

INTRODUCING HERBALIFE24



REBUILD ENDURANCE

Speed recovery, Rebuild muscle

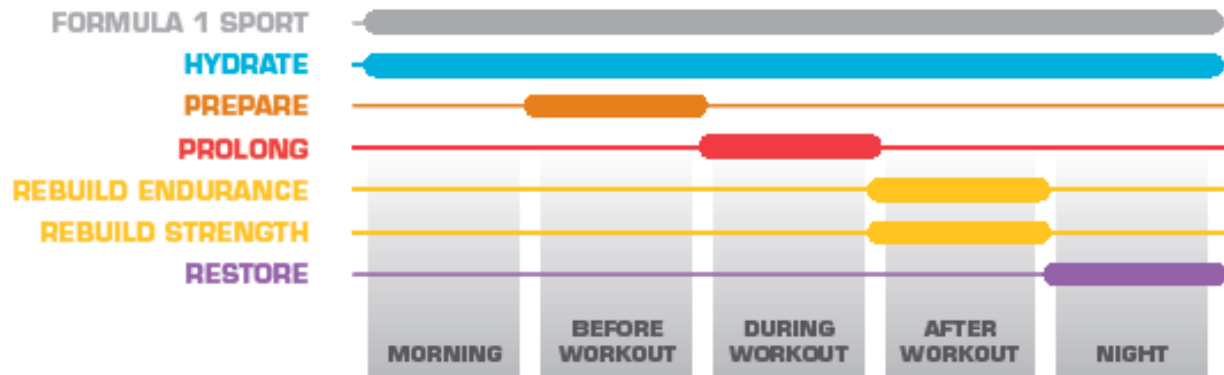


24-Hour Nutrition Line



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

Speed recovery, Rebuild muscle



Target user:

- Aerobic athletes

Key Benefits:

- Speed recovery time
- Replenish glycogen stores

Key Features:

- Rich in protein, from milk protein concentrate and whey protein isolate
- Designed to help speed recovery with a unique carbohydrate: protein blend to support muscle glycogen replenishment and rebuild muscle during the critical post exercise period
- L-Glutamine to support the immune system, which becomes stressed by exercise
- Includes L-Carnitine to aid muscle metabolism and recovery after exercise

Usage scenarios

Cross-country runner after a five-mile training run

- Cyclist after an uphill training ride
- Football player after practice or a game
- Triathlete after a long training session

Recovery: Carbohydrate and Protein

Recovery from aerobic exercise requires:

- Glycogen Replenishment
- Rebuilding Muscle



Carbohydrate

+

Protein

=

**Complete
recovery**



Glycogen Replenishment: Carbohydrate

Rebuild Endurance provides:

- 36 g of carbohydrates
- Carbohydrate is the body's primary source of fuel and is depleted during exercise

Why you need it:

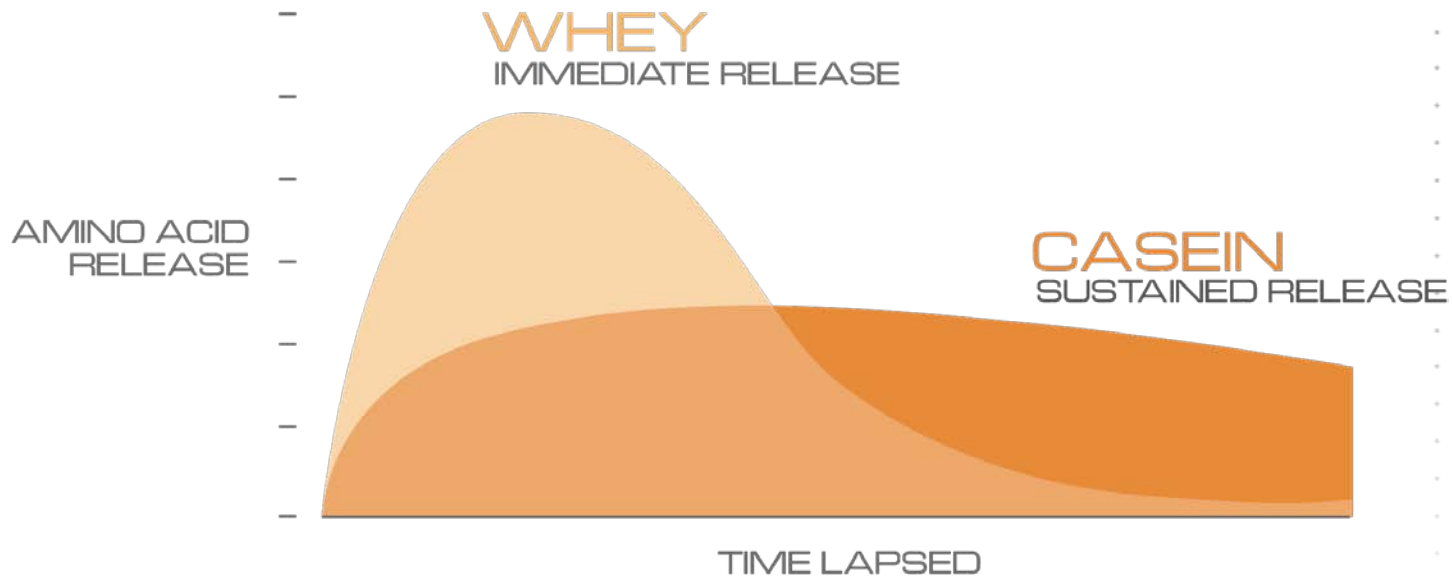
- Aerobic athletes burn high quantities of carbohydrates which need to be replaced after exercise
- A 30-minute “recovery window” after completion of exercise is ideal for carbohydrate consumption



