



CORE PRODUCTS

Formula 1 Nutritional Shake (21 servings) R428.32

Formula 1 Nutritional Shake (30 servings) Vanilla Creme R543.86

The number 1 meal replacement shake in the world

- Fully balanced meal (replace 2 meals per day to lose body fat in a healthy way)
- Contains 18g of high-quality protein
- Contains 25 essential vitamins & minerals
- High in dietary fiber & low in salts & fats
- Contains herbs that improves metabolism and supplies sustained energy
- Vegan ingredients, gluten free, no artificial colour and natural flavouring
- APPROXIMATELY 220 CALORIES PER SERVING



Formula 1 Express Bar

Choc 'Chip / Red Berries & Yoghurt (7/box) R199.21

- The Formula 1 nutritional shake in a bar



Pro 20 Select Protein Shake

R634.21

- 20 g protein per serving, contributing to muscle growth.
- Approximately 146 kcal per serving.
- High in fiber, 6 g per serving.
- Approximately 146 kcal per serving.
- Vegetarian, gluten and dairy free
- No artificial sweeteners or flavours.
- Ideal post-workout snack to replenish nutrients



Tri Blend Select Protein Shake (Banana)

R705.18

- Tri-blend of pea, quinoa and flaxseed
- 151 kcal per serving.
- 20 g protein per serving, contributing to the growth of muscle mass.
- 6 g of fiber per serving.
- Vitamin C and 7 minerals from natural sources.
- Vegan ingredients, no artificial colour and flavour
- Soy, dairy and gluten free.



Iced Coffee High Protein (Latte Macchiato)

R683.13

- 15g whey protein per serving
- Approximately 336 kcal per serving.
- Low fat with real coffee
- 80mg of caffeine per serving.
- Lacto-Vegetarian friendly gluten free
- No sugar added
- Artificial colourant and preservative FREE



Fiber & Herb Tablets

R186.96

- Contains dietary fiber that cleanses the digestive system
- Lowers the absorption of fat
- Improves & enhances nutrient absorption levels
- Gives a feeling of fullness
- Assist in the removal of toxins and wastes



PROTEIN SOLUTIONS

Roasted soy beans (12/box) R205.95

- High in protein (9g per pack) to help build lean muscle mass
- 113 calories per pack – less calories than traditional savoury snacks
- Great tasting – dry roasted and lightly sprinkled with salt



Protein Bars (14 per pack)

R284.18

Vanilla Almond, Chocolate Peanut or Citrus Lemon

- Supplies the body with essential soy protein between meals
- Ideal for active lifestyle and body fat management
- Delicious Nutritious snack on the go
- 10 grams of protein in each bar
- For the 'Sweet tooth' covered in Belgium chocolate



Personalized Protein Powder – PLAIN

R349.63

- An essential component of virtually every cell
- Contributes to better bone health
- Increases the feeling of fullness
- Contains soy protein which help maintain healthy cholesterol
- Contains whey protein which is vital for muscle development
- Safe & balanced protein intake with no added preservatives



Protein drink mix (PDM)

R469.12

- 15g of high-quality protein
- 20 essential vitamins and minerals
- 7g of complexed carbohydrates
- 457 kJ per serving when mixed with 250 ml water
- Great creamer for mixing shakes
- Can be made with water – vanilla flavour



ENHANCERS

Cell Activator

R330.75

- High in vitamin B that helps the absorption & assimilation of nutrients in your body
- Contains copper to support energy production
- Supports food and nutrient utilisation at cellular level to ensure ultimate energy and metabolism



Thermo Complete Tablets

R555.18

- Aids in body fat loss & support metabolism
- Increases metabolic rate to burn body fat
- Contains B vitamins for increased energy
- Enhances athletic performance
- Contains green tea for health components
- Take twice daily (10am & 3pm) to control cravings



Instant Herbal Beverage - Original (100g)

R511.78

Original, Raspberry, Peach & Lemon (50g)

R290.78

- Each cup burns up to 80 calories
- Provides mental clarity & alertness
- Increases metabolism (increase body fat loss)
- Naturally burns body fat, which gives energy
- A natural herbal stimulant & high in antioxidants
- Aids in controlling & normalising healthy appetite



HEALTHY AGING

Niteworks

R642.57

- Developed by Herbalife in collaboration with Nobel Laureate, Dr Louis Ignarro PhD for his research into the properties of Nitric Oxide
- Gives your body the best nutrition while you sleep
- Designed for nighttime consumption when your natural levels of Nitric Oxide are at their lowest
- Aids and supports the functioning of a healthy heart



Herbalifeline

R459.18

- Nutritional marine lipid complex (fish oil) supplement
- Helps maintain supple joints
- Support the natural function of the heart & circulation
- Contains Omega-3 EPA & DHA healthy fatty acids
- Healthier looking skin & Improves digestion
- Maintain healthy fat levels in blood
- Maintain the immune system & help mediate inflammation



IMMUNE HEALTH

RoseGuard tablets

R336.97

- Improves immune system & kills free radicals
- Builds-up cells & prevents premature aging of cells
- Keeps you looking younger for longer
- World's best anti-oxidant as it has a cascading effect
- Produces oxygen in the blood & improves blood circulation



DIGESTIVE HEALTH

Pro Core Drink

R197.24

- Helps to protect the immune system (Zink)
- Restores the balance of the intestinal microflora
- Protection of cells from oxidative stress (Vit D, Selenium)
- Provides high antioxidant and anti-inflammatory Properties (Vit C)



