

Herbalife[®]



Live your best life

Today's the Day

We want you to succeed at living your healthiest life

Have you ever thought, “I wish I knew then what I know now”? So many of us wish that we had established better eating habits and taken living a healthier lifestyle more seriously earlier on. We browse social media and look at other people living their best lives and we wish we had the same energy and vitality.

The good news is, it's never too late to start your journey toward a healthier lifestyle. And one of the best ways to begin is by improving your daily nutrition. Great nutrition is the key to establishing the foundation upon which you can build your best life. We provide high-quality, science-based products that deliver the nutrients your body needs to thrive every day, inside and out.

But the thing that makes our products so special is that they come with a unique and enthusiastic support system of Herbalife Independent Distributors. Our Distributors are always available to help you get started with better nutritional choices, offer tips for healthy eating and regular exercise, and guide you along the way to continued success.

We've helped millions of people around the world incorporate convenient and customized nutrition into their routine. As you read the pages ahead, reflect on what inspired you to pick up this catalog. No matter where you've been or what obstacles have stood in your way previously, the power to change is literally in your hands right now.

The journey to living your best life starts now!



Heather Jackson,
professional endurance athlete
and Herbalife sponsored athlete

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SYMBOLS GUIDE:



Certified
Kosher



Certified
Gluten-Free



Just Add
Water



Suitable for
Diabetics



Suitable for
Vegans



Suitable for
Vegetarians



Made with no
artificial flavours
or sweeteners



Not made with
soy or dairy



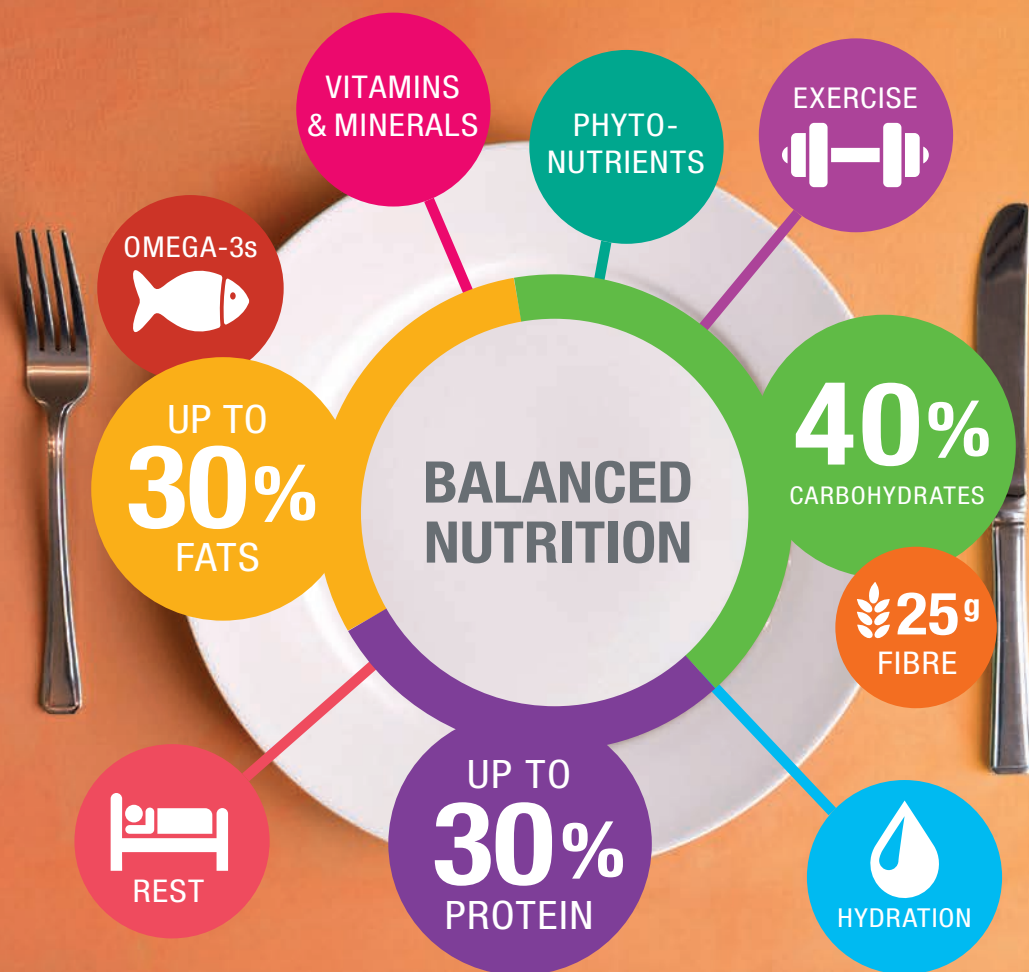
Not made
with soy

A Simple Plan for Healthy Living

It's all about balanced nutrition and healthy lifestyle

Our nutrition philosophy is simple: It's a combination of balanced nutrition, healthy activity and a personalized program with support from an Herbalife Independent Distributor.

Let's break down your calories. So you know you need to eat right, but what does eating "right" really mean? For optimal well-being, we believe you should adopt a plan in the following areas:



PROTEIN

What: The building block of body proteins, including muscle.

Why: Helps satisfy hunger, maintain lean muscle mass and maintain energy.

Where: Lean meat, poultry, fish, eggs, Herbalife®-MD Formula 1 Meal Replacement, Personalized Protein Powder, Protein Drink Mix and Protein Bar Deluxe.

CARBOHYDRATES

What: Your body's preferred source of fuel.

Why: A primary source of energy and fuel for the body.

Where: Fruits, vegetables, seeds, beans, whole grains, Herbalife®-MD Formula 1 Meal Replacement, Protein Drink Mix and Protein Bar Deluxe.

FIBRE

What: A plant-based substance that aids in digestion.

Why: For digestive health, helps fill you up and supports the growth of friendly intestinal bacteria.

Where: Found in fruits, vegetables, beans, peas, lentils, nuts, seeds, whole grains, Herbalife®-MD Formula 1 Meal Replacement and Herbalife®-MD Active Fibre Complex.

FATS

What: A source of energy.

Why: Omega-3 fatty acids help support cardiovascular health.

Where: Olive oil, avocados, egg yolks, ocean-caught fish, nuts, seeds and in Natural Health Products like Herbalifeline®-MD, Tri-Shield®-MD and Core Complex.

VITAMINS & MINERALS

What: Organic and inorganic substances used by the body for healthy growth.

Why: Play a key role in cell function, help convert macronutrients into energy (B vitamins) and support the immune system (Vitamins C and E).

