### Edgar Filing: Bermingham Richard P - Form 4

Bermingham	Richard P											
Form 4												
November 05	, 2012											
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								-	PPROVAL			
<b>UNITED STATES SECURITIES AND EXCHANGE COMMISSION</b> Washington, D.C. 20549							COMMISSION	OMB Number:	3235-0287			
Check this if no longe							Expires:	January 31,				
subject to	STAT	EMENT O	F CHAN	GES IN BENEFICIAL OW				NERSHIP OF	Estimated a	2005 Laverage		
Section 16.				SECUR	SECURITIES				burden hou	•		
Form 4 or									response 0.5			
Form 5 obligation	a	<b>^</b>					-	e Act of 1934,				
may contin See Instruct 1(b).	nue. Section		Public Ut ) of the Inv					f 1935 or Sectio 40	n			
(Print or Type Ro	esponses)											
Bermingham Richard P Symb			Symbol	•				5. Relationship of Reporting Person(s) to Issuer				
			HERBA	LIFE LT	D. [HLF	]		(Check all applicable)				
(Last)	Last) (First) (Middle) 3. Date of			f Earliest Transaction								
800 W. OLYMPIC BLVD. 11 (Street) 4.				(Month/Day/Year) 11/01/2012				_X_ Director	Owner			
			11/01/20					Officer (give below)	e title Other (specify below)			
			4. If Amer	4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check				
			Filed(Mon					Applicable Line)				
LOS ANGEI	LES, CA 900	015						_X_ Form filed by Form filed by M Person	One Reporting Pe More than One Re			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative (	Securi	ties Acc	uired, Disposed o	f or Beneficial	lv Owned		
1 77.4 0	от <i>(</i> :									-		
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	ear) Executi any	on Date, if /Day/Year)	3. Transactio Code (Instr. 8)	4. Securi on(A) or Di (D) (Instr. 3,	ispose	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
~				Code V	Amount	(D)	Price	(insu: 5 and 4)				
Common Stock	11/01/2012			S <u>(1)</u>	9,789	D	\$ 51.1	12,000	D			

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	5	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative De Security Sec (Instr. 5) Be Ov Fo Re Tra	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date		Amount or Number of Shares		

## **Reporting Owners**

<b>Reporting Owner Name / Address</b>	Relationships							
	Director	10% Owner	Officer	Other				
Bermingham Richard P 800 W. OLYMPIC BLVD. LOS ANGELES, CA 90015	Х							
Signatures								

# Richard P. Bermingham by Brett R. Chapman,

attorney-in-fact

11/05/2012

#### \*\*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).
- (1) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 2, 2012.

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.