

Introduction

Nutrition Clubs, conducted at residential or commercial locations, are social gatherings, bringing together persons who become members wishing to focus on good nutrition and regular exercise in order to achieve optimum health.

These Nutrition Club Rules have the same force and effect as the full body of Herbalife's Rules of Conduct and Distributor Policies (including the U.S. Supplemental Rules of Conduct). The U.S. Nutrition Club Rules were introduced in December of 2007. The most current version is effective December 1, 2009 and supercedes all previously released documents which contain Nutrition Club Rules or informal operational guidance. Violations of any Rule or Distributor Policy may result in disciplinary action, up to and including suspension or termination of Distributorships, and Distributors may lose their ability to operate Nutrition Clubs.

The Rules of Conduct and Distributor Policies (and the U.S. Supplemental Rules of Conduct) are included in the International Business Pack (IBP) and may also be obtained online, at MyHerbalife.com, or by calling Herbalife's Distributor Relations Department toll-free at (866) 866-4744. Where available, Nutrition Club Manuals also contain the Nutrition Club Rules.

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1-A Compliance With Herbalife's Rules

Any Distributor operating a Nutrition Club must be familiar and comply with the most recent versions of Herbalife's Rules.

1-B Corporate Audits

Distributors must cooperate with Herbalife when it conducts audits of Nutrition Club practices for compliance with Herbalife's Rules. Failure to cooperate with an audit or to promptly make changes required by an auditor or audit report will result in disciplinary action, up to and including suspension or termination of Distributorships.

1-C Training

Rule 11-C of Herbalife's "Rules of Conduct and Distributor Policies"; provides as follows:

Rule 11-C Training

A Sponsor is responsible for properly training their personally sponsored Distributors on the products and their usage, the Sales & Marketing Plan, the Rules of Conduct and other Company rules, regulations and guidelines for Distributors. They may seek assistance from their upline Supervisor or TAB Team member, but the primary responsibility is their own. No Sponsor may require payment from a personally sponsored Distributor for training or training facilities unless they fully explain that the Distributor may choose whether or not they want to participate in such training and state in advance the cost for such training. If the Distributor declines to participate in such paid training, the Sponsor is obligated to provide basic training necessary to learning the business.

A Nutrition Club operator must be trained by a knowledgeable member of their upline, or through local corporate or individual training events regarding the proper operation of the Club under the law and according to Herbalife's Rules. The ultimate responsibility for the training of the Club operator is that of the first upline TAB Team member.

1-D Independent Distributors as Club Operators

Nutrition Clubs may only be operated by Herbalife Independent Distributors.

1-E Employees

While Distributors are generally permitted to utilize employees in operating their Herbalife businesses, they may not use employees to assist with any Nutrition Club operations.

1-F Not Franchises

Nutrition Clubs are not franchises, and Distributors may not compare Nutrition Clubs to franchises when promoting them as a business tool. Nutrition Clubs are only a means of doing the core Herbalife business which is retailing, recruiting and retention.

1-G Independent Business Operations

As with all other Distributor business activities, Herbalife does not approve, endorse, authorize, guarantee or assume any obligation with regard to individual Nutrition Clubs.

1-H One Responsible Distributor

At least one Herbalife Independent Distributor must accept full responsibility for and oversee all operations of each Nutrition Club. This Distributor must post the Nutrition Club Advisory provided at the end of this document. The Nutrition Club Advisory will reflect the Distributor's name, Herbalife Identification Number, and contact information at the Club at all times. This Distributor must be present during all Club sessions, except for short-term absences when attending Company-sponsored meetings, and if absent, must assign a Distributor who they personally trained, to oversee Club operations in-person.

If multiple Distributors share a common space to operate their Nutrition Clubs, the posted information of the responsible Distributors may be alternated accordingly.

1-I Good Neighbor Policy

Nutrition Club operators must be good and considerate neighbors, especially when operating out of their homes.

Operators must limit Club attendance and take any other necessary steps to ensure that Club meetings do not cause unreasonable amounts of noise, traffic congestion or other forms of nuisance to the public.

1-J Comply With the Law

Nutrition Club operators must comply with all laws and regulations that apply to the operation of their Club. In dealing with relevant government agencies, prospective and current Club operators must be cooperative and represent their proposed or actual activities accurately.

1-K No Assigned or Exclusive Territories

There are no territorial assignments or exclusive territories for Nutrition Clubs; they may be opened and operated anywhere it is legally permissible to do so.

