

INTRODUCING HERBALIFE24



FORMULA 1 SPORT

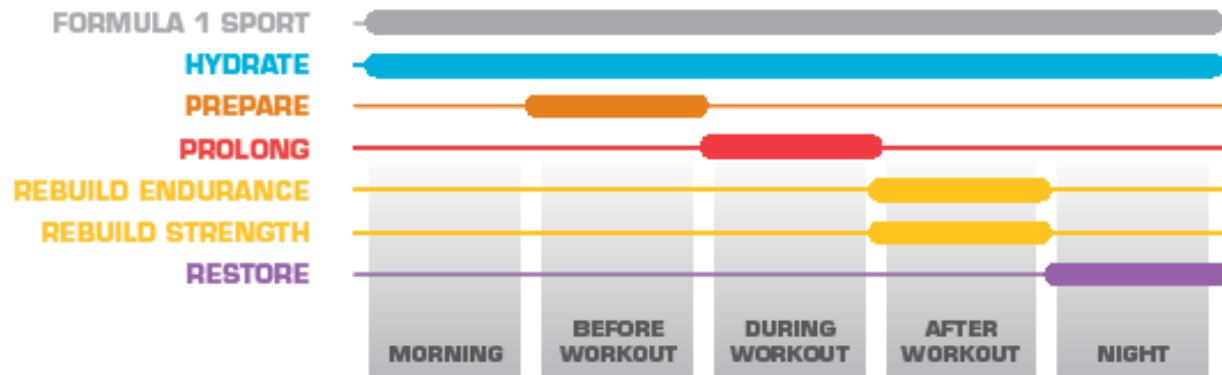
Healthy Meal for Athletes

24-Hour Nutrition Line



Nutrition extends beyond “pre, during and post” workout

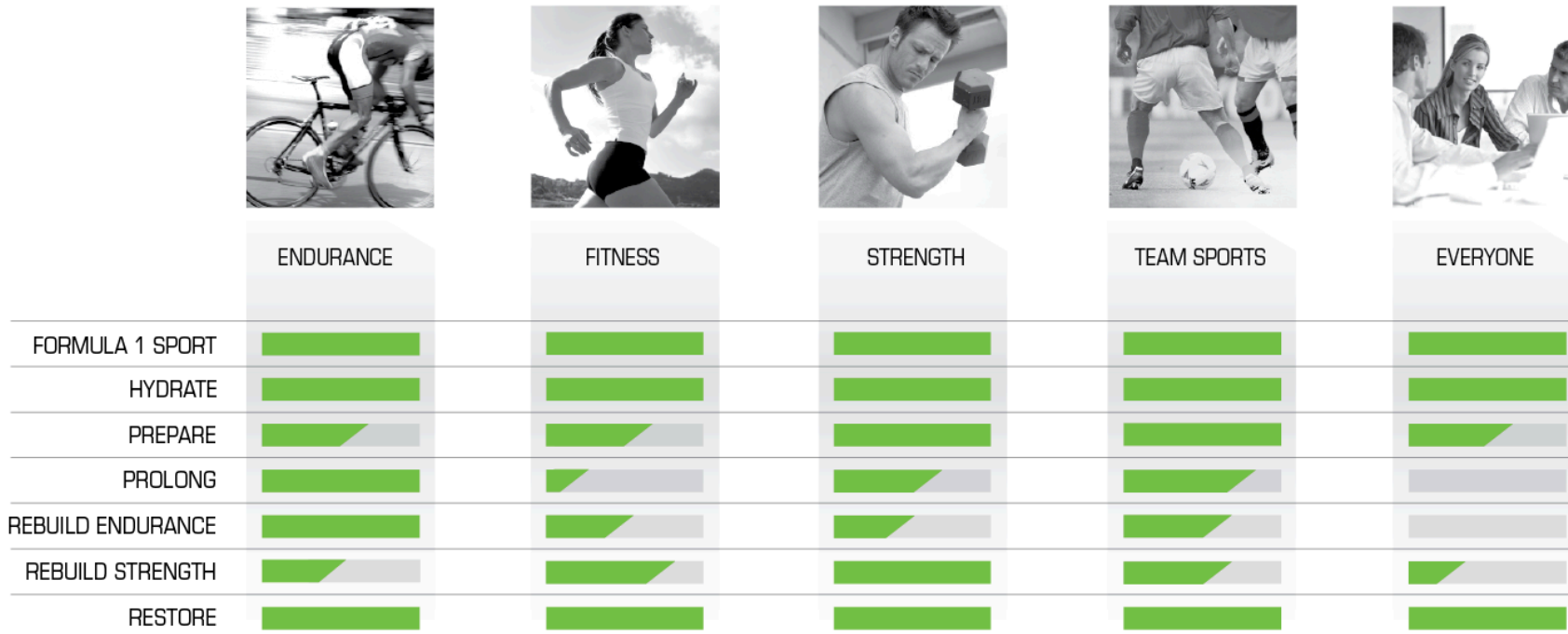
HERBALIFE24 PRODUCT LINE



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



Healthy Meal for Athletes

Target User: - Athletes, active lifestyle

Key Benefits: - Healthy + reliable meal

Key Features:

- 9 g milk protein
- 1,000 mg L-glutamine
- 20 vitamins and minerals (100% DV Vitamins C and D)
- Antioxidants

Usage scenarios

- Serious athlete traveling for competition
