



INTRODUCING HERBALIFE24

Nutrition for the 24-Hour Athlete™



Herbalife: Healthy + Active Lifestyle



Top-level athletes are focused

- TRAINING
- RECOVERY
- NUTRITION

Herbalife: Herbalife24 Philosophy

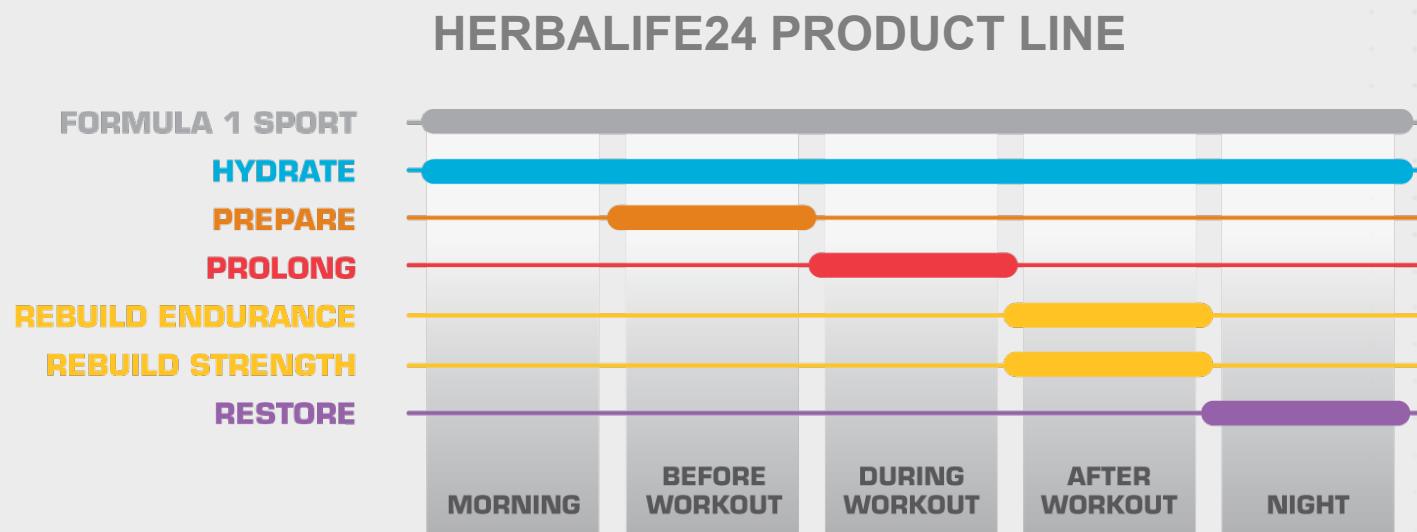


- **Complete:** 7-product customizable line
- **Credible:** Based on science
- **Confidence:** Tested for banned substances
- **Committed:** All natural colors, flavors and sweeteners

24-Hour Nutrition Program



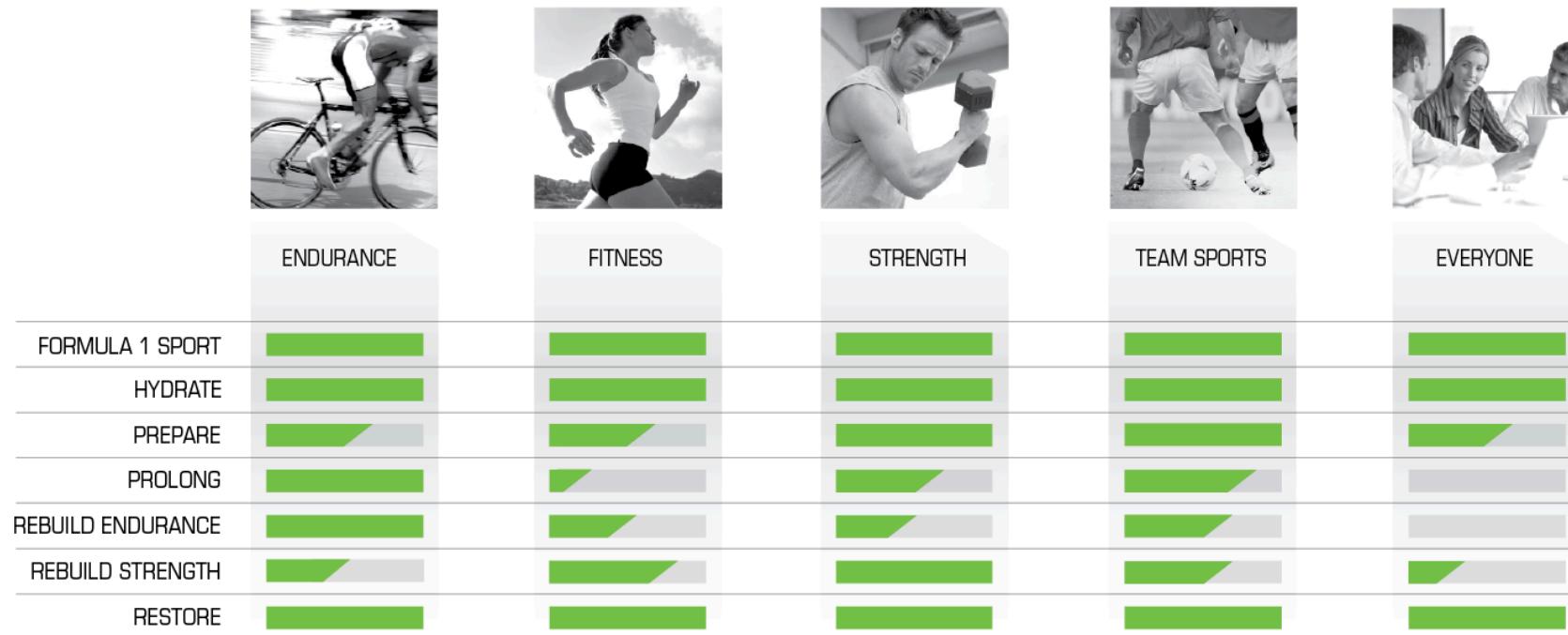
Nutrition extends beyond “pre, during and post” workout



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

FORMULA 1 SPORT

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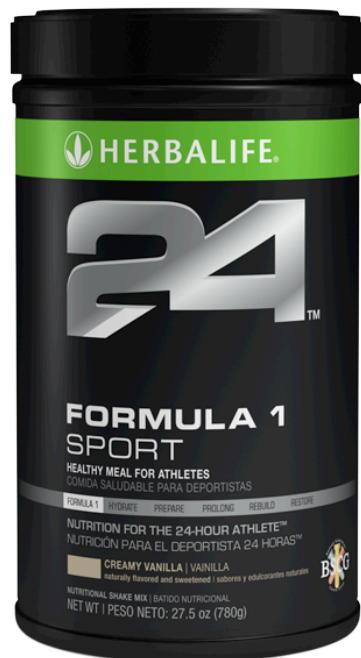
MORNING

PRE-
WORKOUT

DURING
WORKOUT

RECOVERY

NIGHT



Healthy Meal for Athletes

Target User: - Athletes, active lifestyle

Key Benefits: - Healthy + reliable meal

Key Features: - 9 g milk dairy 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
Benefit	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	-	+
Vitamin C+D	25% DV	100% DV

Banned Substance Tested:

Every batch of HL24 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:

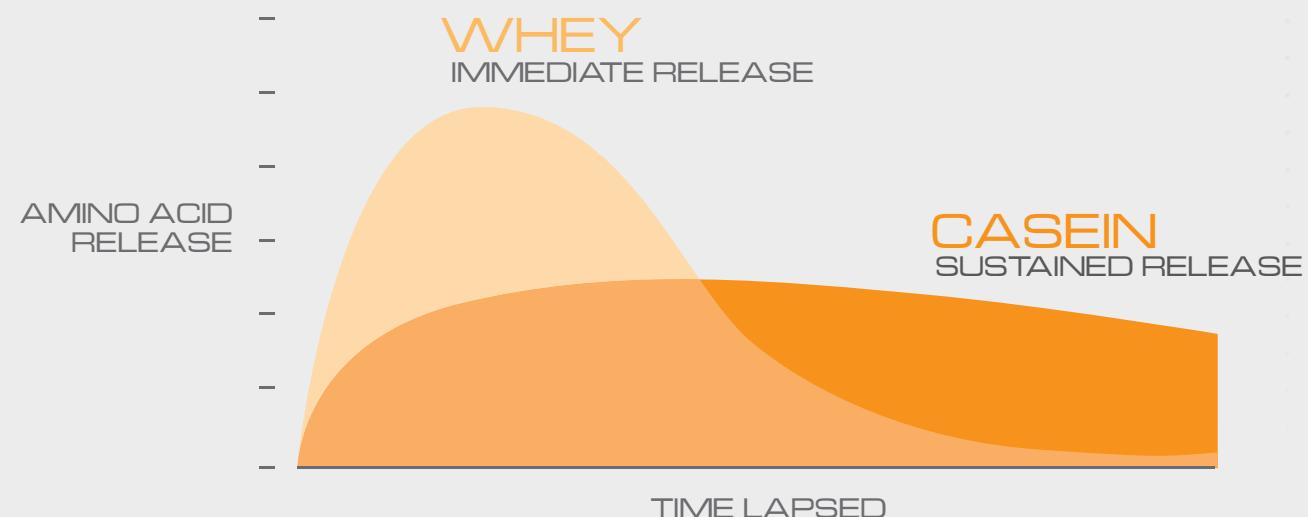
To meet higher metabolic demands of athletes

Milk Protein: Immediate and Sustained Protein Release

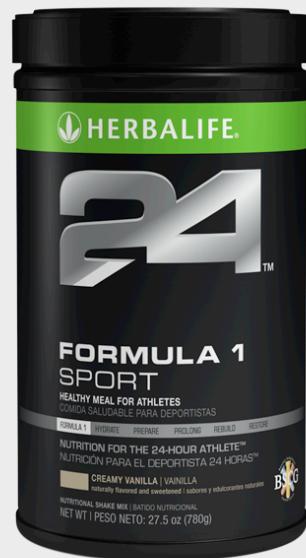


Whey: Metabolized quickly for an immediate delivery of amino acids

Casein: Supplies amino acids over a multihour period



F1 Sport Has Only 1 g of Lactose



1 g vs 13 g



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

HYDRATE

HYDRATE

MORNING

PRE-WORKOUT

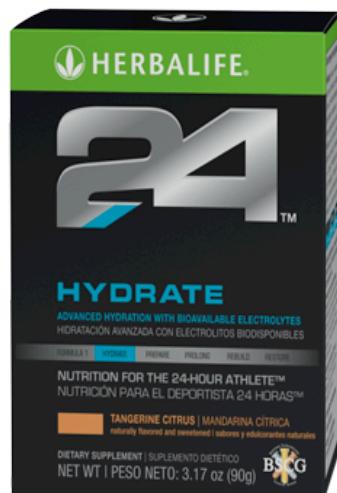
DURING WORKOUT

RECOVERY

NIGHT



Advanced Hydration with Bioavailable Electrolytes



Target User:

- All athletes with hydration needs
- Everyone

Key Benefits:

- Anytime hydration
- Low calorie (15 cal)
- Only 1 g sugar

Key Features:

- Bioavailable electrolytes
- Subtle taste
- Naturally sweetened
- Vitamin C

Usage scenarios

- Athlete during intense training
- Anyone exercising before or after work
- Manual worker throughout the day

