

INTRODUCING HERBALIFE24



PROLONG

Sustain Performance with Dual-Source Carbohydrates and Electrolytes*

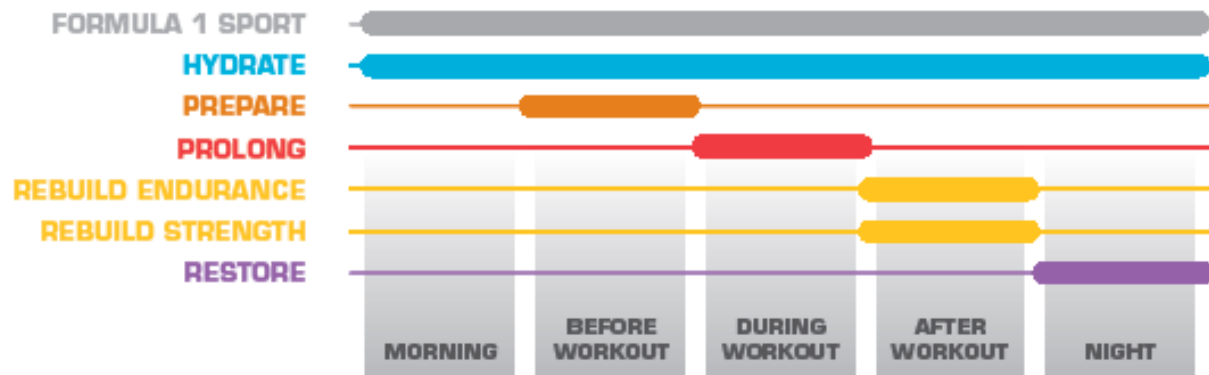
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