Where: Found in fruits, vegetables, dairy products, eggs, meats, grains and Herbalife®-MD Formula 1 Meal Replacement, and in Natural Health Products such as Herbalife®-MD Formula 2 Multivitamin Mineral Complex.

PHYTONUTRIENTS

What: Plant-based substances that can have health-supporting functions.

Why: Some help your body defend against oxidative stress.

Where: Fruits and vegetables, grains, beans and nuts.

HYDRATION

What: We recommend 64 fl. oz. of water per day for healthy hydration. However, individual fluid needs will vary.

Why: A hydrated body is less susceptible to fatigue, constipation, dry skin and muscle cramps.

Where: Several Herbalife®-MD products, when mixed with water, including Herbal Aloe Concentrate, Green Tea and H₂O®-MD Fitness Drink. Herbalife also offers Herbalife24 CR7 Drive, a Natural Health Product that helps to maintain performance in extended, high-intensity exercise.

EXERCISE

What: Movement that gets your body active and your heart pumping.

Why: Just 30 minutes of exercise a day can make a difference.

Where: Indoors or outdoors – You don't need fancy gym equipment to get moving!

REST

What: Giving your body a much-needed break.

Why: Getting your z's is a critical piece of the feel-good/look-good puzzle.

Where: A cool, comfortable sleeping environment.

Scientific Leadership Team

The development of Herbalife®-MD products is guided by Herbalife Scientific Leadership, made up of professionals in the fields of nutrition and health from around the world, who participate in the company's product development and testing programs. The company and scientific staff are members of various research and professional societies and dietetic groups worldwide.



Kent Bradley
M.D., MBA, MPH
Chief Health and Nutrition Officer,
Chairman, Nutrition Advisory Board



David Heber
M.D., Ph.D., FACP, FASN
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Director, Sports Performance,
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Ph.D.
Nobel* Laureate in Medicine,
Member, Nutrition Advisory Board



Rocío Medina
M.D.
Cochairperson and Member,
Nutrition Advisory Board



Gary Small
M.D.
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Senior Director, Worldwide Nutrition
Education and Training
Chairperson, Dietetic Advisory Board



Michelle Ricker
RDN
Director, Worldwide Health
Education and Training

 **100+ DOCTORS**

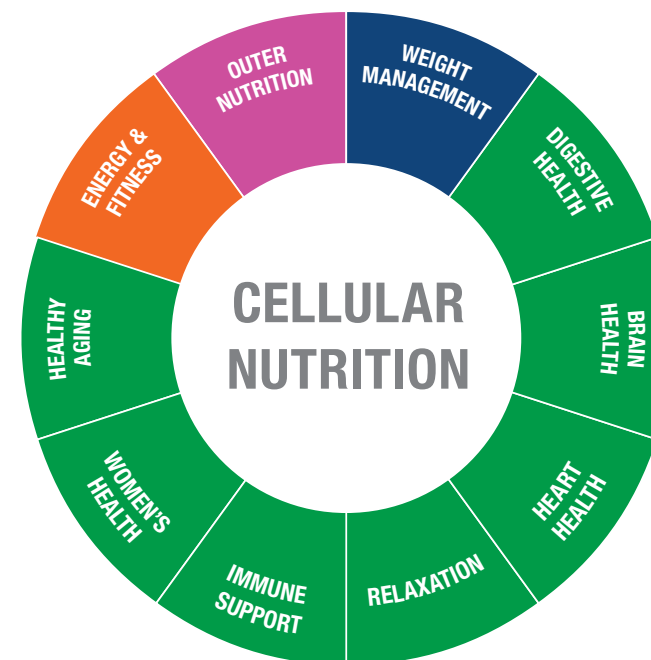
 **250+ STAFF SCIENTISTS**

 **25+ EXPERTS**

From around the world, in the fields of nutrition, science and health, comprise the Herbalife Nutrition Advisory Board.

*The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife®-MD products.

Maximize Your Nutrition



Cellular Nutrition with Our Core Products

FORMULA 1

Meal Replacement



Formula 1 is a meal replacement with 21 vitamins and minerals

FORMULA 2

Multivitamin
Mineral Complex



Formula 2 helps to maintain the body's ability to metabolize nutrients

FORMULA 3

Cell Activator®-MD



Formula 3 is formulated with alpha-lipoic acid to provide antioxidant effects for the maintenance of good health

Our bodies are made up of 100 trillion cells

A Healthier LIFESTYLE!

The Perfect Blend

Core nutrition focuses on the micronutrients and macronutrients you need to thrive each day. Our trio of Core Products works together to kick-start your healthy eating habits.



Formula 1 Meal Replacement ^{1,2} ^{1,4}

Balanced nutrition: protein, fibre and vitamins

WHAT'S IN IT?

- A nutrient-dense meal replacement
- 18–22 g* of protein
- 3 g fibre
- 21 vitamins and minerals

WHAT DOES IT DO?

- A mix of protein, carbs and fibre help fill you up
- Easy to customize for your taste and needs

Lots of great-tasting flavours, endless combinations

Check out all the flavours (30 Servings)

● Banana Caramel	#2628	● Dutch Chocolate	#3107	● Strawberry Cheesecake	#018K
● Café Latte	#2775	● French Vanilla	#3106	● Wild Berry	#3108
● Cookies 'n Cream	#3110	● Pralines and Cream	#0191		

CALORIES
200

When prepared with
250 ml partially
skimmed milk

PROTEIN
18 g

As much protein as 3
large eggs

VITAMIN C
13.5 mg

As much Vitamin C as
1 large peach

VITAMIN E
3.41 mg

As much Vitamin E as
11 whole almonds

VITAMIN A
287 RE

As much Vitamin A
as ¾ cup of cooked
broccoli



*When prepared with 250 ml or 375 ml of partially skimmed milk.

¹Herbalife designation.

²Herbalife®-MD products do not treat diabetes, but diabetics can use them.

⁴Products that do not contain any meat, poultry, fish, seafood or insects.



Formula 2 Multivitamin Mineral Complex

NPN 80085527

For everyday good health with vitamins, minerals and herbs

- 23 essential vitamins and minerals, including Vitamin A
- Helps to maintain the body's ability to metabolize nutrients
- Includes folic acid, calcium and iron

180 Tablets | #3115



Formula 3 Cell Activator®-MD

NPN 80027281

Nutrient support formula

- Contains alpha-lipoic acid, resveratrol and select botanicals to provide antioxidant effects for the maintenance of good health

60 Capsules | #3123



Essential Nutrition Selected for You

Just as your nutritional needs evolve, we work hard to make sure our products grow with you. Formula 1 Select and Protein Drink Mix Select are specially formulated with a plant-based protein blend of pea, quinoa and rice. They are made with non-GM ingredients, no artificial flavours or sweeteners and are gluten-free, suitable for vegetarians⁴ and Kosher certified.

