



Herbalife24

PRODUCT FACT SHEET



FORMULA 1 SPORT

HEALTHY MEAL FOR ATHLETES

Gain confidence from your pre-workout 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.



BENEFITS

- Milk protein supports lean muscle mass
- Carbohydrate blend to provide immediate and sustained energy
- Antioxidant protection from vitamins C, E and selenium
- Contains L-Glutamine

USAGE

Blend 2 scoops (26g) of Formula 1 Sport with 250ml of semi-skim milk (1.5% fat).

- **For weight control:** replace two meals per day with a delicious shake and eat one nutritious meal.
- **For healthy nutrition:** replace one meal per day with a delicious snake and eat two nutritious meals.

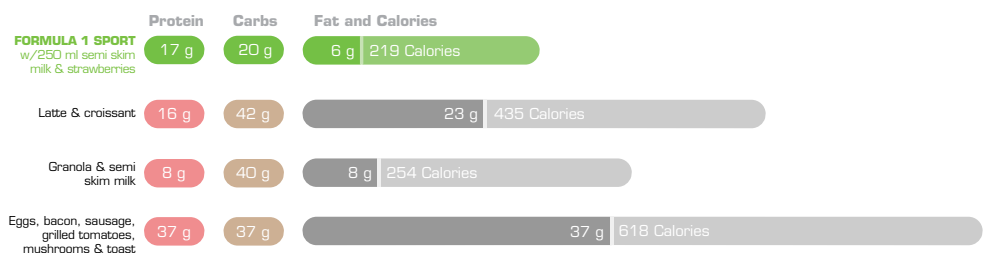
This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity.

All HERBALIFE24 products are Prohibited Substance Tested to ensure your confidence in our product.

WHO NEEDS FORMULA 1 SPORT?

- Formula 1 Sport is for everyone
- Recreational sports players or gym junkies who need a reliable, healthy meal
- Busy professional who is constantly on the go, but works out to stay fit
- Athletes who need to manage their weight and maintain a healthy diet

FORMULA 1 SPORT : COMPARISON PROTEIN, CARBS, FAT AND CALORIES





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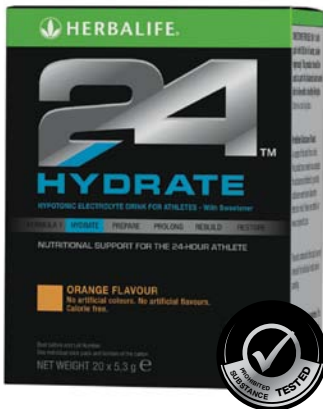


HYDRATE

SUPPORTS HYDRATION WITH ELECTROLYTES

Hydration is key for performance. Replenish your body with electrolytes to enhance fluid absorption, ensuring you are hydrated and ready to perform at your best. Hydrate contains less than 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.



BENEFITS

- Hydration anytime, for anyone
- 100% RDA of the antioxidant vitamin C
- Contains the electrolytes sodium, calcium and magnesium for rapid body fluid restoration
- Low calorie and sugar free
- Source of energy supporting B vitamins including B1 and B12

USAGE

Mix 1 stick pack with 500ml of water, shake vigorously.

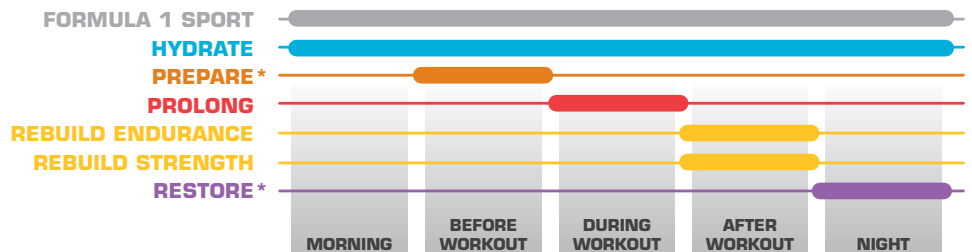
This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

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WHO NEEDS HYDRATE?

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

HYDRATE



You can customise daily product usage based on your specific performance and recovery needs.

*Prepare and Restore currently in development.



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PROLONG

ENHANCE SPORTS PERFORMANCE AND SPEED UP RECOVERY

Nutrition is vital to power your performance. Prolong's dual-source blend of carbohydrates facilitates caloric utilisation for sustained performance. Whey protein acts as a protective measure, reducing muscle breakdown during prolonged exercise. Prolong is easy-to-drink with a light, subtle flavour.

