

Product Information Guide

Inner Nutrition:

Daily Nutrition | Weight Management |
Targeted Nutrition | Energy & Fitness

Outer Nutrition:

Personal Care



“We’re changing the nutrition habits of the world, one person at a time.”

About Herbalife

Herbalife Ltd. (NYSE:HLF) is a global nutrition company that sells weight-management, nutrition, and personal care products intended to support a healthy lifestyle. Herbalife products are sold in more than 90 countries to and through a network of Independent Herbalife Members. The company supports the Herbalife Family Foundation and its Casa Herbalife programme to help bring good nutrition to children. Herbalife’s website contains information about Herbalife, including financial and other information for investors at <http://ir.Herbalife.com>.



Mark Hughes (1956-2000)
Herbalife Founder and First Member



“Since 1980, we’ve been changing lives with our science-based nutrition products and our outstanding business opportunity for part-time or full-time income.”

Michael O. Johnson

Herbalife Chairman and Chief Executive Officer

Herbalife in Action!

We sponsor world-class athletes, teams and events around the world, including the LA Galaxy, international soccer star, Cristiano Ronaldo, and a host of champions in over 30 other sports. See all of our athletic sponsorships today at HerbalifeSports.com.



Cristiano Ronaldo



Herbalife Family Foundation

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. There are more than 120 HFF Casa Herbalife programs around the world. Learn more about how you can help us open new programs and bring healthy nutrition and happy smiles to children everywhere.

Visit us at HerbalifeFamilyFoundation.org.



Science and Cellular Nutrition

Herbalife® products start with great science that delivers healthy nutrients right down to cellular level.



Getting Started and Daily Nutrition

Whatever your health goals, start achieving them today with our Daily Nutrition products.



Weight Management

Personalised weight management helps you achieve and reveal your best shape.



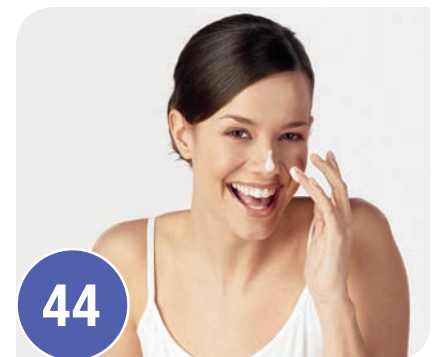
Targeted Nutrition

Zoom in on your specific health needs with Herbalife Targeted Nutrition products.



Energy and Fitness

Get a healthy energy boost to make the most of your day and your workout.



Personal Care | Outer Nutrition

Vitamins and botanicals to nourish and protect your body.

For more product information and product labels, visit the Order Products section on: MyHerbalife.com.au

Nutrition for a better life



The Research Behind the Science

Herbalife prides itself on developing products on the cutting edge of the weight management and nutrition industry. Our Herbalife Nutrition Institute and Nutrition Advisory Board are comprised of distinguished doctors and award-winning scientists from around the world.

Herbalife Innovation & Manufacturing

The state-of-the-art Herbalife Product and Science Centre operates at Herbalife Plaza in Los Angeles. Under the leadership of Chief Scientific Officer Dr. Steve Henig, a team of dedicated developers and scientists use advanced technology to create Herbalife's world-class

products, putting Herbalife at the forefront of producing the best nutrition and weight management products in the world.

Herbalife® products are manufactured at Herbalife Innovation & Manufacturing (H.I.M.) facilities as well as carefully-selected partners in the United States, Europe, India, South America and Asia. H.I.M. facilities, including our botanical extraction facility in Changsha, China, allow us to have more control over the quality of our products during each step of the manufacturing process and further guarantee the safety and effectiveness of Herbalife® products.

Herbalife® products start with great science

Scientific Leadership

Herbalife® product development is guided by experts in the fields of nutrition and health.

Herbalife has a more than 20 Ph.D.s on staff in science, R&D, product science, safety & compliance, quality assurance, sourcing and operations.

Nutrition Advisory Board

The Nutrition Advisory Board (NAB) is comprised of leading experts from around the world in nutrition, science and health. The NAB helps educate and train Herbalife Members on leading a healthy,

active life and getting proper nutrition, including the purpose and use of Herbalife® products. The NAB is chaired by David Heber, M.D. Ph.D., F.A.C.P., F.A.S.N.

Clinical Strategy

Herbalife supports clinical research at major universities to provide scientific support for protein-rich meal replacements in weight management in China, India, Mexico and other markets where dietary habits differ from American habits. Herbalife also complies with all local regulations and registration requirements, conducting studies as needed for local approval of its product offerings.

Did You Know?

A fad weight loss diet is any diet that promises fast weight loss without any scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients.

- *Dieticians Association of Australia May 2011*



Steve Henig, Ph.D.
Chief Scientific Officer

John Heiss, Ph.D.
Senior Director
Sports & Fitness,
Worldwide Product
Marketing

Gary Small, M.D.
Member, Nutrition
Advisory Board and
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Nutrition Education
and Development
Member, Nutrition
Advisory Board and
Herbalife Nutrition
Institute

Our staff, state-of-the-art equipment and quality control systems throughout the entire manufacturing process help us ensure every product meets Herbalife's stringent standards of quality.



HERBALIFE NUTRITION FROM SEED TO FEED

GREAT INGREDIENTS

Ingredients in Herbalife® products must pass our stringent standards for identity and purity.

NUTRITION BASED ON SCIENCE

Herbalife® products are formulated by our team of scientists and Ph.D.s for consumer benefits. They also ensure that the science behind our products is substantiated through scientific literature and clinical trials. We share knowledge and best practices through our key partnerships with the most advanced and established ingredient suppliers in the world.

Our Scientific Leadership, which includes David Heber, M.D., Ph.D., chairman of the Herbalife Nutrition Advisory Board and founding director of the Center for Human Nutrition at UCLA*, help ensure that Herbalife® products are based on the latest nutrition research.

THOROUGH TESTING

Multiple rounds of in-process testing ensure that Herbalife® products meet or exceed regulatory standards, from verifying the purity and strengths of ingredients, to final inspection of finished products.

MANUFACTURED WITH CARE

Herbalife® products are manufactured to meet or exceed current good manufacturing practices (cGMPs). These cGMPs provide for systems that assure proper design, monitoring and control of manufacturing processes and facilities.

NUTRITION DELIVERED TO YOU

We use advanced technology to monitor the environment where finished products are stored, and we keep samples to ensure quality throughout their shelf life.



*The University of California does not endorse specific products or services as a matter of policy.

Nourish your body from the inside out!

Healthier cells for a healthier you

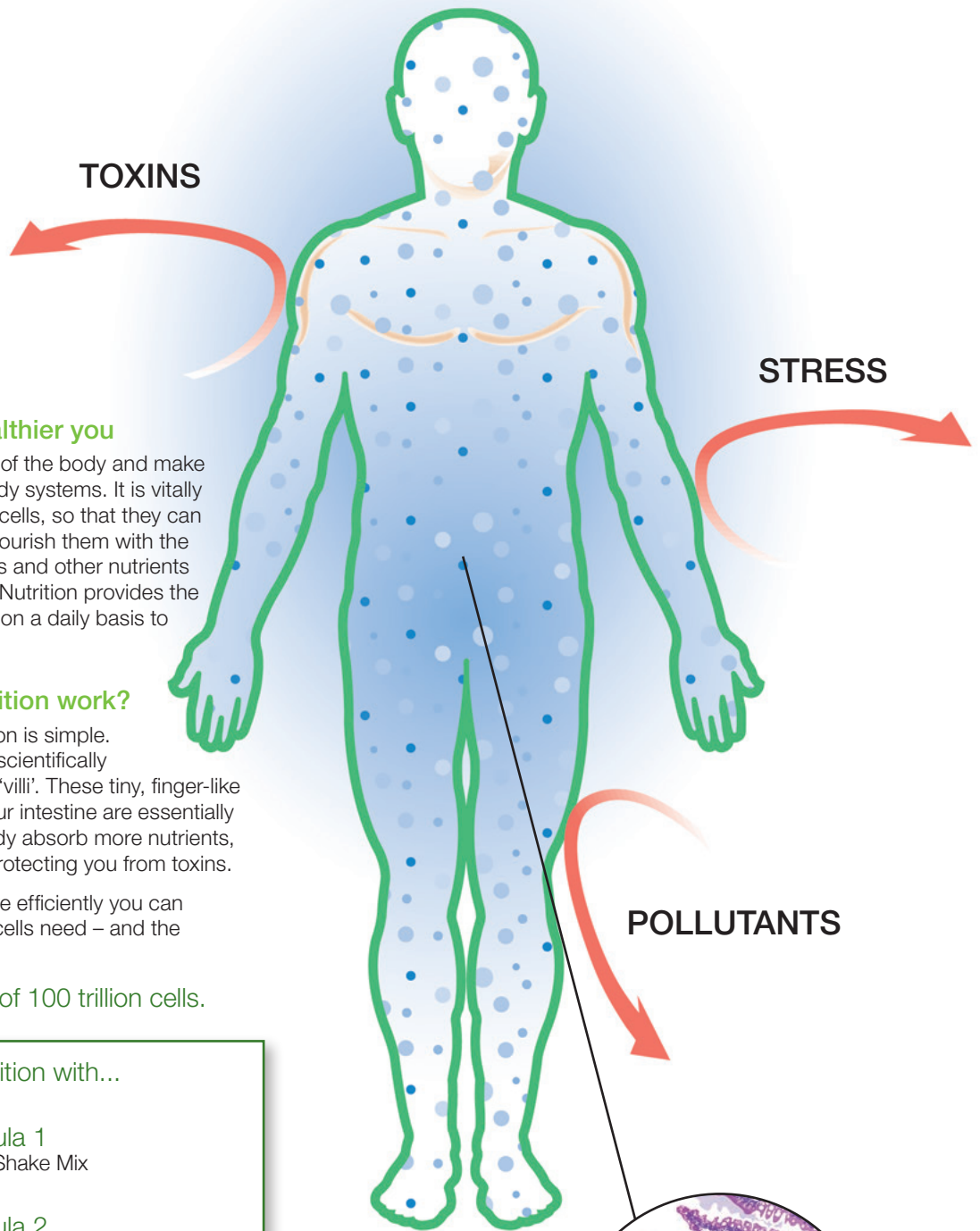
Cells are the fundamental unit of the body and make up our tissues, organs and body systems. It is vitally important to take care of your cells, so that they can take care of you. You should nourish them with the vitamins, minerals, antioxidants and other nutrients they need. Herbalife's Cellular Nutrition provides the elements that the body needs on a daily basis to maintain good health.

How does Cellular Nutrition work?

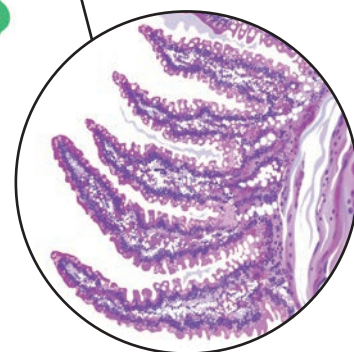
The concept of Cellular Nutrition is simple. All of Herbalife's products are scientifically formulated to support healthy 'villi'. These tiny, finger-like structures along the wall of your intestine are essentially 'gatekeepers' helping your body absorb more nutrients, vitamins and minerals, while protecting you from toxins.

The healthier your villi, the more efficiently you can absorb the nourishment your cells need – and the healthier you'll be.

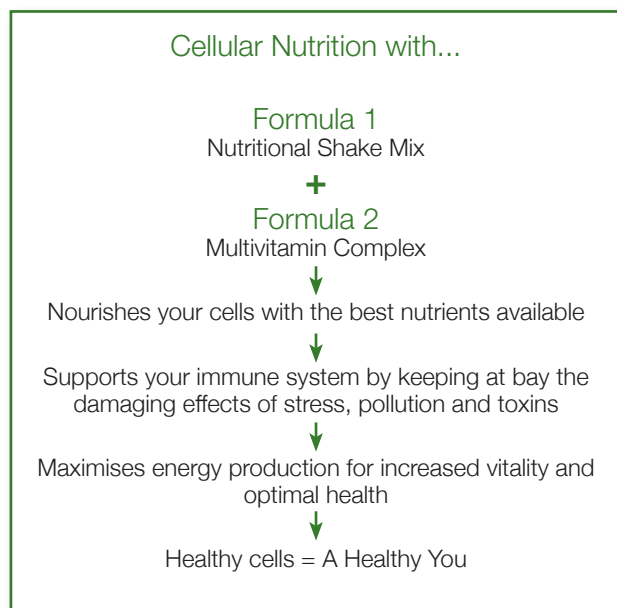
Our bodies are made up of 100 trillion cells.



