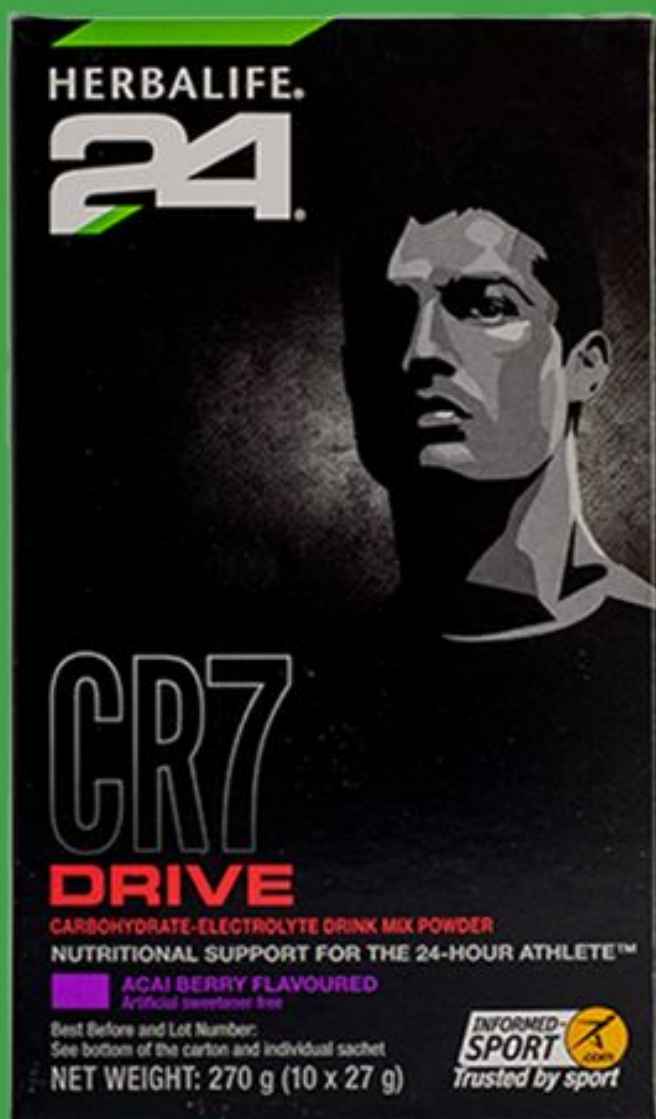


PRODUCT GUIDE

Southern Africa



Herbalife

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Formula 1 Shake Mix

The world's #1 health shake*

Product Overview

- Formula 1 Shakes are made with ingredients suitable for vegans, are gluten free and provide 24 vitamins and minerals.
- Our Formula 1 Shake Mix come in nine tasty flavours and are available in canisters or handy sachets for when you're on the go.
- A delicious shake that can be prepared in seconds.

Key Features and Benefits

- High in protein
- Naturally lactose free when prepared with fortified soya beverage
- Gluten Free
- Ingredients suitable for vegans
- 24 vitamins and minerals
- Available in 9 delicious flavours
- Quick and easy to prepare
- Personalise your shake with your favourite fruits

Directions for use:

Mix two scoops (26 g) of the F1 Shake Mix with 250 ml of cold, semi-skimmed milk (1.5 % fat). Alternatively, for a vegan-friendly and naturally lactose free shake, mix with 250 ml of fortified soya beverage.

Looking for a Formula 1 Shake Mix without using milk or soya beverage? Try 2 scoops of Formula 1 Shake Mix + 2 scoops of Protein Drink Mix + 300 ml of water.

Formula 1 Shakes contain approximately 920 kJ per serving dependent on the shake flavour and the use of a milk / fortified soya beverage.

Flavours:

Vanilla Cream, Smooth Chocolate, Summer Berries, Banana Cream, Mint Chocolate, Spiced Apple, Café Latte, Strawberry Delight & Cookie Crunch.



HIGH IN PROTEIN

SHAKE MIX

SUITABLE FOR VEGANS

GLUTEN FREE

24 VITAMINS AND MINERALS

[HOME](#)

[Full Product Details](#)

Formula 1

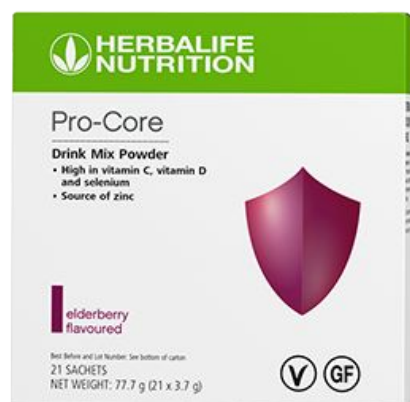
Product Pairing

Herbalife Breakfast

Other Herbalife products that can be added to your Formula 1 Shake are:

PDM or PDM Vegan

To personalise your shake mix, just add 2 scoops to Formula 1 and mix with water



Pro-Core

For everyday support



Multifibre

A delicious way to help increase your daily fibre intake



Collagen Complex Drink Mix

High in key vitamins and minerals



BioAxis

Contains a combination of both live bacteria and fibre. Add after blending the F1

Protein Drink Mix Vegan

The protein power couple

Product Overview

- Protein Drink Mix-Vegan is a great way to boost your protein intake throughout the day.
- Each serving of Protein Drink Mix Vegan contains 22 vitamins and minerals, including vitamin C.
- Upgrade your day by combining Protein Drink Mix Vegan and Formula 1 Shake Mix for a shake with more protein and more fibre than a regular Formula 1 Shake Mix.

Key Features and Benefits

- Suitable for vegans
- High in protein
- Contains 22 vitamins and minerals
- Naturally lactose free
- Gluten-free
- Sweetened with steviol extracts
- Artificial colourant and artificial flavouring free

Directions for use:

Mix two scoops (28 g) of powder with 250 ml of cold water, shake and enjoy. You can also add this product to your Formula 1 Shake and water for a delicious, vegan shake mix

Consumption with Formula 1

Mix 2 scoops of PDM Vegan with 2 scoops of Formula 1 to 300 ml water for a shake mix with 24,2 g protein, 6,3 g sugar, 5,6 g fibre and only 889 kJ.



**HIGH IN
PROTEIN**

GLUTEN FREE

**SUITABLE FOR
VEGANS**

[HOME](#)

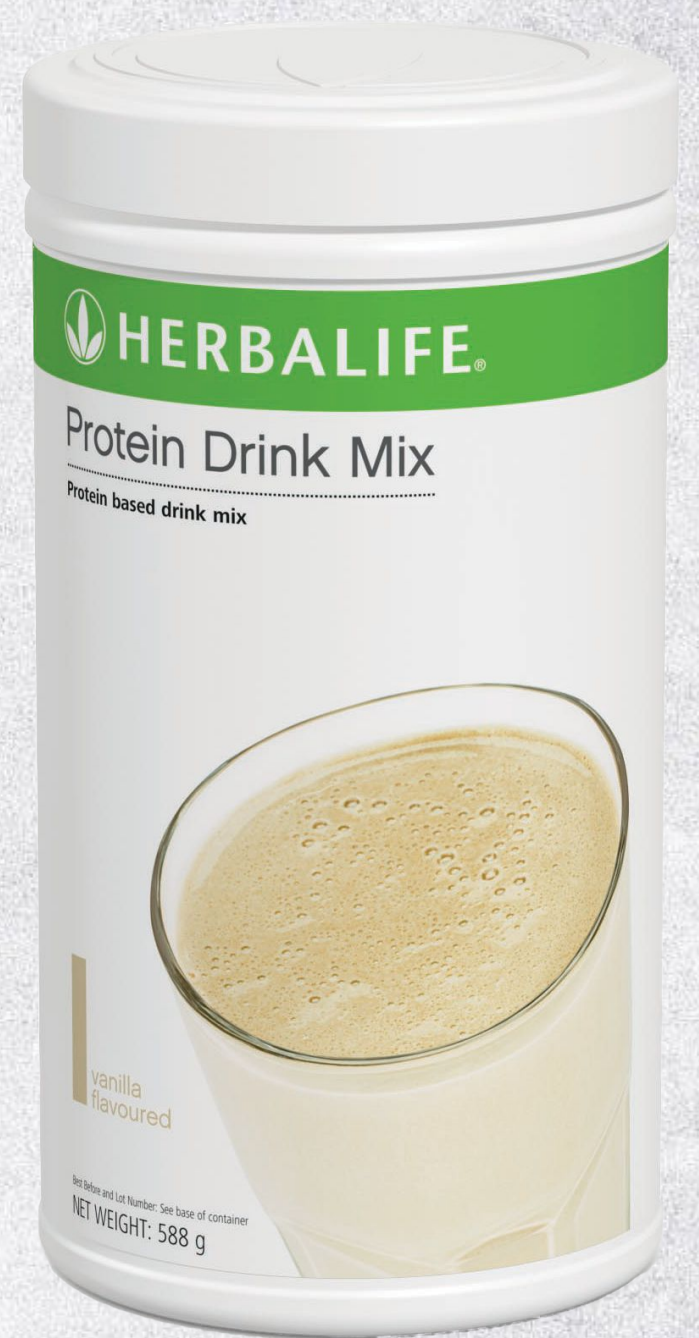
[Full
Product
Details](#)

Protein Drink Mix

The protein power couple

Product Overview

- A great way to boost your protein intake.
- PDM can be consumed in two delicious ways: Prepare it as a tasty high protein snack, or add it to your favourite shake, for an indulgent and creamy drink.



