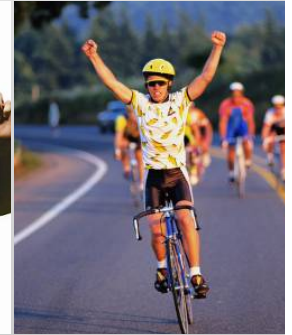


TRAINING >>> product



Herbalife24

Nutrition for the 24-Hour Athlete™

HERBALIFE®

24

NUTRITION FOR THE
24-HOUR ATHLETE

 HERBALIFE.

Nutrition for a better life.

You are a 24-Hour Athlete™

Healthy + Active Lifestyle



All athletes have three major areas of focus:

- Training
- Recovery
- Nutrition



Herbalife set out to make a nutrition program for the 24-Hour Athlete™

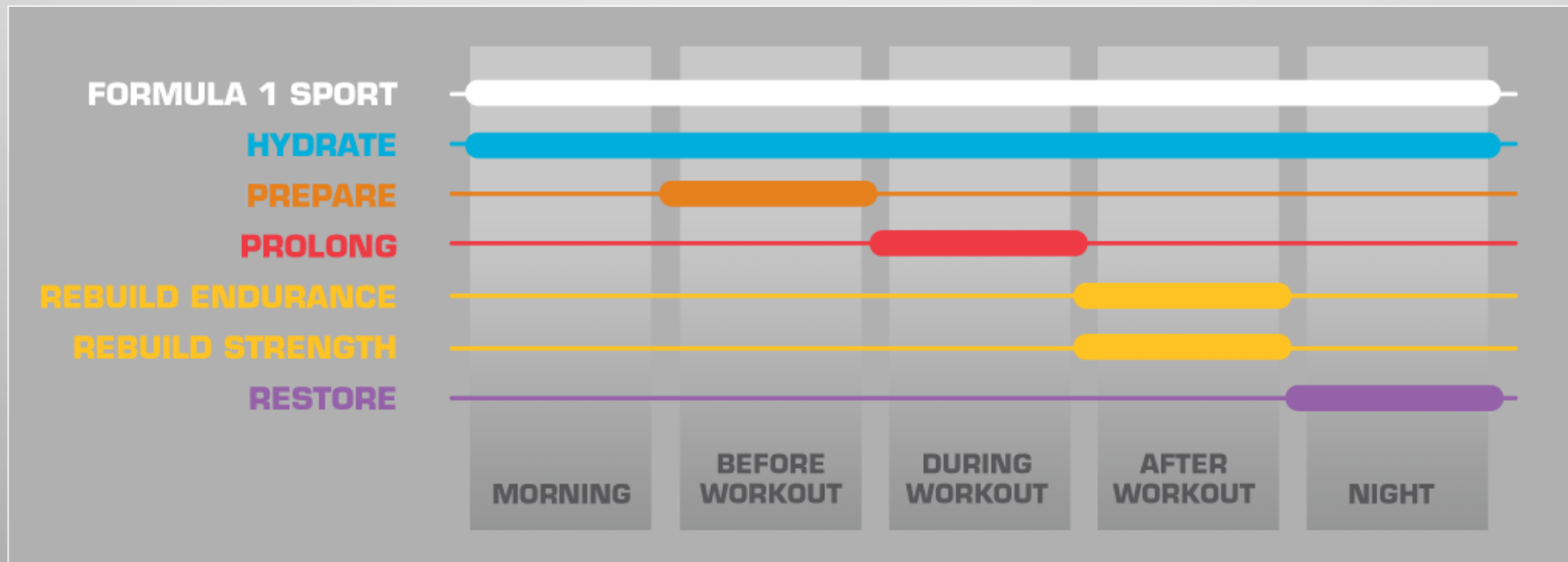


Herbalife24 Philosophy

- Complete: 7 product customizable program
- Credible: Based on science
- Confidence: Tested for banned substances
- Committed: All-natural colors, flavors and sweeteners



