top of your day. An exclusive blend of Guarana, caffeine and Taurine to give you the boost you need for body and mind.

- Liftoff™ is great tasting and fantastic for when you're on the go.
- Contains less than 10 calories per individual sachet.
- Liftoff™ comes in two exciting flavours - Ignite-Me Orange and Lemon-Lime Blast.

Liftoff™*

Lemon-Lime Blast

#2871

Ignite-Me Orange

#2872

(10 sachets per box)



* Contains Caffeine

Give yourself a natural high



NRG

Nature's Raw Guarana Tablets

In today's fast-paced world we often try to cram too much into each day. The first remedy for this is good nutrition and plenty of rest. But when you need that extra boost, Herbalife has captured the qualities of Guarana in its NRG Tablets. Its essence is derived from the same Guarana source used for centuries by the Amazon Indians. This gentle, natural herb will give you all the spirited and refreshing attributes you'll need to improve your day.

NRG*
(60 tablets)

#0124

* Contains Caffeine

Nourish your skin and hair with vitamins and herbs

We all want to look our best and protect our skin and hair from the challenges of everyday life such as wind, sun and harmful pollutants. The Herbalife® Outer Nutrition range nourishes your skin and hair whilst protecting it from nature's damaging factors. With ingredients like antioxidant vitamins, Aloe vera and green tea, the Herbalife® Outer Nutrition line will nourish your skin and hair from head to toe.



Personal Care | **Outer Nutrition**

Nourish and Protect

Promote healthy skin with the benefits of botanicals and antioxidant Vitamins A, C and E in our Nourifusion™ MultiVitamin skincare line.



NouriFusion®

Cleanser

- Gently removes make-up, dirt and oil
- Leaves skin feeling moisturised, soft, smooth and supple
- Replenishes skin with vitamins, nutrients and herbs

Normal to Dry (200ml) #2510

Normal to Oily (200ml) #2511

Toner

- Helps remove excess residue whilst freshening skin
- Alcohol-free and non-stripping

Normal to Dry (200ml) #2512

Normal to Oily (200ml) #2513

Moisturizer SPF15

- Hydrates and protects whilst nourishing with vitamins
- Contains SPF15 UVA/UVB sun protection for everyday use

Normal to Dry (50ml) #2514

Normal to Oily (50ml) #2515

The A, C and E's of healthy skin.

- **Vitamin A** Increases skin moisture content and helps reduce the signs of premature ageing.
- **Vitamin C** helps promote collagen and firm skin tone
- **Vitamin E** protects skin's moisture barrier and smoothes the skin surface.



Exfoliating Scrub

- Gentle, revitalising facial scrub removes dead skin cells
- Skin feels soft, smooth, clean and renewed

100g

#2521

Clarifying Mask

- Improves texture, tone and firmness
- Lightweight clay mask absorbs excess oil and impurities

125g

#2519

Moisture Mask

- Removes impurities that leave skin looking dull
- Helps reduce the appearance of dry, flaky skin
- Deep hydration for dry, parched skin

125ml

#2520

Night Cream

- Provides long-term moisturisation while you sleep with the nutrients your skin needs
- Scientifically formulated for quick absorption with no greasy after-feel

50g

#2516

Eye Gel

- Helps reduce appearance of dark circles and under-eye puffiness
- Offers light moisture and instant cooling sensation
- Skin around the eyes feels fresh and revived

15ml

#2518

Eye Cream

- Moisturises delicate skin around the eyes
- Helps improve the appearance of fine lines and wrinkles

15g

#2517

The entire NouriFusion™ range is also available in trial-sized packettes.

Ask your Distributor for a sample!



For radiant-looking skin

Skin Activator™ Daily Replenishing Cream



This advanced cream is based on four key components: glucosamine, almond oil, green tea and sugar for results you can see and feel. Independent clinical studies on the effects of the glucosamine complex in Skin Activator™ have shown a reduction in the appearance of fine lines and wrinkles, and an improvement in skin firmness and texture, in as little as four weeks of regular usage.

- Helps reduce the appearance of fine lines and wrinkles.
- Helps skin regain a smoother, firmer appearance.
- Helps protect skin from dryness.

50ml

#0307



Radiant C™ Daily Skin Booster

Harness the antioxidant power of vitamin C with this light gel, and help seal in your skin's own moisture. Radiant C™ Daily Skin Booster's rich emollients leave skin smooth, with a healthy, youthful radiance. For best results, use daily with Radiant C™ Face Quencher.