24-Hour Nutrition Line



Nutrition extends beyond “pre, during and post” workout

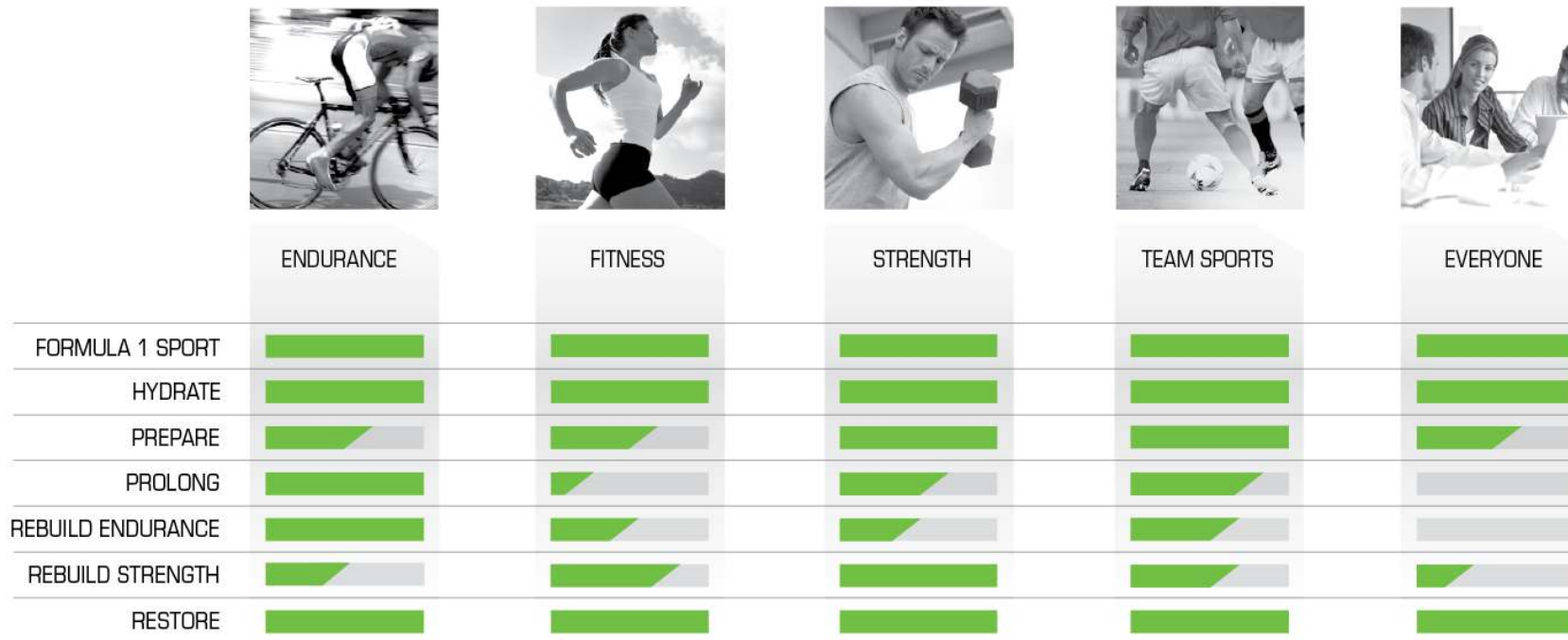
HERBALIFE24 PRODUCT LINE



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

PROLONG

PROLONG

MORNING

PRE-
WORKOUT

DURING
WORKOUT

RECOVERY

NIGHT

HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE™

Sustain Performance with Dual-Source Carbohydrates and Electrolytes*



Target user:

- Athletes with high caloric needs

Key Benefits:

- Delivers carbohydrate for energy
- Speeds recovery time*

Key Features:

- High calorie/carbohydrate
- Subtle taste
- Electrolytes
- 5 g Whey protein isolate
- Antioxidant protection

Usage scenarios

- Triathlete completing brick workout
- Cyclist on a 4 hour bike ride
- Swimmer completing a morning workout
- Professional with a physically-demanding job

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Maximize Performance with Energy

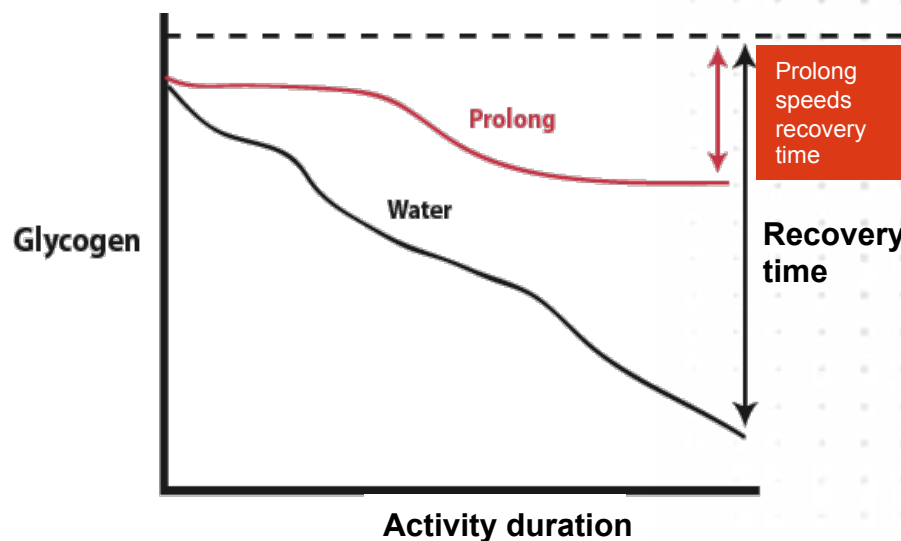
Prolong provides:

58 g of a dual-source blend of carbohydrates for rapid and sustained energy*

Carbohydrates are the body's fuel during exercise

Why you need it:

Proper fueling during exercise improves performance and speeds recovery time



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Did You Know?



