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HERBALIF	E LTD.										
Form 4											
April 25, 20	14										
FORM	ЛЛ								PPROVAL		
	UNITED	STATES		RITIES A shington			COMMISSIO	N OMB Number:	3235-0287		
	Check this box								January 31,		
if no lon subject t	STEATING	AENT O	F CHAN	NGES IN	BENEF	ICIAL O	WNERSHIP OF	Expires:	2005		
Section				SECUE	RITIES			Estimated burden hou			
Form 4	or						response				
Form 5	Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934.										
obligatio		a) of the l	Public U	Itility Hol	ding Con	npany Act	of 1935 or Secti	on			
may con <i>See</i> Instr		30(h)	of the In	nvestment	Compar	y Act of 1	940				
1(b).					-						
(Print or Type	Responses)										
1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of F								of Reporting Per	rson(s) to		
Cuesta Patr	Symbol				Issuer						
			HERB.	ALIFE LT	rd. [hlf	[]	(Ch	eck all applicabl	e)		
(Last)	(First) (Middle)	3. Date of	of Earliest T	ransaction		(en)		
			(Month/	Day/Year)			Director	109	% Owner		
800 W. OL	YMPIC BLVD.,	SUITE	04/23/2	2014			XOfficer (gi		ner (specify		
406							below) below) SVP/Managing Director SAM				
	(Streat)		4 10 4	1 (D							
				endment, D	-	1	6. Individual or	Joint/Group Fili	illing(Check		
			Filed(Mc	onth/Day/Yea	r)		Applicable Line) _X_ Form filed by One Reporting Person				
LOS ANGI	ELES, CA 90015							More than One R			
LOD MICH	LLLS, CA 90015						Person				
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivative	Securities A	cquired, Disposed	of, or Beneficia	ally Owned		
1.Title of	2. Transaction Date	2A. Deem	ed	3.	4. Securit	es	5. Amount of	6. Ownership	7. Nature of		
Security	(Month/Day/Year)	Execution Date, if any		TransactionAcquired (A) or			Securities	Form: Direct	Indirect		
(Instr. 3)				Code	Disposed of (D)		-	(D) or Indirect			
		(Month/Da	ay/Year)	(Instr. 8)	(Instr. 3, 4	and 5)	Owned	(I) (In str. 4)	Ownership		
							Following Reported	(Instr. 4)	(Instr. 4)		
						(A)	Transaction(s)				
				C I V		or	(Instr. 3 and 4)				
				Code V	Amount	(D) Price	,				

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)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securi
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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* 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).

On December 13, 2013, the reporting person was granted an award of 15,133 stock appreciation rights (SARs). The amount and timing of
 (1) the vesting of these SARs is dependent upon the Company's achievement of certain performance criteria for each of fiscal 2013, 2014 and 2015. The performance criteria was met in 2013, resulting in the vesting of 3,026 SARs subject to this award on June 21, 2014.

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.