

INTRODUCING HERBALIFE24



REBUILD STRENGTH

Immediate and Sustained Muscle Recovery*

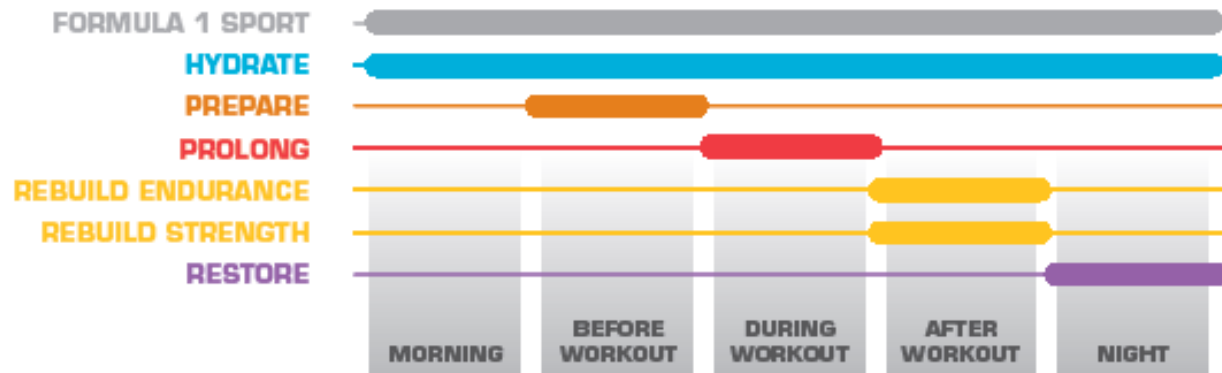
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24-Hour Nutrition Line



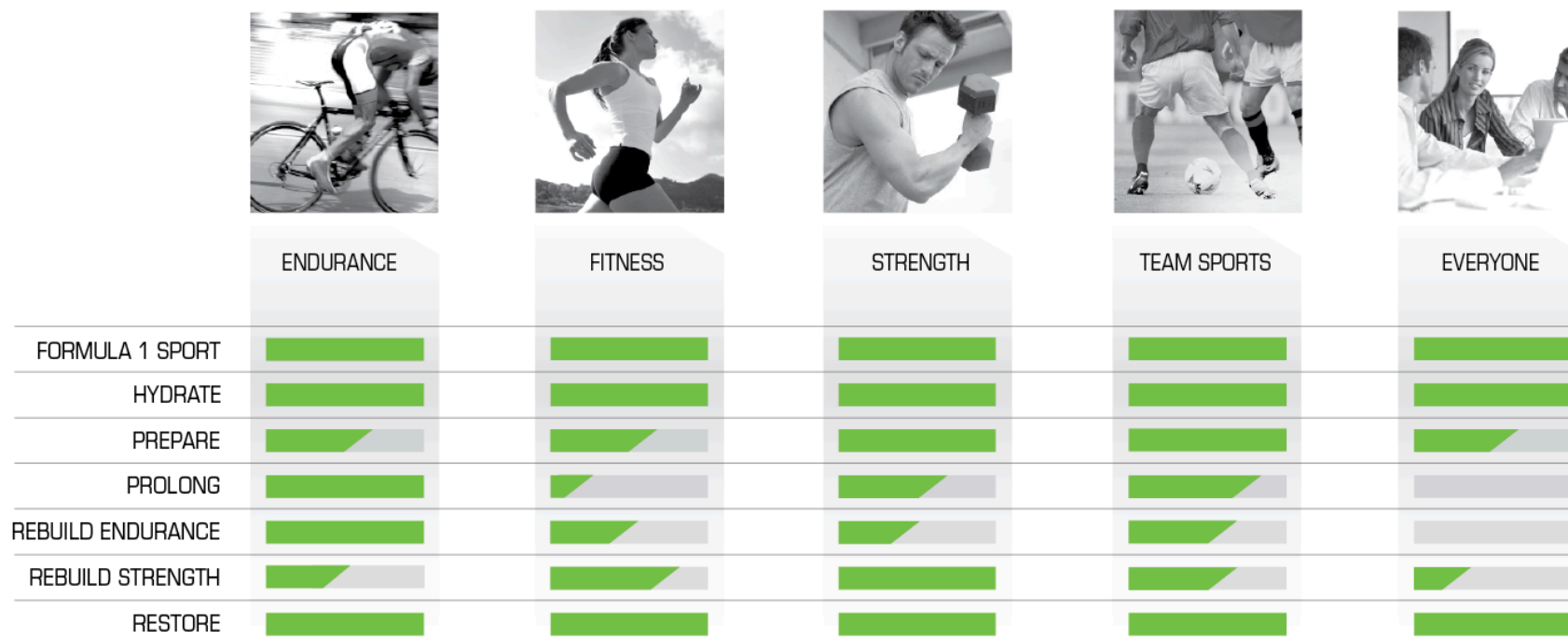
Nutrition extends beyond “pre, during and post” workout