**HIGH IN
PROTEIN**

Key Features and Benefits

- Delicious vanilla flavoured
- Water mixable
- Suitable for lacto-vegetarians
- 14.9 g of protein
- 22 vitamins and minerals
- 7 g of carbohydrates
- 457 kJ per serving when mixed with 250 ml water

GLUTEN FREE

Directions for use:

Prepare it as a tasty, kilojoule controlled high protein snack. Mix two tablespoons (28 g) of powder with 250 ml of cold water and enjoy.

Or add it to your favourite Formula 1 Shake for an indulgent and creamy drink. Add one scoop (14 g) of Protein Drink Mix along with two scoops of your favourite Formula 1 Shake with 300 ml of water.



[Full
Product
Details](#)

Tri Blend Select

Banana or Coffee Caramel Flavours

Product Overview

- Tri Blend Select is a great tasting and deliciously creamy protein shake. With an indulgent combination of ingredients and is also high in fibre.
- We have carefully selected Pea, Quinoa and Flax Seed as part of a vegan blend to deliver a protein source providing essential amino acids, vitamin C and 7 key minerals.

Key Features and Benefits

- Plant based protein
- Gluten and dairy free
- Contains no preservatives
- Artificial flavouring free
- Suitable for vegans
- 20.2 g protein per serving
- Only 634 kJ per serving
- 6.1 g of fibre per serving
- Available in Banana Flavoured and Coffee Caramel Flavoured

Directions for use:

Enjoy Tri Blend Select at anytime during the day.

Gently shake the pouch prior to each use as content may settle.

Mix 3 scoops (40 g) of powder with 250 ml of water or your favourite alternative milk or fruit juice



**PLANT BASED
PROTEIN**

**SUITABLE FOR
VEGANS**

**GLUTEN &
DAIRY FREE**

**WITH
INGREDIENTS
SOURCED
NATURALLY**

[HOME](#)

[Full
Product
Details](#)

High Protein Iced Coffee

Mocha or Latte Macchiato Flavours



Product Overview

- Whether you are on-the-go, or just need a caffeine boost, enjoy our refreshing High Protein Iced Coffee!
- It's blended with Robusta espresso coffee beans.
- It's great as a mid-morning or mid-afternoon drink which can be enjoyed at home or on-the-go as a treat when you need it most.
- Available in Latte Macchiato Flavoured and Mocha Flavoured.

HIGH IN PROTEIN

SUITABLE FOR LACTO-VEGETARIANS

NO ADDED SUGAR

Key Features and Benefits

- High in Protein –15 g per serving
- 336 kJ per serving
- 80 mg of caffeine from Robusta Coffee beans per serving
- Low in Fat
- No Added Sugar
- Artificial colourant free
- Suitable for lacto-vegetarians

[HOME](#)

Directions for use:

Fill your shaker cup with 250 ml of cold water. Add approximately 2 scoops (22 g) of High Protein Iced Coffee. Shake well and pour over ice. If you don't have a shaker cup, blend on low speed.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

[Full Product Details](#)

Formula 1 Savoury Shake Mix

Mushroom & Herbs Flavoured

Product Overview

- A warm and smooth shake mix that's quick to prepare.
- Formula 1 Mushroom and Herbs delivers a rich and creamy soup, that's full of flavour.
- Enjoy all the benefits of Formula 1 in a savoury flavour that is warming and delicious.

Key Features and Benefits

- Enjoy Formula 1 Savoury Shake Mix everyday.
- Great for use in savoury recipes e.g. pasta sauce, tomato and mushroom salsa and more
- Artificial colourant and artificial flavourings free
- Naturally lactose free when prepared with fortified soya beverage
- No added sugar
- 24 Vitamins and Minerals

Directions for use:

Gently shake the canister before using, as its contents may have settled.

Warm 250 ml of semi-skimmed milk (1.5 % fat). Add 2 scoops (26 g) of Formula 1 Savoury Shake Mix, blend (or shake) carefully until smooth and enjoy!

For a vegan, naturally lactose free and gluten-free Shake, mix two scoops (26 g) of powder with 250 ml hot fortified soya beverage.

Blend (or shake) carefully until smooth and enjoy!



HIGH IN PROTEIN

INGREDIENTS SUITABLE FOR VEGANS

GLUTEN FREE

24 VITAMINS AND MINERALS



[Full Product Details](#)

Formula 3 Personalised Protein Powder

Great for a protein boost

Product Overview

- An easy way to boost your protein intake.
- Simply add to your favourite Formula 1 Shake to personalise your protein intake.
- Formula 3 can be stirred into other foods such as sauces, soups and gravies.



HIGH IN PROTEIN

Key Features and Benefits

- One level tablespoon of powder (6 g) provides 5 g of protein
- High in soy and whey protein
- 97 kJ per serving

Directions for use:

One level tablespoon of powder (6 g) provides 5 g of protein. Personalised Protein Powder can be stirred into approximately 150 ml of your foods and beverages, including sauces, soups and smoothies.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.



Formula 1 Express Bar

Dark Chocolate Flavour

Product Overview

- Formula 1 Express bar is great for anyone who wishes to have a convenient and indulgent bar.
- Only 866 kJ per bar.
- A delicious bar with a combination of crispies and chocolate chips, dipped in chocolate.
- Available in a box of 7 and individually wrapped.



**HIGH IN
PROTEIN**

**ARTIFICIAL
COLOURANTS
FREE**

**25 VITAMINS
AND MINERALS**

**SUITABLE FOR
OVO-LACTO
VEGETARIANS**

Key Features and Benefits

- Delicious and convenient snack
- High in Protein with 13.5 g per bar
- High in Fibre with 6.6 g per bar
- Only 866 kJ per bar
- Contains Promitor[®] fibre
- Artificial colourants free
- Perfect for when you are on-the-go
- Available in Dark Chocolate Flavoured

Directions for use:

Formula 1 Express Bars are a delicious and convenient snack that can be enjoyed anytime daily.

[HOME](#)

[Full
Product
Details](#)

Protein Bars

Citrus Lemon, Chocolate Peanut & Vanilla Almond flavoured

Product Overview

- Satisfy your chocolate cravings with a delicious high protein snack.
- Enjoy as a delicious treat for a sweet tooth or enjoy pre or post exercise.



Key Features and Benefits

- Approximately 583 kJ per bar
- Approximately 9.7 g of protein
- Approximately 15 g of carbohydrates
- Available in three delicious flavours:

Chocolate Peanut,
Vanilla Almond and
Citrus Lemon

Directions for use:

Enjoy one or two bars per day as a protein snack.

**HIGH IN
PROTEIN**

[HOME](#)

[Full
Product
Details](#)

Protein Chips

Barbecue Flavoured and Sour Cream and Onion Flavoured

Product Overview

- Protein Chips are a delicious popped savoury snack.
- Never fried, always popped.

Key Features and Benefits

- 11.8 g of protein Sour Cream and Onion Flavoured.
- 11.3 g of protein Barbecue Flavoured.
- Sour Cream and Onion Flavoured is suitable for lacto-vegetarians.
- Barbecue Flavoured is suitable for vegans.
- A convenient snack to take on-the-go and enjoy anytime.

Directions for use:

One or two packets per day as a protein snack.



**PLANT BASED
PROTEIN**

GLUTEN-FREE

**NEVER FRIED
ALWAYS
POPPED**



[Full
Product
Details](#)

BioAxis

Vanilla flavoured

Product Overview

- Formulated to offer you a combination of live bacteria and fibre that work together in harmony to help support your personal goals.
- This product is high in fibre and available in powdered sachets, making it great for you to take wherever you are.
- Great for when you are on-the-go.



**CONTAINS A
COMBINATION OF
BOTH LIVE
BACTERIA AND
FIBRE**

Key Features and Benefits

- Contains a combination of both live bacteria and fibre
- Gluten-free
- High in fibre
- No added sugar
- Vanilla flavoured
- No need for refrigeration
- Artificial colourant, preservative and sweetener free
- Available as a box of 20 individual sachets

Directions for use:

Add 1 sachet to half a glass of water (about 100 ml), stir until dissolved and enjoy.

Drink on its own or add to your favourite Formula 1 Shake Mix. Please add after blending and use liquids at a temperature below 25 °C, to avoid affecting product quality.

Enjoy once a day.



[Full
Product
Details](#)

ProCore

Elderberry Flavoured

Product Overview

- Pro-Core is formulated with the ingredient EpiCor® and a blend of key vitamins and minerals.
- Available as a box of 21 sachets.
- Pro-Core is great for everyday support when you're on the go.



GLUTEN FREE

**FORMULATED
WITH THE
INGREDIENT
EpiCor®**

**ELDERBERRY
FLAVOURED**

Key Features and Benefits

- Formulated with the ingredient EpiCor®
- A blend of key vitamins and minerals
- High in Vitamin C, Vitamin D, Selenium and a source of Zinc
- Available in tasty elderberry flavoured

Directions for use:

Enjoy Pro-Core daily by adding one sachet (3.7 g) to 150 ml of water and stir until dissolved.

Consume one glass per day with meals.

Convenient, quick and easy to take.



[Full
Product
Details](#)

ProCore

Product Pairing

ProCore can also be consumed with your other favourite Herbalife products¹¹ such as Instant Herbal Beverage with Tea Extracts¹² or BioAxis



**Instant Herbal
Beverage with Tea
Extracts**



BioAxis



Collagen Complex Drink Mix

Strawberry and Lemon Flavoured

Product Overview

- Collagen Complex is a refreshing strawberry and lemon-flavoured drink mix.
- It contains bioactive collagen peptides called Verisol® P.
- This product contains key vitamins and minerals.
- This product includes a scoop and contains 30 servings per container.



