

DeSimone John  
Form 4  
September 14, 2018

**FORM 4**

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

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

## OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
DeSimone John

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

(Last) (First) (Middle)  
800 W. OLYMPIC BOULEVARD,  
#406

3. Date of Earliest Transaction  
(Month/Day/Year)  
09/13/2018

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_\_X\_\_ Officer (give title \_\_\_\_ Other (specify  
below) below)  
Co-President

(Street)  
LOS ANGELES, CA 90015

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  
Person

(City) (State) (Zip)

**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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price		
Common Stock	09/13/2018		M <sup>(1)</sup>		100,000	A	\$ 3.41	164,794 <sup>(2)</sup>	D
Common Stock	09/13/2018		D <sup>(1)</sup>		6,102	D	\$ 55.89	158,692	D
Common Stock	09/13/2018		F <sup>(1)</sup>		49,438	D	\$ 55.89	109,254	D
Common Stock	09/13/2018		M <sup>(3)</sup>		160,000	A	\$ 10.33	269,254	D
Common Stock	09/13/2018		D <sup>(3)</sup>		29,580	D	\$ 55.89	239,674	D

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Common Stock	09/13/2018	<u>F</u> (3)	68,667	D	\$ 55.89	171,007	D
Common Stock	09/13/2018	<u>M</u> (4)	60,932	A	\$ 11.47	231,939	D
Common Stock	09/13/2018	<u>D</u> (4)	12,505	D	\$ 55.89	219,434	D
Common Stock	09/13/2018	<u>F</u> (4)	25,497	D	\$ 55.89	193,937	D
Common Stock	09/13/2018	<u>M</u> (5)	83,334	A	\$ 26.65	277,271	D
Common Stock	09/13/2018	<u>D</u> (5)	39,729	D	\$ 55.89	237,542	D
Common Stock	09/13/2018	<u>F</u> (5)	22,959	D	\$ 55.89	214,583	D
Common Stock	09/13/2018	<u>M</u> (6)	158,950	A	\$ 22.4	373,533	D
Common Stock	09/13/2018	<u>D</u> (6)	63,691	D	\$ 55.89	309,842	D
Common Stock	09/13/2018	<u>F</u> (6)	50,154	D	\$ 55.89	259,688	D
Common Stock	09/13/2018	<u>M</u> (7)	90,798	A	\$ 39.79	350,486	D
Common Stock	09/13/2018	<u>D</u> (7)	64,643	D	\$ 55.89	285,843	D
Common Stock	09/13/2018	<u>F</u> (7)	13,773	D	\$ 55.89	272,070	D
Common Stock	09/13/2018	<u>M</u> (8)	115,472	A	\$ 29.99	387,542	D
Common Stock	09/13/2018	<u>D</u> (8)	61,964	D	\$ 55.89	325,578	D
Common Stock	09/13/2018	<u>F</u> (8)	28,175	D	\$ 55.89	297,403	D
Common Stock	09/13/2018	<u>M</u> (9)	179,444	A	\$ 15.22	476,847	D
Common Stock	09/13/2018	<u>D</u> (9)	48,869	D	\$ 55.89	427,978	D
Common Stock	09/13/2018	<u>F</u> (9)	68,751	D	\$ 55.89	359,227	D
Common Stock	09/13/2018	<u>M</u> (10)	100,000	A	\$ 23.9	459,227	D
	09/13/2018	<u>D</u> (10)	42,764	D		416,463	D

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Common Stock					\$ 55.89			
Common Stock	09/13/2018		<u>F</u> (10)	30,138	D	\$ 55.89	386,325	D
Common Stock							10,100 <u>(11)</u>	I
								In trusts for children.

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.**

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(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 Derivative Security	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) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Underlying (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Stock Appreciation Rights	\$ 3.41	09/13/2018		M <sup>(1)(12)</sup>	100,000	02/27/2014	02/27/2019	Common Stock
Stock Appreciation Rights	\$ 10.33	09/13/2018		M <sup>(3)(13)</sup>	160,000	01/04/2015	01/04/2020	Common Stock
Stock Appreciation Rights	\$ 11.47	09/13/2018		M <sup>(4)(14)</sup>	60,932	05/07/2013	05/07/2020	Common Stock
Stock Appreciation Rights	\$ 26.65	09/13/2018		M <sup>(5)(15)</sup>	83,334	05/18/2014	05/18/2021	Common Stock
Stock Appreciation Rights	\$ 22.4	09/13/2018		M <sup>(6)(16)</sup>	158,950	05/31/2015	05/31/2022	Common Stock
Stock Appreciation Rights	\$ 39.79	09/13/2018		M <sup>(7)(17)</sup>	90,798	06/21/2016	12/19/2023	Common Stock
Stock Appreciation	\$ 29.99	09/13/2018		M <sup>(8)(18)</sup>	115,472	04/30/2017	04/30/2024	Common Stock