HERBALIFE24 PRODUCT LINE



Customizable Product Line

Product Use Guide by activity



Bars indicate the relative need for each product – from low to high – depending on your activity, training, performance and recovery

REBUILD STRENGTH

REBUILD ENDURANCE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT

HERBALIFE.
24
NUTRITION FOR THE
24-HOUR ATHLETE™

Immediate and Sustained Muscle Recovery*



Target User:

- All athletes after resistance or low-aerobic training
- Anyone: protein-rich snack/supplement
- After low-intensity running, cycling or other aerobic sports

Key Features:

- 24 g of dairy protein
- 190 kcal/serving
- 4,000 mg of branched-chain amino acids (BCAAs)
- 3,000 mg of L-glutamine
- Bioavailable and buffered electrolytes
- 20%DV of iron
- 400 mg of calcium

Usage scenarios

- Power lifter after finishing a gym session
- CrossFit athlete after a workout
- Anyone after a light to moderate aerobic workout (e.g., those looking for tone and overall fitness)
- An office worker looking for an afternoon protein-rich shake
- Someone after doing yoga or Pilates

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Protein and Carbohydrates

Rebuild Strength provides:

- 24 g of dairy protein
- Carbohydrate blend of maltodextrin, fructose and sucrose

Rapid-and sustained-release carbohydrates facilitate protein utilization to rebuild muscle

Why you need it:

Protein and carbohydrate are needed for muscle growth



3,000 mg of L-glutamine – Great for Athletes

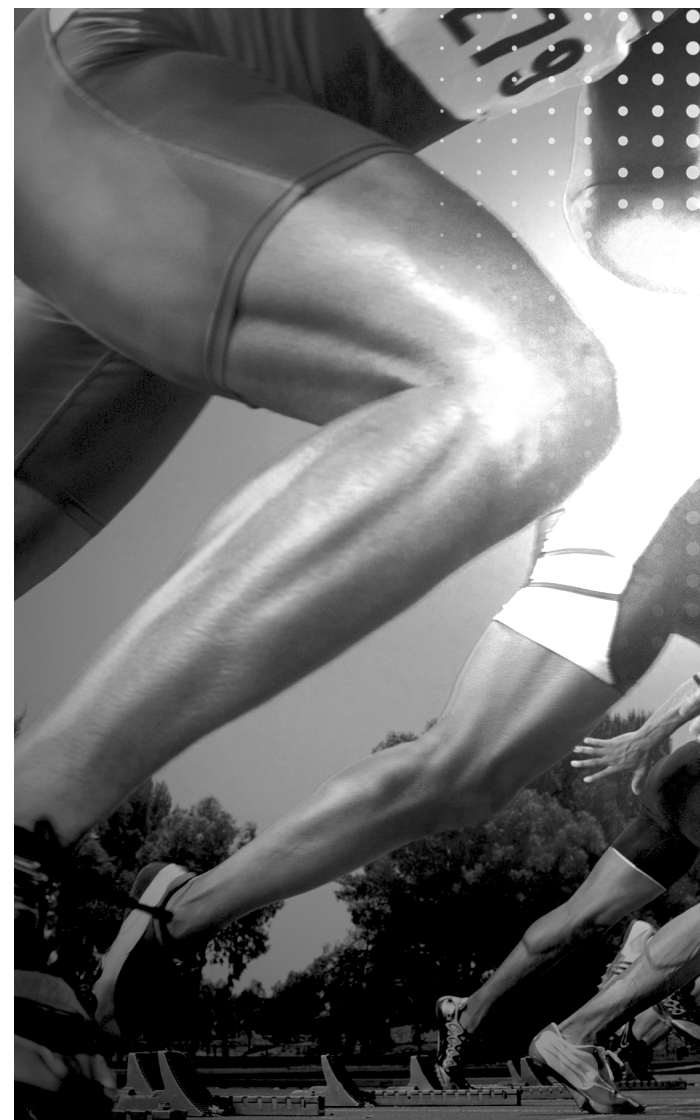
Rebuild Strength provides:

- 3000 mg L-glutamine is an important amino acid
- Helps rebuild muscle after workouts

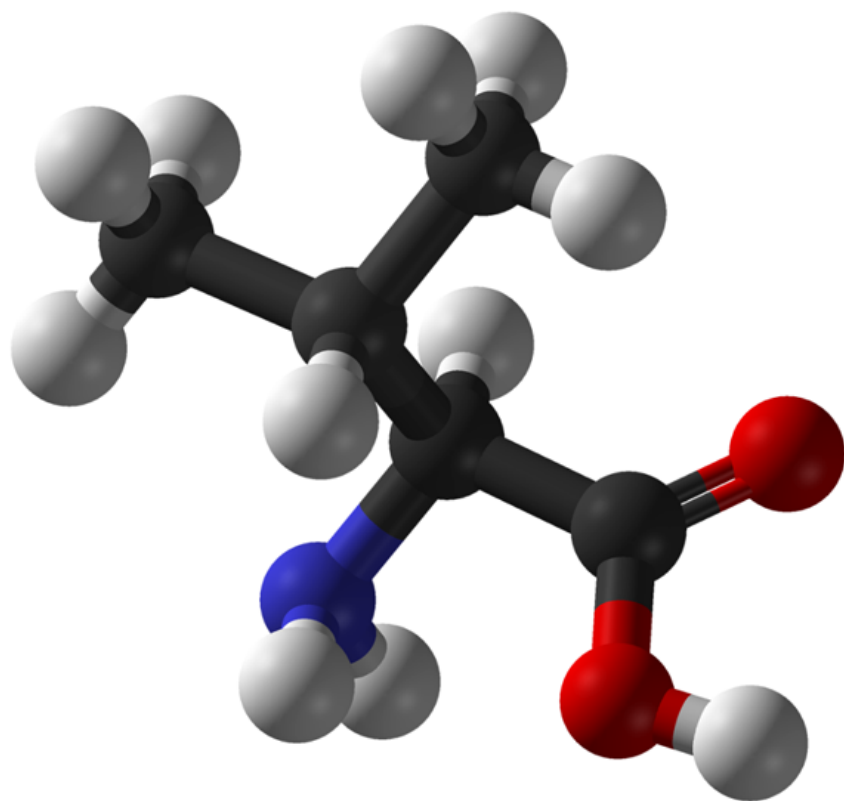
Why you need it:

- Lose up to 50% of L-glutamine during exercise
- Supports immune function*
- Without adequate recovery, fitness and health are compromised

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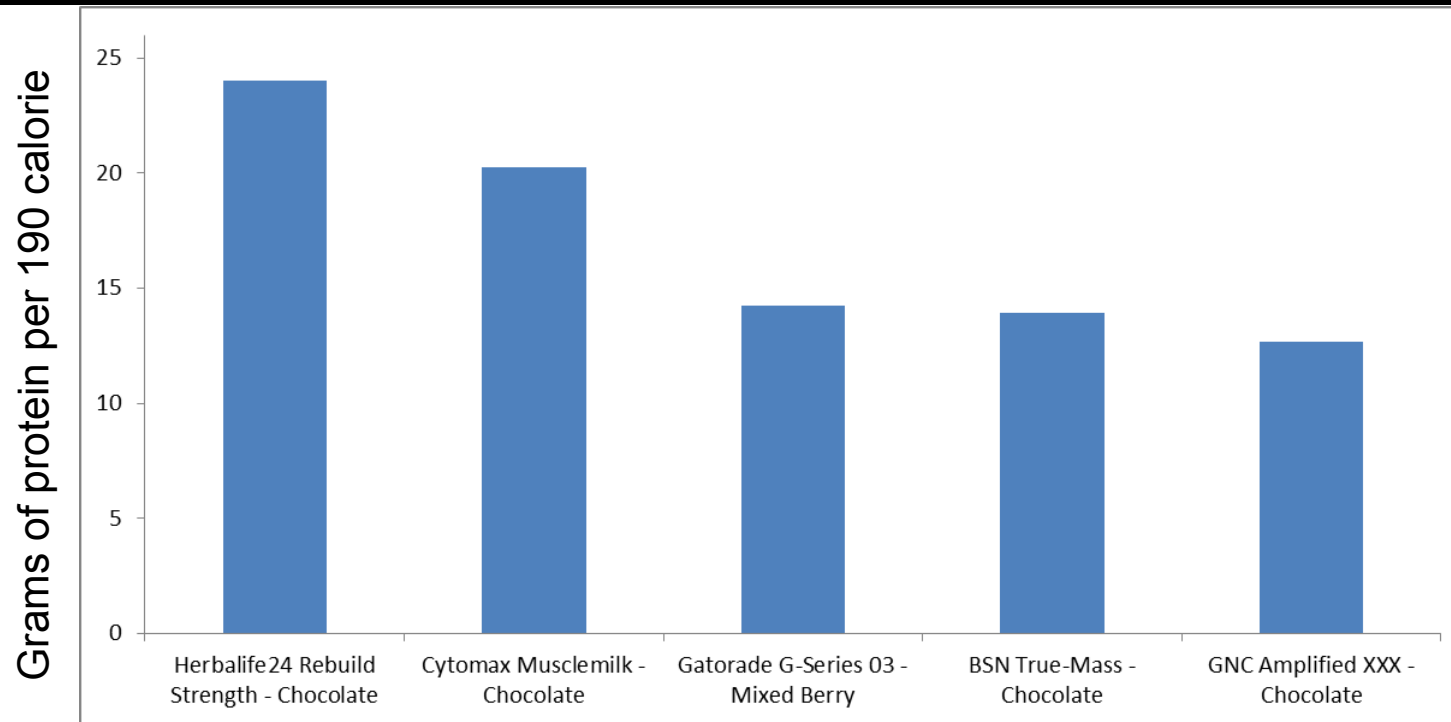
Did You Know?