CONTAINS KEY VITAMINS AND MINERALS

Key Features and Benefits

- Contains Verisol® P providing 2.5 g of collagen hydrolysate per serving
- High in Vitamins A, C, E, B3, niacin
- Very high in biotin
- High in selenium, zinc, copper, iodine
- Refreshing strawberry and lemon flavoured

CONTAINS BIOACTIVE COLLAGEN PEPTIDES CALLED VERISOL® P

[HOME](#)

Directions for use:

Mix 1 scoop (5.7 g) of powder with 250 ml of water.

Also great for adding to your favourite Formula 1 Shake.

[Full Product Details](#)

Niteworks®

Lemon Flavoured

Product Overview

- Niteworks is a night-time drink mix.



Key Features and Benefits

- Niteworks is formulated with the amino acids L-Arginine, L-Citrulline and L-Taurine
- High in folic acid
- With lemon balm

**NIGHT-TIME
SUPPORT**

Directions for use:

Mix two scoops (10 g) of Niteworks® powder with 250 ml of water or juice.

Drink at night before bedtime.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.



[Full
Product
Details](#)

Herbalifeline

Omega 3 Supplement

Product Overview

- Herbalifeline is a marine lipid complex which contains Omega-3 fatty acids, especially eicosapentanoic acid (EPA) and docosahexanoic acid (DHA).



OMEGA 3

Key Features and Benefits

- A capsule with the addition of thyme, clove and peppermint oils.
- Each capsule contains 500 mg of marine liquid complex (fish oil) which provides both Omega-3 fatty acids EPA (77 mg) and DHA (48 mg)
- Contains essential oils to freshen the taste

Directions for use:

One to three capsules three times daily preferably with a meal.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.



[Full Product Details](#)

Multifibre

Delicate Apple Flavoured

Product Overview

- Multifibre is a delicious way to increase your daily fibre intake.



5 G OF FIBRE

Key Features and Benefits

- 5 g of fibre per serving
- 6 fibre sources: apple, oat, maize, citrus, chicory and soya
- 75 kJ per serving
- Artificial sweetener free
- Contains both soluble and insoluble fibre
- Delicate apple flavoured

**ARTIFICIAL
SWEETENER
FREE**

Directions for use:

Mix 1 scoop (6.8 g) with 150 ml of water or add a scoop to your favourite Formula 1 Shake Mix.

[HOME](#)

[Full
Product
Details](#)

Multifibre

Product Pairing

Just add Multifibre to your daily Formula 1 Shake, PDM / PDM Vegan or Personalised Protein Powder

Or mix with hot water to prepare a “Fibre Tea” or add to your Instant Herbal Beverage



Formula 1



PDM / PDM Vegan



F3 – Personalised Protein Powder



Instant Herbal Beverage

Herbal Aloe Concentrate Drink

Original and Mango Flavoured

Product Overview

- A tasty and kilojoule-controlled drink, to help you stay refreshed.
- Liven up your water with a refreshing mango taste to help you to achieve adequate fluid intake of approximately 2 litres per day.



Key Features and Benefits

- Contains 40 % Aloe Vera juice which is derived from the whole Aloe Vera leaf.
- The Aloe Vera leaf is carefully picked and hand filleted to ensure the highest level of purity.
- The Aloe gel is extracted using cold processing.
- **Mango flavoured**: artificial flavouring and colourant free, 8 kJ per serving.
- **Original flavoured**: contains citrus to give your water a refreshing flavour twist, 94 kJ per serving.

ARTIFICIAL
COLOURANT
AND
ARTIFICIAL
FLAVOURING
FREE

SUITABLE FOR
VEGANS

Directions for use:

Enjoy Herbal Aloe Concentrate Drink Mango flavoured daily. Mix 3 capfuls (15 ml) with 120 ml of water.

To prepare 1 litre of ready to consume Herbal Aloe Concentrate Drink, pour 8 tablespoons (120 ml) concentrate into a litre container and fill with water.



[Full
Product
Details](#)

Herbal Aloe Concentrate Drink

Product Pairing

A key part of your Herbalife Breakfast



Refresh

With a glass of Herbalife Aloe Concentrate Drink



Lift your day

With a cup of Instant Herbal Beverage with Tea Extracts



Delight

Yourselves with a Formula 1 Shake Mix, high in protein, fibre and key vitamins and minerals

AloeMax

Original Flavoured

Product Overview

- AloeMax is a concentrate drink, made from 97 % Aloe Vera juice, derived from the whole Aloe leaf.
- Our hand-picked Aloe Vera leaves are carefully selected and come straight from our field to your glass, simply add it to water.
- Liven up your water with the refreshing taste of Aloe Max to help you achieve adequate fluid intake of approximately 2 litres per day.



**97 % ALOE
VERA JUICE**

**ONLY 9 kJ
PER SERVING**

**SUITABLE FOR
VEGANS**

Key Features and Benefits

- Contains 97 % Aloe Vera juice
- Artificial colourant, sweeteners and flavourings free
- Only 9 Kilojoules per serving
- Suitable for vegans

Directions for use:

Enjoy the refreshing taste of Aloe Max in the morning or throughout the day.

Shake well before use and mix 3 capfuls of AloeMax (15 ml) with 120 ml of water.

To enjoy with a litre of water, mix 120 ml of AloeMax with 1 litre of water.



[Full
Product
Details](#)

Instant Herbal Beverage with Tea Extracts

Original, Lemon, Raspberry and Peach Flavoured

Product Overview

- Lift your day with a cup of Instant Herbal Beverage with Tea Extracts.
- A refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder.
- Can be enjoyed hot or cold.



**87.5 MG OF
CAFFEINE PER
SERVING**

Key Features and Benefits

- Lemon, Raspberry and Peach flavoured contains no added sugar*
- Only 25 kJ per serving
- Gluten free
- 87.5 mg of caffeine per serving
- Available in Original flavoured, Lemon flavoured, Raspberry flavoured, and Peach flavoured
- *Contains 0.1 g of intrinsic sugar per serving

**AVAILABLE IN
4 FLAVOURS**

Directions for use:

Mix ½ teaspoon (1.7 g) with 200-240 ml of hot or cold water.

Drink one or two glasses per day.

Not recommended for children under 12 years of age, pregnant or lactating woman, persons sensitive to caffeine.



[Full
Product
Details](#)

Night Mode

Chamomile & Peach Flavoured



Product Overview

- Enjoy your evenings with Night Mode, a drink mix infused with saffron extract, created for your night-time routine.
- Immerse yourself in a moment of mindfulness with our Night Mode and cosy up to the warm, subtle flavours of chamomile and peach, tomorrow is coming with a whole new light.
- Night Mode also contains a blend of vitamins to help support your goals.
- Sit back, relax and enjoy your cup of Chamomile and Peach flavoured nighttime drink mix.

Key Features and Benefits

- Drink before bedtime
- Source of vitamin B6
- High in Riboflavin
- Artificial flavourings free
- Suitable for vegans
- Gluten-free

Directions for use:

Add one scoop (6 g) to half a cup of cold or warm water (around 150 ml), mix and enjoy approximately one hour before bedtime.

Use once daily.

Enjoy this product with a balanced and varied diet, as part of a healthy, active lifestyle.

**INFUSED WITH
SAFRON
EXTRACT**

**SUITABLE FOR
VEGANS**

GLUTEN FREE

**ARTIFICIAL
FLAVOURINGS
FREE**

[HOME](#)

[Full
Product
Details](#)

H24

Sports Nutrition

- Whether it's before, during, or after a workout, we've created a line of products that help active individuals fuel their lives and perform at the level they want.
- The Herbalife24 line consists of active lifestyle and sports nutrition products that can be used for daily performance and support for people who have specific needs to fuel their lifestyle.
- Since no person or activity plan is the same, the combination of products and intake for each can be tailored to fit your activity levels, training and personal needs.
- H24 products can be used before, during and after exercise.
- H24 products are artificial colourants and artificial flavourings free.
- All products are Informed Sport certified, making them great for competing athletes. Every product in the H24 range is 'Informed Sport' accredited, which means every product batch is tested before it is released in the market. Athletes can visit informed-sport.com to confirm tests and certifications on specific batches
- More than 190 sporting teams, athletes and events around the world use H24 products to help them support their goals.

H24 Achieve Protein Bars

Dark Chocolate & Chocolate Chip Cookie Dough Flavoured

Product Overview

- Enjoy H24 Achieve Protein Bars in between meals, after workouts or when you want a snack that won't compromise your personal goals.
- These delicious bars come in two tempting flavours, decadent Dark Chocolate Flavoured or yummy Chocolate Chip Cookie Dough Flavoured.
- A convenient post workout snack that contains 20.6 g – 21 g of protein to support your personal goals.

