

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the
 Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person* JOHNSON MICHAEL (Last) (First) (Middle) 1800 CENTURY PARK EAST (Street) LOS ANGELES, CA 90067 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol HERBALIFE LTD. [HLF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) CEO
3. Date of Earliest Transaction (Month/Day/Year) 07/02/2007		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned		

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	07/02/2007		M		170,085	A	\$ 0.88	251,134	D	
Common Stock	07/02/2007		S	(1)	200	D	\$ 40.16	250,934	D	
Common Stock	07/02/2007		S	(1)	500	D	\$ 40.15	250,434	D	
Common Stock	07/02/2007		S	(1)	700	D	\$ 40.1	249,734	D	
Common Stock	07/02/2007		S	(1)	6,200	D	\$ 40.09	243,534	D	
Common Stock	07/02/2007		S	(1)	9,500	D	\$ 40.08	234,034	D	
Common Stock	07/02/2007		S	(1)	1,400	D	\$ 40.07	232,634	D	
Common Stock	07/02/2007		S	(1)	2,800	D	\$ 40.06	229,834	D	
Common Stock	07/02/2007		S	(1)	1,100	D	\$ 40.05	228,734	D	
Common Stock	07/02/2007		S	(1)	3,000	D	\$ 40.04	225,734	D	
Common Stock	07/02/2007		S	(1)	500	D	\$ 40.03	225,234	D	
Common Stock	07/02/2007		S	(1)	1,200	D	\$ 40.02	224,034	D	
Common Stock	07/02/2007		S	(1)	3,300	D	\$ 40.01	220,734	D	
Common Stock	07/02/2007		S	(1)	139,685	D	\$ 40	81,049	D	
Common Stock								56,561	I	Beneficially owned through Michael O. Johnson IRA

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

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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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Non-Qualified stock option (right to buy)	\$ 0.88	07/02/2007		M		170,085		(2)	04/03/2013	Common Stock	170,085	\$ 0	0	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JOHNSON MICHAEL 1800 CENTURY PARK EAST LOS ANGELES, CA 90067	X		CEO	

Signatures

Vicki Tuchman by Power of Attorney		07/03/2007
		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 May 17, 2007.

(2) Option vests in 50% increments on April 3, 2004 and April 3, 2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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