POLLUTANTS



VILLI



Your personal Herbalife® programme will always begin with Daily Nutrition – a healthy shake and a multivitamin tablet



The Cellular Nutrition Wheel to the left shows you how the Herbalife® product range fits perfectly within a healthy, active lifestyle. Start with the Herbalife® Daily Nutrition Products at the core of the wheel – Formula 1 and Formula 2.

To this foundation of Daily Nutrition products, you add the Targeted Nutrition supplements that best suit your needs.

These Targeted Nutrition products provide the nutrients and botanical support you need to enjoy a lifetime of good health.

Laying the foundation for a lifetime of good health is only the first step. Herbalife offers a range of products that can be personalised to suit your lifestyle, providing nutritional solutions appropriate for your life stage.

Did You Know?

The health of your cells is crucial if you want to live a long, healthy and vibrant life.

Why? Because cells provide the power for everything you do from thinking to growing. Simply put, you cannot be healthy unless your cells are healthy.

With Herbalife's Cellular Nutrition, the latest advances in science meet the healthiest nutrients to bring you optimum health.

**A healthy, active lifestyle
starts with achieving...**



**balanced
nutrition**

A balanced nutrition plan is essential for providing our bodies with the nutrients required to help them function properly.

Unfortunately today's busy modern lifestyles mean we don't always make healthy food and drink choices – so we often miss out on necessary nutrients. Processed food has often lost essential vitamins, minerals and other nutrients so it's important that we adopt good eating habits and use supplements when necessary.

Maximise your Health. Maximise your Nutrition.

The Herbalife range of quality products aims to provide the elements every body needs on a daily basis to maintain optimum health.

A nutrition plan should provide bodies with balanced levels of energy, vitamins, minerals, good carbohydrates, plant-based protein, healthy fats and beneficial fibres, herbs and antioxidants. The Herbalife Nutrition Philosophy is based on balanced nutrition; leading a healthy, active life; and following a personalised program with the support of a Member.

Balanced nutrition is founded on consuming a healthy mix of protein, carbohydrates, beneficial fats and other nutrients.



**Maximise
your
nutrition
intake
through
unique
formulations
and select,
high-quality
ingredients.**

Start your day the right way, with a healthy shake

No matter what your health goal, achieving it is as easy as 3-2-1...



3

Times a Day

Take your supplements and enhancers three times daily to support health 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.

Meal replacement for weight management

Formula 1 Nutritional Shake Mix

Low GI Tested



**FOR LONG
LASTING
ENERGY**

Being healthy is about achieving and maintaining the right weight. Formula 1 can help you attain this. Whether you have one shake a day as a healthy meal, or two shakes a day as part of your weight management programme, you can trust Formula 1 to deliver you the perfect healthy solution.

Key Benefits:

- Herbalife Formula 1 Nutritional Shake Mix is tested as low GI*.
- Only 205 calories per serving when mixed in 300ml/320ml skim milk.
- Low in saturated and unsaturated fat.
- Rich in minerals and vitamins, including the antioxidant Vitamins A, C and E, that can help fight 'free radical' oxygen molecules and so help protect your body
- Helps to ensure the diet receives good quantities of quality dietary fibre
- Formula 1 has been developed to provide a scientifically-balanced and easily absorbed source of quality nutrition
- Easy to prepare, either shake by hand in a sealed flask, use a mini-blender, or an electric blender. The final product froths up readily, and has a smooth and creamy consistency
- Enhanced fibre blend for a smoother, easier mixing shake
- Convenient, re-sealable canister allows for easy storage and quick use
- Helps weight management, as part of a calorie-controlled diet and regular exercise programme
- Create your own shake recipes by adding fresh fruit and ice
- Now available in 5 delicious flavours.

GI (Glycemic Index)

Glycemic Index (GI) is a measurement carried out on carbohydrate containing foods and their impact on our blood sugar. The glycemic index (GI) is a ranking of carbohydrate-rich foods on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Low GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar.

Assisting you by:

Formulated by Herbalife's nutritional experts, Formula 1 is packed with vitamins and minerals, high-quality soy protein, carbohydrates and dietary fibres – a great way to start the day!

Key Ingredients:

Vitamins: A, Thiamin, Riboflavin, B12, B6, Niacin, Ascorbic Acid, D, E, Folate, Biotin, Pantothenic Acid, K.

Minerals: Calcium, Iodine, Iron, Phosphorus, Magnesium, Zinc, Manganese.

Protein: Soy and Whey – Each serving provides approximately 9g of protein, helping to meet the body's protein requirements and helps to preserve lean body mass.

Fibre: Fibre from corn, rice and psyllium.
Aminogen†: a naturally-derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.

Did You Know?

After 8-12 hours overnight without food, your body's energy reserves need to be replenished. Without breakfast, your brain and your muscles will not have the energy they need to maintain activity throughout the day.

- American Dietetic Association, 2010

order details



SKU #0141	French Vanilla
SKU #0142	Dutch Chocolate
SKU #0143	Berry Flavour
SKU #0146	Cookies n' Cream
SKU #2789	Mint Chocolate
Volume Points:	23.95
Packaged:	560g

Directions For Use:

Applies to French Vanilla, Dutch Chocolate, Berry Flavour and Cookies n' Cream

Mix 28g with 300mL of skim or soy milk**. (28g is equal to 3 level 15mL Herbalife measuring spoons).

Directions For Use:

Applies to Mint Chocolate Flavour

Mix 28g (2 scoops) with 320mL of skim or soy milk**.

Contains milk, oat and soybean ingredients. Always read the label – use only as directed. (Vanilla, Chocolate, Berry, Cookies n' Cream)
Contains milk, wheat, oat and soybean ingredients. Always read the label – use only as directed. (Mint Chocolate)

*GI value is for powder only and the values are; French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21 and Cookies n' Cream 15.

†Aminogen brand is the property of Triarco Industries Inc.

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

A daily multivitamin with minerals for everyday good health



order details



SKU #3115 **Formula 2 Multivitamin Complex**

Volume Points: 19.95
Packaged: 90 tablets

Directions For Use:
One tablet two times daily.

Many vitamins are easily destroyed by storing food for too long, and then processing and cooking. Formula 2 Multivitamin Complex has been scientifically-developed to supply your body with over 20 essential nutrients and antioxidants essential for daily nutritional support and everyday good health.

Key Benefits:

- Helps support the immune system.
- Provides nutritional support for healthy bones, skin and hair.
- Contains over 20 essential nutrients and antioxidants for daily nutritional support.

Assisting you by:

Vitamins are essential for:

- Normal growth and development
- Energy production
- Carbohydrate metabolism
- Normal functioning of the nervous system.

Minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body. They play a multifunctional role:

- Zinc and Iron support the immune system
- Iron supports oxygen transportation
- Antioxidant properties (Selenium, Manganese, Copper)
- Iodine helps maintain healthy thyroid function
- Calcium and Magnesium is essential for nerve and muscle function.

Poor eating habits, stressful lifestyles and environmental pollutants can rob our bodies of vital nutrients and wreak havoc on our immune system, making it even more difficult to maintain our ideal weight.

Multivitamin Complex is part of a nutritional maintenance system designed to help replenish the body's natural resources and create a foundation to support long-term good health.

Key Ingredients:

- Multivitamin Complex supplies the body with the following key ingredients: Vitamins A, B1, B2, B3, B5, B6, B12, 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.

Did You Know?

Vitamins are required in small amounts for many chemical reactions in the body, whilst minerals play an important role in the structure of body tissues and in the formation of enzyme systems throughout the body.

Always read the label – use only as directed. Vitamins can only be of assistance if the dietary vitamin intake is inadequate. Contains potassium. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

20 essential vitamins and minerals...

...packed
into an
everyday
multivitamin
tablet!





**Manage your
weight and
look great!**

**Tailored nutrition solutions
- formulas for success**

Herbalife was one of the first companies to pioneer powdered weight management products in 1980.

Today, Herbalife is one of the most successful companies selling products in over 90 markets around the world.

We all have different needs and goals – to improve health, increase fitness levels, manage weight, or just stay healthy. With Herbalife you can tailor programmes for success and turn your goals into reality!

Our in-house staff of scientists and researchers evaluate new ingredients and develop new products. We also conduct clinical studies to investigate different aspects of nutrition and show the effectiveness of our products.

To learn more, go to www.herbalife.com.

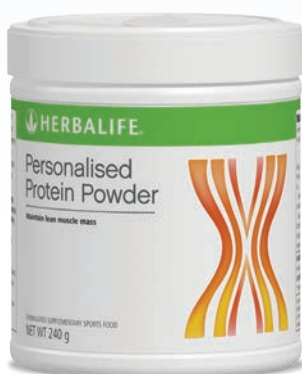


**Healthy
nutrition
or weight
management
- Herbalife
has a
solution for
everyone.**

Personalise your protein intake to suit your needs



order details



SKU #0242 Personalised Protein Powder

Volume Points: 17.95
Packaged: 240 grams

Directions For Use:

One dessertspoon (one serving) supplies 5g of protein.
Take 1 to 4 servings daily.

Personalised Protein Powder is a convenient way to increase your protein consumption which helps you to maintain a sense of fullness between meals and helps to maintain lean muscle mass.

Key Benefits:

- Helps maintain recommended protein intake.
- Contains approximately 5g of protein per level dessertspoon.
- Includes soy protein, which contains isoflavones.
- Contains whey protein, rich in cysteine and methionine, which are vital to muscle development.
- Contains no artificial colours.
- Mixes easily in any beverage, hot or cold, is unflavoured and can be sprinkled into food.
- Adding Personalised Protein Powder to a Formula 1 shake increases your protein intake without adding extra carbohydrate calories.

Assisting you by:

All too often, dieters cut back on protein in an effort to trim calories and lose weight. This can lead to deficiencies that are not only detrimental to health, but can also trigger nutritional imbalances in your body that can actually slow your weight reduction and eventually lead to weight gain, commonly referred to as 'yo-yo dieting.' To get out of this vicious cycle, you need to feed your body the proper balance of nutrients, especially protein.

Adequate minimum daily protein intakes range from 45 to 55g for women and 55 to 65g for men, depending on the level of physical activity. Some of the latest scientific research suggests however that approximately 100g for women and 150g for men for optimum protein benefits.

One to three level tablespoons of protein powder a day can add up to 15g of high-quality protein to your diet. This increases the feeling of fullness and helps assure adequate protein intake. By using Personalised Protein Powder, customers can tailor-make their Formula 1 shakes to meet their specific protein needs without adding any unnecessary carbohydrate calories.

Key Ingredients:

Soy Protein: This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

Did You Know?

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.

Satisfy your snack cravings with a healthy and tasty treat!



Protein Bars are a delicious between-meal treat that will satisfy your hunger as well as providing optimum nutritional support. Protein Bars are power-packed with protein and will also boost your energy levels.

Key Benefits:

- Chewy protein bar that helps sustain energy.
- No artificial sweeteners or trans fats.
- Assists in the development and maintenance of lean muscle mass.
- Available in three delicious chocolate covered flavours.
- Combines protein and carbohydrates for sustained energy release.

Assisting you by:

These convenient and tasty bars are the solution when you want a healthy snack.

- Ideal for weight management: These nutritionally balanced bars are scientifically developed with vital nutrients and protein to support good health as well as facilitate weight management.
- Satisfies hunger: Because the bars are high in protein, they can help stop hunger pangs and satisfy cravings.
- Snack alternative: Provides a delicious tasty treat, morning or afternoon.

They contain plenty of protein which helps build muscle, strengthens cartilage, ligaments, skin and promotes hair growth.

Protein also elevates our mood, helps control hunger, fatigue, and assists with weight management.

Scientifically-formulated, these bars are a power-packed blend of protein that the body requires to maintain good health.

Key Ingredients:

Soy Protein: This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

Did You Know?

A sufficient amount of high-quality protein is critical to the success of a diet. Protein helps build muscle mass, provides building blocks for hormones and neurotransmitters and contains some of the necessary elements for the body to constantly renew itself.

order details



SKU #0364 Vanilla Almond

SKU #0365 Chocolate Peanut

SKU #0366 Citrus Lemon

Volume Points: 13.22

Packaged: 14 x 35g bars per box*

Directions For Use:

Enjoy one or two bars per day.

