

Herbalife[®]

PRODUCT CATALOGUE

2023





18

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Nutrition for life

HERBALIFE
24

When you buy Herbalife products, we see it as more than just a one-off purchase but part of a life-long plan to enhance your overall wellbeing - both inside and out.

Your body can only perform at its best when fuelled with the correct nutrients. Not always easy to obtain from food alone, our product range is designed to fill the gaps with a perfectly balanced combination of all essential nutritional elements, along with face-to-face management to help keep your goals on track.

1

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Nutrition & nurture

Making a lifestyle change can be tough. Some can accomplish goals on their own, but many need a stronger push. Having a mentor by your side can make all the difference.

Our 'Distributor Difference'

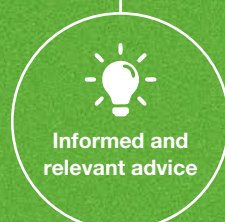
We are the full package! With products only available to buy from our independent distributors, it means you are also invested in their expertise. Whether you want to improve fitness or manage weight, the personal connection with your distributor will provide a clear direction and tailored plan to achieve your wellness goal, as well as offer social support, motivation, encouragement, and accountability.

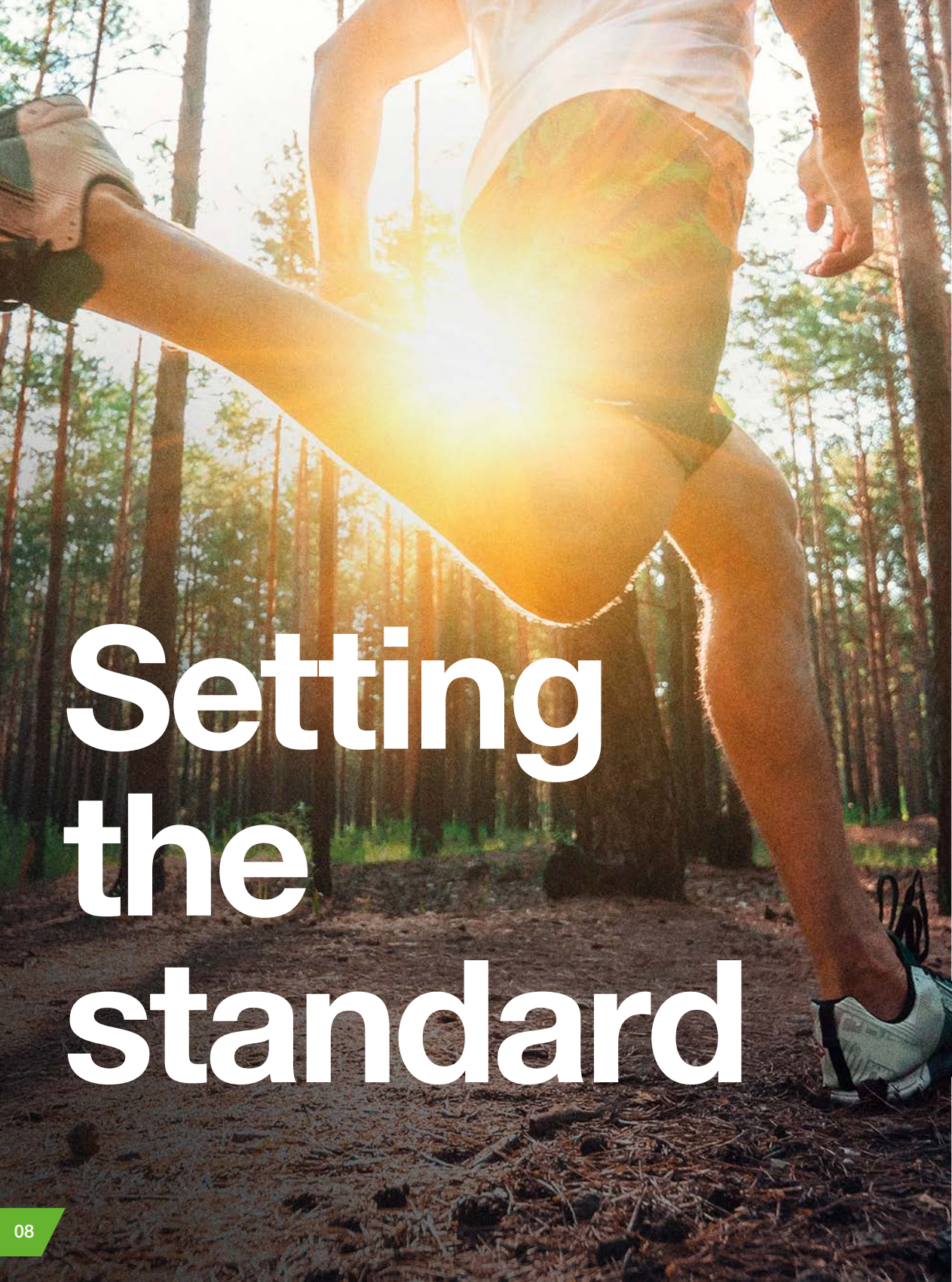
This extra one-to-one, high-touch approach is what differentiates Herbalife from other nutrition companies.





The distributor difference





Setting the standard

There's a reason Herbalife is classed as the #1 brand in the world in weight management and wellbeing.

Our products are designed by science to support personal health and nutrition goals, along with our Herbalife24 brand specifically developed to support the nutritional needs of athletes, gym-goers and fitness enthusiasts.

Highest quality ingredients

We use only the finest quality ingredients from farmers who lead the charge in their high standards for planting and conservation. After all, quality ingredients produce premium products trusted by our customers. Our products, manufacturing, and business model have received numerous international awards, gold-stamping our high-quality standards.



ISO 17025 certifies the technical capability of labs and consistency in results.



The Herbalife24® products are batch tested for prohibited substances by an independent third party. For more information, please see the product label.

A scientist wearing a white lab coat, a blue hairnet, safety glasses, and a blue surgical mask is working in a laboratory. They are wearing blue nitrile gloves and are handling several large white plastic containers with green horizontal bands. The background shows laboratory equipment, including a fume hood and various containers on shelves.

Backed by science



World-class experts

Our products are backed by science and a global network of over 300 experts and doctors in nutrition, science and health who ensure quality and stringent compliance with government regulations. Guided by research, driven by quality, with no compromises, we deliver excellence on every level.



Tried and tested

Test, retest, and test again - that's what we do! Internally and through third party certifying organisations, we get validation that our products are best in class.





**Great
products
win great awards**

Our dedication to innovation and science
has made it possible for our products to
be awarded across the world.



Most Innovative Sports Food Product

Food+ Awards, Turkey.



Best Meal Replacement

Fitness Award, Greece.



Product of the Year

Belgium.



Product of the Year

France & Netherlands.



From seed

A photograph of a tea plantation. In the foreground, a woman wearing a traditional conical straw hat and a white long-sleeved shirt with a colorful floral apron is picking tea leaves. She has a large woven basket on her back. The background shows rows of tea bushes stretching up a hillside, with several other workers in similar hats visible in the distance.

to feed

Great products grow from great ingredients

At Herbalife, we guarantee the highest quality products by following our in-house “from seed to feed” production and quality assurance process.

We invest in responsible cultivation methods and our team of worldwide dedicated scientists and producers are committed to sourcing the best raw materials. Every ingredient goes through in-house analysis to ensure it meets strict specifications. From tea farms in China and aloe farms in Mexico to soybean farms in the U.S., we use the finest ingredients to develop outstanding products.