Enjoy blended with your favourite fruits and vegetables for a colourful, customized boost.



Formula 1 Select

A nutrient-dense meal replacement

- 19–23 g* of plant-based protein blend (pea, rice, quinoa)
- 5 g of fibre
- 21 vitamins and minerals
- 6 g of sugar
- Made with non-GM ingredients

● Natural Vanilla Flavour (30 Servings) | #1626



Protein Drink Mix Select

A nutrient-dense snack and protein booster

- 15 g of plant-based protein (pea, rice and quinoa)
- 3 g of sugar
- No artificial flavours, sweeteners or added colours
- Made with non-GM ingredients
- Suitable for vegans³

● Natural Vanilla Flavour (22 Servings) | #1627 ^{1,3}

*When prepared with 250 ml (~ 8 fl. oz.) of 1% partially skimmed milk for weight loss or with 375 ml (~ 12 fl. oz.) of 1% partially skimmed milk for weight maintenance.

¹Herbalife designation.

²Herbalife®-MD products do not treat diabetes, but diabetics can use them.

³Products that contain no animal or animal by-products whatsoever, including dairy and eggs. No animal ingredients or by-products are used in the manufacturing process and no animal testing is performed on the final product.

⁴Products that do not contain any meat, poultry, fish, seafood or insects.

Formula 1 Select and Protein Drink Mix Select are:



Certified Kosher



Certified GF

Certified Gluten-Free



Suitable for Diabetics²



Suitable for Vegetarians⁴



Made with no artificial flavours or sweeteners¹



Not made with soy or dairy¹

Stay Focused on Your Goals

Herbalife has a number of beneficial products, including those that provide essential nutrients and help support your metabolism.

Herbal Tea Concentrate

A unique blend of delicious flavours

- Formulated with green tea and orange pekoe with cardamom seed and hibiscus for an uplifting, daily tasty treat
- Instant and low calorie
- For optimal experience, mix a little more than ½ teaspoon with 200 ml to 250 ml of water
- Contains 50 mg of caffeine

30 Servings

- Original Flavour | #0105

60 Servings

- Lemon Flavour | #0188
- Original Flavour | #0106
- Peach Flavour | #0190
- Raspberry Flavour | #0189



Total Control

NPN 80029780

Helps relieve fatigue

- Promotes endurance and enhances motor performance
- Contains 85 mg of caffeine

90 Tablets | #0077



Snack Defense

NPN 80053661

Helps prevent chromium deficiency

- Provides support for healthy glucose metabolism
- Helps the body to metabolize fats and carbohydrates

60 Tablets | #0117



Mineral Complex Advanced

NPN 80023953

- Corn silk and dandelion are traditionally used in herbal medicine as a diuretic

90 Tablets | #0111

¹Herbalife designation.

²Products that contain no animal or animal by-products whatsoever, including dairy and eggs. No animal ingredients or by-products are used in the manufacturing process and no animal testing is performed on the final product.

Even More Delicious Possibilities


Need a boost of protein to help satisfy your hunger and energize your day? Expand your nutritious snack options with more protein in your favourite baked treats, beverages and more!

Protein Baked Goods Mix

Nutrient-dense, healthy treat

Combine with Formula 1 Meal Replacement to make nutritious muffins, waffles, pancakes and more.*

- 15 g protein (24 g when prepared with Formula 1)
- 21 vitamins and minerals†
- 5 g of fibre‡
- No artificial sweeteners

22 Servings | #2185   



*For recipe ideas, visit Herbalife.ca/recipes.

†When combined with Formula 1 that is made with no artificial sweeteners and is gluten-free.

‡Applies to a minimum of 2 servings.

Personalized Protein Powder

Boost your protein



Personalized Protein Powder is a quality protein blend that supports your fitness goals. Increased protein intake helps you feel fuller longer and maintain your energy level between meals.

- Helps build and maintain lean muscle mass
- 5 g of soy and whey protein
- Nutrient-dense protein supplement‡

60 Servings | #0194  

Protein Drink Mix

Satisfy your hunger and stay energized with the power of protein



Mix with water for a nutrient-dense protein snack.

- 15 g of protein
- 1 g of sugar per serving
- 5–7 g of carbs per serving

22 Servings   

● Chocolate | #1123
● Vanilla | #1122 

30 Servings   

● Chocolate | #245K
● Vanilla | #1426 

Beverage Mix

Helps meet your protein needs



- 15 g of protein
- 0 g of sugar
- 70 calories

14 Servings  

● Peach Mango Flavour | #3121
● Wild Berry | #3119

¹Herbalife designation.

²Herbalife®-MD products do not treat diabetes, but diabetics can use them.

³Products that do not contain any meat, poultry, fish, seafood or insects.

Protein-Powered Snacks

A nutritious snacking habit can help you manage your weight and balance your diet. Try these products when looking to sustain your energy throughout the day.



High Protein Iced Coffee ^{1,2} ^{1,4}

A delicious and nutritious snack

- 15 g of protein
- Up to 2 g of sugar
- 100 calories
- No artificial flavours
- 80 mg of caffeine

14 Servings Per Pouch

- Caramel Macchiato | #216K
- House Blend | #012K
- Mocha | #011K

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²Herbalife®-MD products do not treat diabetes, but diabetics can use them.

⁴Products that do not contain any meat, poultry, fish, seafood or insects.



Protein Bar Deluxe Rich and chewy

- 10 g of protein
- Helps sustain your energy
- No artificial sweeteners
- 140 calories per bar

14 Bars Per Box

- Chocolate Peanut Flavour | #0365
- Citrus Lemon Flavour | #0366
- Vanilla Almond Flavour | #0364



Protein Bites Snack smart

- 4 g of protein and 65 calories per piece
- No artificial sweeteners

28 Bites Per Box

- Crunchy Caramel Vanilla | #001K
- Crunchy Salted Caramel | #006K

Treat Yourself to Something Savory

Looking for a protein-rich treat, but not in the mood for something sweet? From soup to nuts, our savory protein snacks are a delicious way to satisfy your between-meal cravings!



Roasted Soy Nuts

Salty, crunchy and nutritious

- 100 calories per packet
- 9 g of protein per packet
- Portion-controlled packets, listing complete nutritional information
- A nutritious, delicious and convenient snack on the go

12 Packets Per Box

● Chile Lime | #3142



Instant Soup

High-protein snack for nutrition

Made with the comforting flavours of chicken and vegetables, just add hot water for a nutritious and high-protein snack that's ready in minutes.

