

# INTRODUCING HERBALIFE24



## PREPARE

Supports Blood Flow to Working Muscles\*

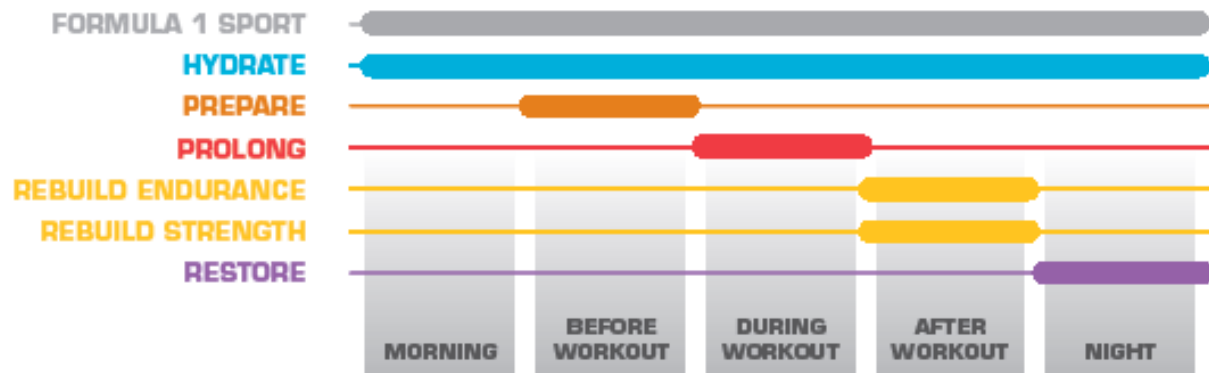
\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 24-Hour Nutrition Line