Example caloric usage:

- 1 hour sustained hard bike ride: ~900 calories
- 4 hour bike race: ~3,500 calories
- Marathon: ~3,000 calories
- 1 hour swim: ~600 calories
- 90 minute professional soccer match:
2,000-2,500 calories

Electrolyte demand:

- Soccer players lose 2 L sweat, >1.5 g sodium per game
- Cyclists lose 1-2 L sweat, >1 g sodium per hour

Two Carbohydrate Sources

Prolong provides:

Carbohydrate blend:

- Maltodextrin (fast release)
- Fructose (slow release)

Maximum carbohydrates and energy

Why you need it:

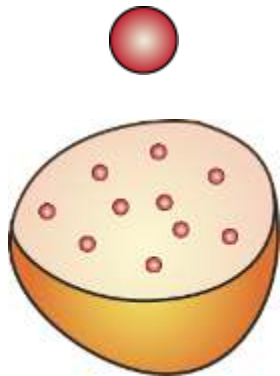
The dual-source carbohydrate system in Prolong means more calories utilized per hour, better performance, increased glycogen conservation and faster recovery. *

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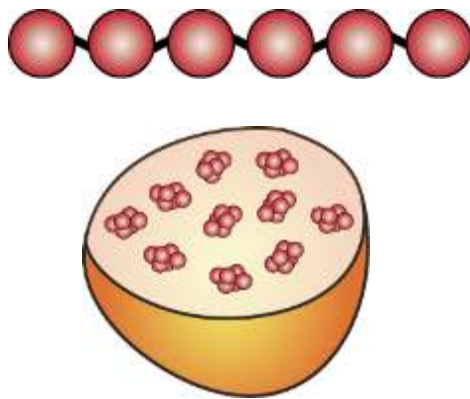


