



Herbalife24

PRODUCT FACT SHEET



FORMULA 1 SPORT

HEALTHY MEAL FOR ATHLETES

Gain confidence from your pre-competition nourishment. Balanced with carbohydrates, proteins, vitamins, and minerals, Formula 1 Sport establishes a solid nutritional foundation for performance while being convenient to consume.

Take **FORMULA 1 SPORT** as a healthy meal or a snack any time during the day.



FEATURES

- **20 vitamins and minerals**
- **Milk protein**
- **Moderate glycemic carbohydrates**
- **L-Glutamine**
- **Antioxidant protection**
- **Less than 1 g lactose**

BENEFITS

- A balance of complex and simple carbohydrates provides immediate and sustained energy
- Purified milk protein delivers a blend of whey and casein for immediate and sustained protein release
- Contains 1000 mg L-glutamine, an amino acid that supports muscle growth and immune function
- Antioxidants Vitamin C and E help scavenge free radicals

All Herbalife24 products are tested by the Banned Substance Control Group, an independent laboratory.

WHO NEEDS FORMULA 1 SPORT?

- Serious athlete who travels for competition
- Recreational athlete who needs a reliable, healthy meal
- Busy professional who is constantly on the go, but works out to stay fit
- Aspirational athlete looking to impact their appearance and performance

FORMULA 1 SPORT : COMPARISON

PROTEIN, CARBS, FAT AND CALORIES

	Protein	Carbs	Fat and Calories
FORMULA 1 SPORT w/8 oz non-fat milk & strawberries	18 g	27 g	0.5 g 179 calories
Eggs, Bacon & pancakes	25 g	92 g	32 g 760 Calories
Cheerios Cereal w/ 2% Milk	13 g	34 g	7 g 240 Calories
Small Vanilla Latte & Blueberry Muffin	15 g	55 g	11 g 450 Calories



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HYDRATE

ADVANCED HYDRATION WITH BIOAVAILABLE ELECTROLYTES

Performance is tied to hydration. Replenish your body with bioavailable electrolytes to enhance fluid absorption, ensuring you are hydrated and ready to perform. Hydrate contains 1 g of sugar and carbohydrate-metabolism supporting B Vitamins. When mixed with water, it's the perfect any-time hydration option.

Use HYDRATE to maintain proper fluid levels throughout the day.



FEATURES

- Bioavailable electrolytes
- Only **1 g** of sugar
- Less than **15 calories**
- **B Vitamins**
- **Vitamin C**
- **Subtle flavor**
- **Convenient "on the go" packaging**

BENEFITS

- Bioavailable electrolytes for rapid body fluid restoration
- Low-calorie hydration – taken anytime for anyone
- B Vitamins support carbohydrate metabolism
- Help support fat utilization in fasting state during workout
- Antioxidant support from Vitamin C

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WHO NEEDS HYDRATE?

- Anyone who needs low-calorie hydration
- Athlete during intense training
- Anyone exercising before or after work
- Laborer throughout the day

HYDRATE : COMPARISON

SUGAR, CALORIES AND ELECTROLYTES IN 16 OZ.

	Natural Ingredients	Sugar	Calories and Electrolytes	
HYDRATE	YES	1 g	15 Calories	480 mg of Electrolytes
GATORADE	NO	28 g	120 Calories	140 mg of Electrolytes
POWERADE	NO	30 g	100 Calories	125 mg of Electrolytes



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PREPARE

SUPPORT BLOOD FLOW TO WORKING MUSCLE*

With adequate oxygen to working muscles, get more out of your training and enable performance. Prepare's nitric oxide (NO) precursor system supports oxygen delivery to working muscles. The addition of creatine supports the fast-twitch muscle contraction required for explosive athletic movement.*

Drink PREPARE immediately prior to training or exercise.