Nutrition extends beyond “pre, during and post” workout

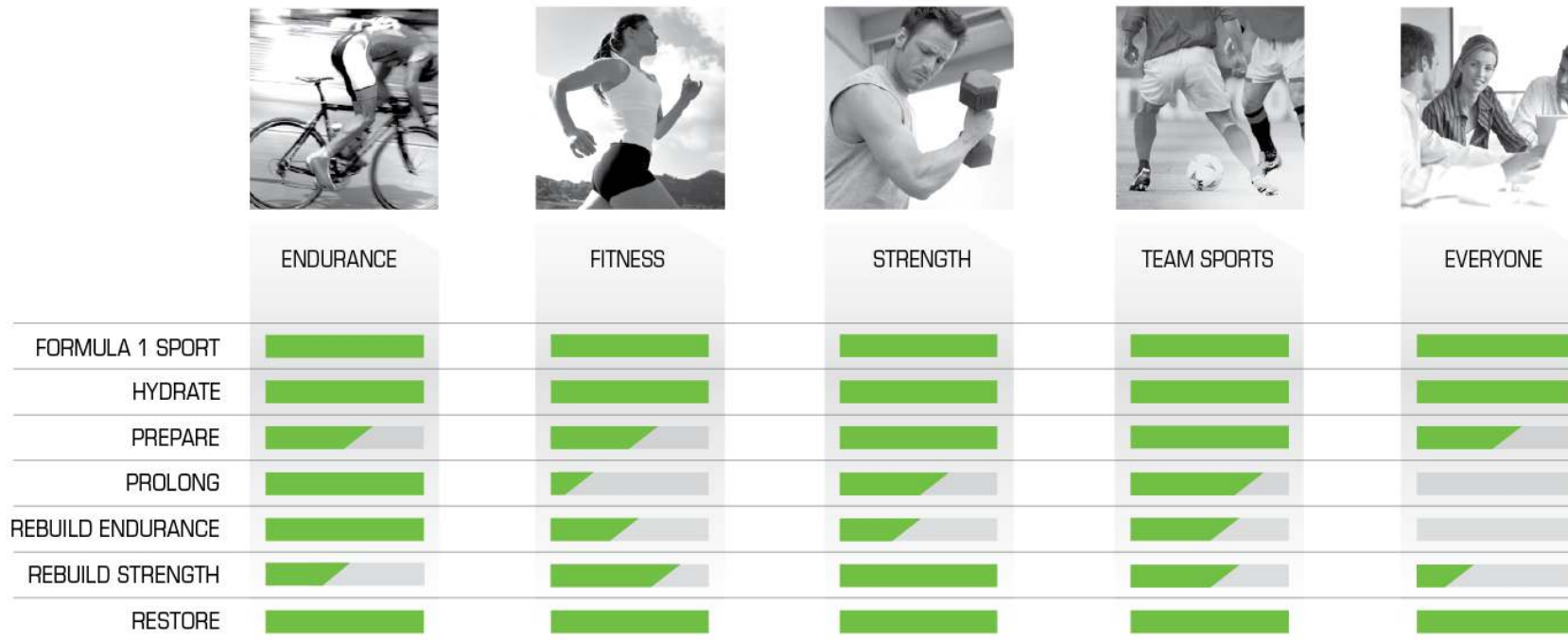
## HERBALIFE24 PRODUCT LINE



# Customizable 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

## Support Blood Flow to Working Muscles\*



**Target User:**

- Strength and endurance athletes
- Anyone looking for a physical edge

**Key Benefits:**

- Increases blood flow\*
- Supplements natural creatine levels

**Key Features:**

- Nitric oxide precursor system
- Creatine for muscular power\*

### Usage scenarios

- Strength athlete before workout or anytime
- Endurance athlete before an aerobic training session
- Anyone looking for daily energy support

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# How is Prepare Different Than Niteworks®?



	Niteworks®	Prepare
<b>Benefits</b>	<b>General Heart Health</b>	<b>Athletic Performance</b>
L-Arginine	+	+
L-Citrulline	+	+
L-Ornithine aKG	-	+
<b>Creatine</b>	-	+
<b>Caffeine</b>	-	+

- Heart health
- Blood flow

- Strength
- Helps mental focus

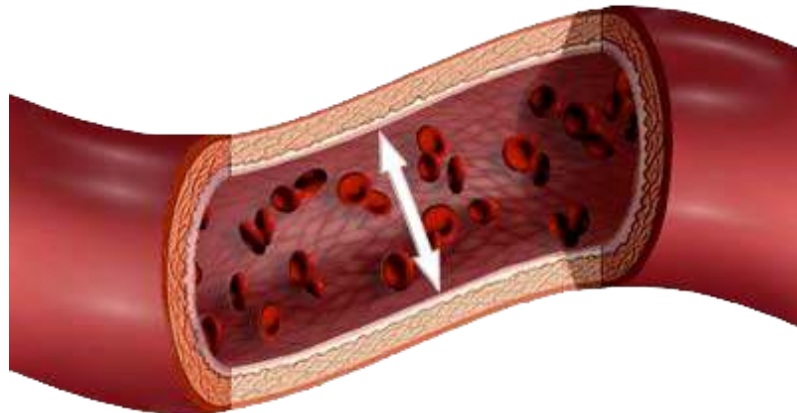
# Nitric Oxide Precursor System



Prepare was developed in collaboration with Nobel<sup>†</sup> Laureate in Medicine, Dr. Lou Ignarro, who is partly responsible for discovering the biological pathway of nitric oxide

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

## Nitric oxide increases blood flow to:



- Support oxygen delivery\*
- Promote muscle growth\*
- Improve strength\*
- Speed muscle recovery\*
- Support nutrient delivery\*

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# Nitric Oxide Precursor System

## Prepare provides:

L-Ornithine alpha-ketoglutarate (aKG)

- Helps produce arginine
- Feeds back into nitric oxide production cycle for increased NO production\*

## Why you need it:

Nitric oxide helps support healthy blood flow and can help improve athletic performance\*

