



Herbalife24

NUTRITION FOR THE 24-HOUR ATHLETE™

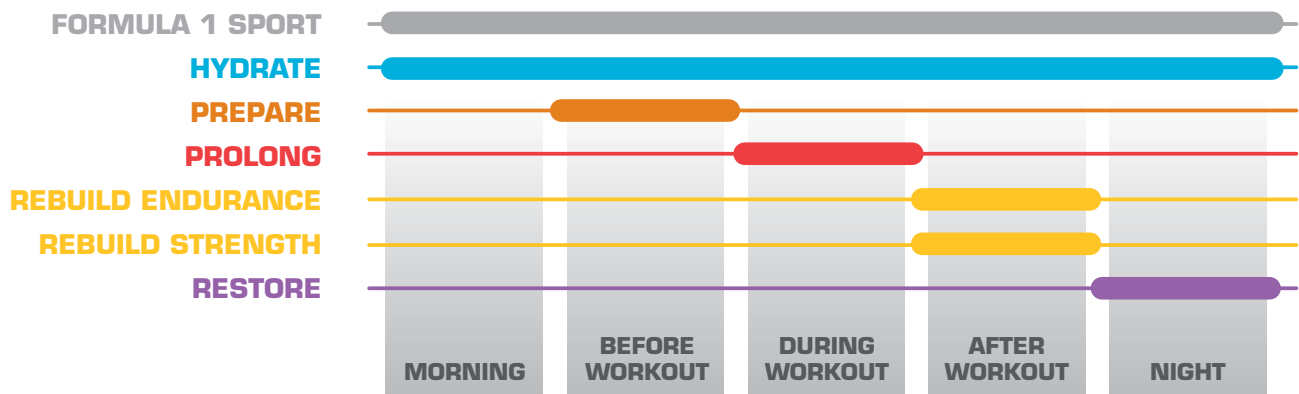


- 7 premium products for nutrition, training, performance and recovery
- Customize based on your specific training and performance needs
- Formulas based on the latest proven science
- Every product is third-party tested for banned substances
- All natural colors, flavors and sweeteners



All Herbalife24 products are tested by the Banned Substances Control Group, an independent laboratory.

HERBALIFE 24 IS THE FIRST COMPREHENSIVE NUTRITION LINE FOR THE 24-HOUR ATHLETE™



You can customize products based on your specific sport, training, recovery and competitive needs.



Herbalife24

PRODUCT LINE

FORMULA 1 SPORT

Healthy meal for athletes

- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- L-Glutamine supports muscle growth and immune function
- Antioxidant protection

HYDRATE

Advanced hydration with bioavailable electrolytes

- Hydration anytime, for anyone
- High in the antioxidant Vitamin C
- Less than 15 calories
- Only 1 g of sugar

PREPARE

Support blood flow to working muscles*

- L-Arginine, L-citrulline and L-ornithine alpha-ketoglutarate support blood flow*
- Creatine supports fast-twitch muscle contraction*
- Caffeine to enhance performance and mental focus*

Exclusively endorsed by Lou Ignarro, Ph.D.†
Nobel[§] Laureate in Medicine
Member of the Editorial and Nutrition Advisory
Boards of the Herbalife Nutrition Institute

PROLONG

Sustain performance with dual-source carbohydrates and electrolytes*

- Dual-source carbohydrate blend facilitates caloric utilization*
- Whey protein isolate helps reduce muscle breakdown*
- 850 mg of electrolytes support proper muscle function*
- B Vitamins support carbohydrate metabolism*
- 500%DV of Vitamin C helps combat free radicals*

REBUILD ENDURANCE

Glycogen replacement and muscle recovery*

- Carbohydrate blend replenishes muscle glycogen*
- Branched-chain amino acids, whey and casein proteins create a rapid and sustained protein-building state*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery*
- L-Glutamine supports immune function and promotes muscle repair*
- L-Carnitine reduces recovery time*

REBUILD STRENGTH

Immediate and sustained muscle recovery*

- 24 g of whey and casein proteins create a rapid and sustained protein-building state*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery*
- Iron essential for red blood cell protection*
- Branched-chain amino acids support muscle growth*
- L-Glutamine supports immune function and promotes muscle repair*

RESTORE

Combat exercise-induced inflammation*

- Curcumin helps combat exercise-induced inflammation*
- Elderberry and Saberry^{™**} (an extract from amla fruit) scavenge free radicals*
- Vitamin C and beta-carotene support immune function*

†Dr. Ignarro is a member of both the Editorial and Nutrition Advisory Boards of the Herbalife Nutrition Institute and receives compensation for his endorsement of Herbalife® products.

§The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife® products.