1-L Multiple Clubs

Nutrition Club operators may operate in more than one (1) location (e.g., operate multiple Clubs), but only if they do not operate two (2) or more Clubs simultaneously.

1-M Required Advisory for Posting

Every Club operator must post the following Advisory in the Club:

Nutrition Club Advisory

This Nutrition Club is operated by Herbalife Independent Distributor _____ (“Operator”), Herbalife ID Number _____. Operator’s mailing address is _____, and Operator’s business phone number is _____. Operator, not Herbalife, is responsible for all of the activities related to this Nutrition Club.

Nutrition Clubs are social gatherings, bringing people together with a focus on good nutrition. They are not retail stores or outlets, nor are they restaurants. Registered Club members may carry-out one shake per day from the Club, but only in unbranded containers of not more than 12 oz. (or 354 ml) in capacity. Carry-out of shakes may only be for the personal consumption of that Club member or another registered Club member. Carry-out is limited to shakes and does not include teas, Formula 1 pies or Herbal Aloe Concentrate.

Nutrition Club fees cover general operational costs and do not represent the price or cost of products. Participants may share their experiences after having used the products, but must always remember that the products are not intended to diagnose, treat, prevent or cure any disease or medical condition. Income reported in Nutrition Club materials, or in oral testimony at Club gatherings, is applicable to the individuals (or examples) depicted and not average.

This sign containing the Advisory must be at least **8.5 inches by 11 inches** and the Advisory itself must be in a font size **no smaller than 17 points**. The specific wording of the Advisory may change from time to time, but the most recent version can always be obtained by calling your local Distributor Relations Department, or it can be downloaded from MyHerbalife.com.

A copy of this Advisory is provided for your use at the end of Subsection 5 of the Nutrition Club Rules.

1-N Good Hygiene

Although Nutrition Clubs are not restaurants, carry-outs, or any other form of food service establishment, the provision of complimentary shakes, teas, Formula 1 pies and Herbal Aloe Concentrate to Club members requires that Nutrition Club operators always practice good hygiene and maintain clean and sanitary Club premises. You may refer to your Nutrition Club Manual for a full list of hygiene and sanitary best practices, but the following practices are always required:

Food Sourcing, Handling and Preparation

- Always obtain fruits, vegetables and other non-Herbalife ingredients from reputable suppliers; inspect these ingredients for freshness and quality on delivery and again before use.

- Always use purified water in preparing the Club’s complimentary beverages; non-purified water can be used after it is boiled.
- All kitchen equipment which is used for Club activities, including, but not limited to, blenders and cutting boards, must be cleaned thoroughly before and after every use.
- Always use disposable cups to serve complimentary beverages.

Non-Perishable Products

- Always use your stock of Herbalife products, and non-perishable ingredients on a “first-in, first-out” basis; this means, always using the older products first.
- Always store your Herbalife products and non-perishable ingredients in a cool, clean, well-ventilated space; the fact that items are non-perishable does not excuse poor storage practices.

Perishable Products

- Always use your stock of perishable food items on a “first-in, first-out” basis, and perishable items such as fruits and vegetables must be washed prior to use.
- Clean your refrigeration units at least once a week and always store perishable products in a manner that protects them from damage, spoilage or contamination.

Personal Hygiene

- Keep your hands and forearms clean at all times by washing thoroughly with anti-bacterial soap and warm water, and take special care to wash in the following instances:
 - After using the restroom
 - Before and after handling any food items
 - After sneezing, coughing or blowing your nose
 - After smoking, eating, drinking or leaving the Club premises
 - After touching your hair or any other body part
 - After touching another person
 - After touching used or dirty kitchen equipment or utensils
- Leave the Club premises immediately if you are sick or feel sick, even if this means the Club must be closed until you are back to good health.
- Keep your clothing and hair clean and neat at all times.

Club Premises

- Be careful to watch for spillage and clean up any spills immediately; warn members and guests to avoid the affected areas until clean-up is complete.
- Maintain multiple covered trash receptacles lined with high-quality garbage bags throughout the Club premises; remove and empty them frequently.