- 15 g of plant-based protein
 - 3 g of fibre
 - No artificial sweeteners
 - Not made with dairy
- Chicken and Vegetables Flavour* (15 Servings) | #129K

*Natural and artificial chicken and vegetable flavours.

Give Your Digestive Health a Tropical Boost

Boost your daily fibre intake with Active Fibre Complex Select Tropical Twist, a delicious and convenient option to promote regularity.*



Active Fibre Complex Select

A tasty way to help you reach your daily fibre goals

- 6 g of fibre
 - Promotes regularity*
 - No artificial flavours, sweeteners or added colours
 - Made with non-GM ingredients
- Tropical Twist (30 Servings) | #066K

Enjoy on its own or added to your favourite Formula 1 shake, Herbal Aloe or Herbal Tea Concentrate. Combine with Simply Probiotic for added digestive health benefits.

*Four servings per day contain 16.4 grams of cellulose fibre, which promotes regularity.



Active Fibre Complex Select is:



Certified Kosher



Certified Gluten-Free



Suitable for Diabetics¹



Suitable for Vegans²



Made with no artificial flavours or sweeteners³



Not made with soy

¹Herbalife designation.

²Herbalife®-MD products do not treat diabetes, but diabetics can use them.

³Products that contain no animal or animal by-products whatsoever, including dairy and eggs. No animal ingredients or by-products are used in the manufacturing process and no animal testing is performed on the final product.

Digest and Feel Your Best

Keeping your digestion healthy is an important step in maintaining your overall health. Herbalife®-MD Herbal Aloe products, as well as products that contain beneficial fibre and probiotics, can help.



Herbal Aloe

- Formulated with premium-quality aloe vera
- Choose from ready-to-drink and concentrate options
- No artificial flavours

Herbal Aloe Ready-to-Drink

● Original (15–32 Servings) | #0004

Herbal Aloe Concentrate

31 Servings

- Cranberry Flavour | #1189
- Mandarin Flavour | #2631
- Mango Flavour | #1065
- Original | #0006

126 Servings

- Mandarin Flavour | #070K



Active Fibre Complex

Specially formulated with a very high source of dietary fibre

- 6 g of fibre per serving supports the recommended 28 g daily intake of fibre
- Promotes regularity*
- Add to water or your favourite Formula 1 shake and enjoy

30 Servings

● Apple | #2864

Talk to your Herbalife Independent Distributor to get the support you need to start making simple, proactive changes to your diet and lifestyle today.

*Four servings per day contain 16 grams of cellulose fibre, which promotes regularity.

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⁴Products that do not contain any meat, poultry, fish, seafood or insects.

Your Daily Dose of Balance

Simply Probiotic is a daily, science-backed probiotic that's tiny but strong. Powered by a patented GanedenBC³⁰®* probiotic strain, it is tough enough to survive the stomach's acidic environment to reach the intestines – right where it needs to be – aiding in carbohydrate and protein digestion.

3 Easy Steps to a Balanced Life



STEP 1



Try Simply Probiotic with your favourite food or beverage – hot, cold or frozen.

Mixes easily into your favourite hot or cold Herbalife beverage. Use as directed.

STEP 2



Incorporate Simply Probiotic into your daily routine.

Don't worry; you won't need to change your current lifestyle. Simply Probiotic requires no refrigeration and comes in a convenient powdered format, making it easy to take with you everywhere you go.

STEP 3



Continue to eat healthy and stay active.

Your gut – and overall health – will love you for it!

Simply Probiotic

A convenient way to add 1 billion active probiotic organisms to your daily nutrition routine

- Designed with a GanedenBC³⁰®* probiotic
- Provides 1 billion active probiotic organisms per serving, which promote digestive health
- Bacillus coagulans GBI-30, 6086® aids in carbohydrate and protein digestion as part of a balanced diet and healthy lifestyle
- 0 calories

30 Servings | #1829



*GanedenBC³⁰® and bacillus coagulans GBI-30, 6086® are registered trademarks of Kerry Group.

Nutrition for Your Brain

Stay sharp as a tack with MemoryArmor™-MC, a Natural Health Product specially formulated with Bacopa, which is traditionally used in Ayurveda for memory enhancement.*



MemoryArmor™-MC

Help support your memory
with Bacopa*

- Helps to support brain function
- Promotes healthy cognitive function
- Delivers Vitamin D and B vitamins, factors in normal growth and development

30 Capsules | #101K

*Use for at least six weeks.

A Healthy Today for a Healthy Tomorrow

Good Heart Health Begins with the Right Nutrients

The Herbalife®-MD Heart Health line, endorsed by Dr. Lou Ignarro,* is the capstone to maintaining cardiovascular wellness.

Cardiovascular Health:

Garlic Plus helps maintain cardiovascular health and provides antioxidant protection.

Cardiovascular Health:

Herbalifeline®-MD helps maintain and support cardiovascular health.

Health Maintenance:

Tri-Shield®-MD is a source of omega-3 fatty acids, EPA and DHA, for the maintenance of good health.

Helps Maintain Healthy Blood Fats:

Core Complex contains plant sterols, which have been shown to help reduce LDL and total cholesterol.

Vascular Health:

Niteworks®-MD is beneficial in supporting vascular health and is rich in Vitamins C and E.

	Niteworks®-MD	Core Complex	Herbalifeline®-MD	Tri-Shield®-MD	Garlic Plus
TOTAL CHOLESTEROL		●	●		
TRIGLYCERIDES		●	●		
CARDIOVASCULAR HEALTH		●	●	●	●
CIRCULATION	●				
VASCULAR HEALTH	●				
ANTIOXIDANT SUPPORT		●			●

*Dr. Lou Ignarro, a Nobel Laureate in Medicine, is a scientific advisor to Herbalife and member of the Nutrition Advisory Board, and receives compensation for his endorsement of Herbalife®-MD products.



Niteworks®-MD

NPN 80003581, NPN 80045775

Nighttime powder mix

- Helps you create more life-supporting nutrients during the night while you sleep
- Beneficial in supporting vascular health
- Rich in Vitamins C and E

30 Servings

- Lemon Flavour | #0036
- Orange-Mango Flavour | #0038



Core Complex

NPN 80029466

Comprehensive heart health

- Contains plant sterols which have been shown to help reduce LDL and total cholesterol
- Helps maintain/support cardiovascular health
- Helps maintain healthy cholesterol levels
- Antioxidant for the maintenance of good health
- Convenient daily packets contain six softgels, including Herbalifeline®-MD, CoQ10 Plus, Tri-Shield®-MD and plant sterols

30 Packets Per Box | #1096



Herbalifeline®-MD

NPN 80008856

A blend of omega-3 fatty acids

- Omega-3 fatty acids help maintain and support cardiovascular health

60 Softgels | #0065



Tri-Shield®-MD

NPN 80022723

Krill-sourced omega-3s

- Contains krill oil

30 Softgels | #0100



Garlic Plus

NPN 80007372

Formulated with garlic in a convenient tablet form

- Helps maintain cardiovascular health and provides antioxidant protection for the maintenance of good health

30 Tablets | #0032

Sip Into Relax Mode

Relaxation Tea is specially formulated with lemon balm, passionflower and chamomile. Lemon balm is traditionally used in herbal medicine as a sleep aid (during times of mental stress). Rest and rejuvenate with a cup of this calming tea with no added caffeine.



