

Herbalife24 Has You Covered

Herbalife24® products make it easy for you to customize your daily nutrition routine to meet your specific goals and schedule.

HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE

 <p>Formula 1 Sport</p>	 <p>Enhanced Protein Powder</p>	 <p>ACHIEVE Protein Bar</p>	 <p>Prepare</p>	 <p>CR7 Drive</p>	 <p>BCAAs</p>	 <p>Rebuild Strength</p>	 <p>Herbalife24® Liftoff®</p>	 <p>Restore</p>
<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 9 g of milk protein to help support lean muscle mass • 1,000 mg of L-glutamine† to support muscle growth and immune function • Carbohydrate blend provides immediate and sustained energy <p>Primary Use:</p> <p>A balanced nutritional shake mix that provides the protein, carbohydrates, vitamins and minerals that establish a strong nutritional foundation for performance.</p> <p>Flavor:</p> <ul style="list-style-type: none"> • Creamy Vanilla Flavor #1412 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 24 g of dairy and whey proteins • 5 forms of protein‡ • Amino acids help reduce muscle soreness and improve recovery and repair* • B vitamins support energy metabolism* • 0 g added sugar <p>Primary Use:</p> <p>Enjoy once or twice daily as a simple boost to your current nutrition plan by mixing it into your favorite shakes or recipes, or as a stand-alone snack.</p> <p>Flavor:</p> <ul style="list-style-type: none"> • Natural Flavor #300K 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 20 g of quality whey and milk protein to promote lean muscle growth • Contributes to recovery from exercise • 4 g of sugar <p>Primary Use:</p> <p>Perfect for a pre-workout boost, a post-exercise recovery aid, or a protein-rich snack that delivers the protein to help you reach your goals.</p> <p>Flavors:</p> <ul style="list-style-type: none"> • Chocolate Chip Cookie Dough #2124 • Dark Chocolate Brownie #2126 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • Precursor system of L-arginine, L-citrulline and ornithine AKG supports Nitric Oxide production* • 2.1 g of creatine per serving to support muscle strength* • 100 mg of caffeine to help maintain focus and performance* • L-arginine supports healthy blood flow* <p>Primary Use:</p> <p>Use prior to your workout to support healthy blood flow and nutrient delivery to your muscles during exercise.*</p> <p>Flavors:</p> <ul style="list-style-type: none"> • Tropical Mango #301K • Watermelon #299K 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 320 mg of vital electrolytes provide enhanced hydration • Brain-fueling glucose helps promote quick and accurate game-time decision-making • Easy-to-digest carbohydrate blend helps fuel muscles and sustain energy levels <p>Primary Use:</p> <p>Use before or during your workout for rapid energy to fuel you during exercise, for enhanced hydration and for metabolism-supporting Vitamin B12.</p> <p>Flavor:</p> <ul style="list-style-type: none"> • Açai Berry Flavor Canister #1445 • Packets #1475 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 5 g BCAAs, including 3 g leucine • Build and retain lean muscle* • Stimulate muscle growth* • Recover quicker* <p>Primary Use:</p> <p>Consume one to two times a day before or during your workout to reduce muscle breakdown and stimulate muscle growth and recovery.*</p> <p>Flavor:</p> <ul style="list-style-type: none"> • Green Apple #298K 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 24 g of whey and casein proteins per serving • Tri-core protein-amino blend of free amino acids, whey and casein proteins help rebuild muscle and speed recovery* • L-glutamine to support immune function and muscle repair* • Branched-chain amino acids to support muscle growth* <p>Primary Use:</p> <p>Use within 30 minutes following physical activity for immediate and sustained muscle recovery.*</p> <p>Flavors:</p> <ul style="list-style-type: none"> • Chocolate #302K • Strawberry Shortcake #305K • Vanilla Ice Cream #304K 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • 75 mg of caffeine to feel energized and focused* • Panax ginseng supports brain function, accelerates memory recall§ and helps reduce the feeling of mental fatigue* • Vitamin C • A spectrum of energy-supporting B vitamins: B1, B2, B3, B5, B6, B7 and B12* • No artificial sweeteners or flavors <p>Primary Use:</p> <p>Use up to two times a day anytime you need a pick-me-up.**</p> <p>Flavors:</p> <ul style="list-style-type: none"> • Blackberry Spark #132K • Pineapple Push #131K 	<p>Features & Benefits:</p> <ul style="list-style-type: none"> • Helps combat exercise-induced inflammation • Contains antioxidant Vitamins A (as beta-carotene), C and E and botanical ingredients to support against free radicals* • Supports immunity* <p>Primary Use:</p> <p>Take one capsule per night before sleep to help combat exercise-induced muscle inflammation.*</p> <p>Flavor:</p> <p>N/A</p> <p>30 Capsules #303K</p>



*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.

†L-glutamine content is a combination of free amino acids and those naturally occurring in protein.
 ‡Whey protein isolate, milk protein concentrate, whey protein concentrate, whey protein hydrolysate and micellar casein.
 §Temporary benefit based on consumption of ginseng by healthy young adults.
 **Limit caffeine to 200 mg per sitting and about 400 mg of caffeine per day.
 ††Certified for Sport® is a registered trademark of NSF.

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We recommend the following products:



If You're a Fitness Novice

Maybe you're coming off of weight loss or just getting into fitness. You work out two to three times a week and do mostly 20–30 minutes of low-impact training.



If You're Getting Lean and Toned

You're hitting the gym a bit more regularly, burning fat and building a bit of muscle. You're working out three to five times a week for 40–60 minutes, and generally doing more high-intensity interval training and some moderate weightlifting.



If You're Getting Serious About Your Performance

You're getting into heavier weightlifting and compound exercises, with the goal of gaining muscle mass. You're hitting the gym three to five times a week for 40–60 minutes, with longer rest times between reps.



KEY

- Breakfast or dinner
- Take within 30 minutes of finishing your workout
- Breakfast or dinner (Formula 1 Sport + 1 scoop of Enhanced Protein Powder)
- Breakfast (Enhanced Protein Powder + nut butter/avocado + complex carbs + fruits + choice of milk)
- Anytime as a snack
- Consume 15–20 minutes prior to your workout
- Nighttime snack (Enhanced Protein Powder + choice of milk or water)
- Take before or during your workout
- For hydration during your workout
- Enhanced Protein Powder + your favorite recipe any time of day or night
- Take within 30 minutes of finishing your workout, (Rebuild Strength + fruit + choice of milk)

*Suggested product consumption will vary based on activity level. BCAAs, Prepare, Rebuild Strength, Enhanced Protein Powder, and Restore are dietary supplements. Use only in amounts and frequency stated on the label directions. Find the Herbalife24 regimen that works for your routine at Herbalife24.com.