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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response...

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

### 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

(Print or Type Response	es)														
1. Name and Address of Reporting Person * Amezquita Alexander				2. Issuer Name and Ticker or Trading Symbol HERBALIFE NUTRITION LTD. [HLF]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) (Middle) 800 W. OLYMPIC BLVD., SUITE 406				3. Date of Earliest Transaction (Month/Day/Year) 02/26/2021							X Officer (give title below) Other (specify below) Chief Financial Officer				
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line)  _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
LOS ANGELES, O	CA 90015										Form file	ed by More than	One Reporting	Person	
(City)	(State)	(Zip)		T	able I	- Non	-Der	ivative	Securitie	es Acqu	ired, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)			(Instr. 8)		4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5)		d of (D)	Beneficia Reported	nt of Securities ally Owned Following I Transaction(s)		Ownership Form:	Beneficial	
			(Month	onth/Day/Year)		ode	V	Amour	(A) or (D)	Price	(Instr. 3 a	nd 4)		Direct (D) or Indirect (I) (Instr. 4)	
Common Stock		02/26/2021				F		1,098 (1)	· ` ´	\$ 44.98	28,913	}		D	
		Table II -				cquire	the f	orm dis	splays a	a curre eneficia	ently valid lly Owned	OMB con	spond unle trol numbe		
1. Title of Derivative Security (Instr. 3)  2. Conversion or Exercise Price of Derivative Security	(Month/Day/Y	3A. Deemed Execution Da	4. Tr	ransaction ode	5. Num of	ber vative rities nired or osed 0) r. 3,	6. Da	, conver ate Exer Expirati nth/Day	cisable on Date	7. T Am Und Sec	Citle and count of derlying urities str. 3 and	8. Price of Derivative Security (Instr. 5)	9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owner Form of Deriva Securit Direct or Indi	f Beneficia Ownershi y: (Instr. 4)

## eporung Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Amezquita Alexander 800 W. OLYMPIC BLVD., SUITE 406 LOS ANGELES, CA 90015			Chief Financial Officer				

## **Signatures**

Lisa Kwon, as Attorney-In-Fact for Alexander Amezquita	03/02/2021
**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) Units withheld to satisfy tax withholding obligations due in connection with the vesting of restricted stock units previously granted to the Reporting Person on February 26, 2018.

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.