Branched-chain amino acids (BCAAs) are named for their unique, branch-like structure

They are essential, and must be consumed in the diet. BCAAs are key initiators of lean-muscle synthesis.

Protein Comparison*



Protein content is shown on a per-190-calorie basis which reflects a single serving of Herbalife24 Rebuild Strength, and is done to normalize for differences among serving sizes and ingredient composition of competitive products. In some cases, more-than or less-than single servings are used for comparative purposes.

*based on 190 calorie serving size
Data retrieved from corporate web sites November 2011
Herbalife24 Rebuild Strength – Chocolate 24.0
Cytomax Musclemilk – Chocolate 20.3
Gatorade G-Series 03 - Mixed Berry 14.3
BSN True-Mass – Chocolate 13.9
GNC Amplified XXX – Chocolate 12.7

Branched-Chain Amino Acids Support Muscle Growth

Rebuild Strength provides:

4,000 mg of BCAAs:

L-Leucine

L-Valine

L-Isoleucine

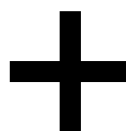
Why you need it:

- Amino acids are the building blocks of muscle
- Helps support rapid muscle growth



Powder Mix

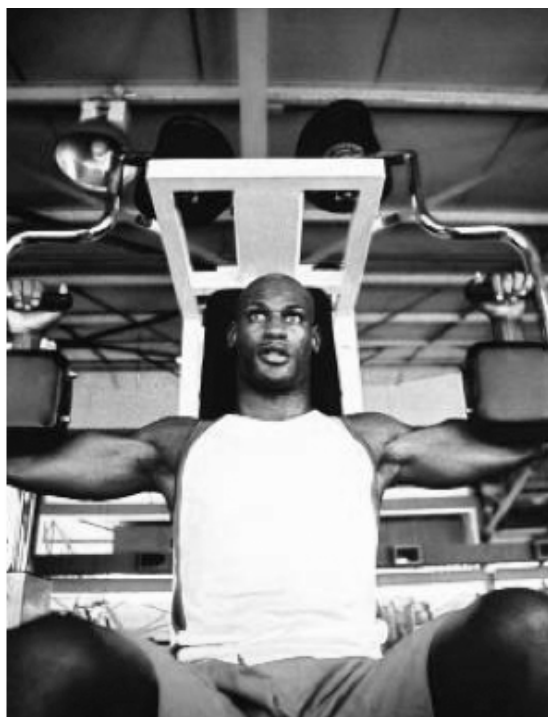
- Easily mixable powder
- **Chocolate flavor, naturally sweetened**
- All natural colors, flavors and sweeteners



Water

Rebuild Strength: High-Quality Protein for Lean Body Mass

- 190 calories
- 24 g of protein
- Mix with water or liquid of your choice
- All natural colors, flavors and sweeteners



Being an Athlete Is a Lifestyle

Herbalife24 is a comprehensive nutrition line to meet the needs of an athlete 24-hours a day



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