

Prolong is developed by experts in sports nutrition. This unique carbohydrate-protein drink mix has an osmolality of 270 – 330 mOsmol/kg and contains protein to support the growth and maintenance of muscle mass. Enriched with vitamin C and B vitamins (including niacin and pantothenic acid), this drink has a light, subtle flavour, which is great to take whilst exercising.

Provides 100 % NRV of vitamin C, which contributes to the protection of cells from oxidative stress, helps maintain the normal function of the immune system and helps reduce tiredness and fatigue.

225 Calories 7 g Whey protein Vitamin C 100 % NRV**

DIRECTIONS FOR USE: Add 4 level scoops (60 g) to 250 ml of water, shake vigorously, then add a further 250 ml of water to make a 500 ml serving. Drink one bottle (500 ml) per hour during physical activity. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

Store with lid closed in a cool, dry place.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

30-day money-back guarantee. This guarantee does not affect your statutory rights. This exclusively formulated product is only available through Herbalife Independent Distributors.





PROLONG

CARBOHYDRATE - PROTEIN DRINK MIX WITH ADDED VITAMINS FOR ATHLETES

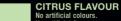
FORMULA 1

RATE PRI

PROLONO

REBUILD REST

NUTRITIONAL SUPPORT FOR THE 24 HOUR ATHLETE



No artificial flavours.
No artificial sweeteners.

Best before and lot number: See base of container

NET WEIGHT: 900 g C



Nutritional information

Serving size: 4 scoops (60 g) Servings per container: 15

			Per 500ml of
	Per 100 g		made up product*
Energy	1595 kJ		
	375 kcal		
Fat	0.3 g		0.2 g
of which: saturates	0.2 g		0.1 g
Carbohydrate	80 g		48 g
of which: sugars	29 g		
Fibre	0 g		0 g
Protein	11 g		7 g
Salt	1.8 g		1.1 g
VITAMINS		% NRV**	% NRV**
Vitamin C	134 mg	168 %	80 mg 100 %
Thiamin	1.4 mg	127 %	0.83 mg 75 %
Niacin	20 mg NE	125 %	
Vitamin B6	1.8 mg	129 %	1.1 mg 79 %
Vitamin B12	3.1 μg	124 %	1.9 μg 76 %
Biotin	63 μg	126 %	38 μg 76 %
Pantothenic acid	7.5 mg	125 %	4.5 mg 75 %
* Per made up product = 60 g serving with 500 ml of water			
** Nutrient reference values			

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INGREDIENTS: Maltodextrin, fructose, whey protein isolate (from **milk**) (12.5 %), acidity regulators (trisodium citrate, citric acid, tricalcium citrate, tripotassium citrate, magnesium hydroxide), flavour enhancer (potassium chloride), sodium-L-ascorbate, sodium chloride, medium chain triglycerides, nicotinamide, natural lime flavouring, calcium-D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, D-biotin, cyanocobalamin. Allergy advice: for allergens see ingredients in **bold. MAY CONTAIN SOYA AND EGG.**

Distributed by: HERBALIFE INTERNATIONAL LUXEMBOURG S.à R.L. c/o HERBALIFE EUROPE LIMITED

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