INTRODUCING HERBALIFE24

REBUILD STRENGTH

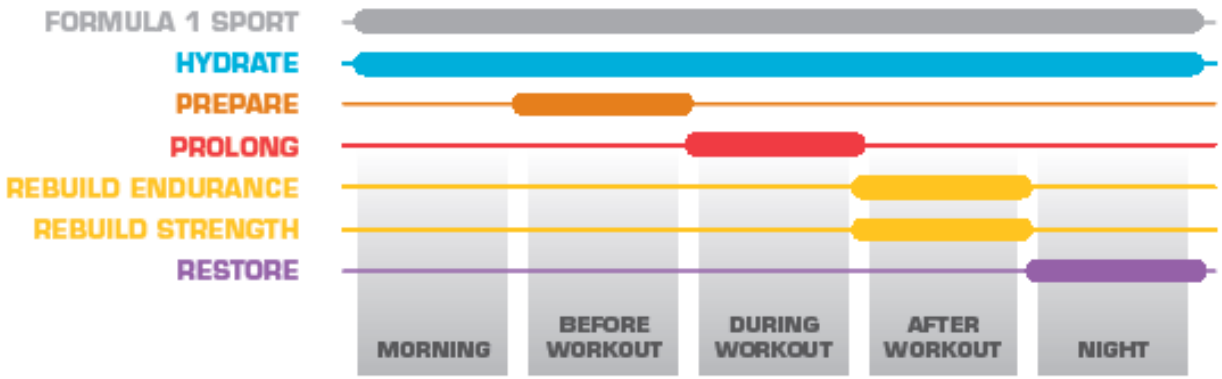
Immediate and Sustained Muscle Recovery*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

24-Hour Nutrition Line

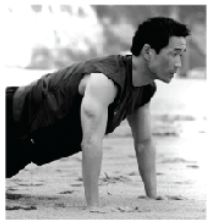
Nutrition extends beyond “pre, during and post” workout

HERBALIFE24 PRODUCT LINE



Customizable Product Line

Product Use Guide by activity



	ENDURANCE	FITNESS	STRENGTH	TEAM SPORTS	EVERYONE
FORMULA 1 SPORT	■	■	■	■	■
HYDRATE	■	■	■	■	■
PREPARE	■	■	■	■	■
PROLONG	■	■	■	■	
REBUILD ENDURANCE	■	■	■	■	
REBUILD STRENGTH	■	■	■	■	■
RESTORE	■	■	■	■	■

Bars indicate the relative need for each product – from low to high – depending on your activity, training, performance and recovery

Immediate and Sustained Muscle Recovery*

Target user:

- All athletes after resistance or low-aerobic training
- Anyone: protein-rich snack / supplement

Key Features:

- 24 g dairy protein
- 190 kcal / serving
- 4000 mg BCAAs
- 3000 mg L-glutamine
- Bioavailable and buffered electrolytes
- 20% DV iron
- 300 mg calcium

Usage scenarios

- Power lifter after finishing a gym session
- CrossFit athlete after a workout
- Anyone after a light to moderate aerobic workout (eg. those looking for tone and overall fitness)

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Protein and Carbohydrates

Rebuild Strength provides:

- 24 g dairy protein
- Carbohydrate blend of: maltodextrin, fructose and sucrose

Rapid and sustained release carbohydrates facilitate protein utilization to rebuild muscle

Why you need it:

Protein and carbohydrate are needed for muscle growth

3000 mg L-Glutamine – Great for Athletes

Rebuild Strength provides:

- L-Glutamine is an important amino acid
- Helps rebuild muscle after workouts
- Supports immune function*

Why you need it:

- Lose up to 50% of L-glutamine during exercise
- Without adequate recovery, fitness and health are compromised

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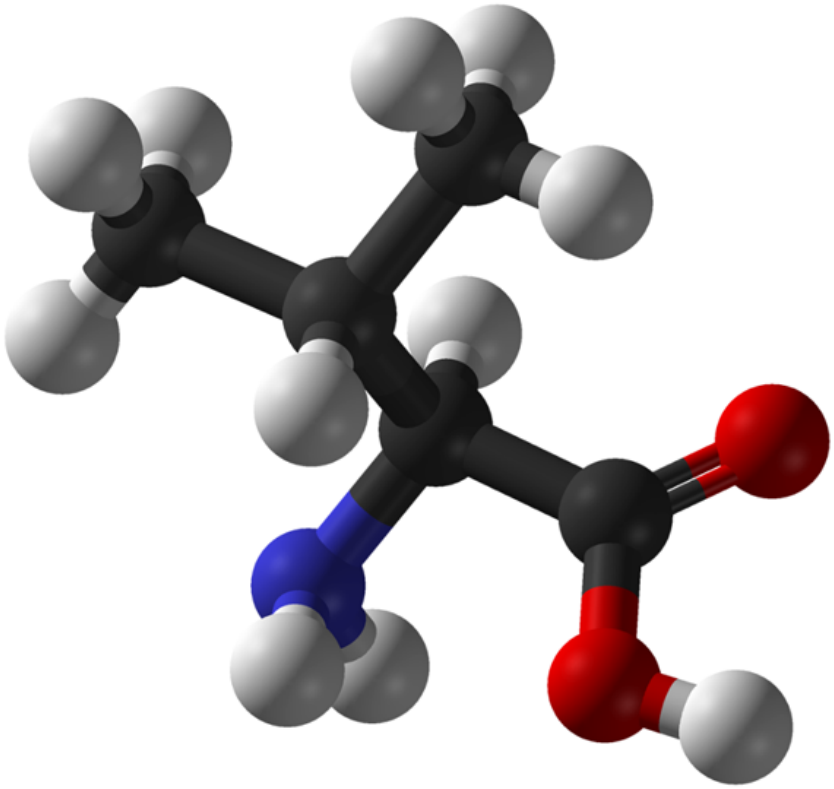
Did You Know?