- Antioxidant-enriched gel-cream seals in skin's natural moisture
- Helps minimise the appearance of fine lines and wrinkles
- Enhances texture and tone, leaving skin silky soft

30ml

#2890

Radiant C™ Face Quencher

Spritz skin throughout the day to cool and refresh. Radiant C™ Face Quencher provides dehydrated skin with a refreshing burst of moisture and vitamin C. Can help freshen make-up to prevent it from looking 'cakey'. An ideal revitalising spray for both men and women. For best results, use with Radiant C™ Daily Skin Booster.

- Instant hydrating mist for men and women to energise dull and tired-looking skin
- Delightful fruity scent instantly refreshes and uplifts
- Can also help set make-up for longer wear

50ml

#2997



Radiant C™ Daily Facial Scrub Cleanser

Take your cleansing routine to a whole new dimension with Radiant C™ Daily Facial Scrub Cleanser. This delightful citrus-scented gel contains Jojoba/Beeswax beads to lift away dirt and debris, leaving your skin radiant and clear. In addition to the antioxidant benefits of a stable form of vitamin C, this product also contains extracts of Orange, Lime, Grapefruit, Mandarin, and Lemon peel oil. Daily Facial Scrub Cleanser leaves your complexion looking and feeling radiantly healthy.

- Vitamin C-enriched cleanser to smooth and soften skin
- For all skin types

150ml

#0444

Radiant C™ Body Lotion

Moisture and protection for more beautiful looking skin all over. Two things can undermine the appearance of your skin - lack of moisture and the effects of over exposure to the sun. Radiant C™ Body Lotion helps to combat both. It includes sunscreens to help shield the skin from the sun's damaging rays, and is infused with vitamin C for extra protection. The lightweight formula is absorbed quickly to moisturise and hydrate, leaving skin smoother, softer and more radiant!

- Lightweight all-over lotion with a fresh citrus scent
- Moisturises and protects skin with SPF15 UVA/UVB

200ml

#0445

Cleanse, moisturise and rejuvenate

Everyday Soothing Hand & Body Lotion

- Light and non-greasy lotion.
- Mild, fresh scent.
- Skin feels silky smooth.

200ml #0378

Everyday Body Wash

- Rich, luxurious lather.
- Rinse clean leaving skin hydrated.
- Formulated with whole-leaf Aloe vera.

400ml #0493

Bath & Body Bar

- Made from aloe vera gel – a conditioning soothing agent.
- Use on face and body for an all over clean feel.

125g #0452

Everyday Soothing Gel

- Natural benefits of aloe vera.
- Refreshing, cool relief.
- Gel absorbs quickly without greasy residue.

200ml #0379



Pamper your skin and hair with the **natural** benefits of our **Herbal Aloe** range

Moisturising **Conditioner**

- Moisturising Conditioner seals in moisture for soft and manageable hair.
- Whole-leaf aloe vera to help nourish and moisturise.
- Designed for colour-treated hair.

300ml #0458

Moisturising **Shampoo**

- Rich conditioning Shampoo gently and effectively cleanses hair.
- Contains a burst of natural ingredients including Avocado, Rosemary, Grape Seed and Ginger extracts.

300ml #0457

Soft Hold **Hair Spray**

- Maintains style even in humid conditions.
- New fresh, clean herbal scent.
- An infusion of natural ingredients renews your hair's shine and radiance.

200ml #0459

Everyday **Shampoo**

- For clean, rehydrated hair.
- Refreshing herbal scent.
- Ideal for the whole family.

500ml #0489

Everyday **Conditioner**

- Promotes manageability and shine.
- Seals in moisture without weighing hair down.
- Gentle enough for everyday use.

500ml #0490

Hand **Cream**

- Soothing Aloe vera nourishes and conditions dry hands for a softer look and feel

50ml #0450

Everyday **Soothing Spray**

- Soothes, cools and hydrates dry, irritated skin

200ml #0495



Revitalise your beauty regime



NouriFusion™

Radiant C

skincare concern

SKIN TYPE

**normal
to dry skin**

**normal
to oily skin**

**dull &
uneven skin**

**fine lines
& wrinkles**

a.m. routine

CLEANSE

TONE

MOISTURISE



NouriFusion™
Lotion Cleanser
(Normal to Dry)



NouriFusion™
Toner
(Normal to Dry)



NouriFusion™
Moisturizer SPF 15
(Normal to Dry)
& Eye Gel



NouriFusion™
Foaming Gel
Cleanser
(Normal to Oily)



NouriFusion™
Toner
(Normal to Oily)



NouriFusion™
Moisturizer SPF 15
(Normal to Oily)
& Eye Gel



Radiant C
Daily Facial
Scrub Cleanser



NouriFusion™
Toner (Normal
to Dry or
Normal to Oily)



