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HERBALIF Form 4											
March 02, 2									OMB AF	PROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMMISSION	OMB Number:	3235-0287		
Check th if no lon								Expires:	January 31, 2005		
subject t Section Form 4 o Form 5		SECUR	RITIES		NERSHIP OF	Estimated a burden hour response	verage				
obligatic may con <i>See</i> Instr 1(b).	tinue. Section 17	(a) of the	Public U	tility Hold		ipany	Act of	e Act of 1934, 1935 or Sectior 0	1		
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> Tartol John			2. Issuer Name and Ticker or Trading Symbol HERBALIFE LTD. [HLF]				ıg	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Middle)	3. Date of Earliest Transaction				(Check	ck all applicable)			
800 W. OLYMPIC BOULEVARD, #406			(Month/Day/Year) 02/28/2017					X_ Director 10% Owner Officer (give title Other (specify below) below)			
				Amendment, Date Original (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 			
LOS ANGE	ELES, CA 90015							Form filed by M Person	ore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-E	Derivative S	Securi	ties Acq	uired, Disposed of	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date any (Month/Day/Year)		n Date, if	Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	OwnershipIndForm: DirectBe(D) orOv	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	02/28/2017			М	13,064	А	\$ 22.94	201,486	D		
Common Stock	02/28/2017			D <u>(1)</u>	5,306	D	\$ 56.49	196,180	D		
Common Stock	03/02/2017			S	2,758	D	\$ 56.48	193,422	D		

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

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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. Transactic Code (Instr. 8)	orDerivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numl of Sh
Stock Appreciation Rights	\$ 22.94	02/28/2017		М		13,064	04/15/2011	05/07/2017	Common Stock	13,0

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
Tartol John 800 W. OLYMPIC BOULEVARD, #406 LOS ANGELES, CA 90015	Х						
Signatures							
/s/ Mark Friedman, Attorney-in-Fact for Jo Tartol	ohn	03/02/2017					
**Signature of Reporting Person		Date					
Evaluation of Responses:							

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).

The reporting person received 7,758 shares of common stock upon the net exercise of the 13,064 stock appreciation rights ("SARS"). The reporting person forfeited 5,306 shares of common stock underlying the SARS in payment of the exercise price, using the closing stock

(1) reporting person formed 3,500 shares of common stock underlying the SARS in payment of the exercise price, using the closing stock price on February 28, 2017 of \$56.49 and sold 2,758 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise.

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.