

Herbalife

UK ISSUE 154

Inspire

NEW

H³O
PROTM

ISOTONIC DRINK

POWERING
EXCEPTIONAL
PERFORMANCES



experience the difference!

www.herbalife.com/uk

Top athletes push their body to the limit to deliver an exceptional performance. How do they do it? Two crucial factors aid an exceptional performance: **energy and hydration**. As little as 2% fluid loss during exercise or mild dehydration can significantly harm your performance.

Your body is 60% water so, for results to be proud of, your body fluid must be kept at its optimum level. When you exercise, you sweat which increases the risk of suffering from the negative effects of dehydration such as headaches, fatigue and cramp.

For an exceptional performance, water alone is not enough.

Today, isotonic drinks are the preferred choice for most fitness enthusiasts and athletes wanting exceptional hydration and energy as they have a similar carbohydrate (carbs) and electrolyte concentration to your body meaning they are absorbed as fast, if not faster, than water – plus the carbs in an isotonic drink offer an extra boost of energy.





Balanced osmolality

The osmolality of a drink is a measure of the number of particles in a solution. In an isotonic drink, these particles will be comprised of carbohydrate and electrolytes (salts). An osmolality level of 270-330 Mosm/kg in an isotonic drink helps to maintain the required concentration of electrolytes in your blood. Water alone has a very low osmolality level as it typically does not contain electrolytes.

Introducing H³O Pro™ isotonic drink

Developed with experts in sports nutrition, Herbalife's new isotonic drink, H³O Pro™, is an **innovative** isotonic drink helping to power exceptional performances. You get so much more from H³O Pro™ isotonic drink than other leading brands on the market...



Key Benefits of H ³ O Pro™	How It Works
 Hydration	Sweating during exercise causes loss of essential electrolytes (or salts) such as sodium as well as potassium, calcium, magnesium and chloride. Replacing electrolytes can aid rapid hydration and help you avoid the negative effects of dehydration such as muscle cramps, fatigue and headaches.
 Energy and Stamina	Energising carbohydrates provide your body with immediate and sustained energy to prevent unwanted performance dips - keeping you at the top of your game!
 Absorption	Energy releasing B-vitamins help improve absorption of essential nutrients which means that your body can react faster to the nutrients provided in H ³ O Pro™ helping to power your performance.
 Protection	Oxygen production during exercise increases free radical production which can cause damage to the body's cells. Key antioxidants Vitamin C & E and mixed tocopherols help protect the body's tissues against the potentially damaging effects of free radicals.

Whatever your sport, an isotonic drink can help YOU achieve an exceptional performance!



General fitness

If you enjoy regular cardiovascular gym workouts or general aerobic exercise such as rowing, or a sport like tennis - you can benefit from an isotonic drink. A cardiovascular workout is where your body's cardiovascular system is working to make your heart and lungs stronger requires carbohydrates (carbs) for energy, fluids for hydration and electrolytes to replace those lost through sweat. H³O Pro™ also offers your body's cells support against the negative effects of free radical damage.

Endurance sports

Running, swimming and cycling all come under the 'endurance' banner: performing strenuous exercise for long periods of time. These activities require carbs for energy and plenty of fluid to avoid dehydration. H³O Pro™ can help power exceptional performances by providing hydration – crucial when sweating over a long period of time, and an additional source of energy right when you need it.

“When training hard and sweating a lot, drinking water is not enough to fulfil the body's demanding hydration and energy requirements. And a subtle tasting isotonic drink suits me – nothing too sweet – as I can sip it as often as necessary throughout my long training sessions.”

Olly Freeman, triathlete UK



Team sports

Football, hockey, basketball or volleyball – whatever team sport you play, H³O Pro™ can help keep your energy levels topped-up whilst aiding hydration during a match helping you to support your team – you can't let the side down!

“We've learnt from experience that lost electrolytes and water can really affect our performance so replacing them quickly and easily is important – that's why we drink isotonic sports drinks.”

