**HERBALIFE24 HAS YOU COVERED**

Herbalife24® products make it easy for you to customize your daily nutrition routine to meet your specific goals and schedule.*

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**Features & Benefits:**
- 9 g of milk protein to help support lean muscle mass
- 1,500 mg of L-glutamine to support muscle growth and immune function*
- Carbohydrate blend provides immediate and sustained energy
- Precursor system of L-arginine, L-citrulline and ornithine AKG supports Nitric Oxide production*
- 2.1 g of creatine per serving to support muscle strength*
- Helps combat exercise-induced inflammation*
- Contains antioxidant Vitamins A (as beta-carotene), C and E and botanical ingredients to support against free radicals*
- Supports immunity*
- 24 g of milk and whey proteins
- 5 types of protein†
- Amino acids help reduce muscle soreness and improve recovery and repair*
- Build and retain lean muscle*
- Stimulate muscle growth*
- Recover quicker*
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- Stimulate muscle growth*
- Recover quicker*

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**Primary Use:**
- Perfect for a pre-workout boost, a post-exercise recovery aid, or a nutritious snack, the Herbalife24 ACHIEVE Protein Bar delivers the protein to help you reach your goals.
- Use CR7 Drive before or during your workout to help maintain focus and performance.
- Use Herbalife24® Prepare prior to your workout to support healthy blood flow and nutrient delivery to your muscles during exercise.*
- Use Herbalife24® Rebuild Strength immediately after your workout to help the repair and growth of muscles over a multi-hour period.*
- Take one Herbalife24® Restore capsule nightly to help combat exercise-induced muscle inflammation*.
- Enjoy Herbalife24® Enhanced Protein Powder any time of day as a simple boost to your current nutrition plan by mixing it into your favorite shakes or recipes, as a snack, or as a standalone treat.

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**Flavors:**
- Chocolate
- Creamy Vanilla
- Chocolate Chip Cookie Dough
- Dark Chocolate Brownie
- Tropical Mango
- Acai Berry
- Chocolate, Vanilla Ice Cream
- Natural
- Green Apple

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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.

†Whey protein isolate, milk protein concentrate, whey protein concentrate, whey protein hydrolysate, and micellar casein.

‡ Certified for Sport® is a registered trademark of NSF International.
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**IF YOU’RE A FITNESS NOVICE**
Maybe you’re coming off of weight loss or just getting into fitness. You work out two to three times a week and do mostly 20–30 minutes of low-impact training.

**IF YOU’RE GETTING LEAN AND TONED**
You’re hitting the gym a bit more regularly, burning fat and building a bit of muscle. You’re working out three to five times a week for 40–60 minutes, and generally doing more high-intensity interval training and some moderate weightlifting.

**IF YOU’RE GETTING SERIOUS ABOUT YOUR PERFORMANCE**
You’re getting into heavier weightlifting and compound exercises, with the goal of gaining muscle mass. You’re hitting the gym three to five times a week for 40–60 minutes, with longer rest times between reps.

*We recommend the following products:

**KEY**
- Breakfast or dinner
- Anytime as a snack
- For hydration during your workout
- Nighttime on workout days
- Take within 30 minutes of finishing your workout
- Consume 15–20 minutes prior to your workout
- Enhanced Protein Powder + your favorite recipe
- Take within 30 minutes of finishing your workout, (Rebuild Strength + fruit + choice of milk)

**IF YOU’RE A FITNESS NOVICE**
- 1. Breakfast or dinner
- 2. Anytime as a snack
- 3. For hydration during your workout
- 4. Nighttime on workout days
- 5. Take within 30 minutes of finishing your workout
- 6. Consume 15–20 minutes prior to your workout
- 7. Enhanced Protein Powder + your favorite recipe
- 8. Take within 30 minutes of finishing your workout, (Rebuild Strength + fruit + choice of milk)

**IF YOU’RE GETTING LEAN AND TONED**
- 9. Breakfast or dinner (Formula 1 Sport + 1 scoop of Enhanced Protein Powder)
- 10. Nighttime snack (Enhanced Protein Powder + choice of milk or water)

**IF YOU’RE GETTING SERIOUS ABOUT YOUR PERFORMANCE**
- 11. Breakfast (Enhanced Protein Powder + nut butter/avocado + complex carbs + fruits + choice of milk)
- 12. Take before or during your workout

*Suggested product usage will vary based on activity level. Find the Herbalife24 regimen that works for your routine at Herbalife24.com/Products.