## Rights

## Stock

Appreciation Rights	\$ 15.22	09/13/2018	M <sup>(9)(19)</sup>	179,444	03/02/2018	03/02/2025	Common Stock
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## Stock

Appreciation Rights	\$ 23.9	09/13/2018	M <sup>(10)(20)</sup>	100,000	05/07/2018	05/07/2025	Common Stock
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## Reporting Owners

### Reporting Owner Name / Address

### Relationships

Director    10% Owner    Officer    Other

DeSimone John  
800 W. OLYMPIC BOULEVARD, #406  
LOS ANGELES, CA 90015

Co-President

## Signatures

/s/ Henry Wang, Attorney-in-Fact for John  
DeSimone

09/14/2018

          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) The reporting person received 44,460 shares of common stock upon the net exercise of 100,000 stock appreciation rights ("SARS"). The reporting person forfeited 6,102 shares of common stock underlying the SARS in payment of the exercise price and 49,438 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

(2) On May 14, 2018, the common stock of Herbalife Nutrition Ltd. split 2-for-1, resulting in the reporting person's acquisition of 32,397 additional shares of common stock.

(3) The reporting person received 61,753 shares of common stock upon the net exercise of 160,000 SARS. The reporting person forfeited 29,580 shares of common stock underlying the SARS in payment of the exercise price and 68,667 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

(4) The reporting person received 22,930 shares of common stock upon the net exercise of 60,932 SARS. The reporting person forfeited 12,505 shares of common stock underlying the SARS in payment of the exercise price and 25,497 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

(5) The reporting person received 20,646 shares of common stock upon the net exercise of 83,334 SARS. The reporting person forfeited 39,729 shares of common stock underlying the SARS in payment of the exercise price and 22,959 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

(6) The reporting person received 45,105 shares of common stock upon the net exercise of 158,950 SARS. The reporting person forfeited 63,691 shares of common stock underlying the SARS in payment of the exercise price and 50,154 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

(7) The reporting person received 12,382 shares of common stock upon the net exercise of 90,798 SARS. The reporting person forfeited 64,643 shares of common stock underlying the SARS in payment of the exercise price and 13,773 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.

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\$55.89.

- (8) The reporting person received 25,333 shares of common stock upon the net exercise of 115,472 SARS. The reporting person forfeited 61,964 shares of common stock underlying the SARS in payment of the exercise price and 28,175 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.
- (9) The reporting person received 61,824 shares of common stock upon the net exercise of 179,444 SARS. The reporting person forfeited 48,869 shares of common stock underlying the SARS in payment of the exercise price and 68,751 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.
- (10) The reporting person received 27,098 shares of common stock upon the net exercise of 100,000 SARS. The reporting person forfeited 42,764 shares of common stock underlying the SARS in payment of the exercise price and 30,138 shares of common stock underlying the SARS to satisfy the withholding tax obligation resulting from the exercise, using the closing stock price on September 13, 2018 of \$55.89.
- (11) On May 14, 2018, the common stock of Herbalife Nutrition Ltd. split 2-for-1, resulting in the reporting person's acquisition of 5,050 additional shares of common stock.
- (12) These SARS were previously reported as covering 75,000 shares at an exercise price of \$6.81 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (13) These SARS were previously reported as covering 80,000 shares at an exercise price of \$20.665 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (14) These SARS were previously reported as covering 38,082 shares at an exercise price of \$22.94 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (15) These SARS were previously reported as covering 41,667 shares at an exercise price of \$53.29 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (16) These SARS were previously reported as covering 79,475 shares at an exercise price of \$44.79 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (17) These SARS were previously reported as covering 45,399 shares at an exercise price of \$79.58 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (18) These SARS were previously reported as covering 57,736 shares at an exercise price of \$59.98 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (19) These SARS were previously reported as covering 89,722 shares at an exercise price of \$30.44 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.
- (20) These SARS were previously reported as covering 50,000 shares at an exercise price of \$47.80 per share, but were adjusted to reflect the stock split that occurred on May 14, 2018.

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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