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RAHN WILI Form 4											
October 01, 2											
FORM	4 UNITED S	STATES S					NGE C	OMMISSION	OMB	PROVAL 3235-0287	
Check this box			vvas	hington,	Number: Expires:	January 31,					
if no long subject to Section 1 Form 4 or Form 5	6. r	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							Estimated average burden hours per response 0.4		
obligatior may conti <i>See</i> Instru 1(b).	ns Section 17(a	a) of the Pu	ublic Ut		ling Con	npan	y Act of	1935 or Section	n		
(Print or Type R	Responses)										
1. Name and Address of Reporting Person <u>*</u> RAHN WILLIAM			2. Issuer Name and Ticker or Trading Symbol HERBALIFE LTD. [HLF]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N		3. Date of Earliest Transaction (C					(Chec	neck all applicable)		
1800 CENTURY PARK EAST			(Month/Day/Year) 09/30/2008					Director 10% Owner XOfficer (give titleOther (specify below) below) SVP / Mg Dir. ? Asia Pac			
				Amendment, Date Original d(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
LOS ANGE	LES, CA 90067							Form filed by M Person			
(City)	(State) ((Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ansaction Date 2A. Deemed hth/Day/Year) Execution Date, i any (Month/Day/Year)			Code (Instr. 3, 4 and 5)				6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
Common Stock	09/30/2008			А	3,750	A	\$9	19,145	D		
Common Stock	09/30/2008			А	1,000	А	\$ 15	20,145	D		
Common Stock (1)	09/30/2008			S	7,750	D	\$ 38.75 (2)	12,395	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form

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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 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. 5. Number Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Numbe of Shares
Non-Qualified Stock Option (Right to Buy)	\$9	09/30/2008		М	3,750	(3)	08/30/2014	Common Stock	3,75
Non-Qualified Stock Option (Right to Buy)	\$ 15	09/30/2008		М	1,000	(4)	04/27/2015	Common Stock	1,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
RAHN WILLIAM 1800 CENTURY PARK EAST LOS ANGELES, CA 90067			SVP / Mg Dir. ? Asia Pac				
Signatures							
Vicki Tuchman, by Power of		10/01/200)8				

Attorney. <u>**</u>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 June 4, 2008.

This transaction was executed in multiple trades at prices ranging from \$38.97 to \$38.50. The price reported above reflects the weighted
 (2) average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

- (3) Option vests in 5% quarterly increments commencing on September 30. 2004 and each quarter thereafter until fully vested.
- (4) Option vests in 5% quarterly increments commencing on June 30, 2005 and each quarter thereafter until fully vested.

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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.