

# H<sup>3</sup>O™ Fitness Drink

## What is it?

- H<sup>3</sup>O™ Fitness Drink is a 3-in-1 powder drink mix that quenches thirst and provides:
  1. Rapid hydration
  2. Sustained energy
  3. Powerful Antioxidants
- Available in two refreshing flavors:  
**Lemonade** and **Orangeade**



*Patent Pending*

# H<sup>3</sup>O™ Fitness Drink

## How does it work?

- H<sup>3</sup>O™ Fitness Drink contains 3 key ingredients:
- Essential Electrolytes (Sodium, Potassium)
- Energizing Carbohydrates
- Powerful Antioxidants
- Provides immediate and sustained energy with:
  - NO caffeine
  - Healthier alternative to high-calorie/high-sugar beverages



*Patent Pending*

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## Why is it important?

- Water rapidly leaves your body everyday and you can only absorb so much water at one time
- Electrolytes help replace lost fluid and re-hydrate cells
- Carbohydrates work with sodium to increase the rate at which water is absorbed by the body
- Antioxidants protect against muscle fatigue and soreness



*Patent Pending*

# H<sup>3</sup>O™ Fitness Drink Herbalife Unique Solution

- H<sup>3</sup>O™ Fitness Drink is a patent-pending, 3-in-1 blend of key electrolytes, essential carbohydrates and powerful antioxidants
- Less sugar and calories than other thirst-quenching beverages
- Contains Trehalose
- Trehalose is a naturally occurring sugar
- Available in canister or single serving stick packs for on-the-go use



*Patent Pending*



# H<sup>3</sup>O™ Fitness Drink Key Message

- H<sup>3</sup>O™ Fitness Drink is a 3-in-1 powder drink mix that QUENCHES your thirst and gives your body what it needs to keep you hydrated and energized all day long
- Appropriate for those who are thirsty throughout the day, especially active people and exercise enthusiasts



*Patent Pending*