24-Hour Nutrition





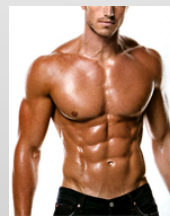
Completely Customizable Program



Endurance



Fitness



Strength



Everyone

F1 Sport	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Hydrate	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Prolong	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Prepare	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Endurance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Strength	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Restore	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

FORMULA 1 SPORT

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

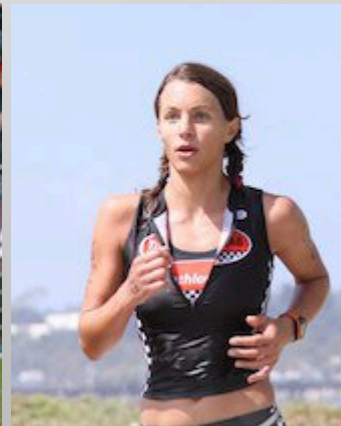
AFTER
WORKOUT

NIGHT



Formula 1 Sport

Healthy Meal for Athletes



Nutritional shake mix
Vanilla flavor

Formula 1 Sport

Healthy Meal for Athletes

FORMULA 1 SPORT

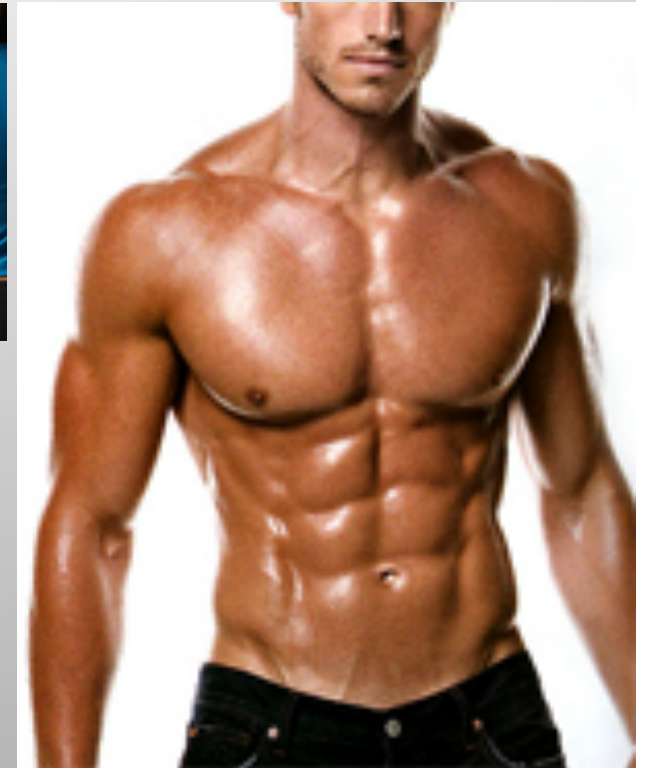
MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



- Same great nutrition as Formula 1
- Dairy protein
- Low lactose



Formula 1 Sport

Healthy Meal for Athletes

FORMULA 1 SPORT

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



	Formula 1	Formula 1 Sport
Benefit	Healthy meal, heart health	Meal for athletes
Servings	30	30
Calories	90	90
Carbs (g)	13	13
Sugar (g)	9	9
Protein (g)	9	9
Protein	Soy isolate	Milk
L-Glutamine	-	+
Vitamin C+D	25% DV	100% DV

Milk protein:

Whey + casein: ideal for athletes

L-Glutamine:

Depleted easily in athletes, restores muscle

Increased vitamins and minerals:

To meet higher metabolic demands of athletes

HYDRATE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Hydrate

Advanced Hydration with Bioavailable Electrolytes



Dietary supplement
Powder mix
Tangerine Citrus flavor

Hydrate

Advanced Hydration with Bioavailable Electrolytes

HYDRATE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



- 15 calories (H3O® has 60 calories)
- Only 1g sugar
- Caffeine free – drink day or night!
- Bioavailable electrolytes - easily absorbed
- Great for active and less-active people
- Natural sweeteners

Hydration for
anyone!