More Energy to Working Muscles

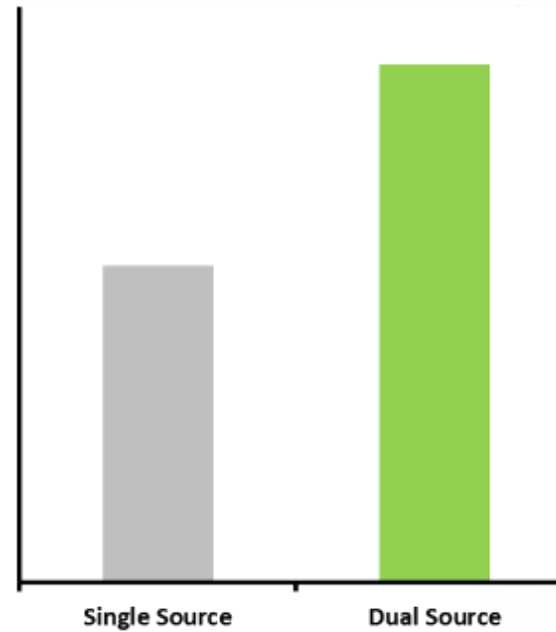
Glucose



Maltodextrin



Carbohydrate utilization

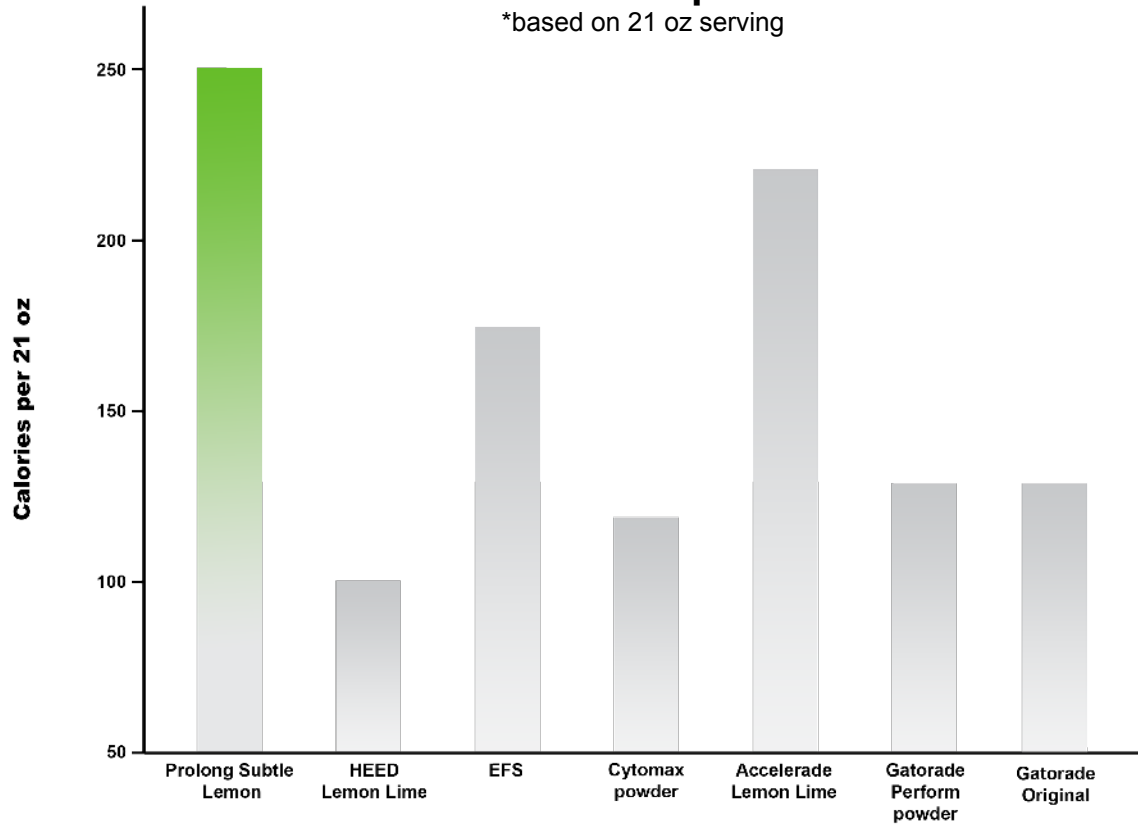


More Calories = More Energy



Calorie Comparison

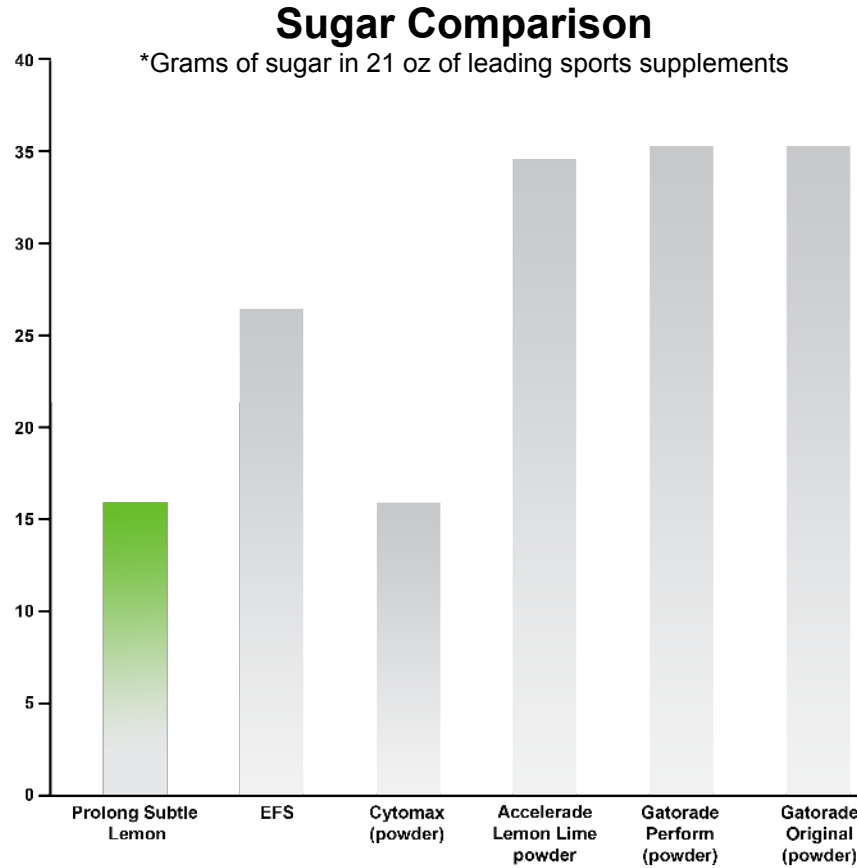
*based on 21 oz serving



*Calorie content per 21 oz of competitor supplements when made as directed. In some cases, more than 1 serving may be required to make 21 oz.