Relaxation Tea

NPN 80096965

Rest and rejuvenate with a cup of calming tea

- Specially formulated herbal blend of lemon balm, passionflower and chamomile
- Lemon balm is traditionally used in herbal medicine as a sleep aid during times of mental stress
- Made with non-GM ingredients
- No added caffeine

● Peppermint Flavour (60 Servings) | #044K   

¹Herbalife designation.

Best Defense

NPN 80107249

Armour for your immune system

- Formulated with echinacea
- Zinc to support immune function
- Vitamin C helps with immune function and is a source of antioxidants for the maintenance of good health

● Orange Boost (10 Tablets) | #1502



Immunity Essentials

NPN 80103581

For daily immune system strength

- EpiCorTM-MC* helps support and balance a healthy immune system
- Helps provide year-round immune support for the upper respiratory system
- Source of zinc, Vitamins C and D, factors in the maintenance of good health

30 Servings | #047K   



RoseGuard[®]-MD

NPN 80036077

A source of Vitamins A, C and E for the maintenance of good health

- Contains turmeric used in herbal medicine to aid digestion and as a liver protectant
- Contains astragalus used in herbal medicine to help maintain a healthy immune system

60 Tablets | #0139



*EpiCorTM-MC is a trademark of Embria Health Sciences.

¹Herbalife designation.

⁴Products that do not contain any meat, poultry, fish, seafood or insects.

A Whole New Frontier

Ashley

Herbalife Independent Distributor

A military spouse in Alaska discovers her true calling.

This is Ashley's Herbalife Story:

I'm a military wife and mom originally from Puerto Rico and currently living in Alaska. It was only a few years ago that I was working as an administrative assistant and lifeguard at the military installation where my husband is stationed.

While I loved spending time with my husband and our daughter, I was definitely feeling unfulfilled at work. I had always dreamed of something more, of being a leader rather than an assistant with no control over my professional growth and career path. It didn't help that I was in a pretty remote part of the country, far away from my family and friends from home.

*Atypical achievements shown came from hard work, skill and dedication. Most people work part-time, and in addition to any retail profit, they typically earn about CA\$450 after their 1st year, before expenses. For more, see [Herbalife.ca/STGC](https://www.herbalife.ca/STGC).



I was also unhappy with my weight and decided that I needed to make some changes in my lifestyle. I had been following Fabiola B. on social media for a couple of years, and she was such an inspiration to me that I eventually reached out to her for advice. She introduced me to Herbalife and ended up becoming my Sponsor.

I got started with Formula 1 Meal Replacement and Herbal Tea Concentrate, which I still use every day. Others began to notice my results and wanted to try Herbalife for themselves. That was when I officially got on board as a Distributor.

For the first eight months, I did Herbalife part time along with my other two jobs. I had no real game plan in the beginning. I was just super excited about sharing my experiences with the products and trying to lead by example. The first time that one of my clients lost over

36 kilograms* following the meal plan I had set up for her using Herbalife[®]-MD products, I actually cried like a baby because I realized I had discovered my purpose and the vehicle to help me fulfill it.

Today, I run fitness challenges both in person locally and online with clients around the country. These challenges are designed to help people set a small goal and to give them the products and tools they need to achieve it. I still use Formula 1 and Herbal Tea Concentrate every day, along with Protein Drink Mix and Herbal Aloe Concentrate.

I'm so grateful to Herbalife for the products and for making it possible for me to help others achieve their goals.[†]

*These results are not typical; individual results will vary. Any reasonable diet or weight-management program includes calorie reduction, exercise and sensible meals. Always consult your primary physician before starting an exercise or weight-management program.

Stay Healthy, No Matter What Your Age

Did You Know?

"It's not about looking young forever, it's about feeling younger every day. Taking care of yourself in early stages makes a huge difference in maturity."

Rocío Medina, M.D.
Cochairperson and Member, Nutrition Advisory Board



Joint Support Advanced

NPN 80034897

A factor in maintaining joint health

- Helps to relieve joint pain associated with osteoarthritis
- Helps to protect against the deterioration of cartilage

90 Tablets | #0555



Dong Quai Plus

NPN 80037551

Formulated with passionflower, traditionally used in herbal medicine as a sleep aid

- Dong quai is used in traditional Chinese medicine to relieve pain associated with menstruation
- Passionflower is traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress)

60 Tablets | #0566



Xtra-Cal

NPN 80025764

For bone health

- Helps in the development and maintenance of bones
- Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis

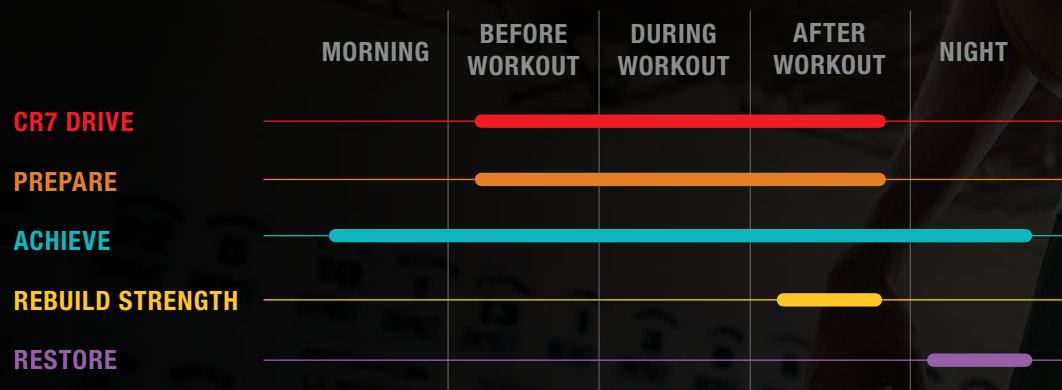
90 Tablets | #0020

Power Your Purpose

Whether you're competing at an elite level or just taking your first steps on your own personal fitness journey, you need dynamic nutrition that fits your specific needs. Herbalife24 is a sports nutrition line that can be customized based on your specific schedule. Achieve the next level in training, performance and recovery with nutrition for the 24-Hour Athlete.