Every effort is made to ensure that Herbalife products meet or exceed our own quality standards and the standards of our industry. The purity and nutritional value of each ingredient is without question as is the integrity of the processes we follow.



Nourishing & planet

Herbalife Nutrition Foundation (HNF)



Thanks to the support of Members and employees, HNF provides millions of dollars in funding to 167 orphanages, hospitals, schools, and organizations in more than 59 countries. In 2021 alone, we served more than 216,000 children and their communities.

Nutrition for Zero Hunger (NFZH)

Working towards Zero Empty Plates. Our NFZH initiative aligns with the United Nation's Sustainable Development Goal #2 – Zero Hunger. It calls for bold action to end hunger by 2030, to achieve food security, improved nutrition and promote sustainable agriculture.



To help make it happen, we support organisations that tackle these issues, such as Feed the Children, The Hunger Project, and the Power of Nutrition.



people

Ideal breakfast

Kickstart your morning with our healthy and balanced breakfast – great-tasting, packed with nutrients and takes seconds to make.



1. Nourish

Formula 1 Healthy Meal

Nourish your body with a deliciously creamy Formula 1 shake – a healthy meal, packed with nutrients.



2. Hydrate

AloeMax

Hydrate with a glass of AloeMax – cold-pressed Aloe Vera juice that's low in calories and naturally refreshing.

3. Refresh

Instant Herbal Beverage

Refresh with a tasty cup of Instant Herbal Beverage. Infused with green and black tea, every serving packs 87.5mg* of caffeine.



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

Formula 1

Packed with high-quality plant-based protein and 25 essential vitamins and minerals. Our Formula 1 Healthy Meal shakes come in nine tasty flavours, and are available in canisters or handy sachets for when you're on the go.

18 g
protein*

5 g
fibre

25
Vitamins

Low in
sugar

220
kcal

Gluten
free

*When mixed with semi-skimmed milk



Banana Cream
21 servings
550 g #4462



Café Latte
21 servings
550 g #4465



Cookie Crunch
21 servings
550 g #4467



Mint & Chocolate
21 servings
550 g #4471



Raspberry &
White Chocolate
19 servings
500 g #4469



Smooth Chocolate
21 servings
550 g #4468

Customers say

“Wins hands down on taste and texture.”



Strawberry Delight
21 servings
550 g #4463



Summer Berries
21 servings
550 g #4470



Vanilla Cream
21 servings
550 g #4466



Vanilla Cream
30 servings
780 g #048K

Sachets



Vanilla Cream	7 x 26 g, 182 g #053K
Cookie Crunch	7 x 26 g, 182 g #228K
Smooth Chocolate	7 x 26 g, 182 g #229K

Customers say

“Adding Protein Drink Mix to my usual F1 shake makes a deliciously thick and smooth meal.”



The perfect meal

Upgrade your breakfast by combining Protein Drink Mix and Formula 1 for a healthy meal with more protein, more fibre and less calories than a regular Formula 1 shake.

Or combine Protein Drink Mix Vegan with Formula 1 for a healthy meal that is lactose free, 100% vegan and contains the perfect balance of protein, fibre, vitamin, and minerals.



Protein Drink Mix Vegan and Formula 1 Healthy Meal

24 g
protein

26 vitamins
& minerals

Gluten
free

Vanilla Cream

21 servings, 550 g #4466

Vanilla

20 servings, 560 g #172K

Formula 1

Chocolate Orange

Healthy Meal



The same great formula but with a flavour fit for the festive season.

High in protein

26 vitamins & minerals

Dairy free*

Gluten free

Vegan

21 servings, 550 g

#244K

*When mixed with PDM Vegan and 300 ml water.

Customers say

“The huge choice of flavours means I never get tired of using Formula 1.”



Formula 1 Savoury Meal

A hearty, warming and nutritious savoury meal that's quick to prepare – Formula 1 Mushroom and Herb delivers a rich and creamy soup, that's full of flavour.



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

19 g
protein*

216
kcal*

25 vitamins
& minerals

Vegan

Gluten
free

21 servings, 550 g

#092K

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

Creamy mushroom flavoured pasta

Preparation time: 5 minutes

Cooking time: 20 minutes



Ingredients for 1 serving

2 scoops (26 g) F1 Savoury Meal

- 1 tbsp cornflour
- 100 ml skimmed milk
- ½ lemon, zested
- 40 ml water
- 55 g wholemeal penne pasta
- 25 g half fat crème fraîche
- 2 tbsp chopped flat leaf parsley
- Black pepper

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

Step 2 In the meantime, put the penne in a separate saucepan and cook for 10-12 mins or until cooked to your liking. Drain then add to the pasta sauce. Mix through the crème fraîche and parsley, then serve immediately, sprinkled with more pepper.

Nutritional values per portion*:

Energy (kcal)	388
Protein (g)	22.0
Total Fat (g)	8.3
of which saturates (g)	3.3
Carbohydrate (g)	57
Carbohydrate of which starches (g)	49
Fibre (g)	12
Salt (g)	1.4

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

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

Customers say

“It’s delicious and creamy... A great alternative for cold nights.”

Formula 1

Express Healthy Meal Bars

A nutritionally complete meal on-the-go, these top-tasting indulgent bars help to satisfy both hunger and sweet cravings.



207
kcal

25 vitamins
& minerals

13 g
protein

7 g
fibre

No
artificial
colours

Vegetarian

7 x 56 g, 392 g

#4472



Vegan life

A vegan diet calls for careful meal planning to ensure all recommended daily nutrients are in the mix. Taking supplements for protein, vitamins and minerals can help fill any gaps.



Plan ahead to get ahead

When adopting a vegan diet you need to make up proteins and essential amino acids readily available in meat, as well as Vitamin D and calcium normally obtained from dairy.

Protein can be found in plant foods such as beans, lentils, whole grains and soy-based tofu. However, unlike most animal proteins, so called “complete” because they contain all nine essential amino acids, most plant foods lack one or more (except for soybeans). So consuming a wider variety of foods is essential. For example, the essential amino acid lacking in beans, peas and lentils is abundant in whole grains. And, conveniently, what grains lack, the beans can provide.



It can help to use plant protein powders, such as our **Protein Drink Mix-Vegan (p22)**. Made from soy protein, it will help supplement intake for relatively few calories and these protein powders are easy to add to shakes, soups and bakes.

Our delicious **Tri Blend Select (p37)**, made from pea protein, flaxseed and quinoa also delivers a protein packed shake in banana and coffee caramel flavours.

If you're on a vegan diet, care should be taken to also supplement calcium, vitamin D, iron, zinc, and vitamin B12 to ensure essential nutrient needs are covered.

See vitamins and minerals (p46).



Essential nutrients



Calcium



Vitamin D



Iron



Zinc



Vitamin B12

Protein Bake Mix

**Love the idea of baking
but want to keep your diet healthy?**

Then try our new Protein Bake Mix – the perfect ally to help you create simple and nutritious baked snacks. Neutral in flavour, it makes for a completely versatile ingredient that can be used in sweet or savoury recipes. A blend of high-quality ingredients including whey protein to give a light and fluffy texture, this ready-to-mix product is the clever choice for making sure your nutrition needs are met in your favourite recipes.