FEATURES

- Nitric Oxide precursor system
- Creatine
- Betaine

BENEFITS

- A proprietary Nitric Oxide precursor system of L-arginine, L-citrulline and L-ornithine aKG support blood flow to working muscles*
- 2 g of creatine supports fast-twitch muscle contraction*

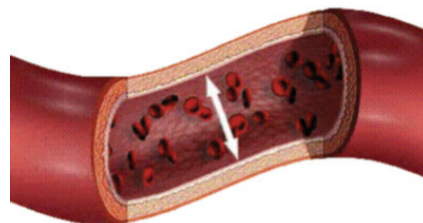
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*These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure or prevent any disease.

WHO NEEDS PREPARE?

- Weight lifter seeking peak performance
- Fitness enthusiast seeking an enhanced workout
- Endurance athlete before an aerobic training session

NITRIC OXIDE PRECURSOR SYSTEM HELPS TO ACHIEVE PEAK PERFORMANCE*



A proprietary Nitric Oxide precursor system supports blood flow to working muscles for oxygen and nutrient delivery.*



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PROLONG

SUSTAIN PERFORMANCE WITH DUAL-SOURCE CARBOHYDRATES AND ELECTROLYTES*

Nutrition is now your competitive advantage. Prolong's dual-source blend of carbohydrates facilitates caloric utilization for sustained performance. Whey protein acts as a protective measure, reducing muscle breakdown during prolonged exercise, while electrolytes maintain a cellular environment for proper muscle function. Prolong is easy-to-drink with a light, subtle flavor.*

Consume PROLONG during high-intensity or extended exercise.



FEATURES

- High carbohydrate content
- High electrolyte content
- Whey protein isolate
- B Vitamins
- Antioxidant protection
- Light, subtle flavor

BENEFITS

- A dual-source blend of maltodextrin and low-glycemic fructose facilitates carbohydrate utilization*
- A 12:1 carbohydrate-to-protein ratio with ultra-pure whey protein isolate helps reduce muscle breakdown during exercise*
- Bioavailable electrolytes help maintain a cellular environment for proper muscle contraction*
- B Vitamins support carbohydrate metabolism*
- 500% daily value of Vitamin C to scavenge cell-damaging free radicals*

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WHO NEEDS PROLONG?

- Triathlete completing a combined bike-to-run workout or on race day
- Cyclist on a 4-hour training ride
- Swimmer completing a morning workout
- Soccer player during training or competition
- Working professional with physically-demanding job requirements

DUAL-SOURCE CARBOHYDRATES

HELP TO SUSTAIN PERFORMANCE THROUGHOUT YOUR WORKOUT*



Maltodextrin, a long chain of rapidly-metabolized glucose units, is absorbed through one transporter. Fructose, a more slowly-metabolized carbohydrate is absorbed through a separate transporter. The combination of both carbohydrates provides immediate and sustained energy and facilitates caloric utilization, allowing athletes to sustain performance at a given effort for a longer period of time.*



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REBUILD ENDURANCE

GLYCOGEN REPLACEMENT AND MUSCLE RECOVERY*

Recovering after intense aerobic activity requires both replenishing glycogen and rebuilding muscle. Rebuild Endurance contains an engineered blend of carbohydrates to help jumpstart glycogen replenishment. A tri-core protein-amino blend of free amino acids, whey and casein proteins, helps rebuild muscle and speed recovery.*

Consume REBUILD ENDURANCE immediately following aerobic exercise.



FEATURES

- Dairy protein
- Branched-chain amino acids
- Glutamine amino acid
- Carnitine amino acid
- Carbohydrate blend
- Iron

BENEFITS

- Tri-core protein-amino blend of free amino acids, whey and casein proteins creates a sustained muscle-building state*
- Rapid- and sustained-release carbohydrate blend replenishes glycogen while providing a steady insulin response*
- Branched-chain amino acids support muscle recovery*
- Carnitine speeds muscle recovery*
- Glutamine supports immune function and promotes muscle repair*

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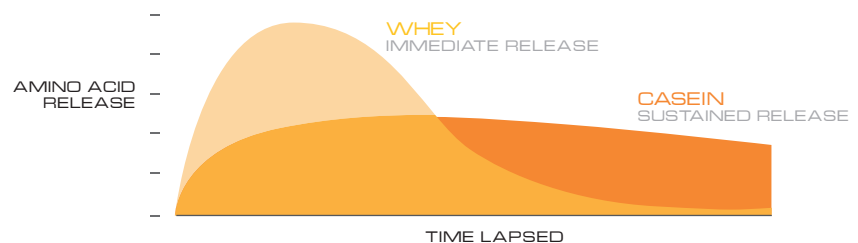
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WHO NEEDS REBUILD ENDURANCE?

