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Dunn Jeff Form 4											
November 13, 20)09										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
Washington, D.C. 20549							N OMB Number:	3235-0287			
Check this boy if no longer subject to Section 16. Form 4 or Form 5	STATEM	MENT OF		Estimated burden hou response	Expires:January 31, 2005Estimated average burden hours per response0.5						
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange A Section 17(a) of the Public Utility Holding Company Act of 19 30(h) of the Investment Company Act of 1940											
(Print or Type Respo	onses)										
1. Name and Address of Reporting Person <u>*</u> Dunn Jeff			Symbol	er Name an ALIFE L'		-	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Middle)						eck all applicabl	e)		
20962 PACIFIC COAST HIGHWAY			(Month/I 11/11/2	Day/Year) 2009			X_ Director 10% Owner Officer (give title Other (specify below) below)				
	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 						
MALIBU, CA 9	0265						Person	More than One K	eporting		
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	Securities A	Acquired, Disposed	of, or Beneficia	lly Owned		
	ansaction Date nth/Day/Year)	2A. Deema Execution any (Month/Da	Date, if	Code (Instr. 8)	4. Securi onAcquired Disposed (Instr. 3, Amount	(A) or of (D)	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)		
Reminder: Report of	n a separate line	e for each cla	ass of sec	urities bene	ficially ow	ned directly	or indirectly.				
					Perso inforr requi	ons who re nation con red to resp ays a curre	spond to the colle tained in this form ond unless the fo ently valid OMB co	n are not rm	SEC 1474 (9-02)		

 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 Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Montl	n/Day/Year)	(Instr.	8)	Acquire (A) or Dispose (D) (Instr. 3 and 5)	d of				
					Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Appreciation Rights	\$ 40.9	11/11/2009			А		2,085		(1)	11/11/2019	Common Stock	2,085
Reportin	ng Own	ers										
Reporting Owner Name / Address			Relationships									
Reporting Owner Plane / Planess			Director	10% Owner	Offic	er	Other					
Dunn Jeff 20962 PACIFIC COAST HIGHWAY MALIBU, CA 90265			Х									
Signatur	res 🛛											
Jeffrey T. Dunn by Brett R. Chapman, attorney-in-fact.				11/12	2/2()09						

<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) This award consists of stock appreciation rights granted under the Herbalife Ltd. 2005 Stock Incentive Plan, vesting in 25% increments on each of November 27, 2009, February 27, 2010, May 27, 2010 and August 27, 2010, and exerciseable on or after November 11, 2012.

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.