1-O Required Advisory for Posting; Hygiene and Sanitary Practices

Every Club operator must post the following Hygiene and Sanitary Practices Advisory in the Club:

Advisory for Nutrition Club Operator

Although Nutrition Clubs are not restaurants, carry-outs, or any other type of food service establishment, Herbalife expects Nutrition Club Operators to adopt the highest standards of hygiene and sanitary practices. Rule 1-N "Good Hygiene" itemizes practices that are required, and additional best practices are available for review in the Nutrition Club Manual. The following core principles of good hygiene and sanitation are always required:

- *Keep your Club, particularly your entire kitchen area, clean at all times.*
- *Keep all tools and utensils used in food preparation, and in particular blenders and cutting boards, clean at all times.*
- *Keep your hands and forearms clean at all times by washing them frequently with antibacterial soap and warm water.*
- *Always use purified (or boiled) water in preparing the Club's complimentary beverages.*
- *Inspect fruits and vegetables for freshness and quality, and wash them prior to use.*
- *Always use disposable cups.*
- *Clean up any spillage immediately, and remove all trash promptly.*

This sign containing the Hygiene and Sanitary Practices Advisory must be at least **8.5 inches by 11 inches** and the Advisory itself must be in a font size **no smaller than 17 points**. The specific wording of the Advisory may change from time to time, but the most recent version can always be obtained by calling your local Distributor Relations Department, or it can be downloaded from MyHerbalife.com. A copy of this Advisory is provided for your use at the end of Subsection 5 of the Nutrition Club Rules.

SUBSECTION 2 - FEES, RECRUITING AND SUPPORT

2-A Fees

A daily, weekly or monthly membership fee may be charged to cover operational costs such as rent, utilities, etc.; these membership fees must not represent the price or cost of products, which may be offered to members and their guests for consumption.

2-B Club Attendance Not Mandatory

Attending Club sessions is a personal decision for the member or guest (whether or not he or she is a Distributor); Club operators must never state or imply that there is an obligation to attend.

Rule 2-C Club Activities and Services

Nutrition Clubs must offer their members regular opportunities to socialize, as well as frequent educational and coaching sessions (group and one-on-one) on nutrition and weight management.

2-D Buying and Selling Out of Line, Inducement to Sell Other Products or Services, Inducement to Change Sponsors

The Rules of Conduct and Distributor Policies applicable to all Herbalife Distributors include the following rules:

Rule 16-C Buying and Selling Products Outside Proper Line of Sponsorship

A Distributor is prohibited from buying products from any Distributor other than as authorized in Rules 16-A "Proper Purchasing" and 16-B "Orders Purchased at 50% Discount". Likewise, a Distributor is prohibited from selling to any Distributor other than their downline personal organization, in keeping with Rules 16-A and 16-B. (Also, refer to Business Methods Rule 1-L "Restrictions on Solicitations and Sales of Business Methods to Herbalife Distributors" in the "U.S. Supplemental Rules of Conduct")

It is a violation of Herbalife's Rules if a Distributor sells Herbalife products to another Distributor, if the Seller is someone other than the Buyer's Sponsor (or first upline Supervisor if their Sponsor is not a Fully Qualified Supervisor), or the Buyer is eligible to buy product at a 50% discount from the Company. Any infraction of this Rule is a violation by both the Buyer and Seller and is likely to result in sanctions up to and including termination of the Distributorships involved.

Rule 8-A Inducement to Sell Other Products or Services

During the course of a Distributorship and for one year thereafter, neither the Distributor nor their spouse, or any other person assisting in a Distributorship will, directly or indirectly (through or by means of any person, entity, or

artifice), solicit, promote, sponsor or recruit any Herbalife Distributor or any Herbalife customer they became aware of in the course of their Herbalife Distributorship, to join, promote, sell, or purchase products of, or participate in as a salesperson or otherwise, any multi-level marketing or direct-sales company, nor will they encourage anyone to do what is prohibited under this rule.

Violation of this Rule is likely to result in termination of the Distributorship.

Rule 12-B Inducement to Change Sponsors

In order to protect the Sponsor, no Distributor may interfere with the relationship between another Distributor and their Sponsor in any way. A Distributor may not offer, entice, encourage, solicit, or otherwise influence or attempt to persuade another Distributor to change their Sponsor or line of sponsorship, either directly or indirectly.

In addition, the following restrictions apply with regard to the operation of a Nutrition Club:

- No Distributor or their spouse, and no person assisting in a Distributorship or Nutrition Club, may target members of another Nutrition Club (whether or not those targeted are Distributors) to become a member or attend any other Nutrition Club, nor will they encourage anyone to do what is prohibited under this Rule.

2-E Member Referral Incentives

Club operators may offer reasonable rewards, such as free products, for the referral of new members, but Club operators are prohibited from paying cash or cash equivalents for such referrals.