High in
protein

Key
minerals

Gluten
free

Vegetarian

No added
sugar

480 g 20 Servings

#200K



Scan this
QR code for
more recipes.

Pancakes



Ingredients for 1 serving

24 g (2 scoops) Herbalife Nutrition Protein Bake Mix

30 ml semi-skimmed milk or water

Step 1 Preheat a non-stick pan on low heat.

Step 2 Mix 24g (2 scoops) of Protein Bake Mix with 30ml (2 tbsp) of semi-skimmed milk or 30ml (2 tbsp) of water. Once combined, pour the batter into the centre of the pan and spread the pancake out to your desired thickness.

Step 3 Cook on a low heat for 2-3 minutes until the bottom is golden, then flip the pancake and repeat this step on the second side.

Nutritional values per serving:
With semi skimmed milk*:

Energy (kcal)	111
Protein (g)	11
Total Fat (g)	2.7
of which saturates (g)	1.2
Carbohydrate (g)	9
Carbohydrate of which sugars (g)	2.1
Fibre (g)	1.7
Salt (g)	0.6

With water:

Energy (kcal)	96
Protein (g)	10
Total Fat (g)	2.2
of which saturates (g)	0.9
Carbohydrate (g)	8
Carbohydrate of which sugars (g)	0.6
Fibre (g)	1.7
Salt (g)	0.5

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

Blueberry traybake



Preparation time: 10 minutes,
Cooking time: 25 minutes

Ingredients for 8 servings

96 g (8 scoops) Herbalife Nutrition
Protein Bake Mix

oil for greasing

104 g Formula 1 Sport

230 ml semi-skimmed milk

100 g blueberries

Equipment:

20 cm square cake tin

Step 1 Preheat the oven to 180°C/gas mark 4 and grease and line the cake tin with baking paper. In a large bowl, combine the Protein Bake Mix and Formula 1 Sport. Gradually mix in the milk and stir until very smooth. Stir in the blueberries and then transfer the mixture to the prepared tin, flattening down the top with a spatula to make it smooth.

Step 2 Bake for 20-25 minutes, until golden, then cut into eight pieces on a chopping board and allow to cool. Serve.

Nutritional values per portion*:

Energy (kcal)	116
Protein (g)	11.9
Total Fat (g)	2.7
of which saturates (g)	0.9
Carbohydrate (g)	9.8
Carbohydrate of which sugars (g)	5.7
Fibre (g)	3.4
Salt (g)	0.1

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

Coffee with protein power



High Protein Iced Coffee

Every batch is expertly brewed using 100% Robusta espresso coffee beans to deliver a smooth, bold taste. Coffee at its best, providing 80 mg caffeine*, 15 g protein, no added sugar, and only 80 calories per serving. Just add water and recharge!

15 g whey protein

80 mg caffeine

80 kcal

Latte Macchiato

14 servings, 308 g #012K

Mocha

14 servings, 322 g #011K



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

Naturally selected



Tri Blend Select

Our flavoursome vegan protein shake packs a punch with its carefully selected blend of pea, quinoa and flaxseed for a complete protein* hit, plus, it's a source of fibre, vitamins and minerals.

20 g
protein

6 g
fibre

Vitamin C

Low in
sugar

151
kcal

Banana

15 servings, 600 g #013K

Coffee Caramel

15 servings, 600 g #052K

*The addition of rice protein delivers a complete protein

Balancing protein

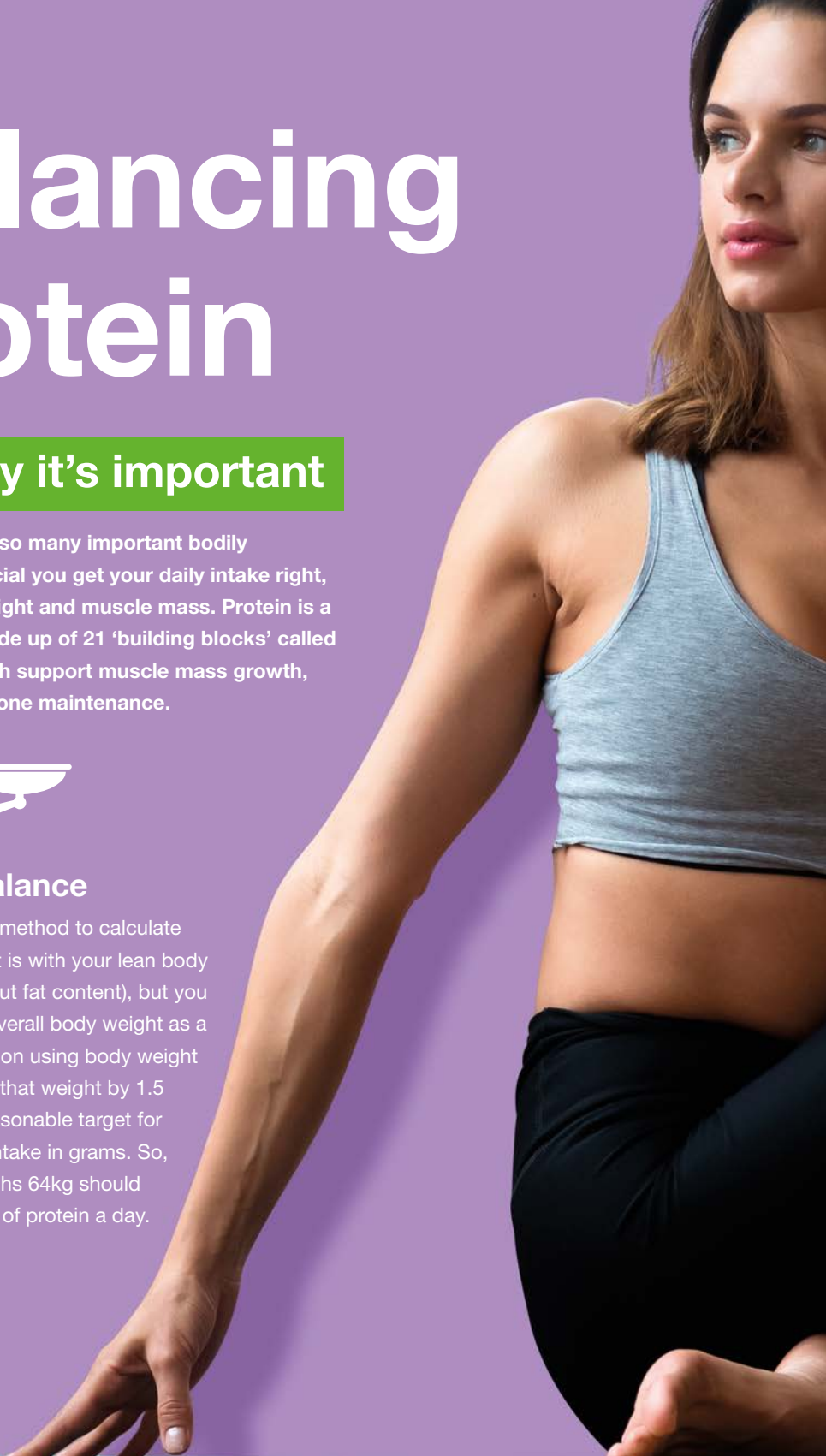
and why it's important

As protein serves so many important bodily functions, it's crucial you get your daily intake right, based on your weight and muscle mass. Protein is a macronutrient made up of 21 'building blocks' called amino acids, which support muscle mass growth, and muscle and bone maintenance.