“If you're exercising, getting your heart rate up and sweating, you're an athlete! Every athlete needs good nutrition to prepare, fuel and recover from his or her workout. Herbalife24 products provide quality carbohydrates and proteins to help you maximize every workout.”

Dana Ryan
Ph.D., M.A., MBA, Director, Sports Performance, Nutrition and Education



Find the Herbalife24 regimen that works for your routine at Herbalife24.com/Products.

Ziaire Williams,
professional basketball player
and Herbalife sponsored athlete

ACHIEVE Protein Bar

Long-lasting energy

Perfect for a pre-workout boost, a post-exercise recovery aid, or a nutritious snack, the Herbalife24 ACHIEVE Protein Bar delivers 20 grams of quality whey and milk protein to power your adventure. Long live energy.

- 20 g of quality whey and milk protein to promote lean muscle growth
- 4 g of sugar
- Contributes to recovery from exercise
- No added colours

6 Bars Per Box

- Chocolate Chip Cookie Dough | #2124
- Dark Chocolate Brownie | #2126



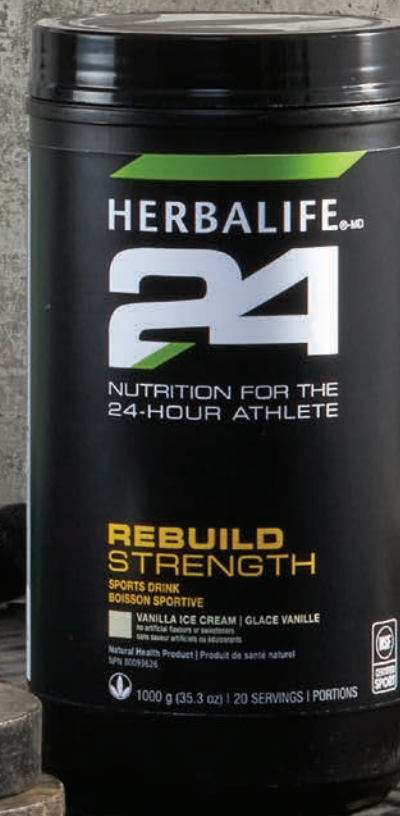
“After training and games, it's important to fuel the muscles. I cannot live without that and to be part of Herbalife is a pleasure. It's a great honor for me. I think they have fantastic products and I take them.”

—Herbalife Sponsored Soccer Star Cristiano Ronaldo



As an independent, accredited organization, NSF tests and certifies products. The NSF[®]-MD Certified for Sport[®]-MD marking assures your Herbalife[®]-MD products have been rigorously tested for quality and are free of athletic banned substances as defined by the World Anti-Doping Agency (WADA).

Learn more about the stringent quality control measures that define NSF at NSFSport.com/About.asp.



CR7 Drive

NPN 80086186

Formulated with ingredients supporting top performance

- Enhances hydration with 360 mg of vital electrolytes lost during exercise
- Helps to maintain performance in extended, high-intensity exercise
- Lightly flavoured and easy to digest

● Açai Berry Flavour

Canister (60 Servings) | #1445

Packets (30 Servings/2 Servings Per Packet) | #1475

Prepare

NPN 80117085

- Contains creatine monohydrate, which improves strength, power and performance in repetitive bouts of brief, high-intensity activity*

● Tropical Mango (25 Servings) | #1414

● Watermelon (25 Servings) | #074K

Restore

NPN 80044132

- Helps in connective tissue formation
- Provides antioxidants for the maintenance of good health and provitamin A to help maintain immune function

30 Capsules | #1418

Rebuild Strength

NPN 80093626

- Helps with connective tissue formation
- Provides antioxidants for the maintenance of good health
- Helps in the development and maintenance of bones and cartilage
- Provides support for healthy glucose metabolism

20 Servings

● Chocolate | #1417

● Vanilla Ice Cream | #3058

*RECOMMENDED DURATION OF USE: Consult a health care practitioner for use beyond six weeks if you suffer from a cardiovascular disease.

Uplifting and Hydrating

Energize Your Performance



Green Tea Provides hydration

- Hydration for any time of day
- Contains antioxidants that help provide protection against free radical damage
- Made with non-GM ingredients
- 0 calories
- For optimal experience, mix a rounded ¼ teaspoon (0.8 g) with 250 ml of hot or cold water
- Contains 25 mg of caffeine
- Pomegranate Flavour (60 Servings) | #1428



H³O[®]-MD Fitness Drink Rehydrate and replenish

- A proprietary formulation to quench your thirst and provide rapid hydration
- No added caffeine

Orangeade

Canister (20 Servings) | #2745
Packets (15 Per Box) | #2718



Brazilian Herbal Tea Instant Tea Mix A refreshing beverage anytime

- 36 mg of caffeine
- Contains guarana

60 Servings | #0102



Liftoff[®]-MD NPN 80054499

Temporarily promotes alertness and focus

- Helps reduce mental fatigue
- Contains a blend of taurine, guarana, caffeine, panax ginseng and Vitamins C, B6 and B12
- Individually packaged, effervescent tablets for on-the-go use

10 Tablets

- Ignite-Me Orange | #3151
- Lemon-Lime Blast | #3152



Images of fruits are illustrative of flavour only.
Product does not contain these fruits.

Ritual Simplicity

Laura Chacón-Garbato
shares her five-point plan
for looking and feeling
your best.

Taking care of our skin is essential when it comes to looking and feeling our best, yet we often let our busy lives get in the way of taking care of ourselves.



Here are five ways to turn your skin care routine into a daily self-care ritual:

1 Cleanse

Grimy dirt, sticky oils, dried-up skin cells and many other terrible things are *everywhere*! Keeping the skin free of all these things helps to keep our skin looking its very best.

2 Moisturize

A daytime moisturizer and a rich night cream can help to maintain our skin's moisture barrier and nourish the skin. Moisturizing is not just for the face! Moisturize from head to toe each and every day.

3 Protect

One of the best things you can do for your skin is to protect it from the harmful UVA and UVB rays of the sun. Never go into the sun without wearing a product containing a broad-spectrum SPF (Sun Protection Factor).

4 Pamper

A little “me time” can work wonders. Never feel guilty for taking the time to take care of yourself. A little pampering is beneficial to you and everyone around you. Try a facial mask, exfoliation or a relaxing bubble bath.

5 Mindful Relaxation

Everyone has something special they enjoy doing that helps them relax. It might be a good book, a brisk walk or many other things. After a stressful day, the best remedy is time spent taking care of just you.