Radiant C
Daily Skin Booster
before NouriFusion™
Moisturizer SPF 15
(Normal to Dry or
Normal to Oily)
& Eye Gel



NouriFusion™
Cleanser
(Normal to
Dry or
Normal to Oily)



NouriFusion™
Toner (Normal
to Dry or
Normal to Oily)



Skin Activator™
Daily Replenishing
Cream

**Look your best with our nourishing
Personal Care | Outer Nutrition products.**

Herbalife® Personal Care | Outer Nutrition products build on the benefits of Inner Nutrition with balancing nutrients for the outside as well. Rich in moisturising and nourishing nutrients, including antioxidants, aloe vera and glucosamine, our products help replenish your skin and hair.

Targeted Skincare Concerns

TIRED-LOOKING SKIN



**Radiant C
Face Quencher**

For instant
hydration and
moisturisation.

Discover the best skincare products for your **specific needs**



Skin Activator™

Herbal Aloe

p.m. routine

CLEANSE & TONE

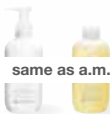


same as a.m.

MOISTURISE



Nourifusion™
Eye Cream &
Night Cream



same as a.m.



Nourifusion™
Eye Cream &
Night Cream



same as a.m.



Nourifusion™
Eye Cream &
Night Cream



same as a.m.



Skin Activator™
Daily Replenishing
Cream

weekly

DEEP CLEANSING



Nourifusion™
Exfoliating
Scrub &
Moisture Mask



Nourifusion™
Exfoliating
Scrub &
Clarifying Mask



Nourifusion™
Exfoliating
Scrub &
Clarifying Mask
or Moisture
Mask



Nourifusion™
Exfoliating
Scrub &
Clarifying Mask
or Moisture
Mask

UNEVEN SKIN TEXTURE



Radiant C
Daily Skin Booster

Smooths and
revitalises dull,
tired-looking skin.

DARK CIRCLES & PUFFINESS



Nourifusion™
MultiVitamin Eye Gel

Improves the appearance
of dark circles and helps
minimise the appearance
of under-eye puffiness.

Envelop your senses

Fragrances for him and her

Man

A winning blend for the modern man who knows how to balance work and play.

- A fresh citrus scent with a twist
- Cool and invigorating with watermelon and basil.

Man (50ml)

#0344



Woman

For the modern woman who likes to keep it simple and direct, this harmonious blend respects both femininity and strength.

- A simple yet timeless citrus-based floral scent.
- Contains notes of jasmine, waterlily and peony.

Woman (50ml)

#0343

Hannah Davis

Herbalife-sponsored athlete

Flatwater Kayak, Australia

World class athletes require high-performance nutrition. Herbalife proudly sponsors top achievers around the globe to enhance their nutritional requirements. Go to **www.HerbalifeSports.com** for more sponsored athlete, team and event information.



- 2008 Olympic Bronze Medal WK4 500m (Women's Four Kayak)
- 2008 Olympic 6th Place WK2 500m (Women's Two Kayak)
- 2008 World Cup Bronze Medal, WK2 500m
- Top ranked Australian Female Kayak Paddler 2008 following Australian Olympic Team Selection event

FAVOURITE PRODUCTS:

Formula 1 Berry Flavour Shake, Formula 2 Multivitamin Complex, Liftoff™, Joint Support Complex, Xtra-Cal, Herbalifeline®, Protein Bars

"Herbalife® nutritional products provide me with the energy I need to fire up, race hard, and go fast!"

Changing People's Lives One Person at a Time

Whether your goal is achieving healthy weight, increasing your energy, maximising nutrition or nourishing your skin and hair, your Herbalife Independent Distributor can help you get just what you want out of life.

THINK OF YOUR HERBALIFE INDEPENDENT DISTRIBUTOR AS A PERSONAL NUTRITION COACH WHO IS WITH YOU EVERY STEP OF THE WAY TO:

- Help you set achievable and personalised goals.
- Optimise product usage.
- Provide results-orientated ways to track your progress.
- Offer tips and insights for achieving your goals.
- Inspire and motivate you to reach your personal best.



Call your Herbalife
Independent Distributor
today and start
revealing your best self!

Enjoy the benefits of being a HERBALIFE Distributor

Join the millions of people in over 70 countries who have changed their lives through the Herbalife business opportunity. Become a Herbalife Independent Distributor, and you too can:

- Work from home, the beach or anywhere.
- Choose to work part time or full time.
- Earn what you're worth.
- Run your own business.
- Spend more time with family and friends.
- Help people lead healthier, more active lives.

