

HERBALIFE LTD.
Form 4
May 10, 2007

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Birmingham Richard P

(Last) (First) (Middle)
1800 CENTURY PARK EAST
(Street)
LOS ANGELES, CA 90067

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
HERBALIFE LTD. [HLF]

3. Date of Earliest Transaction (Month/Day/Year)
05/09/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | Code | V | Amount | (A) or (D) | Price |
| Common Stock | 05/09/2007 | | M | | 40,000 | A | \$ 14 46,264 |
| Common Stock | 05/09/2007 | | S | | 7,000 | D | \$ 38.4 39,264 |
| Common Stock | 05/09/2007 | | S | | 1,700 | D | \$ 38.69 37,564 |
| Common Stock | 05/09/2007 | | S | | 2,400 | D | \$ 38.7 35,164 |
| Common Stock | 05/09/2007 | | S | | 1,700 | D | \$ 38.71 33,464 |
| | 05/09/2007 | | S | | 600 | D | 32,864 |

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| | | | | | | | |
|--------------|------------|---|-------|---|----------|--------|---|
| Common Stock | | | | | \$ 38.72 | | |
| Common Stock | 05/09/2007 | S | 400 | D | \$ 38.73 | 32,464 | D |
| Common Stock | 05/09/2007 | S | 1,200 | D | \$ 38.74 | 31,264 | D |
| Common Stock | 05/09/2007 | S | 100 | D | \$ 38.76 | 31,164 | D |
| Common Stock | 05/09/2007 | S | 2,900 | D | \$ 38.78 | 28,264 | D |
| Common Stock | 05/09/2007 | S | 400 | D | \$ 38.79 | 27,864 | D |
| Common Stock | 05/09/2007 | S | 8,400 | D | \$ 38.8 | 19,464 | D |
| Common Stock | 05/09/2007 | S | 3,400 | D | \$ 38.81 | 16,064 | D |
| Common Stock | 05/09/2007 | S | 100 | D | \$ 38.82 | 15,964 | D |
| Common Stock | 05/09/2007 | S | 1,300 | D | \$ 38.83 | 14,664 | D |
| Common Stock | 05/09/2007 | S | 2,700 | D | \$ 38.85 | 11,964 | D |
| Common Stock | 05/09/2007 | S | 900 | D | \$ 38.86 | 11,064 | D |
| Common Stock | 05/09/2007 | S | 1,300 | D | \$ 38.87 | 9,764 | D |
| Common Stock | 05/09/2007 | S | 500 | D | \$ 38.88 | 9,264 | D |
| Common Stock | 05/09/2007 | S | 3,000 | D | \$ 38.98 | 6,264 | D |

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

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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 Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Security (Instr. 3 and 4) |
|--|------------------------------------|--------------------------------------|--|--------------------------------|---|--|---|
|--|------------------------------------|--------------------------------------|--|--------------------------------|---|--|---|

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| Derivative Security | | | or Disposed of (D) (Instr. 3, 4, and 5) | | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
|---|------|----|---|-----|------------------|-----------------|--------------|----------------------------|
| | Code | V | (A) | (D) | | | | |
| Non-Qualified stock option (right to buy) | \$ | 14 | 05/09/2007 | | | | Common Stock | 40,000 |
| | | | | M | 40,000 | (1) | 12/15/2014 | |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|---------|-------|
| | Director | 10% Owner | Officer | Other |
| Birmingham Richard P 1800 CENTURY PARK EAST LOS ANGELES, CA 90067 | X | | | |

Signatures

Vicki Tuchman by Power of Attorney 05/10/2007

**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) Option vests in 12 equal installments quarterly commencing on 3/31/2005 and each quarter thereafter until fully vested.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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