HERBALIFE NUTRITION

Herbal Aloe Concentrate (Original or Mango) R427.75**Herbal Aloe MAX (97% aloe vera juice) R514.75**

- Contains 75 nutrients, 20 minerals, 12 vitamins, 18 amino acids, and 200 active enzymes
- Natural detoxifier & prebiotic
- Natural anticid & anti-inflammatory
- Cleanses the digestive system
- Aids in absorption of nutrients
- "Heals whatever it touches"
- Promotes the growth of new cells
- Speeds up body fat loss by up to 40%

**Multifibre Drink R267.09**

- Oat Apple Fiber Drink is a delicious and easy way to help increase your daily fiber intake.
- A unique blend of soluble and insoluble fibers.
- Contains six fiber sources – apple, oat, maize, citrus, chicory and soya.
- Each serving contains 5g of fiber and 15 calories.

**SPORT, ENERGY & FITNESS****Liftoff – 14 Effervescent tablets –****Orange Flavour / Lemon-Lime Flavour**

- 0 sugar, 0 calories, 1 carbohydrate
- Stay alert and focused
- Improve short-term memory
- Individually packaged tablets for on the go lifestyle.

R354.76**Instant Guarana Beverage (NRG) R227.01**

- Improves memory, focus & concentration
- Gives mental clarity
- A mood lifter, relieves tension & relaxes the body
- Calming and relieves stress & depression
- Improves sleeping patterns & healthy appetite
- Natural antihistamine (for allergies)
- SAFE FOR CHILDREN (especially with ADD & ADHD)



HERBALIFE

NUTRITION

HEALTHY BREAKFAST PROGRAMS**21-day Healthy Breakfast Program****R1146.85**

Formula 1 Shake (1 container)

Herbal Aloe Concentrate

Instant Herbal Beverage

(ONLY R55 PER MEAL!)

Optional adds: Protein Drink Mix, Cell Activator

**WEIGHT PROGRAMS****Advanced 21 day Weight control Program****R1575.17**

Formula 1 Shake (2x meals per day)

Herbal Aloe Concentrate

Instant Herbal Beverage

(ONLY R37.50 PER MEAL!)

Optional adds: Protein Drink Mix, Cell Activator, Thermo Complete

**The BIG FIVE (STAMP)****R2311.38**

Formula 1 Shake (x2 meals per day)

Herbal Aloe Concentrate

Instant Herbal Beverage

Protein Drink Mix

Multifiber Drink

(ONLY R55.03 PER MEAL!)

Optional adds: Cell Activator, Thermo Complete, Herbalifeline (Omega 3)

**SPORTS PRODUCTS****HERBALIFE 24 NUTRITION**

Based on the latest science, Herbalife24 is designed for everyone. Whether you're a gentle jogger, gym lover or an elite athlete Herbalife24 has products to help you prepare, train and recover. We guarantee that every product from every batch is screened for prohibited substances by an independent third party.

**FORMULA 1 SPORT****R533.16**

- Pre-workout nourishment
- Balanced with carbohydrates, proteins, vitamins and minerals
- Contains whey protein and L-Glutamine to support lean muscle growth
- Carbohydrate blend to provide immediate and sustained energy
- Antioxidant protection for Vitamins C, E and selenium

**HYDRATE****R395.28**

- Supports hydration with electrolytes
- 100% RDA of the antioxidant vitamin C
- Contains the electrolytes sodium, calcium and magnesium for rapid body fluid restoration
- Source of energy supporting B vitamins including B1 and B12

**CR7 DRIVE SACHETS (10 servings)****R147.89****CR7 DRIVE CANISTER (20 serving)****R244.82**

- Hypotonic drink for hydration and endurance
- Carbohydrate-electrolyte solution that is proven to help sustain endurance performance*
- Very high in vitamin B1 (Thiamine) and vitamin B12
- High in magnesium and a source of energy
- 411 kJ per serving to help manage your kilojoule intake
- Artificial flavours and sweeteners free

**PROLONG****R568.59**

- Dual source blend of carbohydrates maltodextrin (fast metabolised) and fructose (slow metabolised)
- Provides immediate and sustained energy and facilitates caloric utilisation for sustained performance at a given effort for a longer period of time
- Contains whey protein reducing muscle breakdown during prolonged exercise and supports muscle synthesis and recovery
- B vitamins, including B1 and B12 support energy metabolism
- 100% RDA of vitamin C helps combat free radicals
- Isotonic formula for efficient carbohydrate and fluid uptake
- Easy to drink, light subtle citrus flavour

**REBUILD ENDURANCE (Vanilla)****R795.09**

- Rich in protein from milk protein concentrate and whey protein isolate
- Slow release casein protein and quick metabolised whey protein create and rapid and sustained muscle building state
- Unique carbohydrate blend to support muscle glycogen replenishment and rebuild muscle during the critical post-exercise period
- L-Glutamine to support the immune system which becomes stressed by exercise
- Includes L-Carnitine to aid muscle metabolism and recovery after exercise

**REBUILD STRENGTH*****R889.19**

- 25g per serving of high quality whey protein & L-glutamine creates rapid and sustained muscle rebuilding state
- Contains branched chain amino acids (BCAAs) to support muscle synthesis and recovery post exercise, to help you recover faster
- Specially blended with carbohydrate to deliver amino acids to fatigued muscles post anaerobic exercise
- Blend of whey protein and L-glutamine in one!