20 convenient
stick packs

PREPARE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

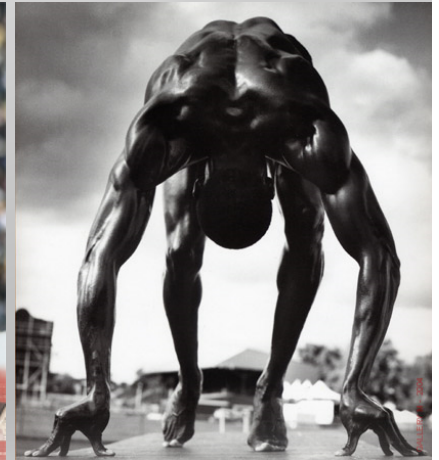
AFTER
WORKOUT

NIGHT



Prepare

Support Blood Flow to Working Muscles



Dietary supplement
Powder mix

Prepare

Support Blood Flow to Working Muscles

PREPARE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

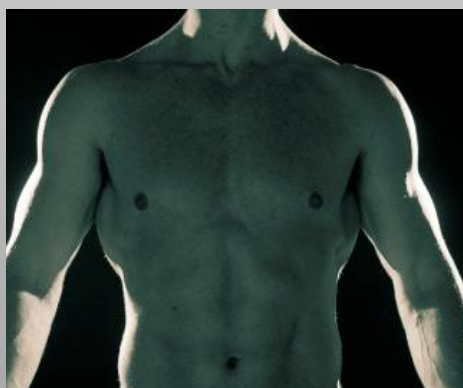
AFTER
WORKOUT

NIGHT



Enhanced blood flow

Nitric Oxide



Lean muscle mass

Muscle strength

Prepare

Support Blood Flow to Working Muscles

PREPARE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



How is Prepare different than Niteworks®?

	Niteworks®	Prepare
Benefit	General Heart Health	Athletic
L-Arginine	+	+
L-Citrulline	+	+
L-OrnithineaKG	-	+
Creatine	-	+

- Heart health
- Blood flow

- Strength

PROLONG

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Prolong

Sustain Performance with Dual-Source Carbohydrates and Electrolytes



Dietary supplement
Powder mix
Subtle Citrus flavor

Prolong

Sustain Performance with Dual-Source Carbohydrates and Electrolytes

PROLONG

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Pro athletes can burn thousands of extra calories every day!

Soccer game: 2000 calories / bike race: 3000

- 260 calories – perfect for aerobic sports
- Blend of carbohydrates for energy
- Loaded with bioavailable electrolytes
- Small amount of protein
- Subtle, easy-to-drink



REBUILD ENDURANCE
REBUILD STRENGTH

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Rebuild

Replace Lost Nutrients, Rebuild Muscle



Rebuild Endurance:
Dietary supplement
Powder mix

Rebuild Strength:
Dietary supplement
Powder mix

REBUILD ENDURANCE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Rebuild Endurance

Glycogen Replacement and Muscle Recovery

- Replenishes muscle glycogen quickly
- Whey and casein for sustained muscle-building



3:1 —→ What athletes look for:
30 g carbohydrates / 10 g protein

REBUILD STRENGTH

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT

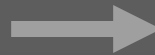


Rebuild Strength

Immediate and Sustained Muscle Recovery

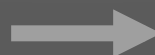


24 g whey & casein protein



Lean muscle mass

Branched chain amino acids (BCCAs)



Jumpstarts recovery

L-Glutamine



Muscle building block / immunity

Precise amount of carbohydrates



Helps utilize the protein

RESTORE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Restore:

Combat Exercise-Induced Inflammation



Dietary supplement
Capsule

RESTORE

MORNING

BEFORE
WORKOUT

DURING
WORKOUT

AFTER
WORKOUT

NIGHT



Restore

Combat Exercise-Induced Inflammation

- Fights inflammation associated with exercise
- Antioxidant protection
- Support the immune system



Turmeric, berry extracts, Vitamin C, alpha-lipoic acid and beta-carotene

24-Hour Nutrition