Plant-based ingredients and added minerals help support fluid balance



order details



SKU #0111 **Cell-U-Loss**
 Volume Points: 15.75
 Packaged: 90 tablets
 (30 day supply)

Directions For Use:

Take one tablet with a meal three times a day.

Cell-U-Loss® contains herbs traditionally used to support fluid balance and supports healthy elimination of water.

Key Benefits:

- Supports healthy elimination of water through the kidneys.
- Promotes healthy activity of the urinary tract.
- Contains herbs traditionally used to support fluid balance.

Assisting you by:

Cell-U-Loss is especially targeted at people who are more prone to poor circulation which in turn leads to fluid retention. This unhealthy retention of water sometimes presents itself as swollen feet.

The minerals in Cell-U-Loss are important for maintaining the electrolyte balance in your body. Electrolytes are inorganic salts or complex molecules that separate into positively charged ions when dissolved in water. These ions are responsible for numerous physiological activities and excess levels are regularly excreted in the urine.

Electrolytes play a key role in maintaining the system that regulates water balance.

Therefore, low levels of electrolytes have been added to replace any that may be lost with any increased urinary output.

Key Ingredients:

Corn silk: helps to promote the healthy activity of the urinary tract.

Dandelion leaf: helps remove excess water and toxins from the body.

Parsley leaf: an excellent source of Vitamins A and C.

Asparagus root: traditionally used to support fluid balance.

Magnesium: central to the production of energy and the functioning of nerves and muscles.

Sodium: an essential mineral for all animal life.

Calcium: the most abundant mineral in the body, providing strength for the skeleton.

Did You Know?

The human body can last weeks without food, but only days without fluid. Fluid regulates the body's temperature through perspiration, the kidneys remove waste via urine and carries nutrients and other substances throughout the body.



**A low-calorie,
refreshing and
uplifting drink**

Instant Herbal Beverage is a delicious and refreshing tea, which can be served either hot or cold. Enjoy refreshing Herbal Instant Beverage whenever you want a boost.

Key Benefits:

- Combines ancient herbal wisdom with modern day ingenuity to contribute to your well-being and helps support normal vitality
- Includes the health benefits of green tea and specially selected herbs and extracts.*

Assisting you by:

Water is one of the five elements essential to life. Every cell in the body is dependent upon a plentiful supply for proper function.

A lack of water disguises itself by producing many ailments that are not at first recognised as water deficiency. Plain water is often the last option when choosing a drink, despite its importance to our well-being.

Too much coffee can rob the body of essential nutrients and increase free radical damage. Fizzy drinks contain on average, six teaspoons of sugar in each can.

Drinking Instant Herbal Beverage regularly can help increase water consumption.

Key Ingredients:

Green tea extract* (Camellia sinensis):

Well-researched and shown to be rich in polyphenol antioxidant nutrients; contributes to a general feeling of well-being. Green Tea contains caffeine; generally, tea contains one third less caffeine per cup than coffee.

Orange pekoe extract: A medium-grade black tea consisting of many whole tea leaves composed purely of new flushes.

Cardamon seed extract: Comes from the ginger family of plants. Widely used to treat digestive disorders in traditional medicine.

Malva sylvestris extract: Also known as mallow, this gentle herb is often used in herbal teas to hydrate and soothe the digestive system.

Hibiscus flower powder: Studies have shown that drinking hibiscus tea can lower high blood pressure and reduce high cholesterol levels in many individuals.

Did You Know?

Green tea is rich in polyphenol antioxidants which are reported to combat the negative effects of free radicals on our body's cells.

order details



SKU #0106 **Original***

SKU #0190 **Peach***

Volume Points: 34.95

Packaged: 100g

Directions For Use:

Mix 1/2 teaspoon (approx. 1.7g) with 200-250ml of hot or cold water.

*Contains caffeine. Green tea is known for its natural antioxidant properties.



order details



SKU #0210 Chitosan Fibre Complex

Volume Points: 24.05
Packaged: 90 tablets

Directions For Use:

7 Capsules per day taken over 3 meals. Drink plenty of water.

May assist in the maintenance of normal healthy cholesterol levels in healthy individuals. Chitosan Fibre Complex provides 2.7g of dietary fibre per day when consumed as directed.

Key Benefits:

Each capsule contains

- 330mg Chitosan
- 110mg Trigonella Foenum - graecum (Fenugreek) powder

Assisting you by:

The typical western diet nowadays tends to be high in fat and low in fibre. Scientific and nutritional experts recommend an increased consumption of dietary fibre and a lower intake of fat and calories to help maintain good health.

A good intake of dietary fibre reduces the amount of time food spends in the intestinal tract, and so assists in the removal of toxins and wastes from the body. Nutritional experts recommend a daily intake of 25-30g of fibre each day but the average diet contains just 20-25g.

Key Ingredients:

Chitosan: an amino polysaccharide derived from Chitin, which is found in the shells of shellfish such as crab and prawns.

Fenugreek: a soluble fibre renowned for its beneficial qualities.

Did You Know?

Viscous soluble fibres, and Chitosan in particular, are known to interfere with dietary fat metabolism. Unlike other viscous soluble fibres, Chitosan has a positive chemical charge to its molecular structure, which is the key element for its high fat-binding capacity.

Herbalife®

Weight Management Programmes

designed with
you in mind





Dispense of poor eating habits

order details

Quickstart Programme

- SKU #2072 French Vanilla
- SKU #2073 Dutch Chocolate
- SKU #2074 Berry Flavour
- SKU #2075 Cookies n' Cream

Volume Points: 96.75

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-U-Loss
- Active Fibre Complex
- NRG

Our QUICKSTART Programme is designed to help you dispense of poor eating habits and move on to a healthier lifestyle, safely. Maximise your weight loss efforts, by indulging in two easy-to-make, delicious protein shakes each day – choose from French Vanilla, Dutch Chocolate, Berry Flavour or Cookies n' Cream – then simply enjoy a balanced meal of your choice during the day.

Who does this programme apply to?

Anyone serious about losing weight who...

- Finds losing weight difficult
- Often giving up and putting weight straight back on
- Is too busy to prepare nutritionally balanced meals, misses meals and fills up on processed junk food
- Tends to snack at the wrong times, for instance during the evening.

Those who mentally...

- Want to make lifestyle changes to gain a new image
- Are unhappy with their current shape and size.

People who are physically...

- Permanently tired due to excess body weight.



Go that one step further



Our ADVANCED Programme takes you that one step further than the Quickstart Programme, by adding a refreshing drink, rich in antioxidants. Instant Herbal Beverage contains a select blend of distinct herbs and botanicals. Feel the difference as it contributes to the building and preservation of the body's normal vitality and well-being, giving you a natural lift.

Who does this programme apply to?

People who are physically...

- In need of a vitality boost
- Lethargic through lack of exercise
- Stressed and overworked.

order details

Advanced Programme

SKU #2076	French Vanilla
SKU #2077	Dutch Chocolate
SKU #2078	Berry Flavour
SKU #2079	Cookies n' Cream

Volume Points: 131.70

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-U-Loss
- Active Fibre Complex
- NRG
- Instant Herbal Beverage (Original)



Regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme. Always read the label. Use only as directed.



Achieve your body's true potential

order details

Ultimate Programme

- SKU #2106 French Vanilla
- SKU #2107 Dutch Chocolate
- SKU #2108 Berry Flavour
- SKU #2109 Cookies n' Cream

Volume Points: 177.15

Our Ultimate Programme helps put you in complete control as your body reaches its nutritional balance. A careful combination of science and nature work 24 hours a day to great effect. It will help your body reach its optimum weight and you'll begin to reap the full benefits of your new lifestyle. Achieve your body's true potential with these amazing weight management products.

Who does this programme apply to?

People who physically...

- Feel their diet is inadequate and over use antibiotics
- Suffer from indigestion problems or simply want a refreshing healthy drink.

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-U-Loss
- Active Fibre Complex
- NRG
- Instant Herbal Beverage (Original)
- Herbal Aloe Concentrate (Original)
- Probiotic Complex



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:

Whether you wish to lose a few extra kilos, have a bit more energy each day, or want to improve your general health and well-being, Herbalife has a solution just for you!

At Herbalife, we make weight management easy...

order details

Shape Up Pack

SKU #1777	French Vanilla
SKU #1778	Dutch Chocolate
SKU #1779	Berry Flavour
SKU #2595	Cookies n' Cream

Volume Points: 59.65

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Cell-U-Loss



order details

Protein Plus Starter Pack

SKU #3424	French Vanilla
SKU #3425	Dutch Chocolate
SKU #3426	Berry Flavour
SKU #2596	Cookies n' Cream

Volume Points: 61.85

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Personalised Protein Powder



order details

Healthy Breakfast Pack

SKU #3336	French Vanilla
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Volume Points: 103.8

Includes:

- Formula 1 Nutritional Shake Mix
- Formula 2 Multivitamin Complex
- Herbal Aloe Concentrate (Original)
- Instant Herbal Beverage (Original)



Targeted Solutions for everybody



Our Targeted Nutrition products are designed to zoom in on your specific health needs.

Add our Targeted Nutrition products to your daily regime and give yourself a nutritional edge. Herbalife® products are based on a foundation of balanced nutrition and include a range of scientifically-proven nutrients including Omega-3 fatty acids, Calcium and other ingredients that can help maintain your health.



Whatever your health concern, Herbalife has it covered!

**A pure,
refreshing
beverage
made from
Aloe vera**

order details



**SKU #0006 Aloe Concentrate
Original 473ml**

Volume Points: 24.95

**SKU #1065 Aloe Concentrate
Mango 473ml**

Volume Points: 24.95

**SKU #2631 Aloe Concentrate
Mandarin 473ml**

Volume Points: 24.95

Directions For Use:

Mix 3 capfuls (15ml) in 120ml of water and enjoy one to two times per day.

Herbal Aloe's soothing properties support good digestion with organic nutrients found in the Aloe vera plant in a refreshing digestive beverage.

Key Benefits:

- Contains the goodness of the Aloe vera plant to maintain a good digestive system
- Includes the calming benefits of the chamomile plant.

Assisting you by:

Experts recommend we should consume at least two litres of water every day for our bodily systems to function optimally. Dehydration is not often recognised as the problem behind many ailments, however, every cell in the body is dependent upon a rich fluid content.

Herbal Aloe Concentrate is a positive and refreshing way to ensure you maintain an adequate level of water consumption.

Herbal Aloe Concentrate aids digestion.

Consider replacing cordial with Herbal Aloe Concentrate to help you minimise your intake of sugar.

Key Ingredients:

Aloe vera: can have positive effects on the body both internally and externally. Internally it is used to promote a healthy digestive system.

Chamomile: has been included for its gentle, soothing, calming qualities. A well-known and widely used ancient herb, sacred to the Anglo-Saxons. Due to its positive attributes and calming properties it is particularly popular with herbalists.

Natural Lemon (Original) – an antioxidant that provides a refreshing taste.

Natural Mango Flavour – a refreshing and uplifting taste.

Mandarin Flavour – infused with the sweet flavour of Mandarin.

Did You Know?

There are approximately two hundred different Aloe plants; 'Aloe vera' (Latin for True Aloe) is considered the most potent. Originally from tropical Africa, its history and diverse use is spread across many continents, as an omnipotent plant revered by the Greeks, Egyptians, Africans, Chinese, West Indians and the Americas.

Supports regularity and healthy digestion



Active Fibre Complex is a healthy fibre powder that helps to support regularity and healthy digestion.

Key Benefits:

- A balanced formula of soluble and insoluble fibres for digestive health
- One serving provides 5g of the recommended 25g daily intake of fibre
- Improves regularity and bowel function
- Support your daily fibre needs
- Delicious apple flavour.

Assisting you by:

Fibre is important for digestive health. Most people do not get the recommended daily allowance of fibre. Women need 25g while men need 30g of fibre per day.

We recommend to add this product to Formula 1 Shakes, assisting in your daily fibre intake and your weight management regimen.

Key Ingredients:

Dietary fibre. It contains 5g of fibre, 2g of soluble and 3g of insoluble per serve.

Did You Know?