- Recreational athlete who needs a healthy, reliable meal
- Busy professional constantly on the go

FORMULA 1 SPORT

FORMULA 1 SPORT

MORNING

PRE-WORKOUT

DURING WORKOUT

RECOVERY

NIGHT



	Formula 1	Formula 1 Sport
Benefits	Healthy meal, heart health	Meal for athletes
Servings	30	30
Calories	90	90
Carbs (g)	13	13
Sugar (g)	9	9
Protein (g)	9	9
Protein	Soy isolate	Milk
L-glutamine	-	+
Vitamins C +D	25% DV	100% DV

Banned Substance Tested:

Every batch of HLF24 products are thoroughly tested by an independent laboratory

Milk Protein:

Whey + casein: ideal for athletes

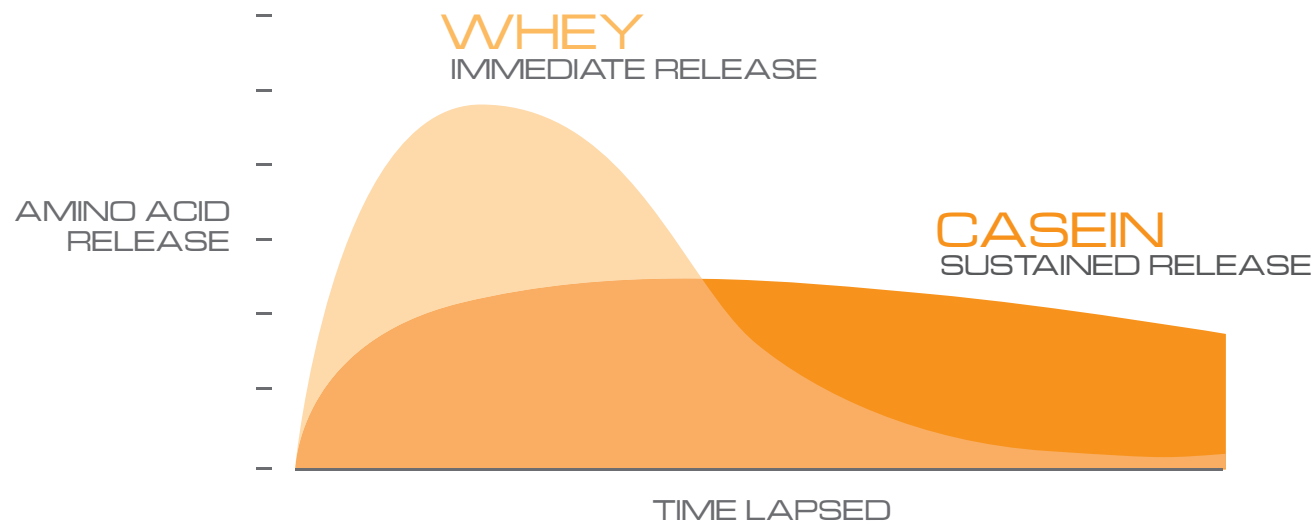
L-glutamine:

Depleted easily in athletes, restores muscle

Increased Vitamins:

To meet higher metabolic demands of athletes

Milk Protein: Immediate and Sustained Protein Release



F1 Sport Has Only 1 g of Lactose



Lactose
1 g vs. 13 g



To minimize lactose, you can mix F1 Sport in a nondairy beverage

1,000 mg L-Glutamine – Great for Athletes



Formula 1 Sport provides L-glutamine:

- Amino acid building block of muscle
- Helps rebuild muscle after workouts
- Supports immune function

Why you need it:

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



A Complete, Healthy Meal

A nourishing meal with 20 vitamins, minerals and essential nutrients

Nutrition Facts • Datos Nutrimientales			
Serving Size • Porción: 2 scoops • medidas (26g) Servings Per Container • Porciones por Envase: 30			
Powder with 8 fl oz nonfat milk Polvo con 8 oz fl de leche desgrasada		% DV** • % VD**	
Amount Per Serving Cantidad por Porción	Powder Polvo		
Calories • Calorías	90	170	
Calories from Fat • Calorías de Grasa	5	5	
		% DV** • % VD**	
Total Fat • Grasa Total 0.5g*	1%	1%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g	0%	0%	
Cholesterol • Colesterol 10mg	3%	4%	
Sodium • Sodio 200mg	8%	13%	
Potassium • Potasio 200mg	6%	17%	
Total Carbohydrate • Carbohidrato Total 13g	4%	8%	
Dietary Fiber • Fibra Dietética 1g	4%	4%	
Sugars • Azúcares 9g			
Protein • Proteína 9g	18%	35%	
Vitamin A • Vitamina A	30%	40%	
Vitamin C • Vitamina C	100%	100%	
Calcium • Calcio	25%	55%	
Iron • Hierro			
Vitamin D • Vitamina D	100%	130%	
Vitamin E • Vitamina E	30%	30%	
Thiamin • Tiamina	30%	40%	
Riboflavin • Riboflavina	30%	55%	
Niacin • Niacina	30%	30%	
Vitamin B6 • Vitamina B6	30%	35%	
Folate • Folato	30%	30%	
Vitamin B12 • Vitamina B12	30%	50%	
INGREDIENTS: Milk Protein Concentrate, Fructose, Sugar, Maltodextrin, Inulin***, Natural Vanilla Flavor, High Oleic Sunflower Oil, Salt, Dipotassium Phosphate, Xanthan Gum, Lecithin, L-Glutamine, Guar Gum, Tricalcium Phosphate, Cocoa Powder, Ascorbic Acid, Magnesium Oxide, Silicon Dioxide, Natural Licorice Flavor, DL-Alpha Tocopheryl Acetate, Ferrous Fumarate, Beta Carotene, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Copper Gluconate, Folic Acid, Chromium Chloride, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin and Cyanocobalamin. CONTAINS MILK AND SOY. INGREDIENTES: Concentrado de Proteína Láctea, Fructosa, Azúcar, Maltodextrina, Inulina***, Sabor Natural de Vainilla, Aceite de Girasol Alto en Oleico, Sal, Fosfato Dipotasio, Goma Xantana, Lecitina, L-Glutamina, Goma de Guar, Fosfato Tricálcico, Polvo de Cacao, Ácido Ascórbico, Óxido de Magnesio, Dióxido de Silicio, Sabor Natural de Regaliz, Acetato de DL-Alpha Tocoferol, Fumarato Ferroso, Beta Caroteno, Niacinamida, Óxido de Zinc, D-Pantotenato de Calcio, Gluconato de Cobre, Ácido Fólico, Cloruro de Cromo, Colecalciferol, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina y Cianocobalamina. CONTIENE LECHE Y SOYA. *** Inulin is known as a prebiotic that helps promote the growth of flora. *** Inulina es un prebiótico que promueve el desarrollo de la flora.			
Formulated and distributed exclusively by • Formulado y distribuido exclusivamente por: HERBALIFE INTERNATIONAL OF AMERICA, INC. , 800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA Made in USA with domestic and imported ingredients Hecho en EUA con ingredientes domésticos e importados			