Branched-chain amino acids (BCAAs) are named for their unique, branch-like structure

They are essential, and must be consumed in the diet

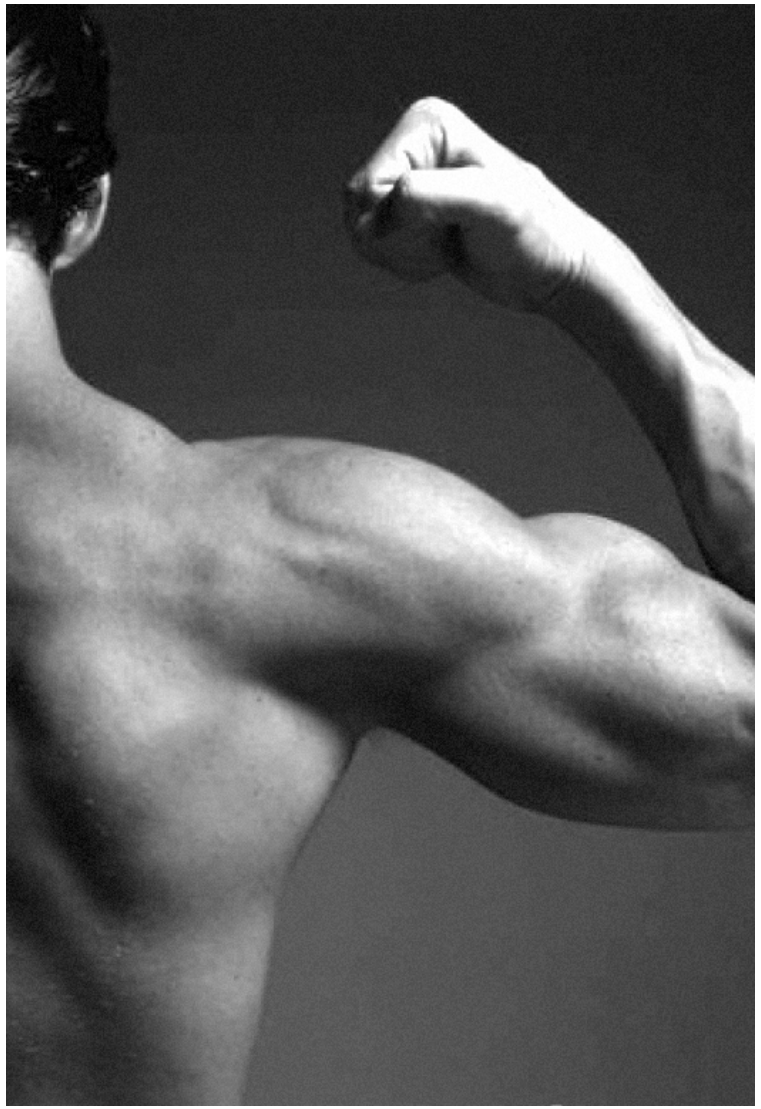
Branched-Chain Amino Acids Support Muscle Growth

Rebuild Strength provides:

4,000 mg of BCAAs:
L-Leucine
L-Valine
L-Isoleucine

Why you need it:

- Amino acids are the building blocks of muscle
- Help support rapid muscle growth



Powder Mix

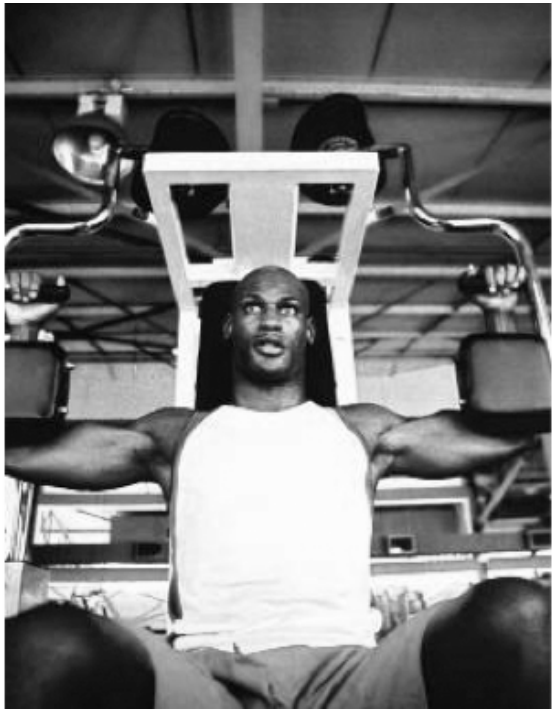
- Easily mixable powder
- **Chocolate flavor, naturally sweetened**
- All natural colors, flavors and sweeteners

+

Water

Rebuild Strength:
High-Quality Protein for Lean Body Mass

- 190 calories
- 24 g of 100% PDCAAS protein blend
- Mix with water or liquid of your choice
- All natural colors, flavors and sweeteners



Being an Athlete is a Lifestyle

Herbalife24 is a comprehensive nutrition line to meet the needs of an athlete 24-hours a day

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