



HERBALIFE®

24™

NUTRITION FOR THE 24-HOUR ATHLETE™

Introducing the first comprehensive performance nutrition line empowering athletes 24 hours a day.

- 7 premium products for nutrition, training, performance and recovery
- Customize based on your specific training and performance needs
- Formulas based on the latest proven science
- Every product is third-party tested for banned substances
- All natural colors, flavors and sweeteners

HERBALIFE24

PERFORMANCE NUTRITION DEFINED

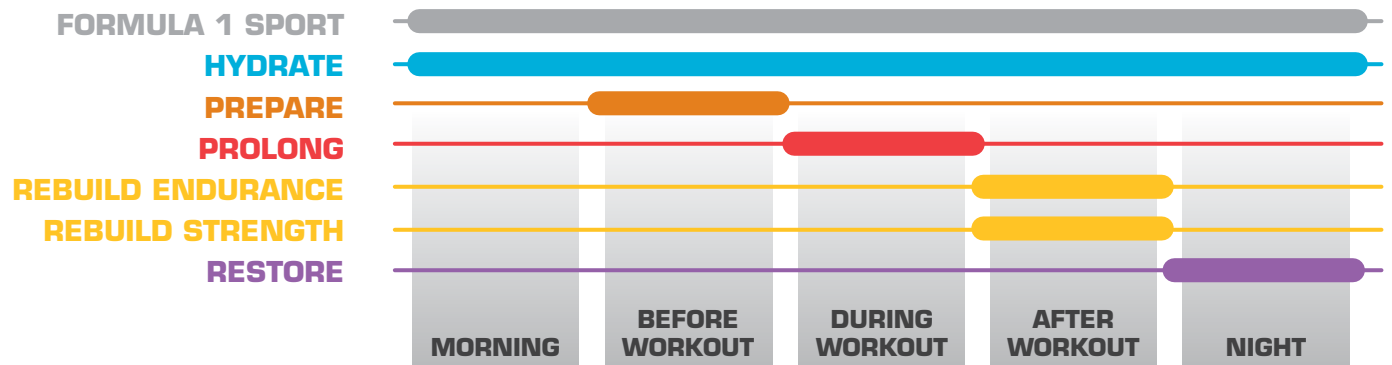
Being an athlete is a lifestyle requiring nutrition 24 hours a day. Choices in how you prepare, fuel your body, recover and rest make a definitive difference in you becoming a 24 Hour Athlete.™

Herbalife24 was developed for athletes and goes beyond the performance nutrition industry standard for pre-, during- and post-exercise nutrition.

It is the first and only comprehensive performance nutrition line empowering athletes 24 hours a day.

You now have unrivaled nutritional support as an athlete to prepare, train, perform and rebuild. This seven-product line is also customizable based on activity levels and training demands.

24-Hour Nutrition Support



You can customize products based on your specific sport, training, recovery and competitive needs.

Product Use Guide by Activity

	ENDURANCE	FITNESS	STRENGTH	TEAM SPORTS	EVERYONE
FORMULA 1 SPORT	High	High	High	High	High
HYDRATE	High	High	High	High	High
PREPARE	Low	Low	High	High	Low
PROLONG	High	Low	Low	Low	Low
REBUILD ENDURANCE	High	Low	Low	Low	Low
REBUILD STRENGTH	Low	Low	High	Low	Low
RESTORE	High	High	High	High	High

Bars indicate the relative need of each product – from low to high – depending on your activity, training, performance and recovery.

HERBALIFE®



HERBALIFE24 Is the First Comprehensive Performance Nutrition Line for the 24-Hour Athlete™



All Herbalife24 products are tested by the Banned Substance Control Group, an independent laboratory.

FORMULA 1 SPORT

Quality performance starts with a nutritional sports meal specifically formulated for the athlete.

- Milk protein supports lean muscle mass
- Carbohydrate blend provides immediate and sustained energy
- L-glutamine supports muscle growth and immune function
- Antioxidant protection

HYDRATE

A low calorie source of bioavailable electrolytes designed for advanced hydration.

- Hydration anytime, for anyone
- High in the antioxidant Vitamin C
- Less than 15 calories
- Only 1 g of sugar

PREPARE

Support blood flow to working muscles.*

- L-arginine, L-citrulline and L-ornithine alpha-ketoglutarate support blood flow*
- Creatine supports fast-twitch muscle contraction*



Exclusively endorsed by **Lou Ignarro, Ph.D.†**

Nobel† Laureate in Medicine
Nutrition Advisory Board Member

†Dr. Ignarro is a member of Herbalife's Nutrition Advisory Board, and receives compensation for his endorsement of Herbalife® products.

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

†Saberry™ is a trademark of Sabinsa Corp.

*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.

PROLONG

Sustain performance with dual-source carbohydrates and electrolytes.*

- Dual-source carbohydrate blend facilitates caloric utilization*
- Whey protein isolate helps reduce muscle breakdown*
- 850 mg of electrolytes support proper muscle function*
- B Vitamins support carbohydrate metabolism*
- 500%DV of Vitamin C helps combat free radicals*

REBUILD ENDURANCE

Speed recovery from an aerobic workout by enhancing glycogen replenishment and initiating repair of damaged muscles.*

- Branched-chain amino acids, whey and casein proteins create a rapid and sustained protein-building state*
- Carbohydrate blend replenishes muscle glycogen*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery*
- L-glutamine supports immune function and promotes muscle repair*
- L-carnitine reduces recovery time*

REBUILD STRENGTH

Speed recovery from strength training with immediate and sustained lean muscle building.*

- 24 g of whey and casein proteins create a rapid and sustained protein-building state*
- Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery*
- Iron essential for red blood cell protection*
- Branched-chain amino acids support muscle growth*
- L-glutamine supports immune function and promotes muscle repair*

RESTORE

Combat exercise-induced inflammation.*

- Curcumin helps combat exercise-induced inflammation*
- Elderberry and Saberry™s from amla fruit extracts, and alpha-lipoic acid scavenge free radicals*
- Vitamin C and beta-carotene support immune function*

ATHLETE SUCCESS STORIES

"I worked out hard to prepare myself for the race car. The first time I tried REBUILD ENDURANCE was after a grueling 3.5-hour bike ride. Normally I'd feel sore and sluggish the next day. This time, I was surprised to feel fully refreshed and ready to tackle the boxing gym with full strength. REBUILD ENDURANCE is awesome!"

Townsend Bell
Herbalife-Sponsored IndyCar Driver

"PROLONG has the right mix of carbs, protein, vitamins and electrolytes to fuel really long, all-day efforts. No bloating. No gassy feeling. For my long efforts, I can fuel with PROLONG and nothing else."

Nate Whitman
Pro Mountain Bike Athlete
Herbalife24 Beta Program Participant

"During the Boston Marathon, I drank the FORMULA 1 SPORT nutrition drink, which gave me the energy and kick I needed to finish the race in under four hours. With HYDRATE, I experienced no muscle cramping or dry mouth."

Susan G.
Biking & Running Athlete and
Herbalife Independent Distributor

FORMULA 1 SPORT

Creamy Vanilla
30-Day Supply #1412

HYDRATE

Tangerine Citrus
20-Day Supply #1413

PREPARE

Flavor TBD
30-Day Supply Coming Soon

PROLONG

Subtle Lemon
15-Day Supply #1415

REBUILD ENDURANCE

Vanilla
20-Day Supply #1416

REBUILD STRENGTH

Chocolate
20-Day Supply #1417

RESTORE

30-Day Supply Coming Soon

ORDER TODAY

Herbalife Independent Distributor

