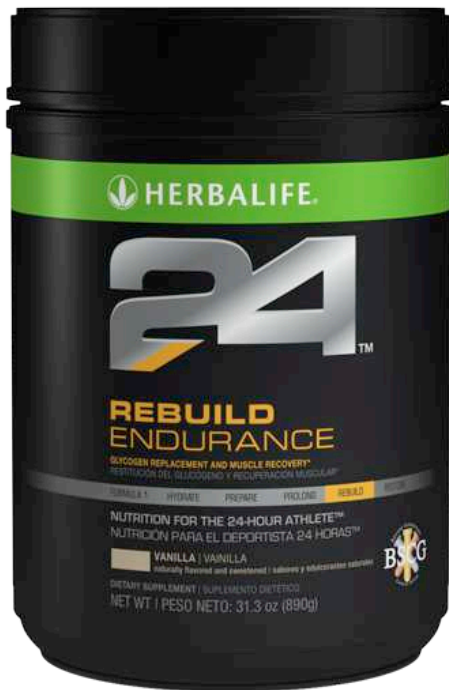


# INTRODUCING HERBALIFE24



## REBUILD ENDURANCE

Glycogen Replacement and Muscle Recovery\*

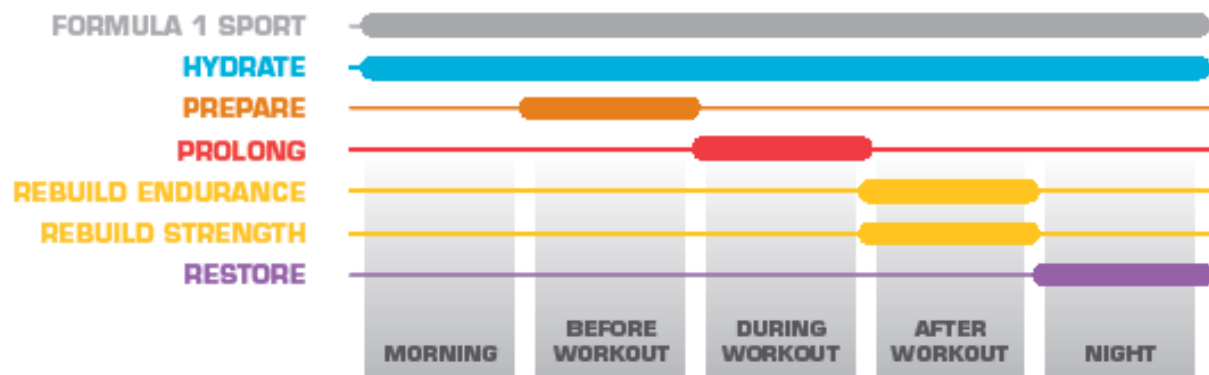
\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# 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

# REBUILD ENDURANCE

REBUILD ENDURANCE

MORNING

BEFORE  
WORKOUT

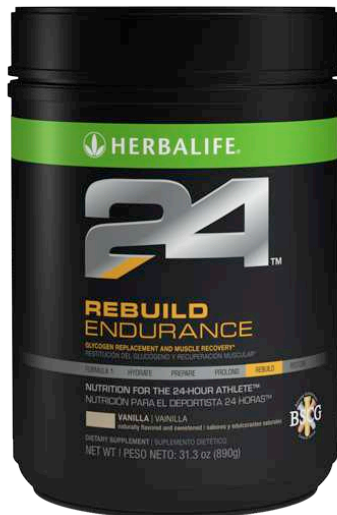
DURING  
WORKOUT

AFTER  
WORKOUT

NIGHT

HERBALIFE  
**24**  
NUTRITION FOR THE  
24-HOUR ATHLETE™

## Glycogen Replacement and Muscle Recovery\*



### Target User:

- Aerobic athletes

### Key Benefits:

- Speeds recovery time\*
- Replenishes glycogen stores\*

### Key Features:

- 27 g of carbs
- 14 g of tri-core protein-amino blend
- L-Glutamine
- 1,000 mg of L-carnitine
- Branched-chain amino acids (BCAAs)
- 160 calories
- Electrolytes
- Iron

### Usage scenarios

- Cross-country runner after a 5-mile run
- Cyclist after a hilly training ride
- Soccer player after practice or a game
- Triathlete after a trainer session

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# Recovery: Carbohydrate and Protein

Recovery from aerobic exercise requires:

- Glycogen replenishment
- Rebuilding muscle

**Carbohydrate**

**+**

**Protein**

**=**

**Complete  
Recovery**

# Glycogen Replenishment: Carbohydrate

## Rebuild Endurance provides:

- 27 g of carbohydrates
- Carbohydrate is the body's primary source of fuel and is depleted during exercise

## Why you need it:

- Aerobic athletes burn high quantities of carbohydrates, which need to be replaced after exercise
- A 30-minute “recovery window” after completion of exercise is ideal for carbohydrate consumption



# Milk Protein: Sustaining a Muscle-Building State

**Whey:** Metabolized quickly for an immediate delivery of amino acids

**Casein:** Supplies amino acids over a multi-hour period



A blend of whey and casein provides immediate and sustained delivery of amino acids

# BCAAs Support Muscle Growth

## Rebuild Endurance provides:

- L-Leucine
- L-Valine
- L-Isoleucine

Branched-chain amino acids (BCAAs) are building blocks of muscle and support muscle growth\*

## Why you need it:

- Exercise causes the breakdown of muscle
- Getting stronger requires rebuilding fatigued muscle

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# L-Glutamine – Great for Athletes

## Rebuild Endurance provides:

- 2000 mg L-Glutamine – an important amino acid

## Why you need it:

- Lose up to 50% of L-glutamine during exercise
- Without adequate recovery, fitness and health are compromised
- Helps rebuild muscle after workouts\*
- Supports immune function\*

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# Did You Know?