3-A Authorized Herbalife Products Only

Only Herbalife products authorized for the United States may be provided for consumption or sale while operating a Nutrition Club. Non-Herbalife products may not be provided, sold or promoted on the Club premises.

3-B Product Consumption

Nutrition Clubs are social gatherings, bringing people together with a focus on good nutrition. They are not retail stores or outlets, nor are they restaurants or carry-out establishments.

Subject to this restriction, Club operators may offer complimentary products such as shakes, teas, Formula 1 pies and Herbal Aloe Concentrate. Club operators may post a list of available flavors of shakes and teas, as well as any optional ingredients such as protein or fiber, but consistent with the proper operation of a Nutrition Club they may not post, list or charge individual prices for these products or ingredients. The only permissible Nutrition Club fees are daily, weekly or monthly membership fees to cover operational costs such as rent and utilities.

In the Nutrition Clubs and elsewhere, Herbalife products must always be served, consumed and applied in accordance with the instructions on the printed product labels.

3-C Carry-Outs

Although it is preferable that all product offerings be consumed on the Club premises, registered Club members may carry-out one shake per day.

Carry-outs must be in unbranded containers of not more than 12 oz. (or 354 ml) in capacity. Carry-outs may only be for the personal consumption of that Club member, or another registered Club member. Carry-out is limited to shakes and does not include teas, Formula 1 pies or Herbal Aloe Concentrate.

3-D Product Retailing

Nutrition Clubs are social gatherings, bringing people together with a focus on good nutrition. They are not retail stores or outlets, nor are they restaurants or carry-out establishments. Club operators may keep product inventory on hand, and they may sell their inventory at retail. All Herbalife products must be sold unopened and in their original Herbalife packaging. Products which are not packaged and labeled for individual sale as individual units or single servings may not be sold in the Nutrition Clubs, or elsewhere. An official Herbalife product catalog may be made available to Club members, but product pricing may not be posted. Club operators may not pressure their members or guests to buy the products, and may not

state or imply that product purchases are required in order to enter, attend, become a member, or remain a member of the Club.

3-E Sampling

Sampling of Herbalife products is permissible at Nutrition Clubs. Club operators may offer complimentary (sample) products such as shakes, teas, Formula 1 pies and Herbal Aloe Concentrate. Loose tablets may not be sampled. Club operators may post a list of available flavors of shakes and teas, as well as any optional ingredients such as protein or fiber, but consistent with the proper operation of a Nutrition Club, they may not post, list or charge individual prices for these products or ingredients. The only permissible Nutrition Club fees are daily, weekly or monthly membership fees to cover operational costs such as rent and utilities.

3-F Mixtures

Club operators may not mix shakes or teas using alcoholic beverages, medications or other inappropriate ingredients.

3-G Product Packaging and Display

Club operators may display product-related literature, promotional items, Herbalife products, unopened and in their original packaging, but such displays may not be visible from the exterior.

When preparing shakes, teas and Herbal Aloe Concentrate for consumption, these products must be available for inspection by members and guests (again, unopened and in their original packaging).

3-H Proper Disposal of Product Containers

To protect against those who might seek to counterfeit Herbalife product, Club operators are required to deface or destroy product labels and containers before disposing of empty containers.

SUBSECTION 4 - MARKETING, PROMOTION AND ADVERTISING, INCLUDING CLAIMS/TESTIMONIALS

4-A Testimonials/Product Claims

Club members may share their experiences from using the products, but the products are not intended to diagnose, treat, prevent or cure any disease or medical condition, and under no circumstances should there be any statements or implications to the contrary, whether by the Club operator or by members or guests who are offering testimony. All information which is given to Club members should be consistent with the information which is provided in Herbalife support materials and publications, both in general and for specific products. Refer to Herbalife's Rules of Conduct and Distributor Policies Section 22, "Claims and Representations." These Rules are in the latest version of the Herbalife Career Book, on MyHerbalife.com, or available through Distributor Relations, upon request.

4-B Testimonials/Income Claims

Income and earnings testimonials, whether made orally at a Club event, or in writing in websites or Club-related materials must be appropriately disclaimed, orally and/or in writing. The appropriate disclaimer is:

Income reported in Nutrition Club materials, or in oral testimony at Club gatherings is applicable to the individuals (or examples) depicted and not average. For average financial performance data, see the Statement of Average Gross Compensation for U.S. Supervisors at www.herbalife.com and www.myherbalife.com.