**Lucilla Perrotta & Daniela Gattelli -
Beach Volleyball Team, Italy**

The best time to enjoy H³O Pro™ is during your workout to keep you hydrated whilst providing a supply of energy, electrolytes and antioxidants to help power an exceptional performance. However H³O Pro™ can also help you stay hydrated and energised before your workout. Pour contents of one sachet into a water bottle and add water to produce 500ml of H³O Pro™; one serving of H³O Pro™ in 500ml is recommended for every hour of strenuous exercise.

Exceptional nutrition

As well as using H²O Pro™ during your workouts, introduce these Herbalife® products into your balanced and varied eating plan to support your healthy, active lifestyle. These products can make a positive addition to any lifestyle – helping you to achieve balanced nutrition:

Herbalife Core Nutrition products



Herbalife Formula 1 Healthy Meal Replacement Mix

is a convenient tasty meal replacement which helps ensure your body gets the nourishment it needs every day. Try a pre-workout Herbalife Formula 1 shake for a supply of healthy carbs which won't weigh you down – plus, you'll be nourishing your body with key vitamins, minerals, protein, and fibre. Also available in single serving sachets.

(Vanilla #0141, Chocolate #0142, Strawberry #0143, Tropical Fruit #0144, Cappuccino #1171, Cookies & Cream #0146)



Herbalife Formula 2 Multivitamin Complex

provides key vitamins and minerals and a unique blend of herbs to complement your daily diet helping you achieve 100% of your vitamin and mineral RDA when used in conjunction with Herbalife Formula 1.

(#3115)



“Herbalife has helped me to revolutionise my nutritional strategy by providing world class advice on the products and how best to incorporate them into my intense training regime. I have always been aware of the benefits of a focused nutrition strategy, but it has only been with the support of Herbalife that I have had the necessary resources to realise this ambition.”

Olly Freeman, triathlete, UK



Targeted support from Herbalife...

Physical activity involves working muscles which causes muscle fibres to break. Protein after exercise – whatever your sport - will aid muscle repair and recovery.

Enjoy a delicious Protein Bar (Vanilla Almond #0258, Chocolate Peanut #0259, Citrus Lemon #0260) or a Herbalife Formula 1 shake with a personalised measure of Formula 3 Personalised Protein Powder (#0242) for a protein fix - your muscles will thank you for it!

Extra antioxidant support...

H²O Pro™ will provide you with a supply of antioxidants which help to support a healthy immune system. Antioxidants can help protect the body's cells against potentially damaging free radicals which are created when exercising. Try supplementing a healthy, balanced diet with RoseOx* tablets (#0139) with rosemary – a herb known for its health promoting benefits. Schizandra Plus (#0022) is a food supplement which is high in antioxidants and contains the Schizandra berry which may help improve physical performance and may contribute to physical wellbeing.

Protect from the outside...

Time, exposure to sun, pollution and our lifestyle all affect the condition of our skin, which, loses moisture and tautness over time as collagen (the 'building blocks' of the skin) levels diminish. Skin Activator™ is an ingenious skincare range which uses glucosamine complex to help to increase the skin's natural collagen production. Five time-delaying products target the most age-prone areas of the skin to help re-hydrate, nourish, firm and protect your skin.

Skin Activator™ Day Lotion SPF15 #0862
Skin Activator™ Eye Cream #0863
Skin Activator™ Neck and Décolletage #0864
Skin Activator™ Night Time Replenishing Cream #0865
Skin Activator™ Lip Refiner SPF15 #0866



For more information about Herbalife® products and the Herbalife Business Opportunity, please visit www.herbalife.com/uk



* The RoseOx brand is the property of Zuellig Botanicals, Inc.

Your lifelong wellness plan starts **Today**

Herbalife's superb range of scientifically advanced nutrition, weight-management and personal care products is backed by a personal, friendly service and a 30-day money back guarantee. Please ask for a Product Brochure.

Your Herbalife Independent Distributor is:

