

Herbalife Sports Nutrition Products

(Updated September 10)

Product Benefits:

Stamina and energy

Mental toughness

Agility and supple joints

Faster repair and recovery

Reduced injury and illness

1. Fuelling

You need carbohydrates for instant fuel:

Half an hour before exercise take **Formula 1 Shake** mixed in 250ml fruit juice. (**Weight loss customers** should mix their shake in half juice and half water)

2. Refuelling

You need to refuel your muscles after exercise:

Take **Formula 1 Shake** mixed in fruit juice within 30 minutes of finishing exercise. (**Weight loss customers** should mix their shake in half juice and half water)

3. Recovery

You need antioxidants to help neutralise free radicals produced during exercise.

Take 1 **Schizandra Plus** and 1 **RoseOx** with your Refuelling Shake.

4. Repair

You now need protein to repair your muscles:

Take a **Formula 1 Shake** mixed in soya milk with your personalised amount of **Formula 3 Protein Powder** or a **Formula 1 Meal Bar** 90 to 120 minutes after finishing exercise.

5. Hydration

A 2% drop in hydration equals a 10% drop in performance.

Drinking **H³O Pro Isotonic Drink** during exercise ensures you replace the fluid and electrolytes lost from the body.

Other Recommended Sports Products:

Protein Bars: Great for a protein snack

Formula 2: Multivitamins.

Cell Activator: Helps cleanse cells so they absorb nutrients more efficiently.

Herbalifeline: Helps maintain supple joints and supports heart and circulation.

LiftOff: Energy Drink that helps you stay alert and focused.

Niteworks: Increases blood flow.