Key Features and Benefits

- 20.6 g – 21 g of protein per bar
- Approximately 1.5 g of sugar
- Suitable for lacto-ovo vegetarians

Directions for use:

Consume once a day in between meals or after your workout. Excessive consumption may have a laxative effect.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



**INFORMED
SPORTS
CERTIFIED**



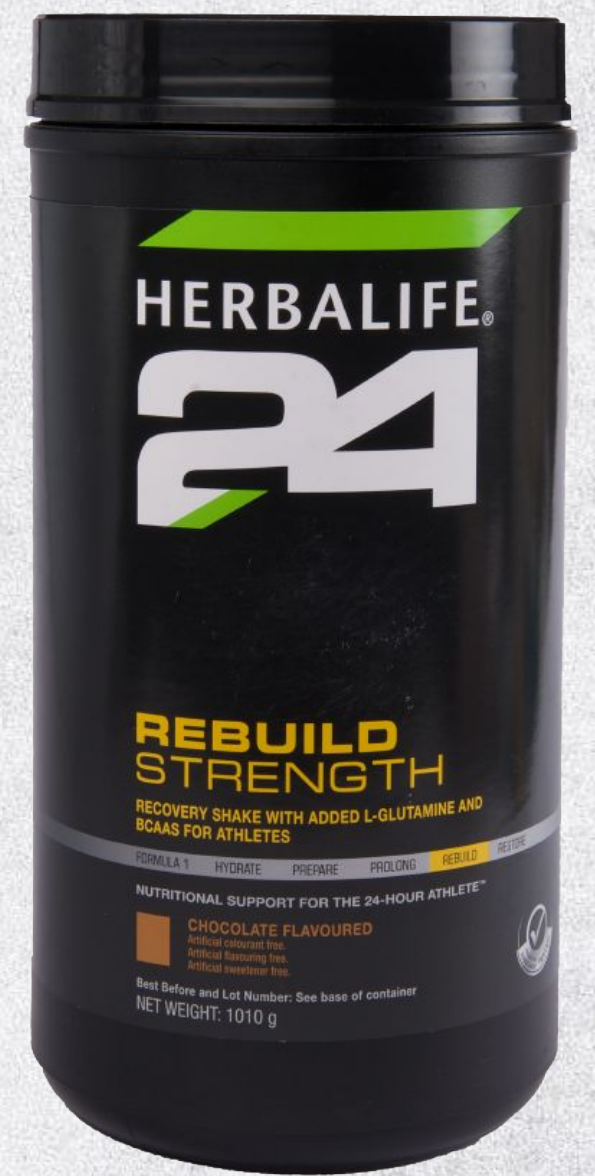
[Full
Product
Details](#)

H24 Rebuild Strength

Chocolate Flavoured

Product Overview

- A high protein recovery shake, use after intense exercise. It has added L-Glutamine and BCAAs for athletes.
- Consume Rebuild Strength following high-intensity or extended exercise.
- Chocolate Flavoured.



**POST-WORKOUT
SHAKE**

Key Features and Benefits

- High in protein with 24 g of protein per serving.
- Artificial colourant free, artificial flavouring free and artificial.
- Sweetener free.

**HIGH IN
PROTEIN**

Directions for use:

Mix 2 scoops (51 g) with 250 ml of water. Shake vigorously.

Consume within 30 minutes following anaerobic activity.



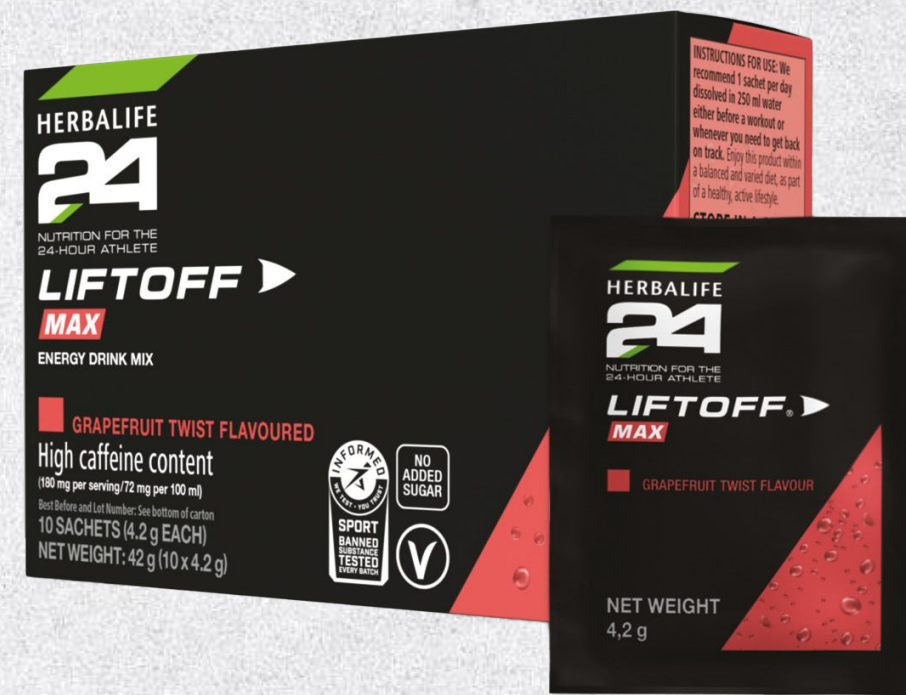
[Full
Product
Details](#)

H24 LiftOff Max

Grapefruit Twist Flavoured

Product Overview

- H24 LiftOff Max is a delicious grapefruit twist flavoured energy drink mix.
- Great before a workout or whenever you need to get back on track.
- H24 LiftOff Max comes in a box of 10 individual sachets and is great to have when you're on-the-go.
- Best consumed when freshly prepared and in its entirety.



ENERGY DRINK MIX

SUGAR FREE

SUITABLE FOR VEGANS

Key Features and Benefits

- High in vitamin C, vitamins B6 and B12
- Sugar-free
- Suitable for vegans
- Artificial colourants and artificial flavourings free
- Naturally sourced sweetener from stevia leaves
- Refreshing Grapefruit Twist flavoured
- 180 mg of caffeine per serving

Directions for use:

Mix 1 sachet per day with 250 ml of water either before a workout or whenever you need to get back on track.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Not recommended for children under 12 years of age, pregnant or lactating woman, persons sensitive to caffeine.

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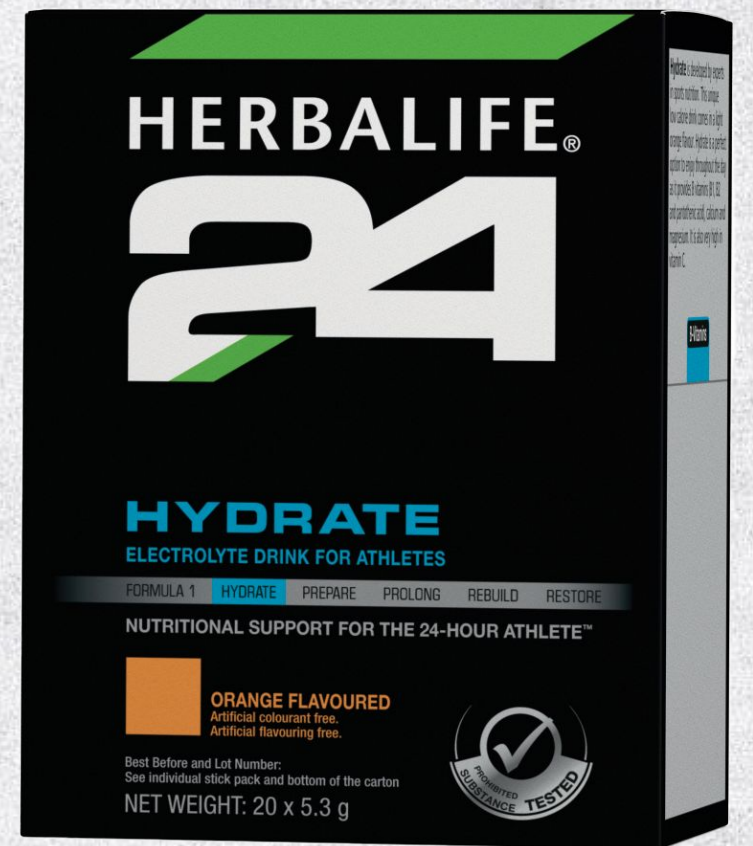
[Full Product Details](#)

H24 Hydrate

Orange Flavoured

Product Overview

- A low kilojoule, refreshing drink.
- Consume throughout your workouts support your goals.



LOW
KILOJoule
REFRESHING
DRINK

Key Features and Benefits

- Refreshment anytime, for anyone
- 80 % NRV of vitamin C
- Contains sodium, calcium and magnesium
- Low kilojoule
- It provides B vitamins (B1, B2 and pantothenic acid)
- Orange flavoured

VERY HIGH IN
VITAMIN C

Directions for use:

Mix one sachet with 500 ml of water, shake vigorously.



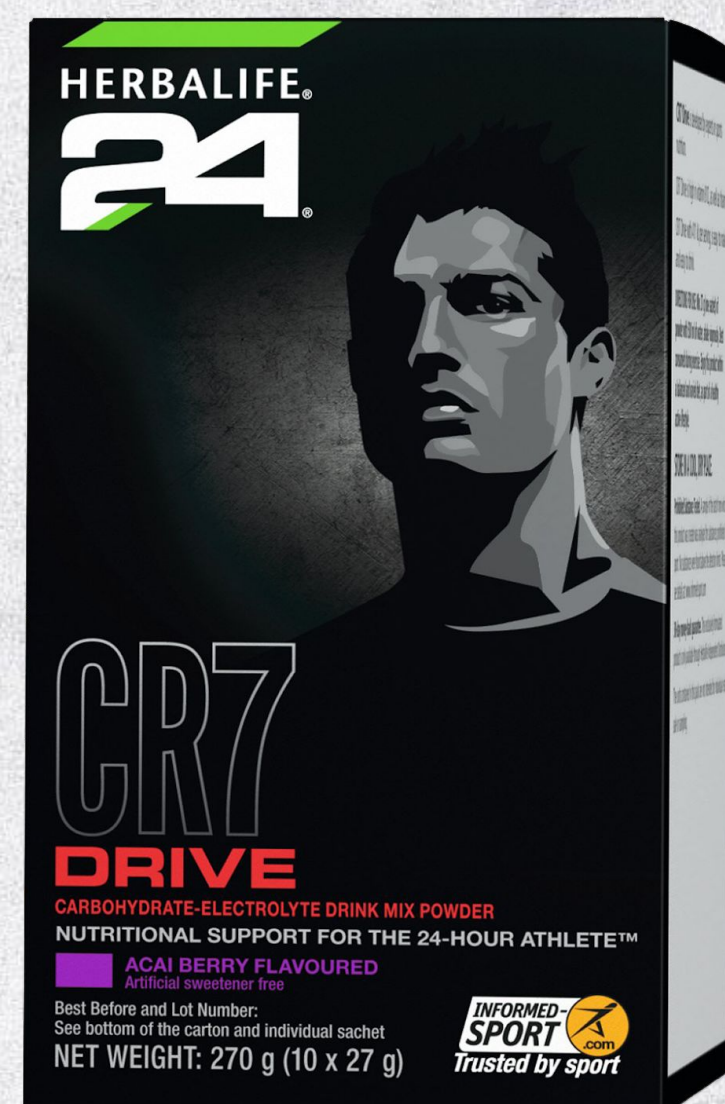
[Full
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H24 CR7 Drive

Acai Berry Flavoured

Product Overview

- CR7 Drive is a delicious and refreshing carbohydrate-electrolyte drink to take during exercise.
- Developed by experts in sports nutrition in conjunction with Cristiano Ronaldo, one of the elite players of world football.
- CR7 Drive combines carbohydrate-electrolyte solutions with Vitamins B1 and B12 to support your personal goals.



Key Features and Benefits

- Easy to prepare and easy to drink
- Very high in vitamin B1 (Thiamine) and vitamin B12
- 411 kJ per serving
- Artificial sweeteners free
- Formulated with 249 mg sodium and 142 mg magnesium per serving
- Acai berry flavoured
- Available in a canister and sachet form

LIGHT ACAI
BERRY FLAVOUR

CARBOHYDRATE-
ELECTROLYTE
DRINK

NO ARTIFICIAL
COLOURS,
FLAVOURS OR
SWEETENERS

Directions for use:

Canister: Mix 27 g (2 scoops) of powder with 500 ml of water, shake vigorously.

Sachets: Mix 27 g (one sachet) of powder with 500 ml of water, shake vigorously.

[HOME](#)

[Full
Product
Details](#)

H24 Prolong

Citrus Flavoured

Product Overview

- A carbohydrate-protein drink mix with added vitamins.
- Consume Prolong during high-intensity or extended exercise.



Key Features and Benefits

- Provides 957 kJ per serving when mixed with 500 ml water, great for endurance sports
- Contains 6.8 g whey protein
- Contains carbohydrate in the form of maltodextrin
- With added vitamin C and B vitamins (including B1, B3, B6, B12 and pantothenic acid)
- Artificial colourant and artificial flavourings and sweeteners free
- Citrus flavoured

**PROLONGED
EXERCISE**

Directions for use:

Add 4 level scoops (60 g) to 250 ml of water, shake vigorously and then add a further 250 ml to make a 500 ml serving.

Drink one bottle (500 ml) per hour during physical activity.



[Full
Product
Details](#)

H24 Rebuild Endurance

Vanilla Flavoured

Product Overview

- A protein and carbohydrates drink mix with added L-Glutamine and L-Carnitine.



Key Features and Benefits

- Providing 10 g of protein and high in carbohydrates 36 g, per serving
- Provides vitamins B1, B2, C and E, along with iron
- Artificial colourant free, artificial flavouring free and artificial sweetener free
- Vanilla flavoured

800 kJ

Directions for use:

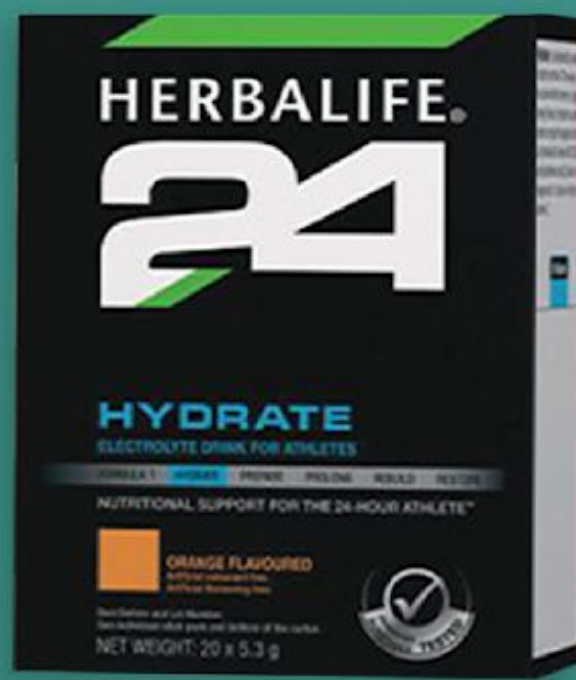
Mix 4 level scoops (50 g) with 250 ml of water. Shake vigorously.

Consume Rebuild Endurance within 30 minutes following aerobic activity.



[Full Product Details](#)

FULL PRODUCT DETAILS



Formula 1 Shake Mix

Full Product Details

FORMULA 1

STRAWBERRY DELIGHT FLAVOURED



SKU: 4463K

Ingredients: Soya protein isolate, fructose, inulin, gluten-free oat fibre, soya oil minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium salts of orthophosphoric acid, emulsifier (soya lecithin), organic flaxseed powder, thickeners (xanthan gum, guar gum), flavouring, colour (beetroot red), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopherol acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), phylloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), sodium chloride, non-nutritive sweetener: steviol extracts, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide).
CONTAINS SOYA.

¹2% of the agricultural ingredients derive from organic agriculture

NL-BIO-01

Typical Nutritional Information

Serving Size: 26 g Servings per Container: 21					
	Per 100 g	Per 26 g	% NRV*	Per 26 g portion with 250 ml semi-skimmed milk	% NRV*
Energy	1579 kJ	411 kJ	**	931 kJ	**
Protein	34.9 g	9.1 g	16 %	17.6 g	31 %
Glycaemic Carbohydrate	32 g	8 g	**	21 g	**
of which: total sugar	24 g	6.2 g	**	(12 g per portion from milk) 18.6 g	**
Total Fat	10.2 g	2.7 g	**	6.8 g	**
of which:					
saturated fat	1.7 g	0.4 g	**	3.0 g	**
monounsaturated fat	1.9 g	0.5 g	**	1.5 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.5 g	**
Dietary Fibre ***	16.5 g	4.3 g	**	4.3 g	**
Total Sodium	480 mg	125 mg	**	246 mg	**
VITAMINS					
Biotin	38 µg	10 µg	33 %	19 µg	63 %
Folic Acid	250 µg	65 µg	16 %	76 µg	19 %
Niacin	22.5 mg	5.9 mg	37 %	6.1 mg	38 %
Pantothenic Acid	7 mg	1.8 mg	36 %	2.7 mg	54 %
Riboflavin	0.4 mg	0.1 mg	8 %	0.6 mg	46 %
Thiamin	1.2 mg	0.3 mg	25 %	0.4 mg	33 %
Vitamin A	1310 µg	341 µg	38 %	377 µg	42 %
Vitamin B6	1.6 mg	0.4 mg	24 %	0.5 mg	29 %
Vitamin C	104 mg	27.0 mg	27 %	31.4 mg	31 %
Vitamin D	7 µg	2 µg	13 %	2 µg	13 %
Vitamin E	17.3 mg	4.5 mg	30 %	4.6 mg	31 %
Vitamin K	110 µg	29 µg	24 %	29 µg	24 %
MINERALS					
Calcium	389.7 mg	101.3 mg	8 %	405.2 mg	31 %
Chromium	58 µg	15 µg	43 %	15 µg	43 %
Copper	1.7 mg	0.4 mg	44 %	0.5 mg	56 %
Iodine	192 µg	50 µg	33 %	58 µg	39 %
Iron	21.2 mg	5.5 mg	31 %	5.6 mg	31 %
Magnesium	430.8 mg	112.0 mg	27 %	142.9 mg	34 %
Manganese	3.1 mg	0.8 mg	35 %	0.8 mg	35 %
Molybdenum	77 µg	20 µg	44 %	31 µg	69 %
Phosphorus	889.7 mg	231.3 mg	19 %	466.6 mg	37 %
Potassium	1420.0 mg	369.2 mg	**	769.3 mg	**
Selenium	110 µg	29 µg	53 %	29 µg	53 %
Zinc	11.2 mg	2.9 mg	26 %	3.9 mg	35 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method.

Core Nutrition

Formula 1 offers both convenience and taste all in one delicious shake.

For convenience, Formula 1 Shake Mix is quick and easy to prepare!

- Formula 1 Shake Mix is a delicious and convenient shake that is high in soya protein.
- Formula 1 Strawberry Delight Flavoured is made of ingredients that are vegan sourced, gluten free, artificial colourant and artificial flavouring free.
- It contains 24 vitamins and minerals, including B-vitamins (thiamin, niacin, biotin, B6, folic acid and pantothenic acid), vitamins A, C, D & E.
- Enjoy Formula 1 Shake Mix every day.

