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Renowned expert in healthy aging leads Herbalife Wellness Tour during Mental Health Week

Sydney, Australia, 18th September 2015 — Herbalife (NYSE: HLF) has announced its Herbalife Nutrition Advisory Board (NAB) member Dr Gary Small as the Special Guest Speaker of the 2015 Herbalife Asia-Pacific Wellness Tour running from October 6th to 10th.

Established in 2004, the board comprises leading experts in the fields of nutrition and health to inform and educate on the principles and importance of a healthy lifestyle.

“The Wellness Tour is an on-going effort by Herbalife to raise public awareness of the importance of balanced nutrition. A healthy active lifestyle is a way to proactively combat the rising trend of public health issues such as obesity and diabetes,” said Rod Taylor, Herbalife General Manager, Australia & New Zealand.

Dr. Small, Herbalife Wellness Tour Guest Speaker and NAB member, is a professor of psychiatry and director of the UCLA Longevity Center. His research has made headlines in the Wall Street Journal and the New York Times. Scientific American magazine named Dr. Small one of the world’s leading innovators in science and technology. Frequently appearing on The Today Show and Good Morning America, Dr Small has written seven books including The New York Times best seller, *The Memory Bible* and most recently, *iBrain* and *2 Weeks to a Younger Brain*.

Dr. Small’s visit, which coincides with Mental Health Week, will focus on the digital era and society’s limitless access to information. Furthermore, technology’s effect on altering brain and mental functions and the potential future implications, drawbacks and strategies needed to make a change.

“The digital age allows us to stay socially connected and access information readily but also can have a negative impact on mental health. Technology can enhance brain power, as long as we avoid the risks of over-use, which can increase stress and impair memory” said Dr. Small.

“Overweight and obesity are associated with cognitive decline and depression. Recent studies indicate when obese people lose weight, significant improvements are observed in memory and other cognitive abilities.”

Practicing and promoting good nutrition, a healthy, physical and active lifestyle are the beginnings of improved mental health. With the increase in discussions around mind and brain health, Dr Small further opens the conversation to every day mental health issues.

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For further information, contact

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About Herbalife:

Herbalife is a global nutrition company that has been changing people's lives with great products since 1980. Our nutrition, weight-management, energy and fitness and personal care products are available exclusively to and through dedicated Independent Herbalife Members in more than 90 countries. We are committed to fighting the worldwide problems of poor nutrition and obesity by offering high-quality products, one-on-one coaching with a Herbalife member and a community that inspires customers to live a healthy, active life.

We support the Herbalife Family Foundation (HFF) and its Casa Herbalife programs to help bring good nutrition to children in need. We also sponsor more than 190 world-class athletes, teams and events around the globe, including Cristiano Ronaldo, the LA Galaxy, Western Sydney Wanderers FC and champions in many other sports.

The company has over 7,800 employees worldwide, and its shares are traded on the New York Stock Exchange (NYSE: HLF) with net sales of \$5 billion in 2014. To learn more visit Herbalife.com.au

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