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# Explosive Muscular Power

## Prepare provides:

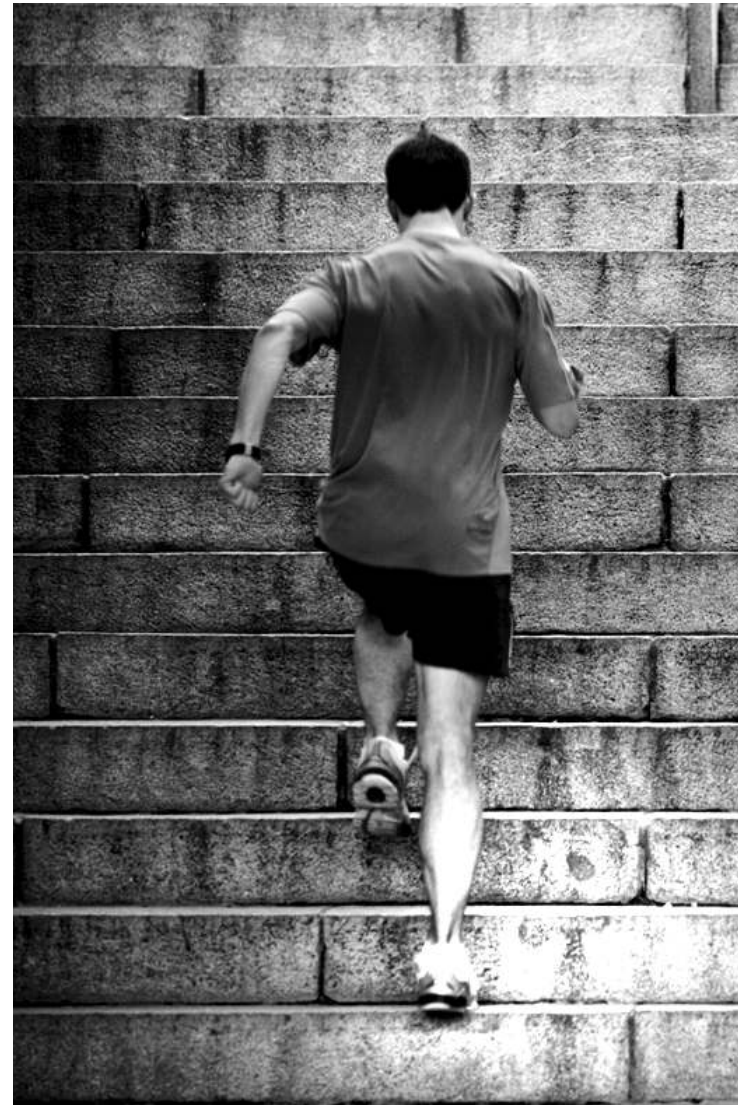
2,000 mg creatine monohydrate

Creatine is the “power molecule” for athletes

## Why you need it:

Supplement body’s naturally occurring levels to support explosive muscle movement\*

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# Facilitate Creatine Uptake

## Prepare provides:

12 g maltodextrin

A long chain of glucose units that is easily utilized for energy

## Why you need it:

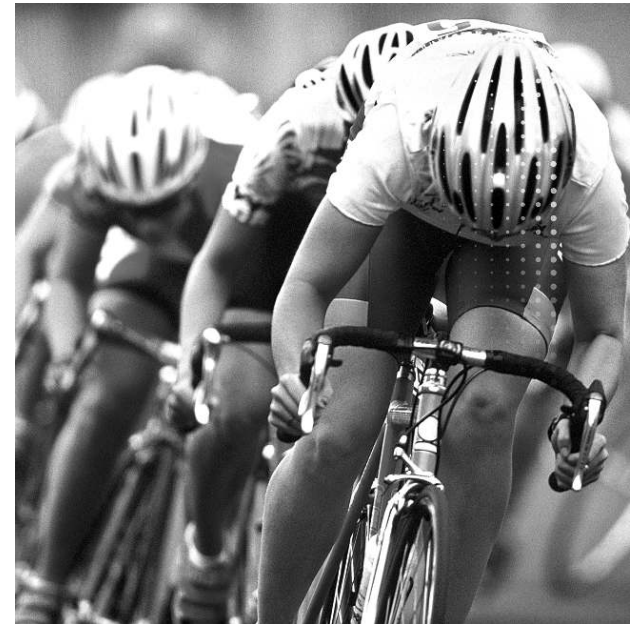
- Energy for a workout
- Carbohydrates help facilitate creatine uptake



# Prepare: Healthy and Active Lifestyle



- Less than 70 calories per serving
- Subtle taste
- All natural colors, flavors and sweeteners
- For anyone looking for a physical edge



**Get the most out of your training!**

# Being an Athlete is a Lifestyle



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



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