KEY BENEFITS:

- 953 kJ per serving
- 17.6 g protein per serving
- 4.7 g of dietary fibre per serving
- 24 vitamins and minerals
- Vegan ingredients, artificial colourant free and artificial flavouring free

USAGE:

- A Formula 1 Shake Mix can be enjoyed for breakfast, lunch or dinner. Gently shake the canister prior to each use as content may settle. Mix two tablespoons (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5% fat).
- Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

To find out more, contact me today:

Protein Drink Mix-Vegan

Full Product Details

PROTEIN DRINK MIX – VEGAN

VANILLA FLAVOURED



SKU: 172K

Typical Nutritional information:

Serving Size: 28 g Servings per Container: 20				
	Per 100 g	Per 28 g	Per 28 g serving with 250 ml water	% NRV*
Energy	1630 kJ	456 kJ	456 kJ	**
Protein	54 g	15.1 g	15.1 g	27%
Glycaemic Carbohydrate	20 g	6 g	6 g	**
of which: total sugar	0.8 g	0.2 g	0.2 g	**
Total Fat	9.3 g	2.6 g	2.6 g	**
of which:				**
saturated fat	1 g	0.3 g	0.3 g	**
Dietary Fibre***	3.2 g	0.9 g	0.9 g	**
Total Sodium	800 mg	224 mg	224 mg	**
VITAMINS				
Biotin	68 µg	19 µg	19 µg	63%
Folic Acid	271 µg	76 µg	76 µg	19%
Niacin	21.7 mg NE	6.1 mg NE	6.1 mg NE	38%
Pantothenic acid	8.1 mg	2.3 mg	2.3 mg	46%
Riboflavin	2 mg	0.5 mg	0.5 mg	38%
Thiamin	1.5 mg	0.4 mg	0.4 mg	33%
Vitamin A	777 µg RE	218 µg RE	218 µg RE	24 %
Vitamin B6	1.9 mg	0.5 mg	0.5 mg	29 %
Vitamin B12	4 µg	1 µg	1 µg	42 %
Vitamin C	108.6 mg	30.4 mg	30.4 mg	30 %
Vitamin D	7 µg	2 µg	2 µg	13 %
Vitamin E	16.3 mg α-TE	4.6 mg α-TE	4.6 mg α-TE	31 %
MINERALS				
Calcium	1162.8 mg	325.6 mg	325.6 mg	25 %
Chloride	1200 mg	336 mg	336 mg	**
Copper	1.4 mg	0.4 mg	0.4 mg	44 %
Iodine	204 µg	57 µg	57 µg	38 %
Manganese	3.4 mg	0.9 mg	0.9 mg	39 %
Phosphorus	892.9 mg	250 mg	250 mg	20 %
Potassium	2178.2 mg	609.9 mg	609.9 mg	**
Selenium	90 µg	25 µg	25 µg	45 %
Zinc	6.8 mg	1.9 mg	1.9 mg	17 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method.

Ingredients: Soya protein isolate, minerals and vitamins mixture (potassium citrate, potassium chloride, calcium citrate, calcium phosphate, L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), beta-carotene (Vit. A), nicotinamide (Niacin), zinc citrate, calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), sodium selenite, manganese carbonate, cyanocobalamin (Vit. B12), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), pyridoxine hydrochloride (Vit. B6), potassium iodide, riboflavin (Vit. B2), thiamine mononitrate (Vit. B1), cupric citrate, maltodextrin, sunflower oil, flavourings, emulsifier (**soya** lecithin), thickeners (xanthan gum, guar gum), sodium chloride, non-nutritive sweetener: steviol extracts.

CONTAINS SOYA.

Allergy advice: for allergens see ingredients in **bold**.

Protein Drink Mix-Vegan is a great way to boost your protein intake throughout the day. Combine with your favourite Formula 1 Shake Mix for a delicious duo that is high in protein.

Each serving contains 22 vitamins and minerals, including vitamin C.

Protein Drink Mix-Vegan is artificial colourant and artificial flavouring free and is sweetened with a naturally sourced sweetener from steviol extracts

KEY BENEFITS

- Suitable for vegans
- High in Protein
- Contains 22 vitamins and minerals
- Naturally lactose free
- Gluten-free
- Sweetened with steviol extracts



DIRECTIONS FOR USE

Mix two scoops (28 g) of powder with 250 ml of cold water shake and enjoy.

You can also add this product to your Formula 1 Shake and water for a delicious, vegan shake mix.

Enjoy this product mid-morning or mid-afternoon within a balanced and varied diet, as part of a healthy, active lifestyle.

Protein Drink Mix

Full Product Details

PROTEIN DRINK MIX



Typical Nutritional information, average serving:

Serving size: 28 g Serving per container: 21			
	Per 100 g	Per 28 g	% NRV*
Energy	1633 kJ	457 kJ	**
Protein	53.2 g	14.9 g	27 %
Glycaemic Carbohydrates	24 g	7 g	**
of which: total sugars	0.9 g	0.3 g	**
Total Fat	8.2 g	2.3 g	**
of which: saturated fat	1.1 g	0.3 g	**
Dietary Fiber ***	1.3 g	0.4 g	**
Total Sodium	1029 mg	288 mg	**
VITAMINS			
Biotin	68 µg	19 µg	63 %
Folic Acid	271 µg	76 µg	19 %
Niacin	21.7 mg	6.1 mg	38 %
Pantothenic Acid (Vitamin B5)	8.1 mg	2.3 mg	46 %
Riboflavin (Vitamin B2)	1.9 mg	0.5 mg	38 %
Thiamin (Vitamin B1)	1.5 mg	0.4 mg	33 %
Vitamin A	1086 µg	304 µg	34 %
Vitamin B6	1.9 mg	0.5 mg	29 %
Vitamin B12	3 µg	1 µg	42 %
Vitamin C	108.6 mg	30.4 mg	30 %
Vitamin D	7 µg	2 µg	13 %
Vitamin E	16.3 mg	4.6 mg	31 %
MINERALS			
Calcium	746.0 mg	208.9 mg	16 %
Copper	1.4 mg	0.4 mg	44 %
Iodine	204 µg	57 µg	38 %
Iron	7.6 mg	2.1 mg	12 %
Magnesium	508.9 mg	142.5 mg	34 %
Manganese	2.7 mg	0.8 mg	35 %
Phosphorus	892.8 mg	250 mg	23 %
Potassium	827.3 mg	231.7 mg	**
Selenium	75 µg	21 µg	38 %
Zinc	13.6 mg	3.8 mg	35 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC985.29 method.

Ingredients: Soya protein isolate (47 %), maltodextrin, calcium caseinate (milk) (12 %), non-dairy creamer (sunflower oil, sodium caseinate (milk), mono- and diglycerides of fatty acids), flavourings, magnesium phosphate, emulsifier (soya lecithin), sodium chloride, potassium chloride, thickeners (guar gum, xanthan gum), calcium phosphate, magnesium oxide, sweetener (sucralose), L-ascorbic acid, beta-carotene, DL-alpha-tocopheryl acetate, nicotinamide, zinc oxide, calcium-D-pantotenate, manganese carbonate, anti-caking agent (silicon dioxide), cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cupric citrate, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin.

CONTAINS MILK AND SOYA.

A great way to boost your protein. This product can be consumed in two delicious ways. Prepare it as a tasty kilojoule controlled high protein snack or add to your favourite Formula 1 Shake for an indulgent, creamy drink.

KEY BENEFITS

- 14.9 g protein per serving
- 7 grams of carbohydrates
- 22 vitamins and minerals
- Can be made with water
- Delicious vanilla flavoured
- 457 kJ per serving when mixed with 250 ml water

HOW CAN IT HELP YOU?

Protein Drink Mix is a great way to help you reach your daily protein intake.

USAGE

- To drink as a snack, mix two tablespoons (28 g) of Protein Drink Mix powder with 250 ml of cold water.
- When making with your favourite shake simply add one tablespoon (14 g) to two scoops of you Formula 1 Shake with 250 ml of cold water.

Your Herbalife Independent Member is:

Protein Chips

Barbecue Flavoured

Full Product Details

Protein Chips

Pea Protein Snacks

Never Fried, Always Popped

BARBECUE FLAVOURED



SKU: 141K

Typical Nutritional Information

Serving Size: 1 pack (30 g)

Servings per carton box: 10

	Per 100 g	Per 30 g Serving (onepack)	NRV***	Per 100 g (*fried potato chips)
Energy	1872 kJ	562 kJ	**	—
Protein	37.8 g	11.3 g	20%	—
Glycaemic Carbohydrate	38.3 g	11.5 g	**	—
of which: total sugar	4.4 g	1.3 g	**	—
Total Fat	14.8 g	4.4 g	**	30 g
of which: saturated fat	1.3 g	0.4 g	**	—
Dietary Fibre****	3.6 g	1.1 g	**	—
Total Sodium	1280 mg	384 mg	**	—

** NRV not established

*** Nutrient Reference Values (NRVs) for individuals 4 years and older

**** Fibre content calculation based on AOAC 2009.01 method

— Information not required on the bases of this comparison

INGREDIENTS:

pea base (pea protein isolate 40 %, lentil flour, potato starch, corn flour), seasoning [sugar, salt, tomato powder, yeast extract, paprika, acid (lactic acid), onion powder, smoke flavouring, onion extract, colourant (paprika extract), herbs and spices], sunflower oil, antioxidant (rosemary extract). **MAY CONTAIN SOYA.**






Enjoy the subtle heat and smoky undertones of our barbecue flavoured Protein Chips. They are a deliciously popped savoury snack, that contain 11.3 g of plant-based protein per pack and 50 % less fat compared to fried potato chips*.

Treat yourself while staying on track with your goals wherever you are.

