

The Herbalife Advantage

Herbalife's NEW H³O™ Fitness Drink is the next generation of hydration.

This thirst-quenching, 3-in-1 drink mix provides 1) rapid hydration, 2) sustained energy plus 3) powerful antioxidant protection, so you feel refreshed and energized all day long! Enjoy whenever you are thirsty or anytime you are physically active.

Key Benefits

- Quenches thirst and replaces lost fluids.
- Essential electrolytes support cellular re-hydration.
- Energizing carbs for immediate and sustained energy.
- Powerful antioxidants neutralize free radicals that cause fatigue and soreness.
- No caffeine and a healthier alternative to high-calorie/high-sugar beverages.



Patent Pending

Energize **Hydrate** Protect

H³O™ is scientifically formulated to quickly restore fluids, deliver lasting energy and protect your body. Here's why it's truly a better product:

	H ³ O™	Leading Competitor	Why H ³ O™ Is Better
Recommended Serving Size	8 fluid ounces	20 fluid ounces	Less is more
Sugar	12g	14g	15% less sugar
Source of sugar	Trehalose	High-fructose corn syrup	Has a naturally occurring source of sugar
Potassium	100mg	30mg	70% more potassium, an essential electrolyte
Calcium	30mg	0	Good for muscle contraction and fluid balance
Magnesium	20mg	0	Vital for energy metabolism and utilization
Vitamin A	167 IU	0	Powerful antioxidants protect against oxidative stress
Vitamin C	60mg	0	
Vitamin E	21 IU	0	

All of the products and their associated benefits are based on 1 serving each.

Maximize Your Potential with the Herbalife Advantage

WHAT'S YOUR GOAL? →	Stay Refreshed and Hydrated	Sustain Muscle Activity	Keep Your Body's Defenses Strong	Fuel Your Body Focus Your Mind	Repair and Build Muscles	Maintain Your Heart Health	Boost Your Immunity
	Electrolytes	Carbohydrates	Antioxidants	Caffeine, Guarana	Protein	L-Arginine, L-Citrulline	Echinacea, Zinc
Products That Give Your Body What It Needs							
H ³ O™ Fitness Drink	✓	✓	✓				
Liftoff®				✓*			
N-R-G Nature's Raw Guarana Tea				✓*			
Formula 1 Instant					✓		
Bulk & Muscle		✓			✓		
Personalized Protein Powder					✓		
Niteworks®				✓*		✓*	
Best Defense™				✓*			✓*
Protein Bar					✓		

- ✓ **Getting started is as easy as 1, 2, 3 with our Core Products.**
1. Start every day with a healthy meal (Formula 1 Nutritional Shake Mix).
 2. Add our multivitamin for the proper balance of micronutrients (Formula 2 Multivitamin).
 3. Support the absorption of essential nutrients and cellular nutrition (Cell Activator®)*.

*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.