Refer to Herbalife's Rules of Conduct and Distributor Policies Section 22, "Claims and Representations." These Rules are in the latest version of the Herbalife Career Book, on MyHerbalife.com, or available through Distributor Relations upon request.

4-C Offering Nutritional Advice to Members and Guests

Club operators may offer the general health, wellness and nutritional information which is a part of their daily activities as Herbalife Independent Distributors. This includes guidance about the products, their usage and their key benefits, as well as information about the business opportunity. Operators may also provide appropriate product and income testimonials both orally and in writing (accompanied by Herbalife's required disclaimers).

4-D Advertising

Nutrition Clubs are social gatherings publicized exclusively through word of mouth and attended only by persons who are personally invited by the Club operator, another independent Distributor or a customer, either through oral conversation or through conversation accompanied by the provision of a written invitation. Nutrition Clubs

are not intended to attract "walk-in" traffic; therefore, Nutrition Club advertising is limited solely to promoting services that are offered at the Club's location, such as a Weight loss Challenge, a wellness evaluation or wellness presentation. Advertising such services may include the following details:

- Name of Club and Club operator
- Address of Club
- Map/directions
- Phone number

Using radio and television to advertise services that occur in a Club is not permissible.

4-E Personal Websites

Every Nutrition Club operator is permitted to create a website under the following conditions:

- **Password-protected websites** that are not accessible by the general public, dedicated or partially dedicated to Nutrition Clubs, may be operated subject to their full compliance with Herbalife's Rules.
- **Non-password-protected websites**, accessible by the general public, are permitted with regard to a Distributor's overall Herbalife business, but not with regard to Nutrition Clubs specifically. A publicly accessible website may only provide the following Nutrition Club information:

- Services available at Club
- Name of Club and Club operator
- Address of Club
- Map/directions
- Phone number

Using radio and television to advertise services that occur in a Club is not permissible.

Any other information specific to Nutrition Club(s) which is posted on publicly accessible websites will be considered and treated as prohibited Nutrition Club advertising.

4-F Nutrition Club Signage

Residential Locations: Clubs operating from residential locations may not use exterior signage of any kind. For signage Rules that apply to Clubs operating from non-residential locations, refer to Section 5 of these Nutrition Club Rules.

5-A Retail/Service Establishments

Retail Establishments: Nutrition Clubs may not operate on the premises of retail establishments. Retail establishments are defined as fixed locations whose primary activity is the on-site delivery of goods to consumers.

Service Establishments: Nutrition Clubs may not operate on the premises of service establishments whose primary purpose is to provide prepared foods (such as, but not limited to, restaurants, cafés, ice cream shops, etc.).

However, it *is* permissible to operate within service establishments such as beauty salons, barber shops, gyms, and health clubs, provided that the Nutrition Club activities and all signage are restricted to an enclosed room and are not visible to passersby or to the public frequenting the service establishment.

Herbalife has the sole and absolute discretion as to the determination and application of this policy.

5-B Signage Restrictions for Clubs Operating in Non-Residential Locations

A Nutrition Club may have a sign identifying itself, but that signage must meet the following standards:

- The design and content of the proposed sign must meet Herbalife's published standards to ensure that the location is not perceived as a store, restaurant, franchise or similar operation, or other retail location, and does not invite passersby to purchase product.
- Utilizing signage which is unreasonably large or unreasonably noticeable, as determined by Herbalife at its sole and absolute discretion, will be considered and treated as an attempt to attract walk-in traffic to a Nutrition Club, which is prohibited. Please refer to Rule 5-E "Walk-In Traffic."
- No two clubs operating from non-residential locations may have identical or substantially similar names or signage within a (100) mile radius (as determined by Herbalife, at its sole and absolute discretion). This would include anything visible from the exterior that might suggest that the location is a franchise.
- Signs may not directly or indirectly identify, imply or signal that the occupant is an Herbalife Independent Distributor (or otherwise indicate an Herbalife business).
- Signs may not advertise services offered as part of a Nutrition Club (for example, Herbalife product available, Weight Loss Challenge, etc.). The following are a few examples of signage do's and don'ts:

Examples of Signage:

Do's	Don'ts
"Angela's Wellness Center"	"Angela's Shake Café"
"Healthy Lifestyle's Club"	"Healthy Nutrition Bar"
"The Feel Good Zone"	"Herbalife Weight Loss Shop"

- Signs may not state or suggest that Herbalife products are available for retail purchase on the premises.
- Signs may not use the terms "Nutrition Club," "Herbalife®," "L.A. Live," "Mark Hughes," "Liftoff®," "Shapeworks®," "Skin Activator®," "NouriFusion®" or any other Herbalife intellectual property, product names or brands, or the word "shake" or any other words that imply or signal that Herbalife products are available at that location.
- The following terms, and any similar terms, are not acceptable: "café," "restaurant," "bar," "mart," "store," or "shop."
- Signs that depict "Open/Closed" may not be visible from the exterior.