Besides digestive health, fibre also has protective effect on the heart health as it helps to promote healthy cholesterol.

order details



SKU #2864

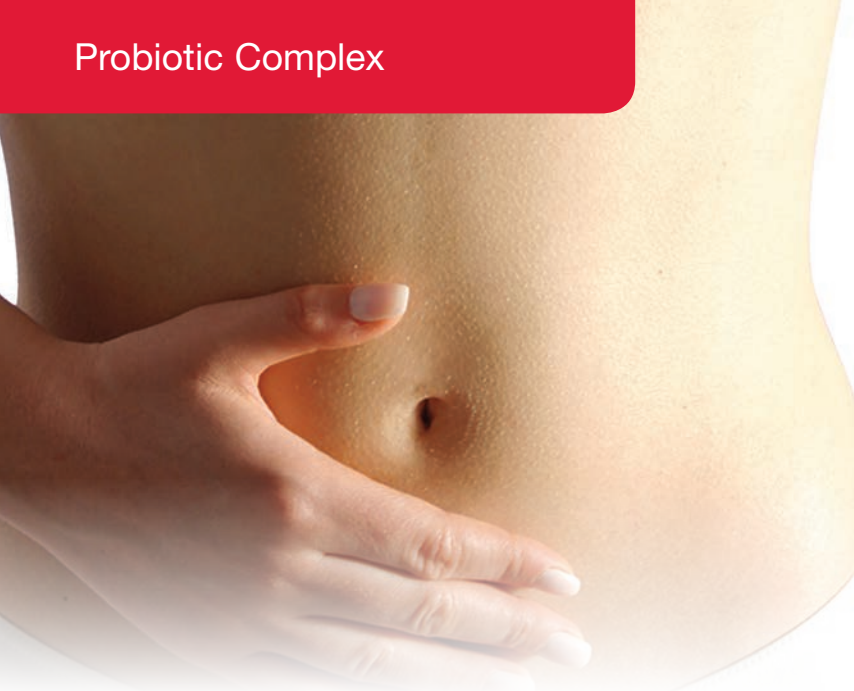
Active Fibre Complex
Apple Flavour

Volume Points: 22.95

Packaged: 210g (30 servings)

Directions For Use:

Mix 1 scoop with 240ml of water.
Take 1 to 2 times per day.



Promote the growth of friendly bacteria

order details



Probiotic Complex has 4 billion probiotic organisms per capsule. Probiotics are micro-organisms that are a good form of bacteria. The digestive system usually includes both ‘good’ as well as ‘bad’ bacteria, which needs to be balanced to maintain optimal health.

Key Benefits:

- Helps maintain healthy digestive function.
- Assists to restore beneficial intestinal bacteria.
- Aids, assists or helps in the maintenance of general well-being.
- Provides friendly bacteria to assist easy defecation.
- Helps to maintain good gastrointestinal health.
- Promote the growth of friendly bacteria.

Key Ingredients:

Lactobacillus acidophilus (13.5mg) – equivalent to 1.7 billion organisms.

Bifidobacterium longum (38.5mg) – equivalent to 2.3 billion organisms.

Both of these probiotic strains work together in the gut to ensure the growth of good bacteria.

Did You Know?

Lactobacilli and bifidobacteria are two probiotics that are most widely studied, and are both included in Probiotic Complex (lactobacillus acidophilis and bifidobacterium longum). Thus, Probiotic Complex helps to maintain healthy digestive function.

SKU #0075 Probiotic Complex

Volume Points: 20.50
Packaged: 30 capsules
(30 day supply)

Directions For Use:

Adults take one capsule with water once a day.

Assisting you by:

When using Probiotic Complex once a day, you are provided with friendly bacteria to help maintain healthy digestive function.

An Omega-3 supplement for cardiovascular and joint health



Herbalifeline® is an excellent way to supplement your daily intake of Omega-3 fatty acids, with its exclusive blend of highly refined marine lipids containing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for cardiovascular and joint health.

Key Benefits:

- A valuable source of Omega-3 fatty acids to promote good health.
- Omega-3 fatty acids can provide temporary relief from arthritic pain.
- Helps maintain healthy cholesterol and triglyceride levels that are already within a normal range.
- May assist in maintaining peripheral circulation and promoting general health.

Assisting you by:

In the human body, essential fatty acids play a multifunctional role:

- Key component in the membranes of all cells.
- Essential for normal health and development.
- Important for fat transport and metabolism.
- Converted into prostaglandins – these hormone-like substances are considered to be essential for proper brain function, improving immune function and helping to reduce inflammation.

Many diets lack sufficient essential fatty acids, especially the important Omega-3 fatty acids. These fatty acids are essential because the body cannot produce

Omega-3s and must obtain them from dietary sources.

Key Ingredients:

Omega-3 Triglycerides: Essential fatty acids, eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA). These Omega-3 fatty acids help to maintain a healthy cardiovascular system by maintaining cholesterol and triglyceride levels already within a normal range.

Vitamin E: Antioxidant to help preserve the freshness of the fish oil.

Thyme, Peppermint & Clove Oils:

These essential oils help improve digestibility.

Did You Know?

Herbalifeline® is made from wild (not farmed) sardine and anchovy fished in cold pristine waters off the South American Coast.

To consume the Recommended Daily Intake (RDI) of Omega-3's, you would need to eat almost nine cans of tuna daily! Most people are pushed to consume one portion of fish per week.

order details



SKU #0065 Herbalifeline®

Volume Points: 25.75
Packaged: 90 softgel capsules
(30 day supply)

Directions For Use:

Take one to two softgel capsules three times a day, preferably with meals.



Calcium supplement tablets with additional vitamins and minerals

order details



Calcium is required for healthy bones, teeth and skin, yet few adults obtain enough through their daily diets. Xtra-Cal assists with promoting strong bones and teeth and includes Vitamin D and Magnesium, for better calcium absorption and utilisation.

Key Benefits:

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

Key Ingredients:

Calcium: the most abundant mineral in the body, providing strength for the skeleton and is important in nerves and muscles.

Magnesium: central to energy release and the functioning of the nerves and muscles. It also plays a role in bone structure.

Copper: component (with zinc and manganese) of an antioxidant enzyme system. Needed for melanin formation and iron metabolism.

Zinc: needed for healthy reproductive and immune systems. Also required for tissue repair and renewal.

Vitamin D: helps maintain strong and healthy bones by improving the body's ability to absorb calcium.

Assisting you by:

Studies suggest the main culprits for inadequate calcium levels are high, non-dairy protein diets, excessive coffee, or lack of Calcium. Protein is an acid-forming substance. When there is an excess of acid, the body tries to neutralise it with alkaline agents (Calcium and Sodium), which then reduces the body's alkaline reserves.

Xtra-Cal contains several other specially chosen vitamins and minerals to benefit skeletal health by providing nourishment for the bones. To become less susceptible to osteoporosis, cut down coffee intake to two cups a day, exercise for 30 minutes every other day and ensure Calcium intake is adequate (at least 1000mg daily).

Did You Know?

The entire skeleton of an adult is replaced every 7-10 years. The calcium content of the body weighs approximately 1.36 kg, 99% of which is in the bones and teeth.

The remaining 1% has such an important function in the body that when deficiency arises, it is taken from the bones. Regular exercise stimulates and strengthens bones.

SKU #0020	Xtra-Cal
Volume Points:	10.25
Packaged:	90 tablets (30 day supply)

Directions For Use:

Take one tablet three times daily, with meals.

A formulation to help promote healthy joints



With its unique formula of Glucosamine hydrochloride, Scutellaria baicalensis root extract, Selenium, Manganese and Copper, Joint Support Advanced helps maintain healthy joint function and comfort, and supports healthy ageing.

Key Benefits:

- Joint Support Advanced helps maintain healthy joint function. It also contains Selenium and Manganese, both of which are essential minerals.

Assisting you by:

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

Key Ingredients:

Glucosamine hydrochloride: is clinically proven to support healthy joint function and comfort, and supports healthy ageing. Unlike pharmaceutical medicines that simply manage the symptoms, Glucosamine helps to delay the progression of osteoarthritis.

Scutellaria baicalensis (root): a Traditional Chinese Medicine (TCM) herb, added for its antioxidant and healthy-ageing benefits.

Selenium: an essential mineral vital for normal function of the immune system and thyroid gland.

Manganese: a mineral that is good for bone and cartilage health and acts as a co-factor in several metabolic and enzymatic reactions.

Copper: the third most abundant trace mineral in the body, but it is often deficient in a person's diet because food sources high in this mineral are not always consumed frequently (such as oysters and liver). Copper works together with iron to make red blood cells and it is the major component of the outer coating of nerve fibres and collagen. Copper is used by the body to manufacture numerous enzymes, many of which work as antioxidants.

Did You Know?

There are two types of osteoarthritis: Primary Osteoarthritis – due to ageing; and Secondary Osteoarthritis – due to genetics, obesity and sporting injuries. Nearly one in five Australians¹ and one in six New Zealanders² currently has arthritis and by 2050, it is projected there will be 7 million Australians suffering from the disease.¹

order details



SKU #0555 Joint Support Advanced

Volume Points:	20.9
Packaged:	90 tablets (30 day supply)

Directions For Use:

Take one tablet before each meal with water three times a day.

Always read the label – use only as directed. If symptoms persist, seek medical advice.

1. Arthritis Australia 'Painful Realities Report 2007'

2. www.arthritis.org.nz

Keep stress at bay



order details



SKU #0003 Tang Kuei Plus

Volume Points: 12.50
 Packaged: 60 tablets (20 day supply)

Directions For Use:

Take one tablet three times daily.

Tang Kuei is a traditional herb that assists in the relief of pre-menstrual symptoms, muscular aches and pains, nervous tension, stress and mild anxiety.

Key Benefits:

- Supports restful sleep.
- Helps relieve nervous tension, stress and mild anxiety.
- Can be used by both men and women.
- Aids in the relief of pre-menstrual symptoms.

Assisting you by:

Women of child-bearing age undergo monthly hormonal changes that may cause a range of minor discomforts. Symptoms of premenstrual syndrome (PMS) include, but are not limited to, menstrual cramping, anxiety, restlessness and insomnia.

The root of the Tang Kuei plant is a rich source of Calcium, B vitamins, Iron, Magnesium and essential oils. These volatile oils have antispasmodic properties that have been shown to act on smooth muscles to alleviate cramps, one of the symptoms of PMS.

Key Ingredients:

Tang Kuei: The gentle herbal properties of Angelica polymorpha (more commonly known as Dong Quai or Tang Kuei) encourage the body to restore its natural balance.

Chamomile: The flower heads of Matricaria recutita (German chamomile) have been used for medicinal purposes since ancient times due to its reputed anti-inflammatory and antispasmodic properties. Known for its ability to soothe smooth muscle tissue, chamomile is perfect for relaxing muscles and easing tension, making it ideal for promoting a restful night's sleep

Did You Know?

For centuries, Chinese herbalists have considered Tang Kuei a 'superior herb' that can be taken on a daily basis as a tonic. In China today, people still add it to soups and broths to increase nutritional value.

Support your body's Natural Defences



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

Key Benefits:

- Antioxidant activity-free radical scavenger.
- RoseGuard is beneficial for those who may not receive adequate intake of antioxidants and phytonutrients through the daily diet.
- For immune support.
- Antioxidant protection of immune system health.
- Supports liver function while providing antioxidant support throughout the day.

Assisting you by:

A blend of herbs and vitamins to support healthy liver and immune function.

Key Ingredients:

Rosemary: commonly known and widely used as a culinary herb. Originally from the Mediterranean, it reputedly first arrived in England during the 14th Century. Rosemary contains more than a dozen antioxidants, one particularly potent – rosmarinic acid. Herbalists consider Rosemary ideal as an all-round tonic and for providing a natural uplifting effect.

Turmeric Extract : contains Vitamin C, Vitamin E, and carotenoids.

Astragalus Root: Assists in supporting the liver.

Did You Know?

A healthy liver is critical to combat the environmental toxins that humans face on a daily basis, by processing the toxins in preparation for excretion.

order details



SKU #0139 **RoseGuard**

Volume Points: 23.75

Packaged: 60 tablets

Directions For Use:

Take two tablets daily.

Stay on top of your game every day with our exclusive Energy and Fitness products

Sometimes you need a pick-me-up to get you through the week and help you remain focused. Herbalife® Energy and Fitness products deliver just what you need.

Our energy solutions are powered by Guarana, Caffeine and Taurine. Like all Herbalife® products, the Energy and Fitness line is based on the concept of the Cellular Nutrition wheel – helping you to reach your personal wellness goals.

Long hours at the office and poor nutrition lead to low energy and lack of fitness. In our modern, sedentary way of life, workloads have increased dramatically and, consequently, so have our waistlines. Having an active lifestyle, or even taking the first steps toward one, can seem like a real challenge when you've got a grueling schedule.