Consume PROLONG during high-intensity or extended exercise.



BENEFITS

- Sustain performance with dual-source carbohydrates, protein and sodium
- With protein to support muscle synthesis and recovery
- B vitamins, including B1 and B12, support energy metabolism
- 100% RDA of vitamin C helps combat free radicals
- Isotonic formula for efficient carbohydrate and fluid uptake

USAGE

Add 4 level scoops (60g) to 250ml of water, shake vigorously, then add a further 250ml to make a 500ml serving. Drink one bottle (500ml) per hour during physical activity.

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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
- Football 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 glucose units is rapidly broken down into single glucose molecules. These are then rapidly absorbed through the gut wall by an active transport mechanism. Fructose, a more slowly-metabolised carbohydrate is absorbed through a separate transporter. The combination of both carbohydrates provides immediate and sustained energy and facilitates caloric utilisation, allowing athletes to sustain performance at a given effort for a longer period of time.



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REBUILD ENDURANCE

SPEED RECOVERY, REBUILD MUSCLE

Recovering after intense aerobic activity requires both replenishing glycogen and rebuilding muscle. Rebuild Endurance contains an engineered blend of carbohydrates to help jump-start glycogen replenishment. A selected blend of milk protein, glutamine and L-Carnitine aid muscle recovery and help support the immune system. Quickly metabolised whey protein, and slower-release casein protein create a rapid and sustained muscle building state.

Consume REBUILD ENDURANCE immediately following aerobic exercise.



BENEFITS

- Rich in protein, from milk protein concentrate and whey protein isolate
- Designed to help speed recovery with a unique carbohydrate-protein blend to support muscle glycogen replenishment and rebuild muscle during the critical post-exercise period
- L-Glutamine to support the immune system, which becomes stressed by exercise
- Includes L-Carnitine to aid muscle metabolism and recovery after exercise

USAGE

Mix 4 level scoops (50g) to 250ml of water. Shake vigorously. Consume within 30 minutes following aerobic activity.

This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

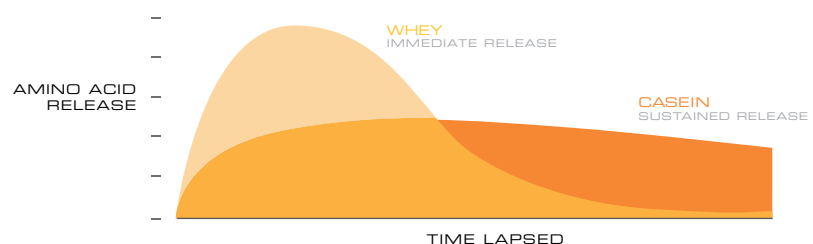
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WHO NEEDS REBUILD ENDURANCE?

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

WHEY AND CASEIN PROTEINS

PROVIDE BOTH IMMEDIATE AND SUSTAINED PROTEIN RELEASE



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



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REBUILD STRENGTH

ENHANCE SUSTAINED MUSCLE BUILDING AND RECOVERY

Promote lean muscle growth with 25g of high-quality dairy proteins. The specially selected blend of milk protein creates a rapid and sustained muscle building state. Branched chain amino acids (BCAAs) support muscle metabolism after strength and resistance training.

Consume REBUILD STRENGTH immediately following muscularly demanding training.



BENEFITS

- Includes 25g per serving of high quality dairy protein, plus branched chain amino acids (BCAAs)
- Iron to enhance red blood cell formation and oxygen delivery to all the tissues
- BCAAs to support muscle synthesis and recovery after exercise, to help you to recover faster
- High in protein and specially blended with carbohydrate to deliver amino acids to fatigued muscle post anaerobic exercise

USAGE

Mix 5 level scoops (50g) to 250ml of water. Shake vigorously. Consume within 30 minutes following intense physical activity.

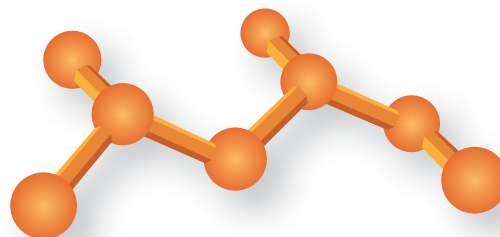
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WHO NEEDS REBUILD STRENGTH?

- Anyone who lifts weights at the gym
- 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.