Hydration at Any Time



	Amount Per Serving	% DV*
Calories	15	
Sodium	230 mg	10%
Potassium	95 mg	2%
Total Carbohydrate	4 g	1%
Sugars	1 g	
Vitamin C	120 mg	200%
Calcium	90 mg	10%

Low Calorie

When you need the hydration,
not the calories

Low Sugar

Only 1 g of sugar per serving

- All natural colors, flavors and sweeteners
- Caffeine free – perfect for hydrating any time

PREPARE

PREPARE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

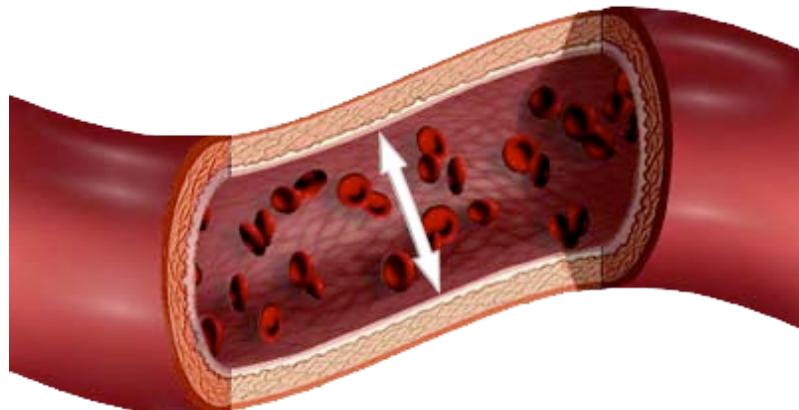
NIGHT



Prepare was developed in collaboration with Nobel[†] Laureate in Medicine, Dr. Lou Ignarro, who is partly responsible for discovering the biological pathway of nitric oxide

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

Nitric oxide increases blood flow to:



- Support oxygen delivery*
- Promote muscle growth*
- Improve strength*
- Speed muscle recovery*
- Support nutrient delivery*

*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.

How is Prepare Different Than Niteworks®?



	Niteworks®	Prepare
Benefits	General Heart Health	Athletic Performance
L-Arginine	+	+
L-Citrulline	+	+
L-Ornithine aKG	-	+
Creatine	-	+
Caffeine	-	+

- Heart health
- Blood flow
- Strength
- Helps mental focus

PROLONG

PROLONG

MORNING

PRE-
WORKOUT

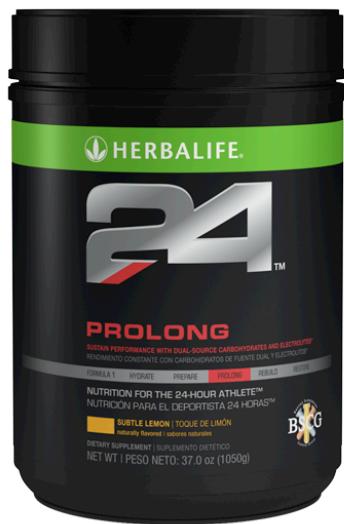
DURING
WORKOUT

RECOVERY

NIGHT



Sustain Performance with Dual-Source Carbohydrates and Electrolytes*



Target User:

- Athletes with high caloric needs

Key Benefits:

- Delivers carbohydrate for energy
- Speeds recovery time*

Key Features:

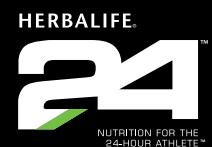
- High calorie/carbohydrate
- Subtle taste
- Electrolytes
- 5 g whey protein isolate
- Antioxidant protection

Usage scenarios

- Triathlete completing brick workout
- Cyclist on a 4-hour bike ride
- Swimmer completing a morning workout
- Professional with a physically demanding job

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Maximize Performance with Energy