With Herbalife, there's no better – or easier – time to get active and stay healthy than right now! Our Energy & Fitness category includes products for the general consumer, as well as for athletes.

Our energy products can help anyone gain extra stamina throughout the day. And our fitness products can help fitness enthusiasts and athletes achieve their goals faster.

Life can often be non-stop with a need to juggle many different tasks each day.



HERBALIFE NUTRITION FUELS CHAMPIONS

Herbalife is proud to be the
Global Nutrition Partner of
Cristiano Ronaldo,
international soccer star.



HERBALIFE®

Global Nutrition Partner
of Cristiano Ronaldo

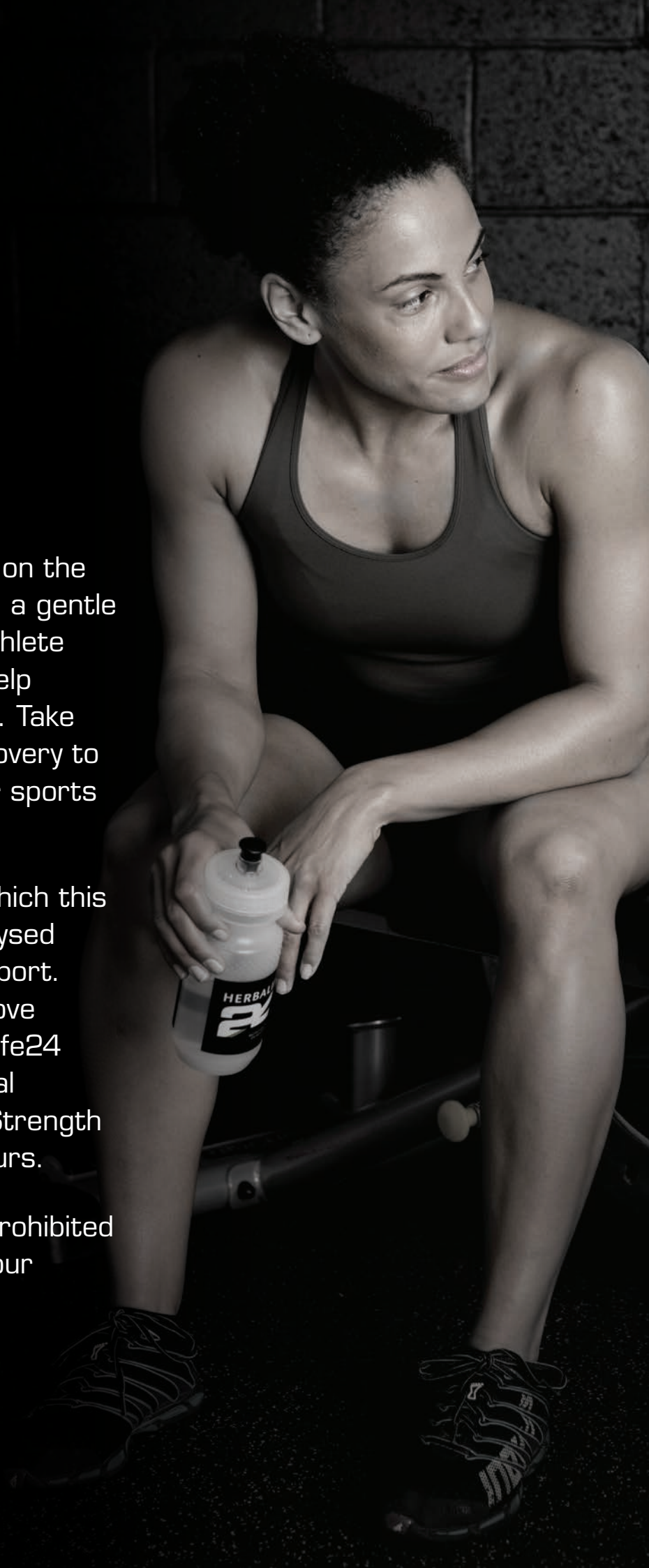
HERBALIFE® 24

NUTRITION FOR THE
24-HOUR ATHLETE

Herbalife24 is designed based on the latest science. Whether you're a gentle jogger, gym lover or an elite athlete Herbalife24 has products to help you prepare, train and recover. Take training, performance and recovery to the next level with our 24-hour sports nutrition line.

A sample of this batch from which this product was created was analysed for substances prohibited by sport. No substances were found above the detection limits. All Herbalife24 products are free from artificial colours. Hydrate and Rebuild Strength are all free from artificial flavours.

All Herbalife24 products are Prohibited Substance Tested to ensure your confidence in our product.



HERBALIFE®

24

NUTRITION FOR THE 24-HOUR ATHLETE

HYDRATE

Key Benefits:

- Low calorie hydration drink
- Vitamin C Antioxidants
- Subtle Orange flavour
- Provides B vitamins (B1, B2, B12) and calcium and magnesium
- No artificial colours
- Supports physically active people.

Assisting you by:

It's simple – performance is tied to hydration.

Replenish your body with bioavailable electrolytes to enhance fluid absorption, ensuring you are ready to perform.

Hydrate contains 0.16mg Vitamin B1, 0.21mg B2, 0.37mcg B12 and 0.9mgB5.

When mixing with water, it's the perfect drink to quench your thirst.

Key Ingredients:

Vitamin C, Calcium, B Vitamins and Magnesium.

Did You Know?

Herbalife® products are regularly tested and monitored to meet numerous detailed specifications to guarantee product stability and that all ingredients match label claims.

Our promise is to assure that athletes, trainers and coaches can trust our supplements and to instil confidence among Independent Herbalife Members.

Always read the label – use only as directed.

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme.

Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

*Consume no more than one serving per day.

**Consume one shake per day within 30 minutes following physical activity.

REBUILD STRENGTH

Key Benefits:

- For use after aerobic exercise
- Contains 25g protein that contributes to the growth and maintenance of lean muscle mass, delivering protein to fatigued muscles
- No artificial colours, flavours or sweeteners
- Contributes to the growth of muscle mass.

Assisting you by:

Stop breakdown. Start rebuilding.

Immediate and sustained muscle recovery. We've created a sustained muscle building shake that delivers whey and casein protein to help rebuild fatigued muscle.

Key Ingredients:

Whey Protein, Casein Protein, Vitamin C, Thiamine (Vitamin B1), Iron and Magnesium.

Did You Know?

Our dedicated global quality control team works to ensure all products meet the stringent guidelines set forth by the dietary supplement Good Manufacturing Practices (GMPs). Herbalife individually assesses all ingredients and suppliers, and visits all the facilities to make sure they satisfy our rigorous performance standards.

order details



SKU #1458

Herbalife24 Hydrate

Volume Points: 22.20

Packaged: 20 x 5.3g Stick Packs

Directions For Use:

Mix one stick pack with 500mL of water.*

SKU #1459

Herbalife24 Rebuild Strength

Volume Points: 54.75

Packaged: 1010g

Directions For Use:

Mix two scoops (50.50g) with 280mL of water and shake vigorously.**

Fuel good –
anytime, anywhere!



order details



SKU #2871

Lemon-Lime
Blast

SKU #2872

Ignite-Me
Orange

Volume Points: 15.95

Packaged: 10 x 4.5g sachets*

Directions For Use:

Pour one sachet into 250ml of water.

If you are one of those people who reaches for a fizzy drink or sugary treat to get through the afternoon, try taking Liftoff™ instead and feel the difference. A unique effervescent drink, formulated to help you stay on top of your day.

Key Benefits:

- Contains less than 10 calories per individual sachet.
- Convenient, pocket-size sachets.
- No refined sugars (sucrose or glucose).
- Available in two exciting flavours: Ignite-Me Orange and Lemon-Lime Blast.

Assisting you by:

Everyone is looking to get the most out of their day: busy professionals who get tired working long hours, students preparing for exams, busy parents working and looking after their children, sports enthusiasts or simply those with an active and healthy lifestyle.

If you're sensitive to Caffeine, you shouldn't take it too late in the day as this may affect your sleep. The exclusive blend of ingredients helps to give you the boost you need for body and mind without increasing your calorie or fat intake.

Each sachet contains 75mg of Caffeine, derived from Guarana and caffeine powder.

Key Ingredients:

Caffeine: a natural stimulant. In Liftoff™, the caffeine is sourced from Guarana.

Guarana*: a South American native shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities.

Taurine: an amino acid that serves many different functions in the body. In certain situations, Taurine can provide a boost as the body is not capable of making enough Taurine to meet its needs.

Thiamin (Vitamin B1): breaks down glucose to release energy; assists digestion; aids in the function of the nervous system.

Niacin (Vitamin B3): a water soluble vitamin which is a vital component of the human diet. Assists in reducing cholesterol levels and assists in regulating metabolism and cell repair.

Did You Know?

An average fizzy drink contains at least six teaspoons of sugar.



Increase your mental alertness

If you suffer from clouded concentration during the mid-afternoon, try taking Guarana tablets and feel the benefit of the plant's naturally invigorating effect. NRG tablets provide you with the benefits of one of nature's most energising herbs – Nature's Raw Guarana.

Key Benefits:

- Provides a gentle energy lift.
- Guarana helps to increase mental alertness and maintains energy levels.
- Convenient tablets to use anytime, anywhere.

Assisting you by:

Reducing calorie intake can play havoc with your energy levels resulting in periods of physical tiredness. Guarana can help provide an invigorating lift – it is easily absorbed and gets to work quickly.

You can take up to four NRG tablets during the day (but avoid taking them during the evening unless you particularly want to stay up late).

Take them with water instead of drinking coffee mid-morning and mid-afternoon, for maximum benefit.

Key Ingredients:

Guarana*: a climbing shrub native to South America. It has been used for centuries by the Amazon Indians for its spirited and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is gentler on the digestive system than many other forms of caffeine, and preferred by many as an alternative to coffee.

Did You Know?

Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

order details



SKU #0124	NRG
Volume Points:	14.15
Packaged:	60 tablets*

Directions For Use:

Two to four tablets before breakfast or ½ hour before mealtime.

Introducing Herbalife SKIN

Enhance the appearance of your skin with our optimum blend of Vitamin B3, antioxidant Vitamins C and E, Aloe Vera and other botanical ingredients.

Pamper yourself with lush textures; soothe yourself with silky soft lathers. Be inspired by radiant essential oils and fresh, rejuvenating fragrances. Surprise yourself each day—and all day—with experiences as illuminating as they are luxurious.

Our clinically-tested products help you achieve maximum daily results including softer, smoother, more radiant skin and long-term benefits of a diminished appearance of fine lines and wrinkles.



HERBALIFE SKIN



Replenish and Rejuvenate.

Results in 7 Days*.

*Results applicable to Line Minimising Serum, Replenishing Night Cream, Daily Glow Moisturiser, Hydrating Eye Cream, Polishing Citrus Cleanser & Purifying Mint Clay Mask.

Discover the best skin care products for your specific needs

...with the Herbalife® SKIN range

Daily Skin Care Regime (General)



STEPS	☀ AM	🌙 PM
1 CLEANSE	Soothing Aloe Cleanser (For Normal to Dry Skin)	Soothing Aloe Cleanser (For Normal to Dry Skin)
	Polishing Citrus Cleanser (For Normal to Oily Skin)	Polishing Citrus Cleanser (For Normal to Oily Skin)
2 TONE	Energising Herbal Toner	Energising Herbal Toner
3 TREAT	Line Minimising Serum	Line Minimising Serum
4 TARGET	Firming Eye Gel	Hydrating Eye Cream
5 MOISTURISE	Daily Glow Moisturiser	Replenishing Night Cream
WEEKLY		
DEEP CLEANSE	Instant Reveal Berry Scrub (1-3 times a week)	
PURIFY	Purifying Mint Clay Mask (1-3 times a week)	

Daily Skin Care Regime (Men)

STEPS	☀ AM	🌙 PM
1 CLEANSE	Polishing Citrus Cleanser (Shave)	Polishing Citrus Cleanser
2 TONE	Energising Herbal Toner	Energising Herbal Toner
3 TREAT	Line Minimising Serum	Line Minimising Serum
		Replenishing Night Cream
WEEKLY		
SPECIAL CARE	Instant Reveal Berry Scrub (1-3 times a week)	



Herbalife SKIN is solution-based skin care nutrition that balances ingredients, botanicals and extracts with proven science for a luxurious experience and healthier looking skin every day. Pick from one of our amazing programs to start your skin transformation today.

order details

Herbalife SKIN Basic Programme

SKU #1492 Normal to Dry
SKU #1496 Normal to Oily

Volume Points: 86.25

Includes:

- Soothing Aloe Cleanser* **OR** Polishing Citrus Cleanser**
- Energising Herbal Toner
- Daily Glow Mosturiser
- Replenishing Night Cream

*Normal to Dry skin
**Normal to Oily skin



order details

Herbalife SKIN Advanced Programme

SKU #1493 Normal to Dry
SKU #1497 Normal to Oily

Volume Points: 176.65

Includes:

- Soothing Aloe Cleanser* **OR** Polishing Citrus Cleanser**
- Energising Herbal Toner
- Line Minimising Serum
- Firming Eye Gel
- Hydrating Eye Cream
- Daily Glow Mosturiser
- Replenishing Night Cream

*Normal to Dry skin
**Normal to Oily skin



order details

Herbalife SKIN Ultimate Programme

SKU #1494 Normal to Dry
SKU #1498 Normal to Oily

Volume Points: 203.95

Includes:

- Soothing Aloe Cleanser* **OR** Polishing Citrus Cleanser**
- Energising Herbal Toner
- Line Minimising Serum
- Firming Eye Gel
- Hydrating Eye Cream
- Daily Glow Mosturiser
- Replenishing Night Cream
- Purifying Mint Clay Mask
- Instant Reveal Berry Scrub

*Normal to Dry skin
**Normal to Oily skin



Herbalife SKIN is paraben-free, sulfate-free* and dermatologist tested.

HERBALIFE SKIN

order details



SKU #0765	Soothing Aloe Cleanser
Volume Points:	16.75
Packaged:	150ml
SKU #0766	Polishing Citrus Cleanser
Volume Points:	16.75
Packaged:	150ml

This gentle cleanser leaves your skin clear, soft and clean.

Soothing Aloe Cleanser

Hydrating Aloe enriched cleansing gel gently removes impurities and makeup leaving skin clean and refreshed.

Key Benefits:

- Aloe Vera-based cleanser with a fresh and gentle scent. Perfect for normal to dry skin.
- Silky, soft lather gently removes excess oil, dirt and light makeup from the skin without irritation.
- Aloe Vera softens and moisturises skin.

Directions For Use

Gently massage onto damp skin in a circular motion. Rinse with warm water, pat dry. Follow with toner, serum, and moisturiser. Use AM and PM.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Coconut-derived cleansing ingredients.

Deep cleansing microbeads refresh your skin for a healthy glow.

Polishing Citrus Cleanser

Polishing jojoba beads in a citrus infused cleansing gel gently removes impurities and makeup leaving skin clean and refreshed.

Key Benefits:

- Vibrantly-scented cleanser with hints of juicy orange and grapefruit. Perfect for normal to oily skin.
- Clinically tested to show a reduction in the skin's sebum after just one use.**
- Light gel formula with energising micro beads.
- Leaves your skin feeling amazingly refreshed and exhilarated.

Directions For Use

Gently massage onto damp skin in a circular motion. Rinse with warm water, pat dry. Follow with toner, serum, and moisturiser. Use AM and PM.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Orange oil/Citrus oils, Grapefruit oil/Citrus oils, Apple-derived cleansing ingredients, Jojoba Esters.

*Applies to Polishing Citrus Cleanser, Soothing Aloe Cleanser, Instant Reveal Berry Scrub.

**Tested on subjects, measuring sebum levels immediately after application. 100% of subjects showed sebum reduction on surface of skin after one use.

Herbalife SKIN brings you a rewarding daily experience.

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

Energising Herbal Toner

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

Key Benefits:

- Gently conditions your skin.
- Your skin will feel fresh and clean without dryness or stinging.
- Suitable for all skin types.
- Paraben-free. Dermatologist tested.

Directions For Use

Apply after cleanser. Spritz lightly on face for a deep clean or apply with a cotton ball. Follow with serum and moisturiser. Using AM / PM helps prepare your skin to better receive your serum, day or night time moisturiser for maximum results.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Potassium alum.

order details



SKU #0767 **Energising Herbal Toner**

Volume Points: 12.70

Packaged: 50ml

HERBALIFE SKIN

Beautiful, healthier, younger-looking skin through Formula, Feel and Fast Results.

order details



This multi-functional serum helps diminish the visible signs of aging.*

Line Minimising Serum

Multifunctional serum helps diminish the visible signs of ageing.**

Clinically tested to show remarkable improvement in skin softness, smoothness, radiance, glow and luminosity in just seven days.*

Key Benefits:

- AM/PM use helps maximise your results.
- Reduces the appearance of fine lines and wrinkles.

Directions For Use

Apply after cleanser, toner and before moisturiser. Use AM and PM.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Chestnut seed extract, Peptide.

SKU #0768 **Line Minimising Serum**

Volume Points: 37.70

Packaged: 30ml

*Tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in all five areas over seven days.

**Tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in all five areas over seven days.

Enhance the appearance of your skin with our optimum blend of Vitamin B3, antioxidant Vitamins C and E, Aloe Vera and other botanical ingredients.

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

Firming Eye Gel

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

Key Benefits:

- Helps improve the appearance of firmness to the eye area.**
- Suitable for all skin types.

Directions For Use

Gently pat a small amount around the eye area, until absorbed.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Cucumber extract.

Minimises 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.

Hydrating Eye Cream

Minimises 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.

Key Benefits:

- Clinically tested to show a significant increase in the skin's moisture over eight hours.**
- Suitable for all skin types.

Directions For Use

Gently pat a small amount around the eye area.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Macadamia nut oil, Cucumber extract, Peptide.

order details



SKU #0770 Firming Eye Gel

Volume Points: 26.35

Packaged: 15ml

SKU #0771 Hydrating Eye Cream

Volume Points: 26.35

Packaged: 15ml

*Tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 85% of subjects, improvement was seen in firmness/elasticity in skin under the eye at 42 days.

**Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed significantly higher moisture levels over baseline after eight hours.

HERBALIFE SKIN

Surprise yourself each day—and all day—with experiences as illuminating as they are luxurious.

order details



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

Daily Glow Moisturiser

All-purpose hydrating lotion with illuminating properties to give your face a healthy glow.

Skin looks radiant, even without makeup.

Key Benefits:

- Clinically tested to show that skin looks more glowing and feels softer and smoother in just seven days.†
- Clinically shown to double skin's moisture for eight hours.‡
- This product is ideal for any occasion where you want your skin to look fresh and silky soft or when you just want some light-weight moisture.

Directions For Use

Apply after cleanser, toner and serum.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Sunflower seed oil, Spilanthes Acmella Flower Extract, Macadamia nut oil, Olive oil, Sesame seed oil.

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.

Replenishing Night Cream

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.

Key Benefits:

- Clinically tested to show skin looks smoother and feels softer in just seven days.*
- Provides noticeable improvement of overall skin complexion and luminosity in just one week.*
- Clinically tested to show skin's moisture is doubled for eight hours.†
- Suitable for all skin types.
- Paraben-free. Dermatologist tested.

Directions For Use

Apply after cleanser, toner and serum.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Sunflower seed oil, Macadamia seed oil, Olive fruit oil, Sesame seed oil, Spilanthes Acmella Flower Extract.

SKU #0769 Daily Glow Moisturiser

Volume Points: 28.40
Packaged: 30ml

SKU #0774 Replenishing Night Cream

Volume Points: 28.40
Packaged: 30ml

† Tested on subjects measured by visual expert grading on intervals of two, four and seven days. 96% of subjects showed improvement over seven days in smoothness, softness, glow and radiance. 93% showed improvement over seven days for luminosity.

‡ Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

* Tested on subjects for smoothness, softness, glow, radiance and luminosity measured by visual expert grading at intervals of two, four and seven days. 100% of subjects showed improvement in smoothness, softness and glow over seven days. 97% of subjects showed improvement in radiance and luminosity.

† Tested on subjects, measuring skin moisture levels at eight-hour intervals. Skin of 100% of subjects showed double the moisture levels over baseline after eight hours.

Pamper yourself with lush textures; soothe yourself with silky soft lathers.

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

Instant Reveal Berry Scrub

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

Key Benefits:

- Reveals healthy-looking skin.
- Fresh and fruity fragrance enlivens the senses.
- Suitable for all skin types.
- Paraben-free. Sulfate-free. Dermatologist tested.

Directions For Use

Gently massage onto damp skin in a circular motion (avoid the eye area) rinse with warm water, pat dry. Follow with toner, serum and moisturiser.

Use 1-3 times per week as needed.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Coconut-derived cleansing ingredients, Exfoliating beads, Blueberry seeds.

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

Purifying Mint Clay Mask

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

Key Benefits:

- Clinically tested to improve the appearance of pores after just one use.*
- A hint of spearmint and rosemary uplift your senses while leaving your skin softer and smoother.
- Prepares skin to better receive the benefits of our serums and moisturisers.
- Suitable for all skin types.
- Paraben-free. Dermatologist tested.

Directions For Use

Apply after cleanser. Allow mask to set for 5-10 minutes, rinse with warm water, pat dry. Follow with serum and moisturiser. Use 1-3 times a week as needed.

Exclusively formulated with:

Vitamin B3, antioxidant Vitamins C and E and Aloe Vera, Bentonite Clay, Rosemary leaf oil, Spearmint oil.

order details



SKU #0772	Instant Reveal Berry Scrub
Volume Points:	13.10
Packaged:	120ml
SKU #0773	Purifying Mint Clay Mask
Volume Points:	14.20
Packaged:	120ml

*Tested on subjects, measuring pore appearance by visual expert grading immediately after application. 100% showed improvement in appearance of pores immediately after use.

Feel the moisture from inside...Feel the difference in your hair!



order details



Our body, hair and skin all largely consist of water. Water nourishes and moisturises our bodies, keeping us healthy and feeling fresh. This is why daily products like Shampoo or soap should help keep us hydrated and maintain moisture balance. With its natural and deeply moisturising ingredients, Herbalife AQUA is an essential part of any beauty regime. Herbalife AQUA is formulated to the highest safety standards in product development, utilising natural and proven ingredients including extracts from seaweed and Camellia Japonica, that lets your hair and scalp enjoy the pampering touch of nature every day.

Herbalife® AQUA Shampoo

A gentle and easy-to-rinse formula for every day use.

Key Benefits

- The specially formulated botanical blend will help moisturise your hair and scalp.
- Free from sulfates and parabens.
- Gentle formula will support your hair colour with natural shine (Not tested with dermatologists).

Herbalife® AQUA Conditioner

A deep rich conditioner that will moisturise your hair and scalp every day. Free from parabens this gentle formula will support your hair colour with natural shine. Gentle on sensitive skin and hair. (Not tested with dermatologists)

Key Benefits

- Herbalife AQUA is gentle to the hair and scalp with a formula that is free from parabens.
- Essences from camellia leaf extract and seaweed extract to nourish your hair.
- Easy to rinse formula for shampoo, it's easy to apply onto hair tips for more nourishment and conditioner. Feel the maximized benefits of the product.

SKU #0869 Herbalife AQUA Shampoo

Volume Points: 8.50
Packaged: 300ml 10 fl oz

SKU #0870 Herbalife AQUA Conditioner

Volume Points: 8.50
Packaged: 300ml 10 fl oz



Experience the soothing benefits of Aloe Vera

Enriched with Aloe vera, let our Herbal Aloe range cleanse, soothe and refresh your body with products suitable for the whole family. The Herbal Aloe product line leaves no greasy residue and has a clean, fresh scent to revitalise your spirit as well as your skin and hair.

Everyday Body Wash

A gentle, lathering liquid cleanser. It can be used on a sponge or loofah in the shower, or added to bath water for a soothing Herbal Aloe bath. Contains whole-leaf aloe to cleanse and hydrate skin.

Everyday Soothing Hand and Body Lotion

A light, non-greasy formula that provides immediate relief for dry skin. Its quick-penetrating formula includes Shea butter, as well as Calendula and Chamomile to soothe and relieve chapped skin. This lightweight all-over lotion leaves skin feeling silky soft.

Everyday Soothing Gel

A fast-penetrating, non-sticky gel that lightly moisturises and helps provide relief from skin irritation, minor abrasions, cuts and insect bites, and perfect for use after shaving. This moisturising gel absorbs quickly and smoothes skin.

Bath and Body Bar

Leaves skin feeling clean, healthy and moisturised whilst delivering a fresh and clean scent. Contains whole-leaf aloe, Vitamins A and E, Grapeseed and Olive oils to moisturise skin. This rich lathering bar of soap, cleanses, smoothes and softens skin.

