

# 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 * <b>Birmingham Richard P</b>			2. Issuer Name and Ticker or Trading Symbol <b>HERBALIFE LTD. [HLF]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <b>03/05/2008</b>					
1800 CENTURY PARK EAST								
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)			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		
LOS ANGELES, CA 90067								
(City) (State) (Zip)			<b>Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>					

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	03/05/2008		M		15,000	A	\$ 14	23,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.089	22,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.17	21,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.25	20,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.33	19,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.37	18,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.4	17,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.5	16,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.65	15,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.85	14,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.91	13,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.95	12,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.9	11,804	D	
Common Stock	03/05/2008		S		700	D	\$ 44.91	11,104	D	
Common Stock	03/05/2008		S		300	D	\$ 44.87	10,804	D	
Common Stock	03/05/2008		S		700	D	\$ 44.92	10,104	D	
Common Stock	03/05/2008		S		300	D	\$ 44.88	9,804	D	
Common Stock	03/05/2008		S		1,000	D	\$ 44.87	8,804	D	

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)				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 Options (Right to Buy)	\$ 14	03/05/2008		D			15,000	(1)	12/15/2014	Common Stock	15,000	\$ 0	7,500	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Birmingham Richard P 1800 CENTURY PARK EAST LOS ANGELES, CA 90067	X			

## Signatures

Vicki Tuchman by Power of Attorney		03/07/2008
<small>Signature of Reporting Person</small>		<small>Date</small>

## 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) Option vests in 12 equal installments quarterly commencing on 3/31/2005 and each quarter thereafter until fully vested on December 31, 2007.

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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