DASHE MURRAY H

Form 4

February 28, 2012

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number:

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subject to Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Ad DASHE MU	ldress of Reporting Per RRAY H	n * 2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
		HERBALIFE LTD. [HLF]	(Check all applicable)			
(Last)	(First) (Mide	3. Date of Earliest Transaction	` 			
		(Month/Day/Year)	X Director 10% Owner			
800 W. OLYMPIC BLVD., SUITE 406		E 02/24/2012	Officer (give title Other (specify below)			
(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
I OC ANCEI	EC CA 00015		rom med of more than one reporting			

Person

LOS ANGELES, CA 90015

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Securi	ities Acqu	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	02/24/2012		M	13,064	A	\$ 22.94	13,064	D	
Common Stock	02/24/2012		D	4,510	D	\$ 66.45	8,554	D	
Common Stock	02/24/2012		M	4,089	A	\$ 53.29	12,643	D	
Common Stock	02/24/2012		D	3,280	D	\$ 66.45	9,363	D	
Common Stock	02/27/2012		G	9,363	D	\$ 0	0	D	

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Common Stock	02/27/2012	G	9,363	A	\$ 0	9,363	I	By trust
Common Stock	02/27/2012	M	28,576	A	\$ 9.91	28,576	D	
Common Stock	02/27/2012	D	4,259	D	\$ 66.5	24,317	D	
Common Stock	02/28/2012	G	24,317	D	\$ 0	0	D	
Common Stock	02/28/2012	G	24,317	D	\$ 0	33,680	I	By trust
Common Stock	02/28/2012	S	6,363	D	\$ 66.24 (1)	27,317	I	By trust

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration Date (Month/Day/Year) A) d of		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shar
Stock Appreciation Rights	\$ 22.94	02/24/2012		D	13,064	(2)	05/07/2017	Common Stock	13,06
Stock Appreciation Rights	\$ 53.29	02/24/2012		D	4,089	(3)	05/18/2018	Common Stock	4,089
Stock Appreciation Rights	\$ 9.91	02/27/2012		D	28,576	<u>(4)</u>	04/30/2016	Common Stock	28,57

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

DASHE MURRAY H 800 W. OLYMPIC BLVD., SUITE 406 X LOS ANGELES, CA 90015

Signatures

Murray H. Dashe by Brett R. Chapman, Attorney-in-Fact

02/28/2012

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- This transaction was executed in multiple trades at prices ranging from \$66.23 to \$66.28. The price reported above reflects the weighted (1) average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.
- (2) These stock appreciation rights were fully vested as of April 15, 2011.
- Consists of stock appreciation rights granted under the Herbalife Ltd. 2005 Stock Incentive Plan, of which 25% vested on each of July 15, 2011, October 15, 2011 and January 15, 2012. The remaining 25% will vest on April 15, 2012,
- (4) These stock appreciation rights were fully vested as of February 27, 2010.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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