- Cross-country runner after a five-mile training run
- Cyclist after an uphill training ride
- Soccer player after practice or a game
- Triathlete after a turbo-trainer session

WHEY AND CASEIN PROTEINS

PROVIDE BOTH IMMEDIATE AND SUSTAINED PROTEIN RELEASE



Whey and casein proteins are metabolized by the body at different rates. Whey protein is metabolized very rapidly, providing a rapid dose of amino acids to fatigued muscle. Casein is metabolized much more slowly, providing a sustained release of amino acids to rebuild muscle over a multi-hour period.*



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REBUILD STRENGTH

IMMEDIATE AND SUSTAINED MUSCLE RECOVERY*

Sustain muscle building with a shake that delivers a tri-core protein-amino blend of free amino acids, whey and casein proteins to help rebuild fatigued muscle over a multi-hour period. Rebuild Strength's carbohydrate blend helps enhance muscle recovery by supporting the delivery of amino acids for muscle synthesis.*

Consume REBUILD STRENGTH immediately following muscularly demanding training.



FEATURES

- Dairy protein
- Branched-chain amino acids
- Glutamine amino acid
- Carbohydrate blend

BENEFITS

- Tri-core protein-amino blend of free amino acids, whey and casein proteins, creates a sustained muscle-building state*
- Branched-chain amino acids support muscle recovery*
- Glutamine supports immune function and promotes muscle repair*
- Rapid- and sustained-release carbohydrate blend supports the delivery of amino acids to muscle*

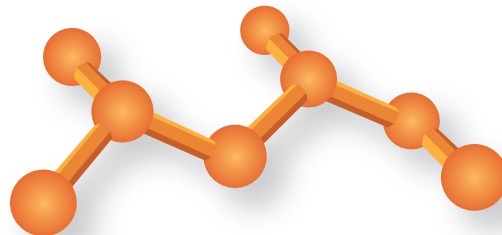
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WHO NEEDS REBUILD STRENGTH?

- Power lifter after finishing a gym session
- CrossFit athlete after a workout
- Football player looking to build lean muscle
- Anyone who needs high protein

BRANCHED-CHAIN AMINO ACIDS HELP SUPPORT MUSCLE RECOVERY



Amino acids are the building blocks of muscle. Branched-chain amino acids (BCAAs) are a specific kind of amino acid named for their branch-like structure, and are particularly helpful in supporting muscle growth.*



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RESTORE

COMBAT EXERCISE-INDUCED INFLAMMATION*

Getting stronger requires stressing your body – but stressing your body takes its toll. Restore combats exercise-induced inflammation, scavenges free radicals and supports immunity.* Take full advantage of resting hours, when your body’s recovery mechanisms are already naturally heightened.

Take RESTORE before bedtime for overnight recovery.



FEATURES

- **Curcumin extract**
- **Elderberry**
- **Saberry™ from amla fruit**
- **Alpha lipoic acid**
- **Beta carotene**

BENEFITS

- Curcumin from turmeric helps combat exercise induced inflammation*
- Elderberry and Saberry™ from amla fruit, two potent antioxidants, help scavenge free radicals*
- Alpha lipoic acid provides high levels of stable antioxidants*
- Beta-carotene is a natural antioxidant*

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WHO NEEDS RESTORE?

- Athlete with a heavy training load
- City dweller coping with urban living
- Busy parent who is always on the go and pushing their body's limits

HERBALIFE24 PRODUCT LINE

