

INTRODUCING HERBALIFE24



PROLONG

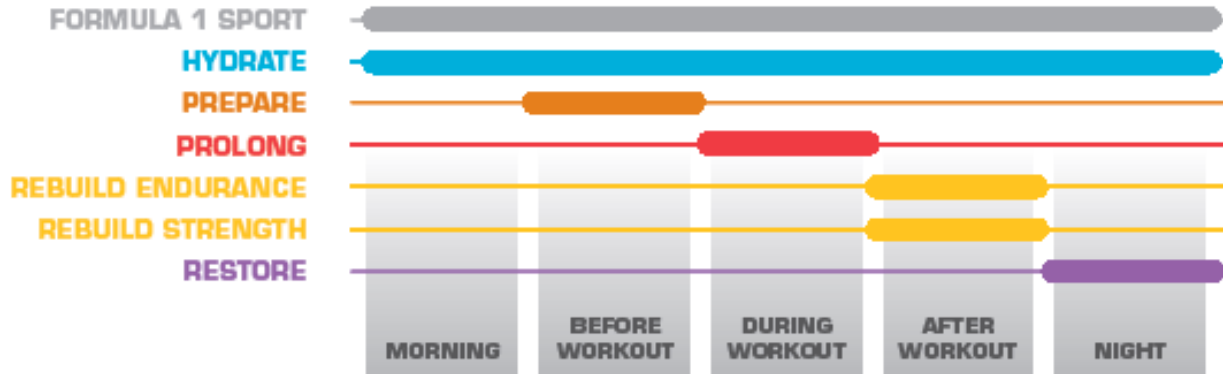
Sustain performance with an isotonic carbohydrate-protein drink mix

24-Hour Nutrition Line



Nutrition extends beyond “pre, during and post” workout

HERBALIFE24 PRODUCT LINE



Customisable 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

Enhance sports performance and speed up recovery



Target user:

- Athletes with high caloric needs

Key Benefits:

- Delivers carbohydrate for energy

Key Features

- Sustain performance with dual-source carbohydrates, protein and sodium
- With protein to support muscle synthesis and recovery
- B vitamins, including B1 and B12, support energy metabolism
- 100% RDA of vitamin C helps combat free radicals
- Isotonic formula for efficient carbohydrate and fluid uptake

Usage scenarios

Triathlete completing a combined bike-to-run workout or on race day

- Swimmer completing a morning workout

- Football player during training or competition

- Working professional with physically demanding job requirements

Maximize Performance with Energy

Prolong provides:

47 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



Did You Know?



Example caloric usage:

- 1 hour sustained hard bike ride: ~900 calories,
4 hour bike race: ~3,500 calories
- Marathon: ~3,000 calories
- 1 hour swim: ~600 calories
- 90 minute professional football match:
2,000-2,500 calories

Electrolyte demand:

- football players lose 2 L sweat, >1.5 g sodium
per game
- Cyclists lose 1-2 L sweat, >1 g sodium
per hour

Two Carbohydrate Sources

Prolong provides:

Carbohydrate blend:

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

Maximum carbohydrates and energy

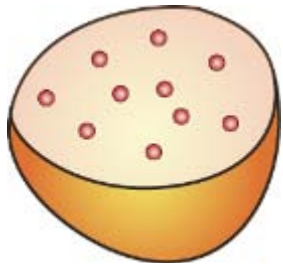
Why you need it:

Prolong's dual-source carbohydrate system is designed to promote more calories utilised per hour, better performance, increased glycogen conservation and faster recovery. * And it's all thanks to science.

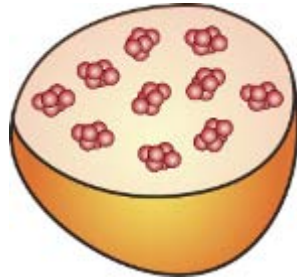
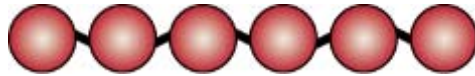


More Energy to Working Muscles

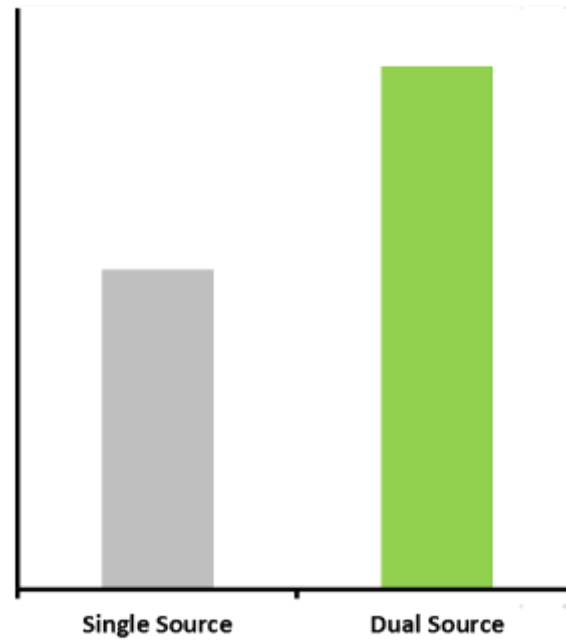
Glucose



Maltodextrin



Carbohydrate utilisation



Maintain Hydration

Prolong provides:

44mg of Na per serve

Effective electrolyte levels are critical to reduce cramping, maintain hydration and stabilise body temperature

Why you need it:

When sweating during exercise you lose more than just water. Salts and minerals need to be replaced as well.



Minimize Post Activity Recovery

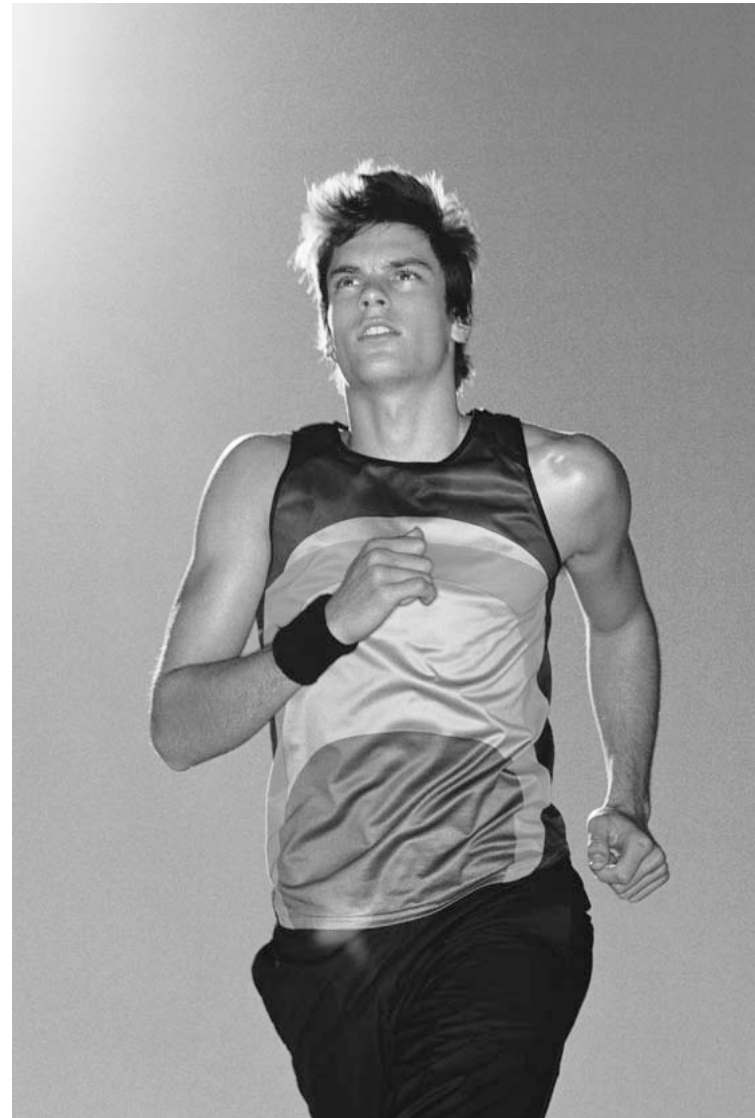
Prolong provides:

- 6.8 g of protein from whey protein isolate
- A very pure form of rapidly metabolised protein

Why you need it:

Protein consumption during exercise is a new concept. Research shows that protein can help protect muscles from breakdown during exercise, and the combination of carbohydrate and protein aids muscle recovery and helps you prepare for your next workout faster

You'll recovery more quickly and be ready to train or compete day after day.



Mix Prolong with Water



Directions:

Half-fill a 500ml water bottle with room-temperature water

Add four level scoops of Prolong

Shake vigorously for no less than 20 seconds

Fill the remainder of your bottle with water to make a 500ml drink

More is not ALWAYS better. Every athlete's specific nutritional needs are different. We recommend carefully evaluating your calorie requirements before choosing your nutritional supplements.

Prolong: Performance and Recovery

- Carbohydrate – protein blend
- 224 kcal per serving
- Antioxidant protection from vitamin C
- No artificial colours, flavours or sweeteners.



Being an Athlete is a Lifestyle

Herbalife24 is a comprehensive nutrition line that meets the needs of an athlete 24 hours a day