Your body's response to injury is very similar to its response to intense physical activity. Both result in elevated levels of biomarkers for muscle damage, indicating your body has experienced muscular stress.

# 1,000 mg L-Carnitine – Speeds Recovery

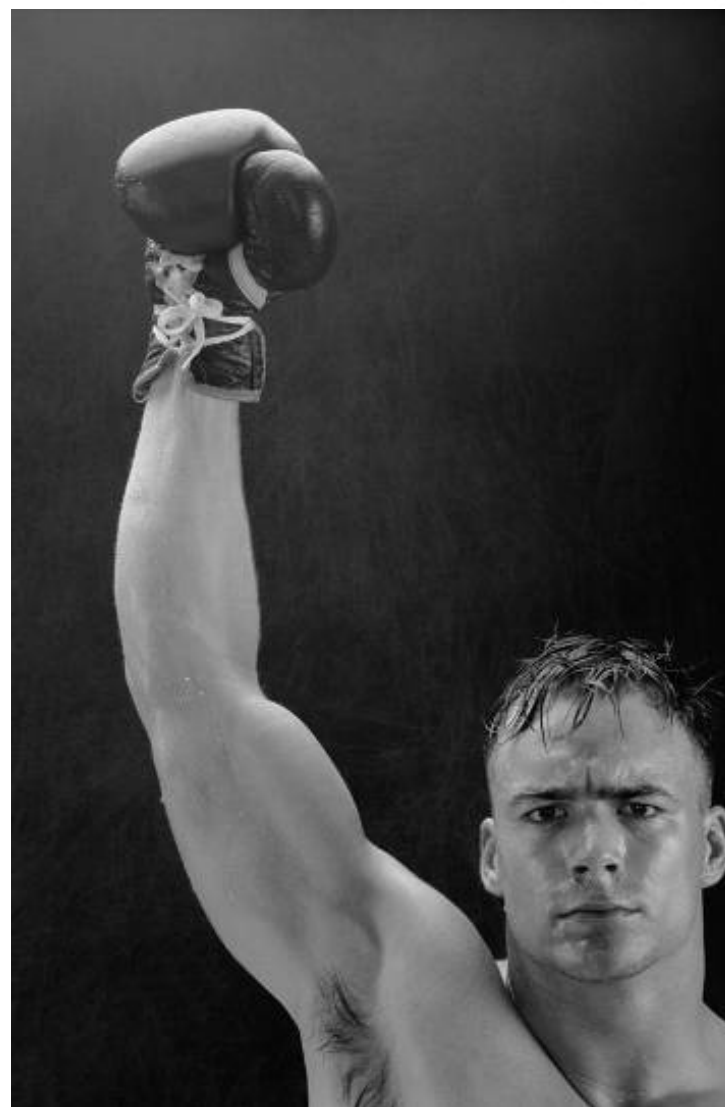
## Rebuild Endurance provides:

- L-Carnitine – an amino acid that aids in recovery

## Why you need it:

- Reduces recovery time after aerobic activity
- Antioxidant support against free radical damages\*

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# Electrolytes for Fluid Uptake + B Vitamins

## Rebuild Endurance provides:

Blend of bioavailable electrolytes:

- 250 mg of sodium
- 325 mg of potassium
- 100 mg of magnesium
- 200 mg of calcium
- B Vitamins

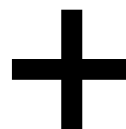
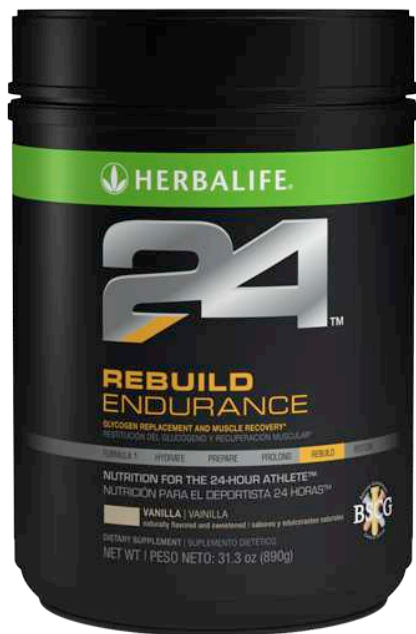
## Why you need it:

When you sweat, you not only lose water, but also salts and minerals



# Powder Mix

- Powder mix
- All natural colors, flavors and sweeteners
- Delicious vanilla flavor



Water



# Rebuild Endurance: Great Option for Aerobic Athletes



- Combination of carbohydrate, protein and amino acids
- 160 calories
- Electrolytes
- All natural colors, flavors and sweeteners



# 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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