

INTRODUCING HERBALIFE24



FORMULA 1 SPORT

Healthy Meal for Athletes

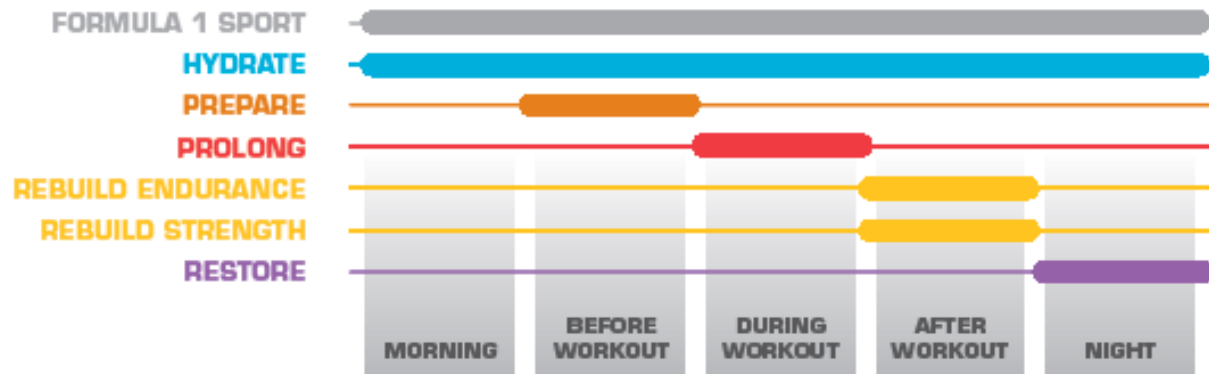


24-Hour Nutrition Line



Nutrition extends beyond “pre, during and post” workout

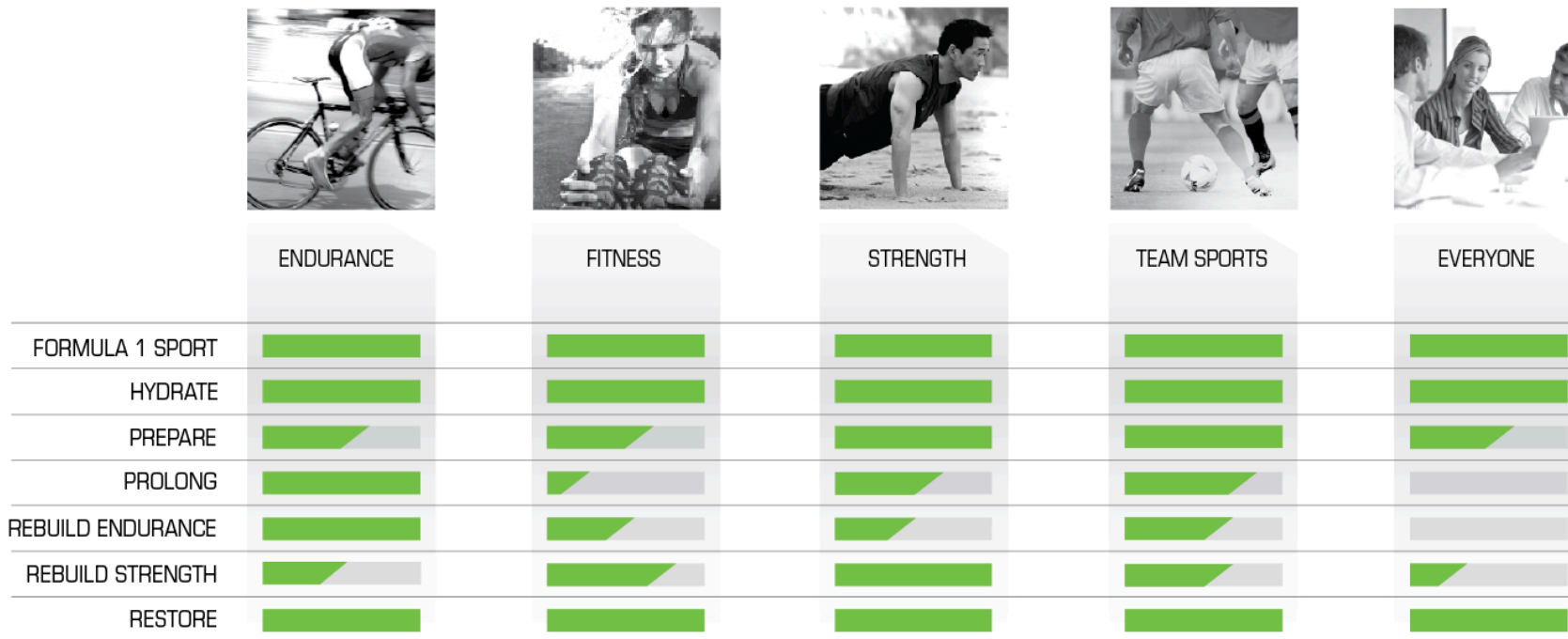
HERBALIFE24 PRODUCT LINE



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 dairy protein
- 1000 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

