



POWERING EXCEPTIONAL PERFORMANCES

ENERGY & FITNESS

Endurance

NEW



You fit under the Endurance category if you take part in long-distance running, swimming, cycling – performing a strenuous exercise for long periods of time, for example marathons or triathlons.



Two crucial factors aid an exceptional sports performance: energy and hydration. As we demand more from our bodies when we exercise, it is vital that we support our body and provide what it needs. **H3O Pro™ Isotonic Drink** offers hydration and energising benefits along with absorption qualities and key antioxidants to help protect the body's tissues against the potentially damaging effects of free radicals. It offers more than other leading brands on the market.

Herbalife offers science-based products to support your body's needs – before, during, and after exercise.

YOUR BODY'S NEEDS BEFORE, DURING, AND AFTER EXERCISE AND RECOMMENDED PRODUCTS:

BEFORE EXERCISE

(at least 1.5 hours before exercise)

Consume carbohydrates before exercising to provide a supply of energy. Enjoy a delicious **Herbalife Formula 1** shake to provide energy before your workout. Our shakes are tasty and nutritious and won't weigh you down. Start drinking **H3O Pro™ Isotonic Drink** before you start exercising for an extra supply of energy and to help reduce the risk of dehydration.

DURING EXERCISE

Keep hydrated whilst exercising to help avoid the negative effects of dehydration such as fatigue or headaches. Isotonic drinks have a similar carbohydrate and electrolyte concentration to your body meaning they are absorbed as fast, if not faster, than water. Refresh yourself with **H3O Pro™ Isotonic Drink** during your workout for hydration and energy.

AFTER EXERCISE

Protein after exercise can aid muscle repair and recovery so enjoy a tasty **Protein Bar** after each workout! Nourish your body with another **Herbalife Formula 1** shake to help to top-up your carbohydrate supplies, add a personalised serving of **Herbalife Formula 3 Personalised Protein Powder** to provide your body with protein for muscle repair and to help build lean muscle mass.



WHAT'S IMPORTANT?

Slow-releasing carbohydrates before exercise can help provide sustained energy. Hydration is important to avoid the negative effects of dehydration such as fatigue. Protein is important after exercising for muscle recovery and to help build lean muscle mass.

DAILY NUTRITIONAL PROGRAMME

Each day, nourish your body with healthy, balanced meals, fruit and vegetables supported by Herbalife's Core Nutrition products: **Herbalife Formula 1, Herbalife Formula 2, Fibre and Herb.**

TARGETED SOLUTIONS

For specific nutritional needs you can personalise your programme with complementary products from our Targeted Nutrition range. E.g. **Herbalifeline®** capsules to help maintain a healthy heart, additional antioxidant support with **Rose Ox***.

*The Rose Ox brand is the property of Zuellig Botanicals, Inc

Herbalife has an extensive sports sponsorship programme in place supporting top athletes and sports teams such as triathlete Olly Freeman – a UK Olympic hopeful, and the Finnish National Ice Hockey Team. Athletes have high nutritional demands due to their activity levels so good nutrition is a must; a healthy, balanced and varied diet teamed with Herbalife® products is a winning combination!

For more information please call your local Independent Herbalife Distributor

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experience the difference!