100% daily value of
Vitamins C and D

Antioxidant Protection

Formula 1 Sport provides:

Vitamins C, E and A act as potent antioxidants to defend the body against free radicals

Why you need it:

Exercise generates more cell-damaging free radicals



A Healthy Meal for Athletes

The nourishment you need at home, traveling or on the go!



Healthy Meal

- Quick, convenient, easy
- 20 vitamins and minerals
- Nourishment you can trust

VS.



Heavy Meal

- Difficult to digest
- Weighs you down
- Lack of healthy nutrients



Light Meal

- Easily digested
- Insufficient nutrition
- Incomplete nutritional profile
- Low satiety

Mix F1 Sport in Water or Milk

F1 Sport is totally customizable:

- F1 Sport mixes well and tastes great in water if you're on the go
- For a complete meal, you can also mix it with milk and fruit

Remember, to avoid higher lactose content, soy, rice and almond milk are great alternatives



+



Water

or

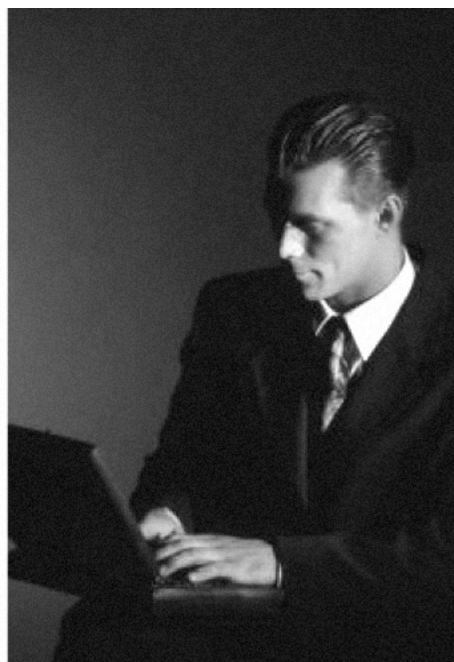
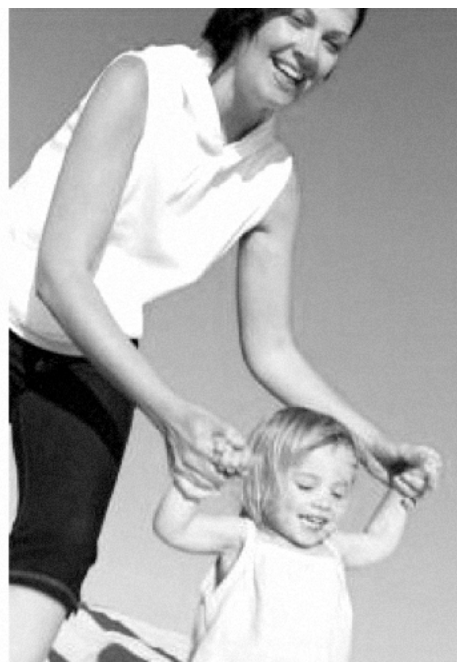


Milk



Formula 1 Sport: Great for any Active Lifestyle

- Healthy meal
- Milk protein
- L-glutamine
- Blend of carbohydrates
- 20 vitamins and minerals
- 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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