KEY BENEFITS

- 50 % less fat compared to fried potato chips*
- Never fried, always popped
- 11.3 g of protein
- Suitable for vegans
- Gluten-free
- Contains plant-based protein

KEY CLAIMS

-  50 % less fat compared to fried potato chips*
-  11.3 g of protein
-  Suitable for vegans
-  Gluten-free
-  Contains plant-based protein

Protein Chips Sour Cream & Onion Flavoured

Full Product Details

Protein Chips

Pea Protein Snacks

Never Fried, Always Popped

SOUR CREAM & ONION FLAVOURED



SKU: 142K

Typical Nutritional Information

Serving Size: 1 pack (30 g)

Servings per carton box: 10

	Per 100 g	Per 30 g Serving (one pack)	NRV***	Per 100 g (*fried potato chips)
Energy	1885 kJ	566 kJ	**	—
Protein	39.5 g	11.8 g	21%	—
Glycaemic Carbohydrate	36.7 g	11 g	**	—
of which: total sugar	2.8 g	0.9 g	**	—
Total Fat	15.2 g	4.6 g	**	30 g
of which: saturated fat	1.4 g	0.4 g	**	—
Dietary Fibre****	3.3 g	1.0 g	**	—
Total Sodium	1040 mg	312 mg	**	—

** NRV not established
 *** Nutrient Reference Values (NRVs) for individuals 4 years and older
 **** Fibre content calculation based on AOAC 2009.01 method
 — Information not required on the bases of this comparison

INGREDIENTS:

pea base (pea protein isolate 41 %, lentil flour, potato starch, corn flour), sunflower oil, seasoning [onion powder, whey powder (milk), salt, sour cream powder (milk), cheese powder ((cheese (milk), milk solids, emulsifier (disodium phosphate)), dextrose, yeast extract, flavouring, parsley herb flakes, acidity regulator (citric acid)], antioxidant (rosemary extract).

CONTAINS MILK. MAY CONTAIN SOYA.






Treat your taste buds to the tangy taste of sour cream and onion flavoured Protein Chips. They are a deliciously popped savoury snack that contain 11.8 g of protein per pack and 50 % less fat compared to fried potato chips*.

They are great to have when you're on-the-go and a great way to stay on track with your goals.

KEY BENEFITS

- 50 % less fat compared to fried potato chips*
- Never fried, always popped
- 11.8 g of protein
- Suitable for lacto-vegetarians
- Gluten-free
- Contains plant-based protein

KEY CLAIMS

-  50 % less fat compared to fried potato chips*
-  11.8 g of protein
-  Suitable for lacto-vegetarians
-  Gluten-free
-  Contains plant-based protein

Formula 1 Express Bars

Full Product Details

FORMULA 1 EXPRESS BARS DARK CHOCOLATE FLAVOURED



SKU: 4472

Ingredients:

soya crisps (24.2 %) (soya protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin)), Promitor® fibre, soya granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin), flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cyanocobalamin (Vit. B12), cholecalciferol (Vit. D), pyridoxine hydrochloride (Vit. B6), thiamine mononitrate (Vit. B1), phyloquinone (Vit. K), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid), flavourings, acidity regulator (citric acid).

Allergy advice: for allergens see ingredients in **bold**.

CONTAINS SOYA. MAY CONTAIN TRACES OF MILK, EGGS, GLUTEN, NUTS, PEANUTS AND SESAME SEEDS.

Typical Nutritional Information Serving Size: 1 bar (56 g) Servings per Carton: 7

	Per 100 g	Per 1 bar (56 g)	% NRV*
Energy	1547 kJ	866 kJ	**
Protein	24.1 g	13.5 g	24 %
Glycaemic Carbohydrate	37.7 g	21.1 g	**
of which: total sugar	15.1 g	8.5 g	**
Total Fat	11.5 g	6.4 g	**
of which:			
saturated fat	4.8 g	2.7 g	**
monounsaturated fat	3.0 g	1.7 g	**
polyunsaturated fat	2.1 g	1.2 g	**
Dietary Fibre***	11.7 g	6.6 g	**
Total Sodium	392 mg	220 mg	**
VITAMINS			
Biotin	27 µg	15 µg	50 %
Folic acid	134 µg	75 µg	19 %
Niacin	9.6 mg NE	5.4 mg NE	33 %
Pantothenic acid	3.2 mg	1.8 mg	36 %
Riboflavin	0.9 mg	0.5 mg	37 %
Thiamin	0.6 mg	0.3 mg	28 %
Vitamin A	614 µg RE	344 µg RE	38 %
Vitamin B6	0.8 mg	0.5 mg	26 %
Vitamin B12	2 µg	1 µg	47 %
Vitamin C	57.1 mg	32.0 mg	32 %
Vitamin D	3 µg	1 µg	10 %
Vitamin E	8.0 mg α-TE	4.5 mg α-TE	30 %
Vitamin K	45 µg	25 µg	21 %
MINERALS			
Calcium	651.8 mg	365.0 mg	28 %
Chromium	43 µg	24 µg	68 %
Copper	0.9 mg	0.5 mg	56 %
Iodine	80 µg	45 µg	30 %
Iron	11.8 mg	6.6 mg	37 %
Magnesium	241.1 mg	135.0 mg	32 %
Manganese	1.5 mg	0.9 mg	37 %
Molybdenum	55 µg	31 µg	69 %
Phosphorous	446.5 mg	250.0 mg	20 %
Potassium	941.1 mg	527.0 mg	**
Selenium	45 µg	25 µg	45 %
Zinc	7.0 mg	3.9 mg	36 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

Formula 1 Express Bars, are a great on-the-go snack. Offering both great taste and convenience in one delicious bar, Formula 1 Express Bars contain a blend of protein, fibre, vitamins and minerals.

Formula 1 Express Bars contain a delicious combination of crispies and chocolate chips, dipped in chocolate and is only 866 kJ per bar.

KEY BENEFITS AND FEATURES

- Delicious and convenient snack
- Contains 25 vitamins and minerals
- High in Protein with 13.5 g per bar
- High in Fibre with 6.6 g per bar
- Contains Promitor® fibre
- Suitable for ovo-lacto vegetarians
- Artificial colourants free
- A delicious combination of crispies and chocolate chips, dipped in chocolate

USAGE:

Formula 1 Express Bar(s) can be enjoyed anytime daily

Tri Blend Select

Full Product Details

TRI BLEND SELECT

COFFEE CARAMEL FLAVOURED



INGREDIENTS: Tri Blend Protein™ (pea protein isolate (50%), organic¹ flax seed powder (11%), quinoa powder (5%)), organic² coconut blossom sugar powder, inulin (chicory), rice protein isolate, natural flavourings, gluten free oat fibre, organic³ acerola cherry extract, non-nutritive sweetener: steviol extracts, organic⁴ rice fibre.

1,2,3,4 24% of the agricultural ingredients derive from organic agriculture

¹ NL-BIO-01 ² DE-ÖKO-003 ³ FR-BIO-01 ⁴ IT-BIO-006

SKU #052K

Typical Nutritional Information

Serving Size: 40 g Servings per pouch: 15				
	Per 100 g	Per 40 g	Per 250 ml of made up product***	% NRV*
Energy	1585 kJ	634 kJ	634 kJ	**
Protein	50.6 g	20.2 g	20.2 g	36%
Glycaemic Carbohydrate	24 g	9 g	9 g	**
of which: total sugar	12.6 g	5 g	5 g	**
Total Fat	5.5 g	2.2 g	2.2 g	**
of which:				
saturated fat	1 g	0.4 g	0.4 g	**
monounsaturated fat	1 g	0.4 g	0.4 g	**
polyunsaturated fat	3.5 g	1.4 g	1.4 g	**
Dietary Fibre [†]	15.2 g	6.1 g	6.1 g	**
Total Sodium	836 mg	334 mg	334 mg	**
VITAMIN				
Vitamin C	45.1 mg	18 mg	18 mg	18 %
MINERALS				
Chromium	25 µg	10 µg	10 µg	29 %
Copper	1 mg	0.4 mg	0.4 mg	44 %
Iron	8.8 mg	3.5 mg	3.5 mg	19 %
Manganese	1 mg	0.4 mg	0.4 mg	17 %
Molybdenum	56 µg	23 µg	23 µg	51 %
Phosphorus	566.7 mg	226.7 mg	226.7 mg	18 %
Zinc	5 mg	2 mg	2 mg	18 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Per made up product = 40 g serving with 250 ml of water

† Fibre content calculation based on AOAC 2009.01 method

Core Nutrition

Tri Blend Select is a deliciously creamy protein shake offering you naturally sourced ingredients and great taste. With an indulgent combination of ingredients, Tri Blend Select is also high in fibre and low in sugar. We have carefully selected a premium vegan blend to deliver a protein source providing essential amino acids, vitamin C and 7 key minerals from natural sources.

Delight your taste buds!

- Vegan blend of Pea Protein, Quinoa and Flax Seed.
- Tri Blend Select ingredients have been carefully selected, are sourced naturally from the world.
- Tri Blend Select is gluten and dairy free, contains no preservatives, artificial flavouring free and suitable for vegans.
- Deliciously creamy.

KEY BENEFITS:

- 20.2 g protein per serving
- Only 634 kJ per serving
- 6.1 g of fibre per serving
- Gluten and dairy free, contains no preservatives, artificial flavouring free and suitable for vegans.

USAGE:

- Enjoy Tri Blend Select at anytime during the day. Gently shake the pouch prior to each use as content may settle. Mix 3 scoops (40 g) of powder with 250 ml water or your favourite alternative milk or fruit juice*****
- Enjoy this product within a balanced and varied diet, as part of your healthy active lifestyle.
- Adjust the liquid amount for the consistency you require.
- Check out myherbalifeshake.com for additional shake recipes.

***** If mixed with juice or other beverage or adjusting the amount of liquid, nutritional values will differ.

To find out more, contact me today:

High Protein Iced Coffee

Full Product Details

High Protein Iced Coffee

Mocha Flavoured



Typical Nutritional Information

Serving Size: 23 g Servings per Pouch: 14		
	Per 100 g	Per 250 ml of made up product*
Energy	1461 kJ	336 kJ
Protein	65.2 g	15 g
Glycaemic Carbohydrate	10 g	2 g
of which: total sugar	3 g	0.7 g
Total Fat	4.4 g	1 g
of which: saturated fat	3 g	0.7 g
Dietary Fibre**	9.6 g	2.2 g
Total Sodium	400 mg	92 mg

* Per made up product = 23 g serving with 250 ml of water
 ** Fibre content calculation based on AOAC 2009.01 method
 80 mg per serving / 32 mg per 100 ml of caffeine

INGREDIENTS: Whey protein concentrate (**milk**) (81 %), soluble coffee powder (11 %), fat reduced cocoa powder, flavourings, sea salt, thickener (xanthan gum), non-nutritive sweetener: steviol extracts.