Results in 7 Days



Herbalife SKIN[®]-MD products have been clinically tested to provide results in just 7 days.[†]

Your skin is delicate and needs to be handled with care, but you also need products strong enough to deliver results. Quality ingredients, botanicals and extracts are combined with science to promote beautiful, healthy-looking skin. Herbalife SKIN[®]-MD products have no added parabens and are dermatologist tested for safety.

Soothing Aloe Cleanser

Removes excess oil, dirt and makeup

- Softens and moisturizes
- For normal to dry skin

STEP 1 ☀️🌙

150 ml Tube | #0765

Polishing Citrus Cleanser

Cleans and revitalizes your skin

- Clinically tested to show a reduction in the skin's sebum after just one use*
- Removes excess oil, dirt and makeup
- For normal to oily skin, including combination skin
- Great for shaving

STEP 1 ☀️🌙

150 ml Tube | #0766

Energizing Herbal Toner

Refreshes tired-looking skin

- Hydrates, gently conditions and soothes skin
- Freshens and cleans skin without drying or stinging

STEP 2 ☀️🌙

50 ml Spray Bottle | #0767

Line Minimizing Serum

Clinically tested to:

- Reduce the appearance of fine lines and wrinkles[‡]
- Improve softness, smoothness, radiance, glow and luminosity in just seven days[§]

STEP 3 ☀️🌙

30 ml Airless Pump | #0768

Hydrating Eye Cream

Clinically tested to:

- Minimize lines and wrinkles around the eyes[‡]
- Show a significant increase in the skin's moisture for eight hours^{**}

STEP 4 🌙

15 ml Airless Pump | #0771

Firming Eye Gel

- Clinically tested to improve the appearance of the delicate eye area by increasing skin's elasticity^{††}
- Ophthalmologist tested
- Formulated with cucumber extract

STEP 4 ☀️

15 ml Airless Pump | #0770

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

†Results applicable to Line Minimizing Serum, Replenishing Night Cream, Daily Glow Moisturizer, and Protective Moisturizer Broad Spectrum SPF 30.

‡Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

§Clinically 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 in just seven days.

**Clinically 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.

††Clinically 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 the appearance of firmness/elasticity in skin under the eye at 42 days.

A Protective Moisturizer Broad Spectrum SPF 30 Sunscreen

DIN 02441993

Tested to:

- Double skin's moisture for eight hours*
- Show that skin looks more glowing and feels softer and smoother in just seven days†
- Reduce the appearance of fine lines and wrinkles
- Provide broad-spectrum UVA/UVB protection SPF 30

STEP 5 ☀️

30 ml Airless Pump | #0899

B Daily Glow Moisturizer

Clinically tested to:

- Double skin's moisture for eight hours‡
- Reveal skin that looks more glowing and feels softer and smoother in just seven days§
- Reduce the appearance of fine lines and wrinkles†

STEP 5 ☀️

30 ml Airless Pump | #0769

C Replenishing Night Cream

Clinically tested to:

- Double skin's moisture for eight hours‡
- Provide noticeable improvement of overall skin complexion and luminosity in just seven days**
- Reduce the appearance of fine lines and wrinkles††

STEP 5 🌙

30 ml Airless Pump | #0774



D Instant Reveal Berry Scrub

- Helps reveal softer, smoother, healthy-looking skin by removing dead skin cells
- Use in place of cleanser

120 ml Tube | #0772

E Purifying Mint Clay Mask

Clinically tested to:

- Improve the appearance of pores and tighten and tone the skin after just one use‡‡
- Help the old layer of cells to shed with Bentonite clay

120 ml Tube | #0773

*Tested on 30 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 measured by visual expert grading on intervals of two, four and seven days. 100% of subjects showed improvement over seven days in smoothness, softness, glow, radiance and luminosity.

‡Clinically 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.

§Clinically 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.

**Clinically tested on subjects, skin roughness measured by Visioscan at intervals of 0, 7 and 42 days.

††Clinically 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 in just seven days. 97% of subjects showed improvement in radiance and luminosity.

‡‡Tested on 20 subjects, measuring pore appearance by visual expert grading immediately after use. 95% showed improvement in appearance of pores immediately after use.

Find the Right Program for You

Herbalife SKIN®-MD Basic Program

The perfect start to glowing skin

- Soothing Aloe Cleanser (For Normal to Dry Skin)
- OR -
Polishing Citrus Cleanser (For Normal to Oily Skin)
- Energizing Herbal Toner
- Daily Glow Moisturizer
- Replenishing Night Cream

Normal to Dry Skin | #1492
Normal to Oily Skin | #1496



Herbalife SKIN®-MD Ultimate Program

The ultimate skin care experience

Includes all Basic Program products, PLUS:

- Line Minimizing Serum
- Hydrating Eye Cream
- Firming Eye Gel
- Protective Moisturizer Broad Spectrum SPF 30 Sunscreen
- Instant Reveal Berry Scrub
- Purifying Mint Clay Mask

Normal to Dry Skin | #1488
Normal to Oily Skin | #1489



Daily Skin Care Regimen

Achieve results you can quickly see and feel by following the Daily Skin Care Regimen.



AM



PM

STEP 1 CLEANSE

Soothing Aloe Cleanser
(For Normal to Dry Skin)
- OR -
Polishing Citrus Cleanser
(For Normal to Oily Skin)

Soothing Aloe Cleanser
(For Normal to Dry Skin)
- OR -
Polishing Citrus Cleanser
(For Normal to Oily Skin)

STEP 2 TONE

Energizing
Herbal Toner

Energizing
Herbal Toner

STEP 3 TREAT

Line Minimizing
Serum

Line Minimizing
Serum

STEP 4 TARGET

Firming Eye Gel

Hydrating Eye Cream

STEP 5 MOISTURIZE

Daily Glow Moisturizer
- OR -
Protective Moisturizer Broad
Spectrum SPF 30 Sunscreen

Replenishing
Night Cream

WEEKLY (1-3 Times a Week)

Deep Cleanse

Instant Reveal Berry Scrub

Purify

Purifying Mint Clay Mask

What to Consume for Healthy Skin

Your complexion is one of the first things people notice about you, and your skin says a lot about the way you eat. Here are some foods you can incorporate into your diet that promote healthy-looking skin:

- **Fish.** Fish is an excellent source of protein, which your body uses to build collagen and elastin. Fish also contains omega-3 fatty acids, which promote skin health. Aim to eat fish in several meals per week.
- **“Good” carbohydrate sources.** Try to clear out the refined “white” carbohydrates and sugars from your diet as much as possible and replace with the “good” carb sources – veggies, fruits, beans and whole grains.
- **Plenty of fluids.** In order for nutrients to move in and waste to move out, your skin cells (and all cells in your body) rely on fluid. Water is great – so is green tea, since it provides not only fluid, but antioxidants, too.
- **Colourful fruits and vegetables.** Many deeply coloured fruits and vegetables get much of their colour from compounds called carotenoids, which can be converted into Vitamin A that helps your skin cells reproduce. Many fruits and vegetables are also good sources of Vitamin C, which your body needs in order to manufacture collagen out of other nutrients.
- **Nuts and seeds.** Tree nuts like almonds and walnuts, and seeds like flax and chia, provide healthy omega-3 fats. And, certain nuts (Brazil nuts in particular) are excellent sources of selenium, a mineral which also acts as an antioxidant.