Data retrieved off corporate web sites May 2011, and is believed to be accurate.

High Calorie – Low Sugar



*Grams of sugar per 21 oz of competitor supplements when made as directed. In some cases, more than 1 serving may be required to make 21 oz.

Data retrieved off corporate web sites May 2011, and is believed to be accurate.

Maintain Hydration

Prolong provides:

Over 850 mg of “key”
bioavailable electrolytes:

- Sodium
- Potassium
- Magnesium
- Calcium

Elevated electrolyte levels are
critical to reduce cramping, maintain
hydration and stabilize body
temperature

Why you need it:

When sweating during exercise you lose
more than just water. Salts and minerals
need to be replaced as well.

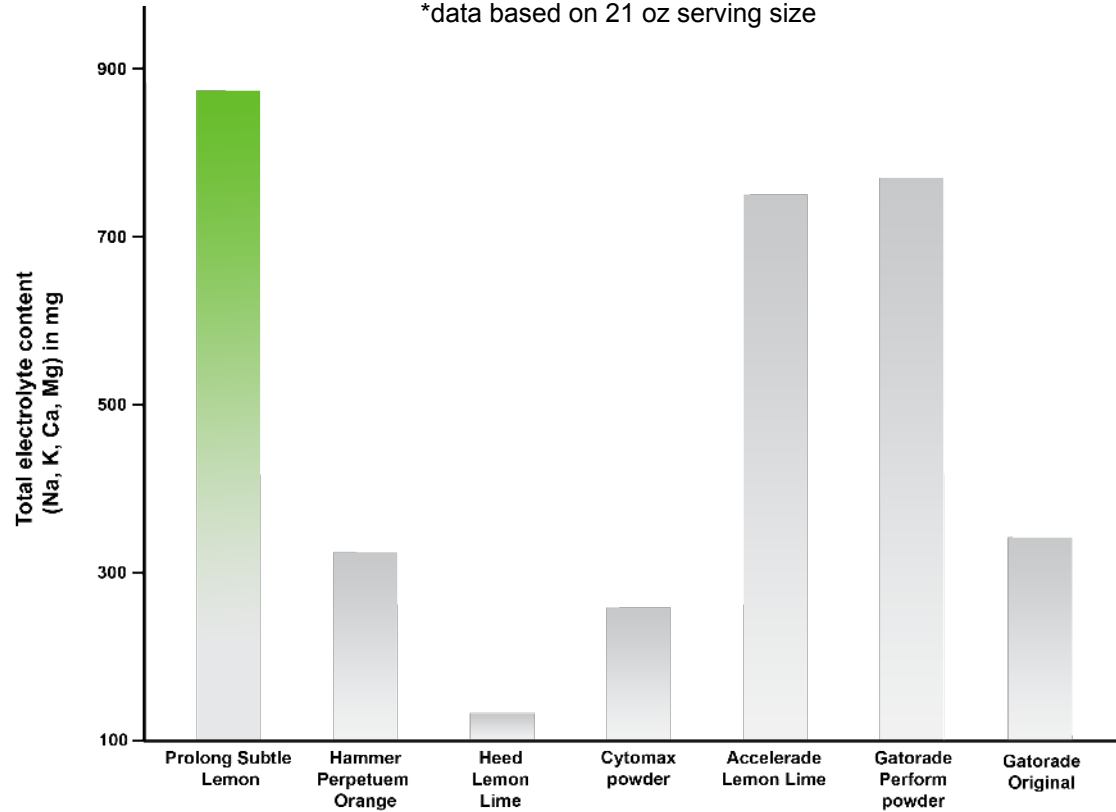


High Electrolyte Levels



Electrolyte Comparison

*data based on 21 oz serving size



*Total electrolytes (Na, K, Ca, Mg) in 21 oz of competitor supplements when made as directed. In some cases, more than 1 serving may be required to make 21 oz.