Key Benefits

- Whole-leaf aloe may help soothe and relieve irritated or sore skin
- Contains herbal extracts of Calendula and Chamomile
- May be used on even the most sensitive of skin

Key Ingredients:

Aloe vera: soothes and moisturises

Shea butter: moisturises and helps maintain the elasticity of the skin

Calendula flower: soothes and softens with natural anti-inflammatory and healing properties

Chamomile: gentle, soothing and calming

Sesame seed oil: rich in antioxidants

Sweet almond oil: helps replenish oils lost during the cleansing process.

Wheatgerm oil: contains Vitamin E

Milk thistle oil: also known as Silybum marianum; cleanses and detoxifies

Ginkgo leaf: antioxidant

Grapeseed oil: antioxidant which protects the skin from premature ageing

Sunflower seed: source of Vitamins A & E.

Did You Know?

The entire aloe plant, including the sap, gel and leaves, has beneficial properties. The plant is rich in vitamins and minerals and has been used for thousands of years, both internally and topically.

order details



Everyday Body Wash	#0493
Volume Points:	12.95
Packaged:	400ml
Everyday Soothing Hand and Body Lotion	#0378
Volume Points:	9.0
Packaged:	200ml
Everyday Soothing Gel	#0379
Volume Points:	9.0
Packaged:	200ml
Bath and Body Bar	#0452
Volume Points:	5.95
Packaged:	125g

Inner Nutrition

Aloe vera – a plant that can have positive effects on the body both internally and externally. Internally used to promote a healthy digestive system.

Amino acid – an essential building block of proteins.

Aminogen* – a plant enzyme thought to help absorb protein in the body which is needed for healthy lean muscle mass, strength and energy. It is a naturally derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.

Antioxidant – a substance that helps create a barrier from free radical damage.

Ascorbic acid (Vitamin C) – an antioxidant needed for the growth and health of tissues in all parts of the body. Found in many foods and dietary supplements.

Asparagus root – is a restorative, cleansing herb and an excellent diuretic. It is high in folic acid, which is essential for production of new red blood cells.

Betacarotene – maintains a healthy immune system; antioxidant; converted into Vitamin A by the body.

Bioflavonoids – collectively known as Vitamin P and are sometimes called flavonoids, they are plant based nutrients known to have antioxidant health benefits.

Biotin – assists metabolism of fats; maintains healthy skin and hair.

Boron – helps maintain calcium balance and keeps bones healthy.

Broccoli leaf – is high in vitamin C, as well as dietary fibre.

Cabbage leaf – is an excellent source of vitamin C and also contains significant amounts of glutamine, an amino acid that has anti-inflammatory properties.

Caffeine – found naturally in many plants, it stimulates the body and mind.

Calcium – is one of the most important minerals for the human body. Calcium helps in the formation and maintenance of healthy teeth and bones.

Calcium caseinate – is a calcium source of protein produced from casein in skim milk. Its main food uses are for powders requiring rapid dispersion into water, such as in Formula 1 Nutritional Shake Mix, and may be more suitable for those with lactose intolerance.

Calcium hydrogen phosphate – tableting agent.

Calcium silicate – is used as an anti-caking agent and an anticid.

Cardamom seed – comes from the ginger family of plants. Widely used to treat digestive disorders in traditional medicine.

Carotenoids – found in all plant foods, carotenoids and are the naturally occurring pigments that cause the red, orange, and yellow colour of fruit and vegetables and are great sources of Vitamin A. In general, the greater the intensity of colour, the higher the level of carotenoids, in particular beta-carotene.

Carmellose sodium – thickening agent

Carrot – gets its characteristic and bright orange colour from betacarotene, which is metabolised into Vitamin A in humans; Carrots are also rich in dietary fibre, antioxidants, and minerals.

Casein Protein – The major proteins in milk are casein and whey. These two milk proteins are both excellent sources of all the essential amino acids, but they differ in one important aspect – whey is a fast-digesting protein and casein is a slow-digesting protein.

Cauliflower flower – Cauliflower is low in fat, but high in dietary fibre, folate, water, and Vitamin C, possessing a high nutritional density.

Cellulose powder – a complex carbohydrate (dietary fibre). Cellulose cannot be broken down by gastric juices and therefore helps with the evacuation of waste products from the digestive tract.

Cellulose microcrystalline – emulsifier

Chamomile – has gentle, soothing, calming qualities. A well-known and widely used ancient herb, sacred to the Anglo-Saxons. Due to its positive attributes and calming properties it is particularly popular with herbalists.

Chemical compound – the bonding of two ingredients – can be naturally occurring or man-made.

Chitosan – is an amino polysaccharide derived from Chitin, which is found in the shells of shellfish such as crab and shrimp. Chitosan works by binding lipids in the stomach to aid elimination.

Cholecalciferol – a form of Vitamin D

Choline bitartrate – a water-soluble essential nutrient and is usually grouped within the B-complex vitamins. Choline must be consumed through the diet in order for the body to maintain its health and is involved in many functions including memory and muscle control. It is used in the synthesis of the constructional components in the bodies cell membranes and is an important neurotransmitter.

Chromium – important in blood sugar regulation.

Citric acid – acidity regulator

Clove – an antioxidant.

Clove oil – essential oil that helps improve digestibility.

Cocoa – a seed of the cacao tree, it improves blood flow and is high in antioxidants and biflavonoids.

Cocoa butter – a pale-yellow, pure edible vegetable fat extracted from the cocoa bean. Cocoa butter is one of the most stable fats known, containing natural antioxidants that prevent rancidity.

Copper – is the third most abundant trace mineral in the body, but it is often deficient in a person's diet because food sources high in this mineral are not always eaten frequently (such as oysters and liver). Copper works together with iron to make red blood cells and is the major component of the outer coating of nerve fibres and collagen. Copper is used by the body, along with zinc and manganese, to manufacture numerous enzymes, many of which work as antioxidants. Copper is also used in metabolising protein and iron, and producing melanin (colour pigment) in hair and eyes.

Corn silk – also known as zea mays, is the silk on the cob of a corn. Corn silk has been used to promote healthy activity of the urinary tract and is a mild diuretic. In Chinese medicine it is used as a treatment for water retention.

Cyanocobalamin (Vitamin B12) – helps make red blood cells, for cardiovascular health.

Dandelion leaf – A natural diuretic, it is commonly used to help remove excess water and toxins from the body.

Dextrins – is a low molecular weight carbohydrate – produced by the hydrolysis of starch (or glycogen) to sugars by heat, by acids and by enzymes. It is a natural fibre, which can aid your body's natural ability to expel waste.

Dextrose – see Glucose.

Docosahexaenoic acid (DHA) – DHA is an Omega 3 fatty acid and is the most abundant Omega-3 fatty acid in the brain and retina. Dietary DHA may reduce the risk of heart disease by reducing the level of blood triglycerides in humans. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Eicosapentaenoic acid (EPA) – EPA is an Omega 3 fatty acid that is converted into prostaglandins in the body – these hormone-like substances are considered to be essential for proper brain function, improve immune function and help reduce inflammation. EPA and DHA combined may promote cardiovascular health, provide temporary relief for the pain of arthritis and maintain healthy cholesterol and triglyceride levels that are already within a normal range.

Electrolytes – are inorganic salts or complex molecules that separate into positively charged ions when dissolved in water. These ions are responsible for numerous physiological activities and excess levels are regularly excreted in the urine. They therefore play a key role in maintaining the system that regulates water balance.

Enzyme – a protein in the body that speeds up a biological process.

Essential fatty acids – EFAs are fatty acids that humans and other animals must ingest because the body requires them for good health but cannot synthesise the. Only two EFAs are known to be beneficial for humans: alpha-linolenic acid (an Omega 3 fatty acid) and linoleic acid (an Omega 6 fatty acid).

Fenugreek – a soluble fibre renowned for its beneficial qualities, forms a gel in the stomach, taking up room, so you are likely to eat less, feel full longer without hunger pangs and cravings.

Fibre – found in whole fruits, vegetables, beans, and grains like oats and brown rice. Contains plenty of vitamins and minerals, helps you feel full and keeps you regular.

Flavenoids – see bioflavonoids.

Folate – see folic acid

Folic acid – helps make red blood cells; important for women of childbearing age.

Free radical – a highly reactive and unstable molecule.

Fructose – a natural sugar found in most fruits and some vegetables.

Garlic – in herbal medicine, garlic has long been used for hoarseness and coughs. Garlic is also alleged to help regulate blood sugar levels and has been found to enhance thiamin absorption.

Ginger – in traditional medicine, often used to treat colds.

Glutamic acid hydrochloride – Glutamic acid, or glutamate, is an amino acid that occurs naturally in the body. Generally recognized for its power as a neurotransmitter, glutamic acid is a hydrochloride (HCL) and often used to flavour food or as a supplement to promote digestion.

Glucosamine sulfate – a natural compound found in healthy cartilage and connective tissue. The cartilage producing cells in our body can either synthesise glucosamine themselves or obtain it from circulating preformed glucosamine (supplements). As we age, the body's ability to produce glucosamine decreases so supplementation is advised to help repair and rebuild worn or damaged cartilage, associated with osteoarthritis.

Glucosamine hydrochloride – clinically proven to be as effective as a prescription medicine for the relief of the symptoms of mild to moderate osteoarthritis. Glucosamine also helps to delay the progression of the disease.

Glucose – also known as dextrose or grape sugar, is a simple sugar (monosaccharide) and is our body's primary source of energy. This type of sugar comes from digesting carbohydrates into a chemical that we can easily convert to energy.

Glutamic acid (HCL) – an excellent form of Hydrochloric acid which produces enzymes which assist in the breakdown and digestion of foods in the stomach, such as fibrous meat.

Green tea – a 4,000 year-old tea, rich in antioxidants. Has been well-researched and shown to be rich in polyphenol antioxidant nutrients. It contributes to a general feeling of well-being. Green Tea contains caffeine but in general, green tea contains one third less caffeine per cup than coffee.

Guarana – a South American native climbing shrub used for centuries by the Amazon Indians for its uplifting and refreshing qualities. Today in Brazil, Guarana is added to soft drinks for the wonderfully natural, energetic feeling it provides. Guarana is gentler on the digestive system than many other forms of caffeine, and preferred by many as an alternative to coffee. Guarana seeds contain a substance similar to caffeine known as guaranine that can increase mental alertness and help maintain stamina levels.

Hibiscus flower – studies have shown that drinking hibiscus tea can lower high blood pressure and reduce high cholesterol levels in many individuals.

Inositol – is a form of sugar that is produced by the human body from glucose. It is a naturally occurring nutrient that is usually classified as a carbohydrate. In the human body, it plays a major role in preventing the collection of fats in the liver, as well as promoting healthy hair growth. The presence of inositol also aids in efficient processing of nutrients into the conversion of energy, which in turn helps the body to maintain a healthy metabolism. Inositol also can be considered brain food, as the nutrient is necessary to properly nourish the brain.

Iodine – formation of thyroid hormones required for growth and development.

Iron – formation of red blood cells which are involved in transport of oxygen to all body tissues.

Isoflavones – types of bioflavonoids that are found naturally occurring in plants, most commonly found in the soybean; strong antioxidants.

Lactobacillus acidophilus – enhances the body's ability to control pathogenic microorganisms; helps support the immune function; and naturally improves bowel function. Acidophilus is found naturally in fermented foods, such as yoghurt and sauerkraut, and is regarded as the most beneficial and versatile of the Lactobacilli family of 'friendly' bacteria.

Lecithin – an emulsifier; is a lipid material composed of choline and inositol, is found in all living cells as a major component of cell membranes, which regulate the nutrients entering and exiting the cell. Chemically it is phosphatidylcholine, a phospholipid that is part of the cell structure in both animals as plants. Phospholipids are needed by every cell in the body and are key building blocks of cell membranes; without it, the cell membranes would harden.

Lemon peel – rich in bioflavonoids and is a natural antioxidant.

Linoleic acid – a polyunsaturated Omega 6 fatty acid that is found in the lipids of cell membranes. It is an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components.

Linolenic acid – is an unsaturated Omega 3 fatty acid and is one of two essential fatty acids that humans and other animals must ingest for good health, because the body requires them for various biological processes, but cannot synthesise them from other food components. Commonly found in many vegetable oils.

LipoSan Ultra – a patented form of Chitosan that becomes soluble in stomach acid and works faster.

Malva sylvestris – also known as mallow, this gentle herb is often used in herbal teas to hydrate and soothe the digestive system, and to regulate its function due to its laxative action.