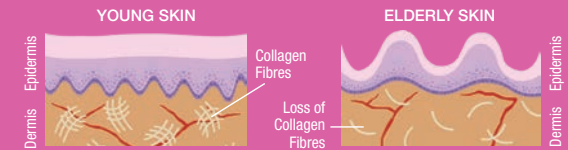


Nourish Your Skin from Within



Why do you need collagen?

As we age, the production of collagen in our bodies diminishes, resulting in the loss of firmness and elasticity, and the appearance of wrinkles.



Background material only. Not a representation of product effect.

Herbalife SKIN[®]-MD Collagen Beauty Booster mixes easily with water, your favourite shake, tea or aloe. When you consume as directed – once a day – it works beneath the skin's surface, promoting the production of elastin with Verisol[®]* collagen.

Herbalife SKIN[®]-MD Collagen Beauty Booster

NPN 80075098

Verisol[®]* collagen helps promote the production of collagen and elastin

- Formulated with Verisol[®]* collagen, which has been tested to show support of skin elasticity and the reduction of fine wrinkles
- Contains Vitamin A and antioxidants C and E, which help protect against the cell damage caused by free radicals
- Contains zinc and biotin that support strong nails and healthy hair
- Mix with water or add to your shake, aloe or tea
- Strawberry Lemonade Flavour (30 Servings) | #0831



*Verisol[®] is a registered trademark of GELITA AG.

[†]Herbalife designation.

The Next Step Toward Clear Skin



This dermatologist-tested, simple-to-use system contains the acne-fighting power of salicylic acid to help combat acne breakouts. It also pampers your skin with fresh-scented botanicals like aloe, licorice extract, orange and tea tree oils. So don't let your skin hold you back any longer – get Herbalife SKIN[®]-MD Clearify[™]-MC and break free from acne breakouts!



Herbalife SKIN[®]-MD Clearify[™]-MC Line Salicylic Acid Acne Treatment

- Penetrates pores to help control or reduce acne blemishes
- Clears up most acne blemishes and allows skin to heal
- Reduces the severity of acne breakouts
- Helps prevent new blemishes from forming

Acne Kit | #0892

Customize this easy-to-follow regimen to your liking with the complete Acne Kit, which includes the Cleanser, Moisturizer, Mask and Spot Treatment

A closer look at Herbalife SKIN[®]-MD Clearify[™]-MC*

Cleanser (150 ml Tube) | #0819

NPN 80075913

Dries and helps clear up acne pimples and allows skin to heal

Moisturizer (60 ml Tube) | #0812

NPN 80075914

Clears up most acne blemishes, helps prevent new blemishes from forming, and allows skin to heal

Mask (120 ml Tube) | #0816

NPN 80075886

Penetrates pores to help control or reduce acne blemishes

Spot Treatment (15 ml Tube) | #0809

NPN 80075896

Dries up acne blemishes

TIPS

It's important

To be gentle to your skin when washing your face, so use your fingertips for a soft cleanse and stay away from washcloths or abrasive brushes that may cause more acne breakouts.

Did you know

That perspiration can make acne worse? So avoid prolonged contact with sweaty headbands or other dirty items that come in contact with your skin.

*See product packaging for complete instructions, warnings and ingredients.

Cleanse, Moisturize and Rejuvenate

Pamper your skin and hair with the benefits of the Herbal Aloe product line.



Face & Body Sunscreen Broad Spectrum SPF 30

DIN 02438216

Protect your skin

- Sweat- and water-resistant up to 40 minutes
- Doubles skin's moisture for eight hours*
- Recommended as an effective broad-spectrum sunscreen

120 ml Tube | #0921

Bath & Body Bar

Cleanse and refresh your skin

- Gentle coconut-derived cleansers refresh skin
- Rich suds infused with aloe vera and olive oil
- Fresh, clean scent

125 g Bar | #2566

Soothing Gel

Moisturizes and soothes skin

- Shown to leave skin smoother and softer†
- Infused with aloe vera and skin-conditioning botanicals to moisturize and soothe skin
- No added fragrance

200 ml Tube | #2562

Hand & Body Wash

Cleanses and moisturizes skin

- Gentle plant-derived cleansers refresh skin
- Non-drying formula contains silkening moisturizers, including aloe vera, to leave skin soft and hydrated
- Perfect for bath, shower and sink-side

250 ml Tube | #2561

Hand & Body Cream

Gently hydrates your skin

- Clinically tested to increase skin's moisture by 100% after just one use§
- Aloe vera and African shea butter absorb quickly and leave skin smooth and soft

200 ml Tube | #2563

Strengthening Shampoo

Strengthening Conditioner

Plant-derived microproteins strengthen and moisturize for silky-smooth hair. Colour-preserving formula without added sulfates.

Clinically tested to:

- Leave damaged hair 10 times stronger after just one use†
- Reduce damaged hair breakage by 90%‡

250 ml Tube

Strengthening Shampoo | #2564
Strengthening Conditioner | #2565

*Tested on 30 subjects, measuring skin moisture levels at eight-hour intervals. Skin of 86% of subjects showed double the moisture levels over baseline after eight hours.

†In a self-assessment, 100% of subjects reported Herbal Aloe Soothing Gel left skin feeling soft and smooth and improved its appearance.

‡When using Herbal Aloe Strengthening Shampoo and Conditioner. Damaged tresses treated with Herbal Aloe Strengthening Shampoo and Conditioner saw average broken fibre counts reduced by 90% versus untreated tresses in a Combing Test.

§Test measuring skin moisture levels by Novameter. Skin of 100% of subjects showed double the moisture levels over baseline after 20 minutes.

Make Your Favourite Baked Creation



#2185
Protein Baked Goods Mix

See page 16

BE OUR NEXT
**SUCCESS
STORY**
START TODAY

Contact Your Personal Wellness Coach Today

HERBALIFE INDEPENDENT DISTRIBUTOR