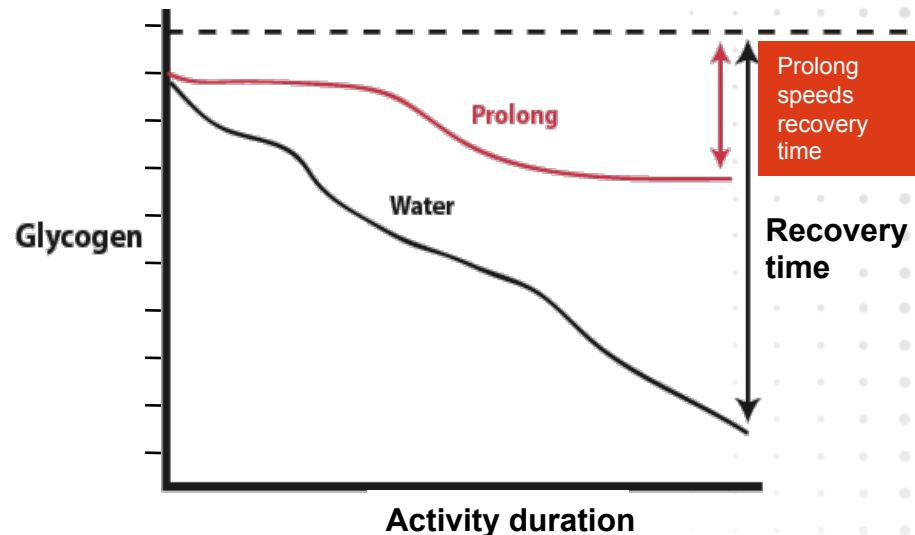
Prolong provides:

58 g of a dual-source blend of carbohydrates for rapid and sustained energy*

Carbohydrates are the body's fuel during exercise

Why you need it:

Proper fueling during exercise improves performance and speeds recovery time



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Two Carbohydrate Sources

Prolong provides:

Carbohydrate blend:

- Maltodextrin (fast release)
- Fructose (slow release)

Maximum carbohydrates and energy

Why you need it:

The dual-source carbohydrate system in Prolong means more calories utilized per hour, better performance, increased glycogen conservation and faster recovery.* And it's all thanks to science.

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REBUILD ENDURANCE

REBUILD ENDURANCE

MORNING

BEFORE WORKOUT

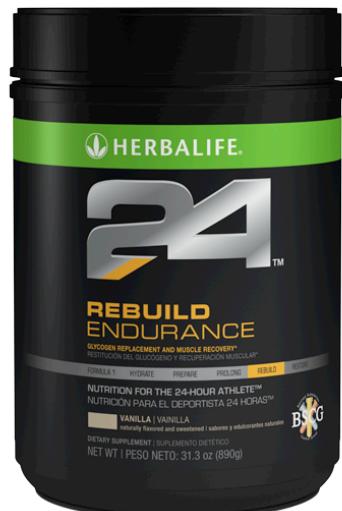
DURING WORKOUT

AFTER WORKOUT

NIGHT



Glycogen Replacement and Muscle Recovery



Target User:

- Aerobic athletes

Key Benefits:

- Speeds recovery time*
- Replenishes glycogen stores*

Key Features:

- 27 g carbs
- 14 g Tri-core protein-amino blend
- L-Glutamine
- 1,000 mg L-carnitine
- BCAAs
- 160 calories
- Electrolytes
- Iron

Usage scenarios

- Cross-country runner after a five-mile run
- Cyclist after an uphill training ride
- Soccer player after practice or a game
- Triathlete after a trainer session

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REBUILD STRENGTH

REBUILD ENDURANCE

MORNING

BEFORE WORKOUT

DURING WORKOUT

AFTER WORKOUT

NIGHT



Immediate and Sustained Muscle Recovery*



Target user:

- All athletes after resistance or low-aerobic training
- Anyone: protein-rich snack/supplement

Key Features:

- 24 g dairy protein
- 190 cal/serving
- 4,000 mg BCAAs
- 3,000 mg L-glutamine
- Bioavailable and buffered electrolytes
- 20% DV iron
- 300 mg 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)

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REBUILD STRENGTH

3000 mg L-Glutamine – Great for Athletes



Rebuild Strength provides:

- L-Glutamine is an important amino acid
- Helps rebuild muscle after workouts
- Supports immune function*

Why you need it:

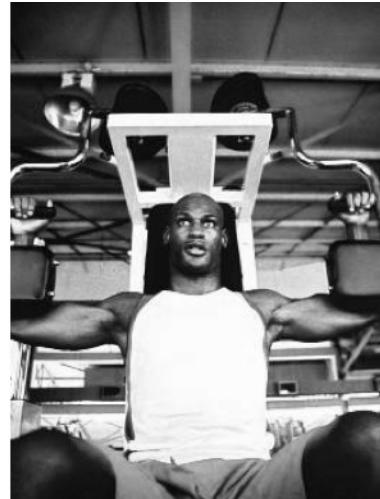
- Lose up to 50% of L-glutamine during exercise
- Without adequate recovery, fitness and health are compromised

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REBUILD STRENGTH

Immediate and Sustained Muscle Recovery*



24 g whey and casein protein



Lean muscle mass

Branched-chain amino acids (BCAAs)



Jumpstarts recovery

L-Glutamine



Muscle building block / immunity

Precise amount of carbohydrates



Helps utilize the protein

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RESTORE

RESTORE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Combat Exercise-Induced Inflammation*



Target User: - Everyone

Key Benefits: - Fights inflammation
- Antioxidant protection
- Immune support

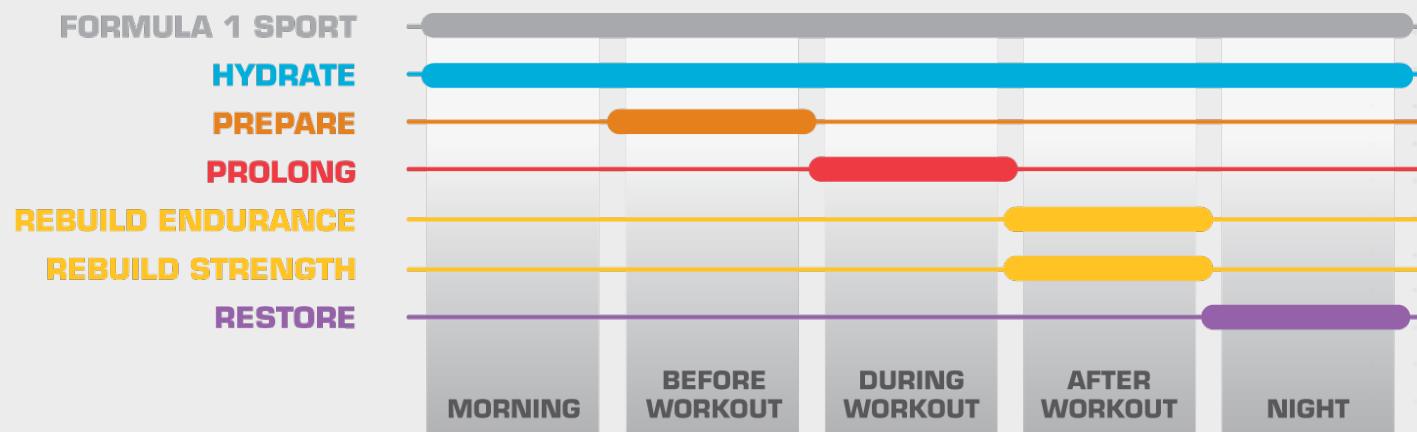
Key Features: - Curcumin
- Berry extracts
- Vitamin C
- Beta-carotene

Usage scenarios

- An athlete after a day of endurance or strength training
- Anyone after a light-to-moderate aerobic workout

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Nutrition for the 24-Hour AthleteTM



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