The right balance

The most accurate method to calculate protein requirement is with your lean body mass (weight without fat content), but you can just use your overall body weight as a guide. The calculation using body weight in kg, is to multiply that weight by 1.5 and this gives a reasonable target for your daily protein intake in grams. So, someone who weighs 64kg should aim for about 100g of protein a day.





Protein sources

Soy is one of the best vegetable sources as it is a 'complete protein' providing all 9 essential amino acids. Others are nuts, seeds and lentils but as 'incomplete proteins', you'll need to include varied sources to garner the benefits that each provides. You can be confident when using our range of healthy shakes, that they contain the complete proteins needed to support your nutritional needs.



Upping your protein

As a rough guide, common sources of protein food contain around 25 g of protein and protein snacks (e.g. **Herbalife Nutrition Protein Bars**) contain around 10 g. If you need to up your protein, meal replacement or protein shakes can bridge that gap, and be tailored to your personal needs. Look at **Formula 1 Healthy Meal**, **Formula 1 Savoury Meal** or **Tri Blend Select** and **Protein Drink Mix Vegan** for vegan friendly options.

Meet your protein needs

Keeping up with your daily protein intake can be easy.

Our range of protein products are a convenient way to ensure your daily recommended protein levels stay on target.





Protein Drink Mix

A delicious high quality protein shake that can be mixed with Formula 1 or enjoyed on its own.



Vanilla

21 servings, 588 g #2600

Protein Drink Mix Vegan

An ultra-creamy vanilla flavoured drink. Mix with Formula 1 for a healthy vegan meal or enjoy it solo as a shake.



Vanilla

20 servings, 560 g #172K



Pro 20 Select

The all-in-one, go-to protein shake to support your protein, fibre, vitamin, and mineral needs.



Vanilla

15 servings, 630 g #1660

Formula 3 Personalised Protein Powder

An easy one-step way to boost your protein intake.



40 servings, 240 g

#0242

Smart protein snacks

Contrary to popular belief, snacking can be helpful for those who want to stay on track with their nutritional goals.

What's more, they're another chance to fuel your body with nutrients! A clinical study even found that healthy, calorie-controlled snacks in portioncontrolled packs help people to eat less throughout the day¹.



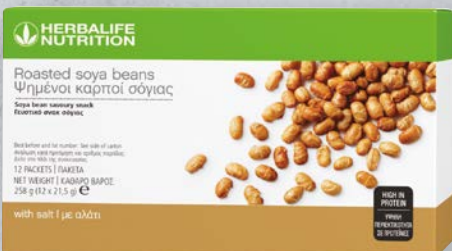
Gourmet Tomato Soup

Deliciously flavoured with Mediterranean herbs, this warming snack is ready in seconds, and provides 8 times the protein of regular tomato soup².



21 servings, 672 g

#0155



Roasted Soya Beans

A delicious, lightly salted, calorie-controlled savoury snack to enjoy at home or on the go. In convenient individual sachets.



12 servings, 258 g

#3143

¹ Nijke et al (2016), Snack food, satiety, and weight. Adv. In Nutrition, 7(5).

² The Composition of Foods; Food Standards Agency and The Institute of Food Research in the UK, 2006.



Protein Bars

Satisfy your chocolate cravings with a delicious, high protein snack, or enjoy as a boost when you're exercising.

7 g
protein

4 g
fibre

104
kcal

Chocolate Peanut	14 x 35 g, 490 g #3972
Vanilla Almond	14 x 35 g, 490 g #3968
Citrus Lemon	14 x 35 g, 490 g #3976



Never fried. Always Popped.



Protein Chips

Sour Cream and Onion

Savour the smooth, tangy taste of our Sour Cream and Onion Protein Chips.

12 g
protein

Gluten
free

Vegetarian

10 servings, 30 g

#142K

*50% less fat than fried potato chips



Protein Chips

Barbecue

Treat your taste buds to the subtle heat and smoky undertones of our barbecue flavoured Protein Chips.

11 g
protein

Gluten
free

Vegan

10 servings, 30 g

#141K

Protein Chips



Customers say

“Takes away the craving for salt without breaking the calories.”



Immunity support

Much is yet to be learned
about the immune system,
but we do know it is linked to
nutrition and gut health.



Protecting your body

What we eat, where we live, how much we sleep, how we exercise, and even who we live with, all cause chemical reactions that can affect our body.

Around 70-80% of body's immune cells are located in the gut*, our immune system is located near the intestines, which monitors food intake and how the body uses it. So, it's critical for our diet to include the right vitamins, minerals, and other nutrients while maintaining a healthy lifestyle.

The four essential groups of nutrients to help strengthen your immune system are protein, vitamins and phytonutrients, probiotics and prebiotics and Omega-3 fatty acids.

Our vitamins and minerals product range can help balance your diet to maintain a healthy immune system. Or to boost gut health, try **Microbiotic Max (p58)**, a combination of probiotic and prebiotic fibre that delivers 2 billion live bacteria per serving.

* Wiertsema SP. et al, *Nutrients*. 2021; 13(3)

Smart nutrition for your immune system





Immune Booster

High in Vitamin C with Vitamin D, selenium and zinc, to help support immune system function and protect cells from oxidative stress. Over a dozen published studies show EpiCor® fermentate helps to deliver immune health and gut health benefits¹.



Berry

21 x 3.7 g, 77.7 g, #233K

¹ Seven published preclinical studies and eight published human clinical trials.

Fine tune your diet

Vitamins and minerals are key micronutrients essential for many everyday chemical reactions performed by your body.

While a balanced diet is the best way of obtaining these nutrients, it's not always manageable to ensure our food contains the necessary levels. Taking vitamin and mineral supplements is a convenient way to keep up with your recommended daily amount.

Vitamin & Mineral Complex Men & Women

Designed specifically for the needs of men and women, this is an all-round nutritional support with 24 key nutrients, including micronutrients your body itself can't generate or sustain. Created to work with your favourite Formula 1 shake.*

Vitamins
A & C

Riboflavin &
Magnesium

Pantothenic
acid

Men 60 tablets, 85.3 g #1800



Vitamins
B6 & B12

Calcium
& zinc

Magnesium

Women 60 tablets, 85.3 g #1819



* Each serving delivers 71 different health benefits, from immunity, optimised physical and mental performance, to healthy hair, skin & nails.



Niteworks®

Nutrition while you sleep. Protect your cells from oxidative stress. It's high in vitamins C and E which protect your cells from oxidative stress.

Vitamins
C & E

L-Arginine
L-Citrulline
L-Taurine

15 servings, 150 g

#3150



Xtra-Cal®

This product contains over 100% of your Calcium NRV per daily dose, needed for the maintenance of healthy bones and teeth.

Vitamin D

Calcium &
Magnesium

90 tablets, 133 g

#0020



Saturated is bad. Polyunsaturated is good... It's a little more complex than that.

Today, we know it's more about achieving fat balance, especially between omega-3 and omega-6 polyunsaturated fats. The right amount (250 mg daily) of omega-3 fatty acids, EPA and DHA, contribute to the maintenance of normal vision and brain function, and also contribute to the normal function of the heart.

The western diet

The typical western diet provides an excess of total and saturated fat, without enough of the healthy kind, such as fats from fish, nuts, olive oil and avocados.

As a concentrated source of calories, Herbalife's Philosophy recommends limiting your fat intake to no more than 30% of your daily calories.

