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Brain Health and Aging Expert Joins Herbalife Nutrition Institute

LOS ANGELES--(BUSINESS WIRE)-- Herbalife Ltd. (NYSE: HLF) announced that Gary Small, M.D., an expert in brain health and aging, has joined the editorial board of the Herbalife Nutrition Institute, an online resource promoting excellence in the field of nutrition, and the company's Nutrition Advisory Board (NAB).

Brain health and aging expert Gary Small, M.D. joins Herbalife Nutrition Institute. (Photo: Business Wire)

The NAB comprises leading experts around the world in the fields of nutrition and health who educate Herbalife independent distributors and, in China, sales employees, on the principles of nutrition, physical activity and healthy lifestyle. The Institute and the NAB are chaired by David Heber, M.D., Ph.D., director of the Center for Human Nutrition at the University of California, Los Angeles (UCLA)*.

The role of balanced nutrition and an active lifestyle in both healthy aging and brain health has become evident in recent years with studies showing an association of excess abdominal fat and the risk for age-related brain disorders.

Small has authored over 500 scientific works and received numerous awards and honors, including Senior Investigator Award, American Association for Geriatric Psychiatry, and the Weinberg Award for Excellence in Geriatric Psychiatry from the American Psychiatric Association. Scientific American magazine named him one of the world's top innovators in science and technology. He is the author of several popular books on brain health and aging ("The Memory Bible," "The Memory Prescription," "The Longevity Bible," "iBrain"), which have been translated into two dozen languages.

Small is professor of psychiatry and biobehavioral sciences, the Parlow-Solomon professor on aging at the David Geffen School of Medicine at UCLA, director of the UCLA Center on Aging, and director of the Geriatric Psychiatry Division at the Semel Institute for Neuroscience & Human Behavior.

His team developed brain imaging technologies that detect the first signs of brain aging. In addition, Small has studied and developed lifestyle and memory training programs for improving cognition and healthy aging, which are available throughout the U.S. in senior centers, community hospitals, and assisted living facilities.

Herbalife links: [Facebook](#), [Twitter](#), [YouTube](#), [Nutrition Blog](#)

* The University of California as a matter of policy does not endorse specific products or services. Drs. Small and Heber's credentials as Professors are for identification purposes only.

About Herbalife

[Herbalife Ltd.](#) (NYSE:HLF) is a global network marketing company that sells weight-management, nutrition, and personal care products intended to support a healthy lifestyle. Herbalife products are sold in 74 countries through a network of approximately 2 million independent distributors. The company supports the [Herbalife Family Foundation](#) and its Casa Herbalife program to help bring good nutrition to children. Herbalife's website contains a significant amount of information about Herbalife, including financial and other information for investors at <http://ir.Herbalife.com>. The company encourages investors to visit its website from time to time, as information is updated and new information is posted.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6569676&lang=en>

Source: Herbalife Ltd.