Data retrieved off corporate web sites May 2011, and is believed to be accurate.

Minimize Post Activity Recovery

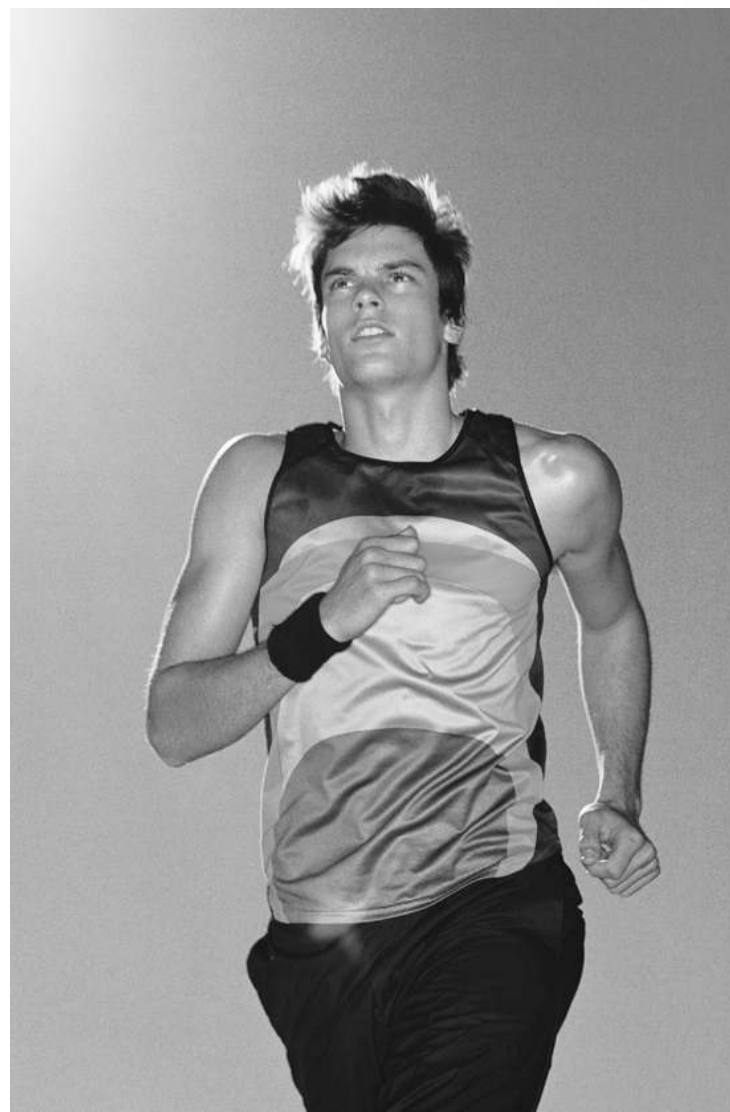
Prolong provides:

- 5 g of whey protein isolate
- A very pure form of rapidly metabolized protein

Why you need it:

Protein consumption during exercise is a new concept. Research shows that protein can help protect muscles from breakdown during exercise.

You'll recovery more quickly and be ready to train or compete day after day.



Mix Prolong with Water



A single serving of Prolong contains roughly a half cup of dry powder. Follow these recommendations to avoid clumping or settling:

1. Half-fill a 21-ounce water bottle with room-temperature water
2. Add two level scoops of Prolong
3. Shake vigorously for no less than 20 seconds
4. Fill the remainder of your bottle with water

More is not ALWAYS better. Every athlete's specific nutritional needs are different. We recommend carefully evaluating your calorie requirements before choosing your nutritional supplements.

Prolong: Performance and Recovery



- High calorie
- High carbohydrate
- Electrolytes
- All natural colors, flavors and sweeteners



Being an Athlete is a Lifestyle



Herbalife24 is a comprehensive nutrition line that meets the needs of an athlete 24 hours a day



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