Fish oil is linked to brain health, so aim to eat two portions of fatty fish, such as sardines, salmon, or trout, weekly. The long-chain omega-3 fatty acids (EPA and DHA) found in fish, is not efficiently produced by the body, so we need them from food. It also helps to support heart health. Not fussed on fish? Then a dietary supplement can help.



Herbalifeline® Max

Rich in Omega-3 fatty acids



This potent food supplement delivers increased levels of omega-3 fatty acids, EPA and DHA (per capsule[†]), which support heart¹, vision² and brain² function. A vegetarian gel capsule with the addition of thyme and peppermint essential oils to help freshen the taste.

375 mg
of EPA
per capsule

250 mg
of DHA
per capsule

30 capsules, 42 g

#0043



Endorsed by Friends
of the Sea. For more
information please visit
FRIENDOFTHESEA.ORG

Recommended use



Maintenance of normal
heart¹ function
Maintenance of normal vision²
Maintenance of normal
brain function²



Maintenance
of normal
blood
triglyceride
levels³



Maintenance
of normal
blood
pressure⁴

[†] On average 3 times more EPA and DHA compared to the current Herbalifeline formula. ¹Beneficial effect obtained with daily 250 mg intake of EPA and DHA;

² Beneficial effects obtained with daily 250 mg intake of DHA.

³ Beneficial effect obtained with daily 2 g intake of EPA and DHA.

⁴ Beneficial effect is obtained with a daily 3 g intake of EPA and DHA; A supplemental daily intake of 5 g of EPA and DHA combined must not be exceeded.

Your body loves fibre





Fibre is the thing that helps maintain normal gastrointestinal function.

It's a type of carbohydrate, which can't be broken down by the human digestive system, so most passes undigested, through the small intestine, providing bulk.

Although it's such an important dietary component, the average person consumes less than half the daily recommended amount of 25g. Our fibre-rich supplements can help boost your intake, although it's best to increase slowly alongside drinking plenty of water.



Beta heart®

Contains the key ingredient OatWell® oat beta-glucan, shown to lower or maintain blood cholesterol. Mix 2 scoops with water or your favourite drink or shake.



15 servings, 229 g

#0267



Oat Apple Fibre

A delicious way to increase daily fibre intake to support healthy digestion and can be enjoyed with water or mixed with your favourite Formula 1 shake.



30 servings, 204 g

#2554



Give to your gut

For healthy digestion

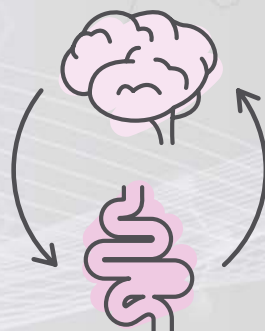


The idea of consuming bacteria is not appealing until you appreciate the benefits and how easy it is to supplement them in your diet!

What you eat plays such a crucial part in looking after the health of your gut and its resident micro flora which work together to help your two brains work symbiotically together. That's right, we have a 'second brain' -our complex digestive system, which sends and receives information to and from our 'first brain' and using it to regulate the digestive function. Prebiotics are high fibre foods such as fruit, vegetables, beans, and whole grains, and are the life force for probiotics influencing other organs and systems in the body, helping to keep blood sugar and cholesterol levels within the normal range. Humans lack the ability to break down certain carbohydrates and fibre, so the microbes in your gut do the job for you.

Your source of prebiotics

Today's busy lifestyles means many of us aren't eating enough food with good sources of prebiotics. Ideally, your body needs a combination of prebiotics and probiotics, which is why taking supplements is so important. Probiotics stimulate the growth and activity of the good bacteria in your digestive tract - the same bacteria that has been taken from foods or supplements. A rich source of good bacteria is found in fermented food such as yogurt and kefir, where they convert sugar and carbohydrates into acids. They all have a part to play in enhancing the body's immune response control and are believed to have a positive effect on mood.



Check out our
Microbiotic Max (p58)
for gut health support



Customers say

“The vanilla flavour makes it perfect to combine with any F1 shake.”



Microbiotic Max

Formulated to offer you a combination of probiotics and prebiotic fibre, delivering 2 billion live bacteria (CFU) per serving. It contains no sweeteners, colours or preservatives and doesn't need refrigeration, making it ideal to take wherever you go.



High in
fibre

Probiotics

Prebiotic
fibre

Gluten
free

No added
sugar

Vanilla flavour

20 sachets x 2 g, 40 g #173K

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

Active Mind Complex

Maximise your brain power



Scientifically proven to support focus, concentration and working memory – even on your most hectic days.

Expertly developed with a patented spearmint extract and a blend of carefully selected vitamins to support normal psychological function, mental performance and functioning of the nervous system.

Vegan

Folic acid

Gluten free

Pantothenic acid

Vitamins C, B6 & B12

60 capsules, 40.2 g

#243K



Phyto Complete

Phyto Complete works just as hard as you do. Contains Fiit-NS™, an ingredient proven to support the reduction in waist circumference, abdominal fat and improves vitality and energy.*

Carefully formulated with Fiit-NS™, Vitamin C and Chromium. Fiit-NS™ is a scientifically studied combination of Vitamin B3 and botanical extracts including guarana, green tea, grapefruit, grape and black carrot, providing phytonutrients and natural caffeine.



Provides 100% of your NRV of vitamins A and C to support a normal and healthy immune system.

Vegan

No artificial
sweeteners

Gluten
free

No artificial
flavour

No added
sugar

60 capsules, 42.8 g

#236K

* Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improves vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+.

What are phytonutrients?

Phytonutrients have been studied for their powerful antioxidant properties and may deliver many health benefits, such as supporting metabolic health. They can be found in fruits, vegetables, spices and even edible flowers, and often give foods their colourful pigments such as carrots which contain carotenoid and tomatoes, lycopene.



The background of the entire page is a vibrant blue. It is decorated with several green aloe vera leaves. One long leaf curves from the top right towards the center. Another leaf is on the left side, and a cluster of three leaves is at the bottom left. Dynamic water splashes and bubbles are scattered across the lower half of the image, particularly around the bottom leaves and the bottom right corner.

Hydration made easy

The human body is almost 70% water, so it stands to reason that we need to keep well-hydrated to stay healthy.

Our bodies require enough water to perform the vital function of digesting foods. Nutrients can be delivered to your cells, and waste substances can be eliminated.

Water also plays a huge role in controlling body temperature, keeping joints lubricated and maintaining muscle power. The bottom line is every cell, tissue, and organ needs water to function properly. It's basic body housekeeping.

Top tips

1 Make it accessible
Put a jug, glass or bottle of water wherever you are – at your desk, by your bedside, on the kitchen work top.

2 Take it with you on-the-go
Invest in a re-usable bottle, so water is always on hand.



3 Drink before you eat
Hunger can sometimes be mistaken for thirst, so try a glass of water first - before adding to your calories unnecessarily!

4 Flavour it
Plain water can be hard to drink, flavour it naturally with a slice of fresh lemon or lime, some cucumber, fresh mint or try adding our mango flavoured **Herbal Aloe Concentrate** for a convenient alternative.

5 Eat it
Hydrating fruits and vegetables like cucumbers and watermelons contribute to your daily fluid intake. Low fat milk, tea, coffee and juice can also contribute. Our **Instant Herbal Beverage** range is perfect if you also want a pick-me-up with 85 g caffeine.