Provided that the Club operator adheres to the above specified points, the use of the following terms and any similar terms are acceptable: "club," "center," or "meeting"; Club operators may also use their business name or the name of the individual or group.

5-C Window Coverings

Nutrition Clubs operating in non-residential locations must ensure the interior of the Club is not visible to persons from the exterior, by use of window coverings.

- Window coverings must be unbranded, and they may not state, imply or suggest (even without words) that retail products are available for purchase inside.
- "Before & After" photographs are not permitted in or as window coverings.
- The word "shake" or pictures of shakes, or any other products, even if unbranded, are not permitted in or as window coverings.

Herbalife offers a variety of attractive Nutrition Club window coverings which are available at MyHerbalife.com or by request from Distributor Relations.

5-D Leasing, Renting or Sharing Club Locations

Nutrition Club operators may lease, rent or otherwise charge for clubs located in non-residential locations which they make available to, or share with, members of their downline organizations. However, the fees derived may not exceed a 5% net profit to the offering Distributor, and the offering Distributor(s) may not solicit or promote these locations to Distributors in other organizations.

5-E Walk-In Traffic

A “walk-in prospect” is a person who visits a Nutrition Club for the first time without a personal invitation and without having had any direct contact with or a referral from the operator of the Club or an existing Club member. Nutrition Club operators may sign up a walk-in prospect as a member, but if the prospect cannot or will not sign up as a member, the operator is then limited to offering the prospect a complimentary shake, tea, Formula 1 pies, and Herbal Aloe Concentrate as samples, and explaining the Nutrition Club concept of socialization, product consumption and wellness education among Club members, all in a fun and relaxed atmosphere. Nutrition Clubs are not retail locations and operators may not state or imply that they are. It is not permissible to sell product servings to anyone. Product servings are only available to registered Nutrition Club members as part of their daily, weekly or monthly membership fee. Free samples of prepared products may be provided to encourage walk-ins to return and become Club members. Please refer to Rule 5-B “Signage Restrictions for Clubs Operating in Non-Residential Locations”.

Nutrition Club Advisory

This Nutrition Club is operated by Herbalife Independent Distributor ("Operator"), _____
Herbalife ID Number _____. Operator's mailing address is _____,
and Operator's business phone number is _____. Operator, not Herbalife, is responsible for all of the activities related to this Nutrition Club.

Nutrition Clubs are social gatherings, bringing people together with a focus on good nutrition. They are not retail stores or outlets, nor are they restaurants. Registered Club members may carry-out one shake per day from the Club, but only in unbranded containers of not more than 12 oz. (or 354 ml) in capacity. Carry-out of shakes may only be for the personal consumption of that Club member, or another registered Club member. Carry-out is limited to shakes and does not include teas, Formula 1 pies or Herbal Aloe Concentrate.

Nutrition Club fees cover general operational costs and do not represent the price or cost of products. Participants may share their experiences after having used the products, but must always remember that the products are not intended to diagnose, treat, prevent or cure any disease or medical condition. Income reported in Nutrition Club materials, or in oral testimony at Club gatherings, is applicable to the individuals (or examples) depicted and not average.

Advisory for Nutrition Club Operator

Although Nutrition Clubs are not restaurants, carry-outs, or any other type of food service establishment, Herbalife expects Nutrition Club Operators to adopt the highest standards of hygiene and sanitary practices. Rule 1-N “Good Hygiene” itemizes practices that are required, and additional best practices are available for review in the Nutrition Club Manual. The following core principles of good hygiene and sanitation are always required:

- Keep your Club, particularly your entire kitchen area, clean at all times.
- Keep all tools and utensils used in food preparation, and in particular blenders and cutting boards, clean at all times.
- Keep your hands and forearms clean at all times by washing them frequently with antibacterial soap and warm water.
- Always use purified (or boiled) water in preparing the Club’s complimentary beverages.
- Inspect fruits and vegetables for freshness and quality, and wash them prior to use.
- Always use disposable cups.
- Clean up any spillage immediately, and remove all trash promptly.