**Saberry[™] is a trademark of Sabinsa Corp.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Herbalife24

PRODUCT COMPARISONS AND FEATURES

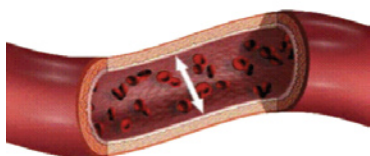
FORMULA 1 SPORT

COMPARISON: PROTEIN, CARBS, FAT AND CALORIES

	Protein	Carbs	Fat	Calories
FORMULA 1 SPORT w/ 8 oz. nonfat milk & strawberries	18 g	27 g	0.5 g	179 Calories
Eggs, bacon & pancakes	25 g	92 g	32 g	760 Calories
Cheerios cereal w/ 2% milk	13 g	34 g	7 g	240 Calories

PREPARE

NITRIC OXIDE PRECURSOR SYSTEM



A proprietary nitric oxide precursor system supports blood flow to working muscles for oxygen and nutrient delivery.*

REBUILD ENDURANCE

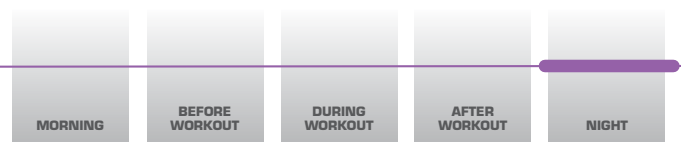
WHEY AND CASEIN PROTEINS



Whey and casein proteins provide both immediate and sustained release. Whey protein is metabolized very rapidly, providing a rapid dose of amino acids to fatigued muscle. Casein is metabolized much more slowly, providing a sustained release of amino acids to rebuild muscle over a multi-hour period.*

RESTORE

COMBAT EXERCISE-INDUCED INFLAMMATION*



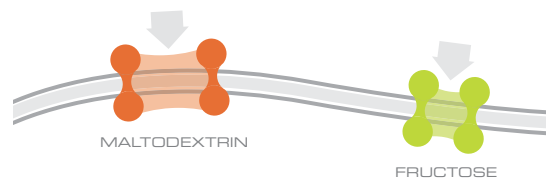
HYDRATE

COMPARISON: SUGAR, CALORIES AND ELECTROLYTES IN 16 OZ.

	Natural Ingredients	Sugar	Calories	Electrolytes
HYDRATE	YES	1 g	15 Calories	480 mg of Electrolytes
GATORADE	NO	28 g	120 Calories	140 mg of Electrolytes
POWERADE	NO	30 g	100 Calories	125 mg of Electrolytes

PROLONG

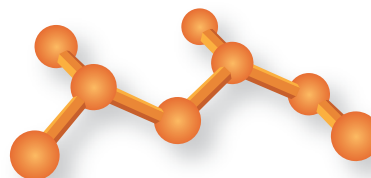
DUAL-SOURCE CARBOHYDRATES



Maltodextrin, a long chain of rapidly metabolized glucose units, is absorbed through one transporter. Fructose, a more slowly metabolized carbohydrate, is absorbed through a separate transporter. The combination of both carbohydrates provides immediate and sustained energy and facilitates caloric utilization, allowing athletes to sustain performance at a given effort for a longer period of time.*

REBUILD STRENGTH

BRANCHED-CHAIN AMINO ACIDS



Amino acids are the building blocks of muscle. Branched-chain amino acids are a specific kind of amino acid named for their branch-like structure, and are particularly helpful in supporting muscle growth.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Herbalife24

ATHLETE STORIES

WHAT ATHLETES HAVE TO SAY ABOUT HERBALIFE24



“PROLONG has the right mix of carbs, protein, vitamins and electrolytes to fuel really long, all-day efforts. No bloating. No gassy feeling.”

– **Nate Whitman**

Pro Mountain Bike Athlete
Herbalife24 Beta Program Participant



“I worked out hard to prepare myself for the race car. The first time I tried REBUILD ENDURANCE was after a grueling 3.5-hour bike ride. Normally I’d feel sore and sluggish the next day. This time, I was surprised to feel fully refreshed and ready to tackle the boxing gym with full strength. REBUILD ENDURANCE is awesome!”

– **Townsend Bell**

Herbalife-Sponsored IndyCar Driver



“As a former Division I volleyball player and now a coach, I understand the importance of hydration during competition. I like HYDRATE for my team to help keep fluid levels up and reduce cramping. It allows them to compete at their highest level – especially over the course of a multi-game tournament.”

– **Laura H.**

Herbalife Independent Distributor
Former Division I Volleyball Player



Herbalife24

BUSINESS TOOLS

HERBALIFE24 PRODUCT LINE TRAINING MATERIALS

Overview Product Training Slides



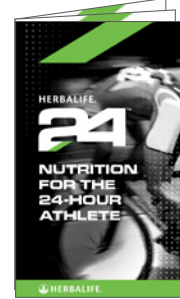
Product-Specific Training Slides



Product Line Overview



Mini Brochure



Product Fact Sheets



QR Code Flyer



Distributor Training Guide



FAQs