Hydration Aloe range

Herbal Aloe Concentrate Drink

Liven up your water with a refreshing mango taste to help you achieve adequate fluid intake of approximately 2 litres per day.

40%
aloe vera
juice

No added
sugars

No
artificial
flavours or
colours

Mango 473 ml #1065

Original 473 ml #0006

AloeMax

Our hand-picked Aloe Vera leaves are carefully selected and come straight from our fields, to your glass.

97%
aloe vera
juice

2 kcal
per serving

No
flavouring
sweetener
or colour

473 ml #1196



Hydration Tea range



Instant Herbal Beverage

Wake up to a refreshing herbal drink, containing 87.5 mg caffeine*.

- A unique blend of orange pekoe – traditional black tea, and green tea with extracts of hibiscus powder and cardamon
- Can be enjoyed hot or cold



Original

29 servings, 50 g #0105
60 servings, 102 g #179K



Lemon 29 servings, 50 g #0255



Raspberry 30 servings, 51 g #182K



Peach 29 servings, 50 g #0257

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

Relieve

Soothing Aloe Cleanser

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

150 ml

Normal to Dry Skin #0765



Cleanse

Polishing Citrus Cleanser

Deep cleansing microbeads refresh your skin for a healthy glow.

150 ml

Normal to Oily Skin #0766

Beauty edit

Herbalife SKIN range is clinically tested and formulated with botanicals and vitamins. Free from parabens and sulphates, it is prepared with ingredients such as Aloe Vera, Vitamin C, E and B3, to promote softer, smoother and more radiant skin*

Tone

Energising Herbal Toner

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

50 ml

#0767

Refresh

Purifying Mint Clay Mask

Removes dirt and absorbs excess oil with the absorbant and toning effect of bentonite clay.*

120ml

Normal to Oily Skin #0773



Target

Line Minimising Serum

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

50 ml

#0829

Revitalise

Firming Eye Gel

Improves the overall appearance of the eye area.

15 ml

#0770

* Tested on subjects for firmness and elasticity measured by visual expert grading at intervals of seven days and 42 days. In 45% of subjects, improvement was seen in firmness/elasticity in skin under the eye at 42 days.

Beautiful skin

Customers say...

“The results are fantastic! My skin looks amazing.”

Healthy looking skin starts from within with this refreshing, scientifically driven strawberry and lemon flavoured drink. It's a rich source of collagen peptides proven to reduce eye wrinkles and improve skin elasticity in 4 weeks and reduce signs of cellulite after 3 months. With 9 vitamins and minerals, this is expert nutrition for your skin. High in key vitamins and minerals to support healthy skin, hair and nails*.

Gluten free

Natural sweetener & flavouring

Results after 4 weeks**

Repair

Collagen Skin Booster

Strawberry and Lemon

30 servings, 171 g #076K

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

Protect

SPF 30 Protective Moisturiser

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

50 ml #0828



Replenish

Replenishing Night Cream

This rich, luxurious cream helps deliver much needed moisture to your skin at night.

50 ml #0827



Exfoliate

Instant Reveal Berry Scrub

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

120 ml #0772



Hydrate

Hydrating Eye Cream

Helps minimise the appearance of fine lines and wrinkles around the eyes.

15 ml #0771



Moisturise

Daily Glow Moisturiser

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

50 ml #0830



Say aloe to stronger hair and skin

Ingenious haircare infused with botanicals and free from Parabens and Sulphates.



Herbal Aloe Strengthening Shampoo

- Leaves hair 10 times stronger after just one use*
- Hydrolysed wheat protein helps protect, repair and strengthen your hair*

250 ml

#2564



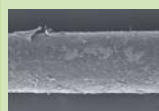
Herbal Aloe Strengthening Conditioner

- Strengthens strands for a softer and silkier feel after just one use
- Advanced wheat protein-infused conditioner

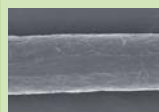
250 ml

#2565

Study results:



Before
Highly damaged cuticle structure.



After
Significant improvement in cuticle structure.

*When used in conjunction with the Strengthening Conditioner versus untreated hair. Results based on Strengthening and Breakage Study. Average value obtained from Combing Test conducted by an independent research laboratory on "damaged" hair tresses. Broken fibre counts were compared on untreated hair using Herbal Aloe Strengthening Shampoo and Strengthening Conditioner.



Herbal Aloe Bath & Body Bar

- Gently cleanses without stripping necessary oils from skin
- A blend of Aloe Vera, olive oil and Vitamins A, C and E nourishes the skin

125 g

#2566



Herbal Aloe Hand & Body Wash

- Triple-silkening moisturisers help relieve dryness and deeply moisturise skin
- Blend of desert botanical extracts helps maintain healthy skin

250 ml

#2561



Herbal Aloe Soothing Gel

- Infused with Aloe Vera and skin-conditioning botanicals to moisturise and soothe skin
- Fragrance-free formula

200 ml

#2562



Treat your hair to an intensive conditioning treatment – leave Herbal Aloe Conditioner to soak in for 3 minutes before rinsing for hair that's super-soft and shiny.

Herbal Aloe Everyday Soothing Hand & Body Lotion

- Clinically shown to hydrate skin for deep nourishment
- Aloe Vera and African shea butter absorb quickly and leave skin feeling soft and smooth

200 ml

#2563



HERBALIFE

24

NUTRITION FOR THE
24-HOUR ATHLETE

Unleash your potential

Whether you're a gentle jogger
or an elite athlete, Herbalife24[®]
sports line has the products you
need to help you prepare, train
and recover.

Customise Your Herbalife24 programme



Product usage	CR7 Drive	Rebuild Strength	Rebuild Endurance	Hydrate	Prolong	Restore	Liftoff Max	Achieve Protein Bars	F1 Sport
Morning	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Before workout	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
During workout	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
After workout	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Night	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

Working out your workout plan



It's a good idea to invest some time in tailoring a workout that meets your goals - whether it's to build fitness, lose weight or support your mental health. Your Herbalife Coach can really help with their experience and can guide you to a measured plan to suit your objectives.

Formula 1 Sport has been specially formulated to get you started on your fitness journey.



Restricting your hard workout regimes to 3-4 days a week and allowing a rest day or two is the way to go, while being conscious of the need to combine this with balanced nutrition. Use **H24 Restore** for recovery whilst you sleep.



For best results, it pays to keep your routine consistent. See it as part of an overall wellness strategy to improve how you live your life. And always listen your body.



Know your limits.

While it's good to spend more time working out, over-exercising can be counterproductive, and in severe cases can lead to exhaustion, dehydration and even serious injury. Be sure to stay hydrated with **H24 Hydrate**.



If you're keen to spend more time working out, e.g. 50-60 minutes daily, you'll have more time to warm up and cool down, workout at an enjoyable pace, stay hydrated, incorporate additional workouts, keep an exercise journal and the big one - more time to focus on your self-care.

See our H24 range for products to support your fitness at every stage



“

**For some, a 30-minute workout is perfect.
For others, a longer training session is
necessary to reach their fitness goals.**

Raising the bar



Customers say

“Has an excellent non-chewy texture.”

H24 Achieve Protein Bars

A convenient post-workout snack that contains 21g of protein to fuel your goals.

These delicious bars come in two tempting flavours, decadent Dark Chocolate or delicious Chocolate Chip Cookie Dough. Free from artificial flavours and colours, they're also suitable for vegetarians!



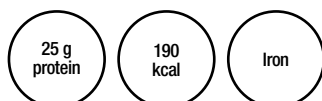
Dark Chocolate	6 servings, 60 g #150K
Chocolate Chip Cookie Dough	6 servings, 60 g #149K

From strength



Rebuild Strength

A premium high-protein recovery shake to support growth and maintenance of muscle mass, plus iron to contribute to normal energy-yielding metabolism.



Chocolate 20 servings, 1000 g #1437

Formula 1 Sport

A whey and casein protein-based meal replacement shake ideal for those seeking well-balanced nutrition whilst managing their weight and keeping active.



Vanilla Cream 20 servings, 524 g #4461

Restore

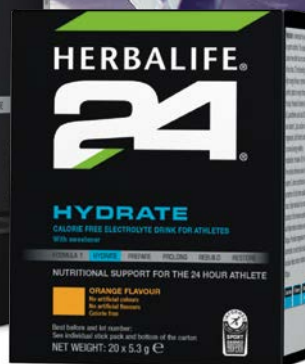
A night-time support supplement, designed for recovery and relaxation to help balance high endurance sport routines.



30 capsules, 21.4 g #1424

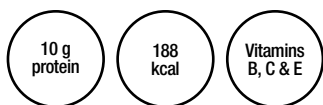
Take Restore as part of a varied and balanced diet and a healthy lifestyle and consume as indicated on label. To learn more about Lactium™, visit www.lactium.com.

to strength



Rebuild Endurance

A recovery drink for consuming after endurance sports featuring a select blend of carbohydrates, quality dairy protein, iron and key vitamins.



Vanilla 20 servings, 1000 g #1436

Prolong

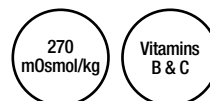
A carb-protein drink developed for prolonged, intense exercise with a selected blend of vitamins and minerals for sustained energy.



Citrus 15 servings, 900 g #1435

Hydrate

Maintain fluid consumption with this calorie-free electrolyte drink containing 100% NRV for Vitamin C plus essential B vitamins, calcium and magnesium.



Orange 20 sachets x 5.3 g, 106 g #1433



Customers say

“LiftOff Max
immediately
gives me charge
and energy!”

**LiftOff[®]
to the max**

Feel refreshed and enjoy the sharp, zesty taste of grapefruit. Take before exercising or whenever you need to get back on track.



H24 LiftOff® Max

Boost your workouts with this sugar-free energy drink containing caffeine and vitamins B6, B12 and C to help reduce fatigue.



Grapefruit Twist

10 sachets x 4.2 g, 42 g #192K

LiftOff®

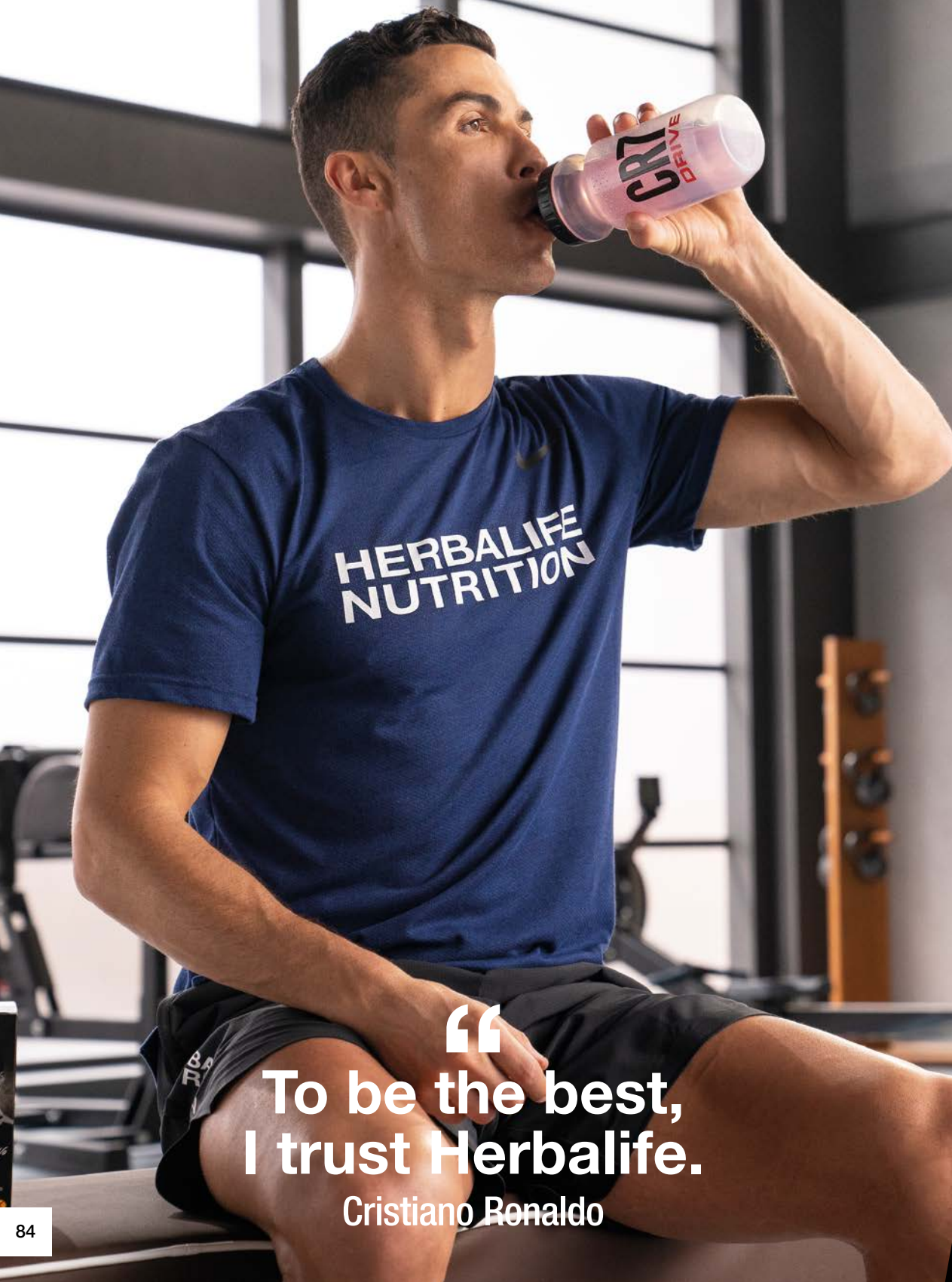


Lemon & Lime

10 sachets x 4.5 g, 45 g #3152



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



HERBALIFE
NUTRITION

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To be the best,
I trust Herbalife.

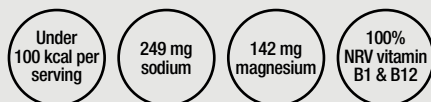
Cristiano Ronaldo

CR7 DRIVE

Fuel your workouts with CR7 Drive, a scientifically formulated hypotonic sports drink developed in partnership with Cristiano Ronaldo. Flavoured with Acai Berry, CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to give advanced hydration, endurance and metabolism support.