Manganese – a mineral that is good for bone and cartilage health and acts as a cofactor in several metabolic and enzymatic reactions. Is a component, with zinc and copper, of the antioxidant enzyme system. Needed for healthy bone and nervous system.

Magnesium – is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady.

Molybdenum – carbohydrate metabolism, vital role in iron utilisation.

Monounsaturated fat – Monounsaturated fatty acids are liquids at room temperature and semi-solid or solid when refrigerated, for example, olive oil. Monounsaturated fats can have a beneficial effect on health when eaten in moderation and when used to replace saturated fats or trans fats.

Niacin (Vitamin B3) – Also known as Nicotinamide, is a water soluble vitamin which is a vital component of the human diet. In addition to reducing cholesterol levels, it contributes to the regulation of metabolism and cell repair.

Oleic acid – a monounsaturated Omega 9 fatty acid that is found in various animal and vegetable fats. It is considered to be one of the healthier sources of fat in the diet. It is commonly used as a replacement for animal fat sources that are high in saturated fat.

Omega-3s – essential nutrients that help maintain a healthy heart, brain, eyes, skin, joints, hair and immune system. Omega 3s provide temporary relief from the pain of arthritis. These essential fatty acids play a part in many metabolic processes and supplementation is important because the body cannot produce Omega 3s and must therefore obtain them from dietary sources. Linolenic acid is the primary Omega 3 fatty acid.

Omega-6s – an essential fatty acid that must be consumed to maintain proper health. Linoleic acid is the primary Omega 6 fatty acid.

Omega-9s – an essential fatty acid, but technically not an EFA, because the body can produce a limited amount, provided that essential EFAs are present. Oleic acid is the primary Omega 9 fatty acid.

Orange pekoe – a medium-grade black tea consisting of many whole tea leaves composed purely of new flushes – a flush is the flower bud plucked with two youngest leaves – any other leaves produce teas of lower quality.

Oxidation – occurs when life essential oxygen combusts within the human body and produces by-products called free radicals.

Pantothenic acid (Vitamin B5) – metabolism of carbohydrates, fats and proteins; antibody production; nervous system.

Parsley leaf – source of volatile oils and bioflavonoids, is also an excellent source of two vital nutrients: Vitamin C and Vitamin A (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene).

Pectin – is a complex carbohydrate, which is found both in the cell walls of plants, and between the cell walls, helping to regulate the flow of water in between cells and keeping them rigid. It is used in food as a gelling agent and is a good source of dietary fibre.

Peppermint oil – essential oil that minimises aftertaste in Herbalifeline®.

Phosphorous – formation of teeth and bones; metabolism of fats, carbohydrates and protein.

Potassium – fluid regulation and transport of nutrients into and from cells; muscle contraction.

Phytonutrients – plant-derived nutrients with many health benefits and antioxidant properties. Polyunsaturated fat – Polyunsaturated fats lower total cholesterol and LDL cholesterol (bad cholesterol). Seafood like salmon and fish oil, as well as corn, soy, safflower and sunflower oils are high in polyunsaturated fats. Omega 3 fatty acids belong to this group.

Potassium – an essential mineral and micronutrient in human nutrition – found inside cells, it is an important mineral for maintaining fluid and electrolyte balance in the body.

Protein – a molecule with a mission. Our bodies require different types of proteins for different functions such as movement (muscles), growth (hormones), digestion (enzymes) and even sight. Protein also elevates our mood, helps control hunger, fatigue, and assists with weight management. 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.

Psyllium seed husk – herbalists consider Psyllium to be one of the richest sources of dietary fibre available in any food. For centuries, Psyllium was used to treat ulcers, colitis, and constipation.

Pyridoxine (Vitamin B6) – healthy immune system; formation of red blood cells; Premenstrual Syndrome (PMS).

Riboflavin (Vitamin B2) – maintains health of skin, mucous membranes, eyes and normal muscular function; breaks down protein and glucose.

Rose hip – the fruit of the rose plant and high in vitamin C content; also contain some vitamin A and B, essential fatty acids and antioxidant bioflavonoids.

Rosemary – extract produced from rosemary leaves and rich in antioxidants. Rosemary contains more than a dozen antioxidants, one particularly potent – rosmarinic acid. Herbalists consider Rosemary ideal as an all round tonic and to provide a natural uplifting effect. Studies show rosemary may protect against free radical damage both internally and externally.

Safflower oil – supplies oleic, linoleic and linonic acids that complement your diet. Contains the highest source of polyunsaturated fats than is found in any other type of vegetable oil.

Saturated fat – is solid at room temperature. It comes from animals (meat, cheeses, eggs etc.) and palm kernel oil. These fats are not essential and are the type that encourage free radical damage, and should be kept to a minimum. The more solid (saturated) a fat is, the more difficulty your body has digesting it, and because of this, it is more likely to be deposited and stored.

Selenium – essential mineral vital for normal function of the immune system and thyroid gland. Selenium is an antioxidant and due to declining amounts of selenium found naturally in soil, it is important to supplement your diet.

Scutellaria root – a Traditional Chinese Medicine (TCM) herb with antioxidant and healthy-ageing benefits.

Silicon dioxide – an emulsifier.

Stearic acid – a saturated fatty acid.

Sodium – an essential mineral for all animal life.

Sodium chloride – also known as common table salt. Assists in the elimination of water by drawing out of cells through osmosis.

Sodium citrate – acidity regulator

Sorbitol – a sugar substitute that is also known as glucitol is about 60% as sweet as sucrose with fewer calories.

Soy protein – a protein derived from soybeans and the only vegetarian source of complete protein. It is equal to animal sources of protein such as meat, eggs and milk. This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Sucralose – an artificial sweetener made from sugar but with no calories.

Tableting agent/aid – can include diluents, binders or granulating agents, glidants (flow aids) and lubricants to ensure efficient tableting.

Tang Kuei – the root of the plant is a rich source of calcium, B vitamins, iron, magnesium and essential oils. These volatile oils have antispasmodic properties that have been shown to act on smooth muscles to alleviate cramps, one of the symptoms of PMS.

Taurine – an amino acid that serves many different functions in the body. In certain situations, taurine provides a boost as the body cannot make enough Taurine to meet its needs.

Thiamine or thiamin or vitamin B1, named as the “thio-vitamine” is a water-soluble vitamin of the B complex

Thyme oil – essential oil that helps improve digestibility.

Tomato fruit – rich in Vitamin C and the phytonutrient lycopene.

Turmeric – contains Vitamin C, E, and carotenoids.

Trans fat – is the common name for an unsaturated fat that has been hydrogenated. Hydrogenation is widely used to solidify liquid vegetable oils to make products such as margarines and shortenings and involves adding hydrogen to the oil. Unlike the ‘good’ unsaturated fatty acids found in fish and vegetable oils, trans fats behave similarly to saturated fats in the body and have similar health issues. The consumption of trans fats increases the risk of coronary heart disease by raising levels of ‘bad’ LDL cholesterol and lowering levels of ‘good’ HDL cholesterol.

Triglyceride – the chemical form in which most fat exists in food as well as in the body; triglycerides are also present in blood plasma and, in association with cholesterol, form the plasma lipids. Triglycerides in plasma are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates. Calories ingested in a meal and not used immediately by tissues are converted to triglycerides and transported to fat cells to be stored. Hormones regulate the release of triglycerides from fat tissue so they meet the body’s needs for energy between meals.

Unsaturated fat – Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. Unsaturated fats fall into two main groups – mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega 3 (alpha linolenic acid) and Omega 6 (linoleic acid) essential fatty acids.

Vitamin C – is a water-soluble vitamin that is essential for normal growth and development. Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. That means you need a continuous supply of such vitamins in your diet.

Whey Protein – is a mixture of globular proteins isolated from whey, the liquid material created as a by-product of cheese production. Whey protein is commonly marketed and ingested as a dietary supplement.

Zinc – needed for healthy reproductive and immune systems, it is also required for tissue repair and renewal. Is a component, with manganese and copper, of the antioxidant enzyme system.

Outer Nutrition

Aloe vera – is a natural moisturiser that can also be used internally to aid in digestion.

Apple extract – source of vitamins A and C as well as zinc, all essential for healthy glowing skin.

Apricot Oil – this moisturising oil contains vitamins A and E and helps skin retain elasticity and suppleness; helps fight acne.

Avocado Oil – is high in sterolins which are reputed to reduce age spots and help heal sun damage and scars; deeply hydrates skin; helps prevent dry hair and scalp.

Beeswax beads – for smoothing & polishing skin.

Calendula flower – also known as pot marigold; soothes and softens hair and skin with natural anti-inflammatory and healing properties

Carrot extract – source of vitamins A, C and E.

Chamomile – Helps soothe irritation and rejuvenates the skin

Citrus extracts – contain Vitamin C for protection against free radical damage and give a fresh citrus scent.

Clover – hydrates skin without greasiness.

Eucalyptus Leaf Oil – balances skin’s natural moisture barrier.

EyeLiss™* - a breakthrough ingredient that reduces water retention around the eyes, helping to minimise the appearance of under-eye puffiness and dark circles.

Ginger root – Helps stimulate healthy hair growth by allowing the maintenance of protein levels

Ginkgo leaf – antioxidant

Glucosamine – has internal and external benefits – it helps repair and maintain cartilage, and helps support joints and ligaments. It also helps to improve, repair and rebuild weak and damaged skin cells and is compatible with all skin tissue.

Grape seed – Helps stimulate healthy hair growth; an antioxidant which protects the skin from premature ageing.

Grapefruit extract – works deep into the skin to fight bacteria that causes acne.

Hydrolite 5 – acts as an excellent skin moisturiser.

Jojoba – Replenishes the natural oils produced by skin and hair; has natural moisturising properties and can provide healing benefits to the skin; its beads smooth and polish skin.

Kukui Nut Oil – derived from a nut grown in the Pacific Islands, this oil is an excellent emollient and has a non-greasy after-feel.

Lavender – helps the skin heal itself by stimulating cell growth, reducing inflammation and balancing the production of oil.

Lemon Extract – full of vitamin C, this adds a healthy glow to skin and improves its overall health.

Lime extract – rejuvenates the skin, keeps it shining and protects from infection due to high levels of vitamin C.

Linked Papain – a plant-derived enzyme from the papaya fruit, helps exfoliate dead and damaged cells from the skin’s surface and enhances skin smoothness.

Milk Thistle Oil – also known as silybum marianum; cleanses and detoxifies

Nettle Extract – for added shine on hair

Olive Oil – nourishes and moisturises skin.

Orange Oil – balances skin’s natural moisture barrier; full of vitamin C, this adds a healthy glow to skin and improves its overall health

Panthenol – a form of vitamin B5 that acts as a moisturiser; is absorbed deeply into the skin and adds essential moisture.

Pheohydrane P – derived from a marine source, this ingredient provides long-lasting moisturisation.

Rosemary extract – Helps strengthen and rejuvenate hair.

Tea Tree Oil – helps control shine and reduce oiliness.

Sage extract – conditions and softens hair while moisturising and soothing the scalp

Sesame seed oil – rich in antioxidants.

Shea Butter – derived from the Shea Tree, a plant species grown in Africa, Shea Butter moisturises and helps maintain the elasticity of the skin.

Siberian Ginseng Extract – tightens and smoothes the skin and helps reduce the appearance of fine lines.

Sunflower Seed Oil – light oil containing vitamins A and E.

Sweet Almond Oil – helps replenish oils lost during the cleansing process.

Vitamin A – antioxidant that guards cells from damaging free radicals; helps improve skin moisture and renewal.

Vitamin C – antioxidant that protects the skin against free radical damage and is the most prevalent vitamin found in the skin; helps produce collagen, promotes firm skin tone and supports the skin’s immune system, but is rapidly depleted with exposure to the sun.

Vitamin E – antioxidant that plays an important role in protecting against premature ageing by reducing the appearance of fine lines and wrinkles; helps protect cells; helps smooth skin surface and reduce inflammation.

Wheat protein – a moisturising and strengthening protein known for increasing hair’s ability to maintain and receive moisture

Wheatgerm oil – contains Vitamin E

Willowherb – works as a natural skin exfoliant to help unplug follicles and pores.

Witch Hazel – derived from a plant source, this ingredient is a skin freshener.

Ylang ylang – softens and smooths skin.



DIMAS DELGADO
#8 MIDFIELDER

NIKOLAI TOPOR-STANLEY
#4 DEFENDER

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