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HERBALIF	E LTD.									
Form 4										
December 3	0, 2016									
FORM		CT A TEC	SECU					T -	PPROVAL	
	UNITED	SIAIES		shington			E COMMISSIO	Number:	3235-0287	
Check th if no lon	gar					Expires:	January 31,			
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may con	lunue.			nvestment	•	· ·		011		
<i>See</i> Instr 1(b).	ruction	50(II)	or the h	ii vestinein	compu	19 1100 01	1910			
(Print or Type	Responses)									
1 Name and	Address of Reporting	Derson *	. .	N	1		5 Delationship	of Penorting Pe	rson(s) to	
	Shing Bosco		2. Issue Symbol	uer Name and Ticker or Trading			5. Relationship of Reporting Person(s) to Issuer			
e sjineer				ALIFE LI	D IHL	7]				
(Lest)	(First) (Middle)			-	. 1	(Check all applicable)			
(Last)	(First) (wildule)		of Earliest T Day/Year)	ransaction		Director	100	% Owner	
			27/2016			Officer (give title Other (specify				
SUITE 406							below) below) Principal Accounting Officer			
(Street) 4. If Am				endment, Date Original			6. Individual or Joint/Group Filing(Check			
			onth/Day/Year)			Applicable Line)				
			1 1100(111)	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	.)		_X_ Form filed by			
LOS ANGI	ELES, CA 90015						Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Securities .	Acquired, Disposed	of. or Beneficia	llv Owned	
1.Title of	2. Transaction Date	2A Deem		3.	4. Securit		5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Year)	Execution Date, if any		TransactionAcquired (A) or Code Disposed of (D)			Securities	Form: Direct	Indirect	
(Instr. 3)							•	(D) or Indirect		
(Mo			ay/Year)	(Instr. 8) (Instr. 3, 4 and 5)		4 and 5)	Owned Following	(I) (Instr. 4)	Ownership (Instr. 4)	
						(\mathbf{A})	Reported	(()	
						(A) or	Transaction(s)			
				Code V	Amount	(D) Price	(Instr. 3 and 4)			

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form 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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securi
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Am or Nur of Sha
Stock Appreciation Rights	\$ 79.58	04/27/2016		А		7,263		06/21/2016(1)	12/19/2023	Common Stock	7,2

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Chiu Shin-Shing Bosco 800 W. OLYMPIC BOULEVARD, SUITE 406 LOS ANGELES, CA 90015			Principal Accounting Officer				
Signatures							
/s/ Mark J. Friedman, Attorney-in-Fact for Shin-S Chiu	12/30/2016						
**Signature of Reporting Person			Date				
Explanation of Responses:							

u nespuises.

- * 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).

On December 19, 2013, the reporting person was granted an award of 12,106 stock appreciation rights (SARs). The amount and timing of (1) the vesting of these SARs were dependent upon Herbalife Ltd.'s achievement of certain performance criteria for each of fiscal 2013, 2014 and 2015. The performance criteria were met in 2015, resulting in the vesting of 7,263 SARs subject to this award on June 21, 2016.

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.