CR7 Drive



Acai Berry

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

VICTORY STARTS ON THE INSIDE

MORE THAN 190 SPORTING TEAMS
AND ATHLETES AROUND THE WORLD
USE HERBALIFE24
PRODUCTS TO HELP
THEM PERFORM AT
THEIR BEST



HERBALIFE
24





Tottenham Hotspur Women Team



ELEVATE YOUR POTENTIAL

BE YOUR OWN BOSS WITH A BRAND YOU CAN TRUST

Low start-up costs • Part-time income • Product discounts
Money back guarantee • Be part of an inspiring community
Help improve people's lives • Full training and support

Contact your Herbalife Member now to find out more.



MADE WITH
100%
RECYCLED
PAPER

To find out more, contact me today:

Herbalife is proud to be a member and supporter of the DSA and its independent consumer code Models shown in this brochure are for illustrative purposes only.



www.herbalifeproductbrochure.com



Herbalife[®]

PRODUCT LIST

APRIL 2023





**Have you got
the bottle?**

Our range of shakers, bottles and scoops make it easy to use our products on the go.



H24 CR7 Drive Water Bottle

#245A €6.09



Tablet Box

Small #A727 €1.46



H24 Smart Shaker

#8705 €8.65



Sustainable Scoop

#1B42 €0.87



Multi Scoop

#247A €1.61

Neon Shaker

Blue	#1042	€8.33
Hot Pink	#1044	€8.33
Purple	#1045	€8.33
Orange	#1043	€8.33
Green	#1041	€8.33



List of products

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Formula 1

Raspberry & White Chocolate, 500 g	#4469	€47.47	Strawberry Delight, 550 g	#4463	€47.47	Banana Cream, 550 g	#4462	€47.47
Smooth Chocolate, 550 g	#4468	€47.47	Summer Berries, 550 g	#4470	€47.47	Vanilla Cream, 780 g	#048K	€63.4
Vanilla Cream, 550 g	#4466	€47.47	Mint & Chocolate, 550 g	#4471	€47.47	Vanilla Cream, 7 sachets x 26 g, 182 g	#053K	€19.78
Cookie Crunch, 550 g	#4467	€47.47	Café Latte, 550 g	#4465	€47.47	Cookie Crunch, 7 sachets x 26 g, 182 g	#228K	€19.78
						Smooth Chocolate, 7 sachets x 26 g, 182 g	#229K	€19.78

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Protein Drink Mix Vegan

Vanilla, 560 g #172K €53.06

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Formula 1 Healthy Meal

Chocolate Orange, 550 g #244K €47.47

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Formula 1 Savoury Meal

Mushroom & Herb, 550 g #092K €52.48

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Formula 1 Express Healthy Meal Bars

Dark Chocolate, 7 x 56 g #4472 €27.80

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Protein Bake Mix

480 g #200K €43.51

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High Protein Iced Coffee

Latte Macchiato, 308 g #012K €58.3
Mocha, 322 g #011K €58.3



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Tri Blend Select

Banana, 600 g

#013K €72.2

Coffee Caramel, 600 g

#052K €72.2

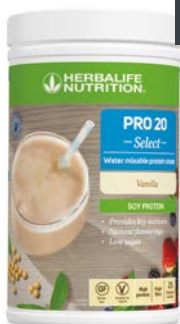


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Protein Drink Mix

Vanilla, 588 g

#2600 €55.72



Pages
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Pro 20 Select

Vanilla, 630 g

#1660 €66.44



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Formula 3 Personalised Protein Powder

240 g

#0242 €42.82



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42

Gourmet Tomato Soup

672 g

#0155 €46.6



Page
42

Roasted Soya Beans

258 g

#3143 €20.76

Protein Bars

Chocolate Peanut, 14 x 35 g

#3972 €26.81

Vanilla Almond, 14 x 35 g

#3968 €26.81

Citrus Lemon, 14 x 35 g

#3976 €26.81



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Protein Chips

Sour Cream and Onion, 30 g

#142K €23.76

Barbecue, 30 g

#141K €23.76



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List of products

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Immune Booster

Berry, 21 x 3.7 g

#233K €45.00

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Niteworks®

150 g

#3150 €97.41

Page
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Xtra-Cal®

133 g

#0020 €21.93

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Vitamin & Mineral Complex

Men, 85.3 g

#1800 €28.09

Women, 85.3 g

#1819 €28.09

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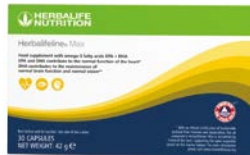


Beta Heart®

229 g

#0267 €46.35

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Herbalifeline® Max

42 g

#0043 €36.33

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Oat Apple Fibre

204 g

#2554 €33.27

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Microbiotic Max

Vanilla, 20 x 2 g

#173K €56.21

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Active Mind Complex

40.2 g

#243K €54.03



Phyto Complete

42.8 g **#236K €79.78**



AloeMax

473 ml **#1196 €56.33**



Herbal Aloe Concentrate Drink

Mango, 473 ml **#1065 €52.52**
Original, 473 ml **#0006 €52.52**

Instant Herbal Beverage

Original, 102 g **#179K €57.32**
Original, 50 g **#0105 €33.51**
Lemon, 50 g **#0255 €33.51**
Raspberry, 51 g **#182K €33.51**
Peach, 50 g **#0257 €33.51**



Herbalife SKIN

Soothing Aloe Cleanser, 150 ml **#0765 €29.42**
Energising Herbal Toner, 50 ml **#0767 €22.32**
Line Minimising Serum, 50 ml **#0829 €76.14**
Polishing Citrus Cleanser, 150 ml **#0766 €29.42**
Firming Eye Gel, 15 ml **#0770 €46.27**
Purifying Mint Clay Mask, 120 ml **#0773 €24.96**



Herbalife SKIN

Hydrating Eye Cream, 15 ml **#0771 €46.27**
Daily Glow Moisturiser, 50 ml **#0830 €57.35**
Replenishing Night Cream, 50 ml **#0827 €57.35**
SPF 30 Protective Moisturiser, 50 ml **#0828 €57.35**
Instant Reveal Berry Scrub, 120 ml **#0772 €22.99**



Collagen Skin Booster

Strawberry and Lemon 171 g **#076K €74.40**



Herbal Aloe

Hand & Body Lotion, 250 ml **#2563 €15.36**
Bath & Body Bar, 1 bar **#2566 €10.37**
Strengthening Conditioner, 250 ml **#2565 €15.46**
Strengthening Shampoo, 250 ml **#2564 €15.46**
Hand & Body Wash, 250 ml **#2561 €15.63**
Soothing Gel, 250 ml **#2562 €15.36**

List of products

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H24 Achieve Protein Bars

Dark Chocolate, 60 g **#150K €23.21**
Chocolate Chip Cookie Dough, 60 g **#149K €23.21**

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H24 LiftOff® Max

Grapefruit Twist, 10 x 4.2 g **#192K €34.63**

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LiftOff®

Lemon & Lime, 10 x 4.5 g **#3152 €34.63**

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Herbalife 24 Range

Rebuild Endurance, Vanilla, 1000 g	#1436	€82.19
Prolong, Citrus, 900 g	#1435	€72.54
Restore, 30 capsules, 21.4 g	#1424	€46.71
Formula 1 Sport, Vanilla Cream, 524 g	#4461	€71.24
Rebuild Strength, Chocolate, 1000 g	#1437	€66.03
Hydrate, Orange, 20 x 5.3 g, 106 g	#1433	€54.38

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CR7 Drive - Acai Berry

Acai Berry, 540 g **#1466 €25.32**
Acai Berry, 10 x 27 g **#1467 €15.30**



To find out more, contact me today:

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