Milk Protein: Sustaining a Muscle-Building State

Whey: Metabolised quickly for an immediate delivery of amino acids

Casein: Supplies amino acids over a multi-hour period



A blend of whey and casein to provide immediate and sustained delivery of amino acids

3500 mg L-Glutamine – Great for Athletes

Rebuild Endurance provides:

- L-Glutamine – an important amino acid
- Helps support immune function*

Why you need it:

- Lose up to 50% of L-Glutamine during exercise



Did You Know?



Your body's response to injury is very similar to its response to intense physical activity. Both result in elevated levels of biomarkers for muscle damage, indicating your body has experienced muscular stress.

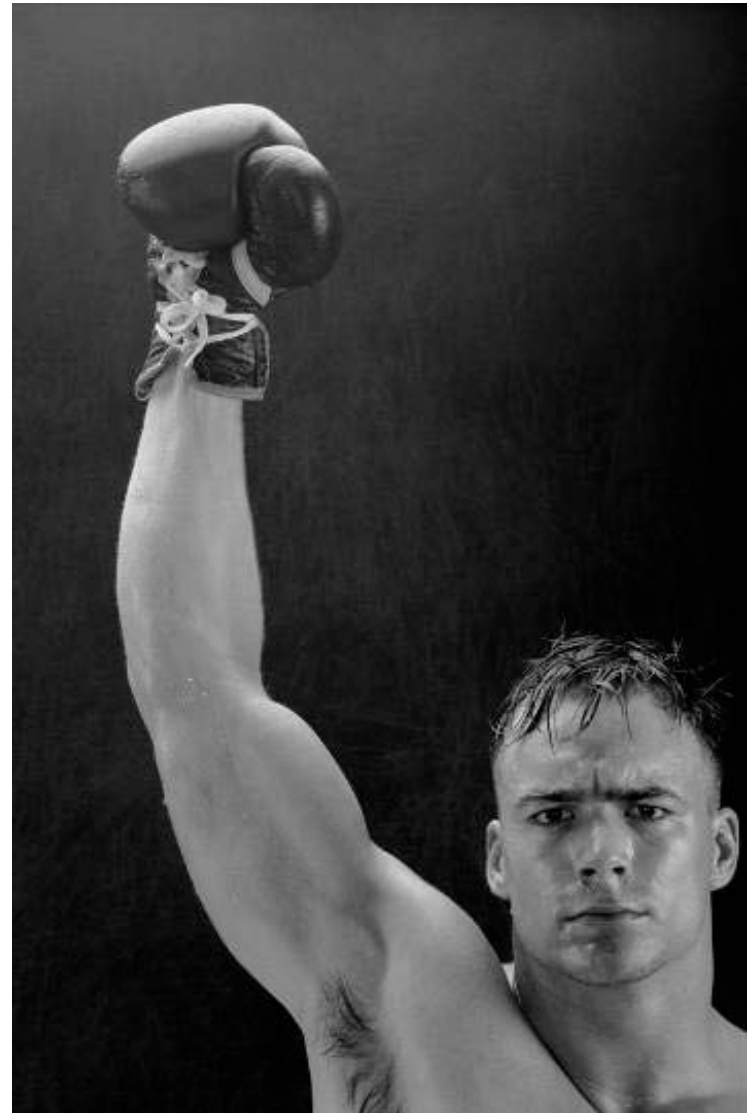
500 mg L-Carnitine - Speeds Recovery

Rebuild Endurance provides:

- L-Carnitine, an amino acid that aids in recovery

Why you need it:

- Reduces recovery time after aerobic activity



Electrolytes for Fluid Uptake + B Vitamins

Rebuild Endurance provides:

Essential nutrients to support your body after exercise:

- B vitamins: B1, B2, B6, B12, Pantothenic acid
38% RDA of each per serving

- Antioxidant vitamins C (100% RDA/serve), E (38% RDA/serve)

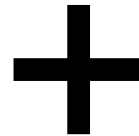
Iron – essential for oxygen delivery to working muscles (45% RDA/serve)

Sodium 230mg/serve



Powder Mix

- Powder mix
- No artificial colours, flavours or sweeteners. Delicious vanilla flavour



Water

Rebuild Endurance: Great Option for Aerobic Athletes

- Combination of carbohydrate protein and amino acids
- 188 kcal per serve (50g powder in 250ml water)
- Essential vitamins and minerals
- No artificial colours, flavours or sweeteners



Being an Athlete is a Lifestyle

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