HERBALIFE



NUTRITION FOR THE 24-HOUR ATHLETE™

	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 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



1 g vs 13 g



To minimize lactose, you can mix F1 Sport in a non-dairy beverage

1,000 mg L-Glutamine – Great for Athletes

Formula 1 Sport provides:

- 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

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	de leche desgrasada		
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	15%	15%		
Vitamin D • Vitamina D	100%	100%		
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%		
			% DV* • % VD*	
Pantothenic Acid • Ácido Pantoténico	30%	40%		
Phosphorus • Fósforo	20%	45%		
Magnesium • Magnesio	10%	15%		
Zinc • Cinc	25%	30%		
Copper • Cobre	25%	25%		
Chromium • Cromo	10%	10%		
			Calories • Calorías 2,000 2,500	
Total Fat • Grasa Total	Less Than • Menos de	65g	80g	
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g	
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg	
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg	
Potassium • Potasio		3,500mg	3,500mg	
Total Carbohydrate • Carbohidrato Total		300g	375g	
Dietary Fiber • Fibra Dietética		25g	30g	
Protein • Proteína		50g	65g	
Calories per gram • Calorías por gramo:				
Fat • Grasa	9	Carbohydrates • Carbohidratos	4	Protein • Proteína 4

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.
 * Una taza de leche desgrasada fortificada con Vitamina A y D aporta 80 calorías adicionales, 0 calorías de grasa, 0g de grasa, 0g de grasa saturada, 5mg de colesterol, 103mg de sodio, 382mg de potasio, 12g de carbohidratos totales (12g de azúcares) y 8g de proteína.
 * Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
 * Porcentaje de Valores Diarios (% VD) está basado en una dieta de 2,000 calorías. Sus Valores Diarios pueden ser más altos o más bajos dependiendo de sus necesidades calóricas.

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

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



+



Water

or



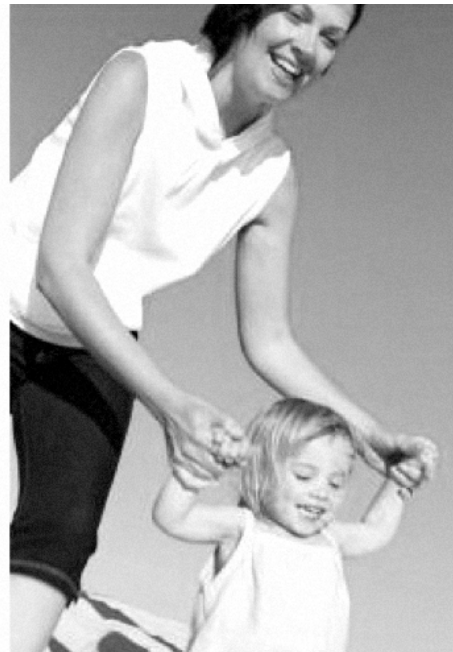
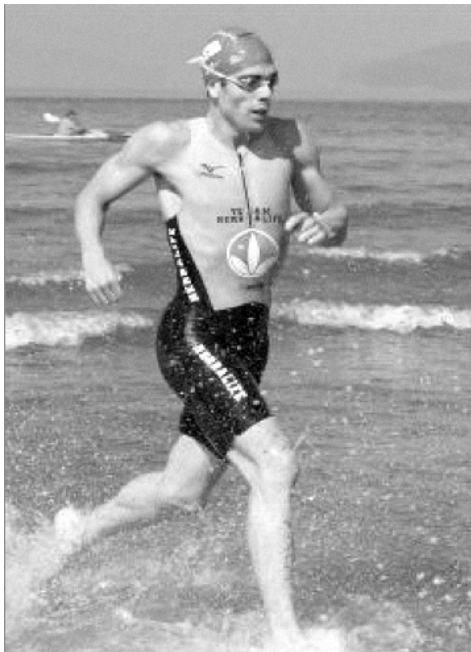
Milk



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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