CONTAINS MILK.

SKU #011K

Whether you are on-the-go, or just need a caffeine boost, enjoy our refreshing High Protein Iced Coffee! It's expertly blended with Robusta espresso coffee beans with the benefit of 15 g whey protein. It has no added sugar, artificial colourants and preservatives free and has 336 kJ per serving. Add cold water, ice and enjoy!

KEY BENEFITS (per serving):

- Sourced naturally Robusta espresso coffee beans
- 80 mg of caffeine per serving
- 15 g whey protein
- 336 kJ per serving
- No added sugar
- Suitable for lacto-vegetarians
- Artificial colourant and preservatives free

USAGE

High Protein Iced Coffee can be enjoyed at home or on-the-go as a treat when you need it most. It's great as a mid-morning or mid-afternoon drink.

Fill your shaker cup with 250 ml of cold water. Add 2 scoops of High Protein Iced Coffee. Shake well and pour over ice. If you don't have a shaker cup, blend on low speed for 5 seconds.

Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

To find out more, contact me today:

Formula 1 Savoury Shake Mix - Full Product Details

FORMULA 1 SAVOURY SHAKE MIX MUSHROOM & HERBS FLAVOURED



SKU #092K

INGREDIENTS:

Soya protein isolate, potato starch, Promitor® fibre, inulin(chicory), gluten-free oat fibre, soya oil, flavourings, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soya lecithin), sodium chloride, organic1 flaxseed powder, thickener (xanthan gum), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), parsley herb flakes (0.12 %), anti-caking agent (silicon dioxide). **CONTAINS SOYA.**

*2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

Typical Nutritional Information

Serving Size: 26 g Servings per Container: 21							
	Per 100 g	Per 26 g	% NRV*	Per 26 g serving with 250 ml semi-skimmed milk (1,5 % fat)	% NRV*	Per 26 g serving with 250 ml fortified soya beverage	% NRV*
Energy	1481 kJ	385 kJ	**	905 kJ	**	850 kJ	**
Protein	39.3 g	10.2 g	18 %	18.8 g	34 %	16.9 g	30 %
Glycaemic Carbohydrate	16 g	4 g	**	17 g	**	17 g	**
of which: total sugar	2.5 g	0.7 g	**	(12.4 g from milk) 13 g	**	(9.4 g from soya beverage) 10 g	**
Total Fat	10.1 g	2.6 g	**	6.8 g	**	6.4 g	**
of which:							
saturated fat	1.6 g	0.4 g	**	3 g	**	1 g	**
monounsaturated fat	1.9 g	0.5 g	**	1.5 g	**	1.5 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.5 g	**	3.6 g	**
Dietary Fibre ***	20.2 g	5.3 g	**	5.3 g	**	5.8 g	**
Total Sodium	1900 mg	496 mg	**	616 mg	**	616 mg	**
VITAMINS							
Biotin	73 µg	19 µg	63 %	28 µg	93 %	19 µg	63 %
Folic Acid	250 µg	65 µg	16 %	76 µg	19 %	65 µg	16 %
Niacin	24 mg NE	6.2 mg NE	39 %	6.5 mg NE	41 %	7.3 mg NE	46 %
Pantothenic Acid	6.8 mg	1.8 mg	36 %	2.7 mg	54 %	2 mg	40 %
Riboflavin	0.4 mg	0.1 mg	8 %	0.6 mg	46 %	0.6 mg	46 %
Thiamin	1.2 mg	0.3 mg	25 %	0.4 mg	33 %	0.4 mg	33 %
Vitamin A	1180 µg RE	307 µg RE	34 %	343 µg RE	38 %	448 µg RE	50 %
Vitamin B6	1.7 mg	0.4 mg	24 %	0.6 mg	35 %	0.5 mg	29 %
Vitamin C	119 mg	30.9 mg	31 %	35.3 mg	35 %	30.9 mg	31 %
Vitamin D	8 µg	2 µg	13 %	2 µg	13 %	5 µg	33 %
Vitamin E	19.2 mg α-TE	5 mg α-TE	33 %	5.1 mg α-TE	34 %	5.3 mg α-TE	35 %
Vitamin K	118 µg	31 µg	26 %	31 µg	26 %	38 µg	32 %
MINERALS							
Calcium	460 mg	119.6 mg	9 %	423.5 mg	33 %	435.4 mg	33 %
Chromium	58 µg	15 µg	43 %	15 µg	43 %	15 µg	43 %
Copper	1.7 mg	0.4 mg	44 %	0.5 mg	56 %	0.9 mg	100 %
Iodine	230 µg	60 µg	40 %	68 µg	45 %	60 µg	40 %
Iron	22 mg	5.7 mg	32 %	5.8 mg	32 %	6.8 mg	38 %
Magnesium	431.4 mg	112.2 mg	27 %	143.1 mg	34 %	150.1 mg	36 %
Manganese	3.3 mg	0.9 mg	39 %	0.9 mg	39 %	1 mg	43 %
Molybdenum	77 µg	20 µg	44 %	31 µg	69 %	20 µg	44 %
Phosphorus	890 mg	231.4 mg	19 %	465.7 mg	37 %	341.8 mg	27 %
Potassium	1420 mg	369 mg	**	768.3 mg	**	682.5 mg	**
Selenium	79 µg	21 µg	38 %	21 µg	38 %	26 µg	47 %
Zinc	11.5 mg	3 mg	27 %	3.9 mg	35 %	3.7 mg	34 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

Core Nutrition

Formula 1 Savoury Shake Mix offers both convenience and taste all in one shake.

With a blend of soya protein, fibre, vitamins and minerals, it is suitable for vegans** and is gluten-free.

- Formula 1 Savoury Shake Mix is a delicious blend of soya protein and fibre with 24 vitamins and minerals.
- Formula 1 Savoury Shake Mix is artificial flavourings free, artificial colourant free and made with vegan ingredients. Formula 1 Savoury Shake Mix has no added sugar and is gluten-free.
- A creamy Shake Mix that is quick to make.
- Formula 1 Savoury Shake Mix can be enjoyed for lunch or dinner, within a balanced and varied diet as part of your healthy, active lifestyle

** when mixed with 250 ml of fortified soya beverage.

KEY BENEFITS:

- High in protein.
- Formula 1 Savoury Shake Mix is artificial flavourings free, artificial colourant free and made with vegan ingredients.
- Formula 1 Savoury Shake Mix has no added sugar and is gluten-free.
- 24 vitamins and minerals.

DIRECTIONS FOR USE:

- Formula 1 Savoury Shake Mix can be enjoyed for lunch or dinner. Gently shake the canister prior to each use as content may settle. Mix two scoops (26 g) of powder with 250 ml of hot, semi-skimmed milk.
- For a vegan, naturally lactose free and gluten-free Shake mix two scoops of (26 g) of powder with 250 ml of hot fortified soya beverage.

Enjoy this product with a balanced and varied diet, as part of a healthy, active lifestyle.

Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

To find out more, contact me today:

Protein Bars

Full Product Details

Protein Bars Chocolate Peanut Flavoured

Typical Nutritional Information

Servings per Carton: 14
Serving Size: 1 bar (35 g)

	Per 100 g	Per Bar (35 g)	% NRV*
Energy	1678 kJ	587 kJ	**
Protein	28.0 g	9.7 g	17 %
Glycaemic Carbohydrate	45 g	16 g	**
of which: total sugar	31.0 g	11.0 g	**
Total Fat	12.0 g	4.1 g	**
of which: saturated fat	5.2 g	1.8 g	**
Dietary Fibre***	1.0 g	0.4 g	**
Total Sodium	44 mg	16 mg	**
VITAMINS			
Niacin	15.0 mg	5.3 mg	33 %
Pantothenic Acid	10.0 mg	3.5 mg	70 %
Riboflavin	2.6 mg	0.9 mg	69 %
Thiamin	2.6 mg	0.9 mg	75 %
Vitamin B6	2.4 mg	0.8 mg	47 %
Vitamin B12	3 µg	1 µg	42 %
Vitamin E	11.6 mg α-TE	4.1 mg α-TE	27 %
* Nutrient Reference Values (NRVs) for individuals 4 years and older			
** NRV not established			
*** Fibre content calculation based on AOAC 2009.01 method			



INGREDIENTS:

Milk proteins concentrate (23 %) whey protein (**milk**), calcium caseinate (**milk**), glucose syrup, fructose syrup, **milk** chocolate coating (17 %, cocoa solids: 30 % minimum) (sugar, **milk** powder, cocoa butter cocoa mass, emulsifier (lecithins (soya)), flavouring), **peanut** paste (10 %), gelatin, crisped rice, cocoa powder (0.7 %), colourant (plain caramel), flavourings, Vitamin E (DL-alpha-tocopherol), Niacin (nicotinamide), Pantothenic acid (calcium D-pantothenate), Thiamin (thiamin hydrochloride), Vitamin B6 (pyridoxine hydrochloride), Riboflavin, Vitamin B12 (cyanocobalamin). **CONTAINS MILK, SOYA AND PEANUTS. MAY CONTAIN TRACES OF OTHER NUTS, EGGS AND GLUTEN.**

Protein Snack

Delicious high protein snack, a delicious treat for a sweet tooth or enjoy pre or post exercise.

KEY BENEFITS:

- Approximately 583 kJ per bar
- Approximately 9.7 g protein
- Approximately 15 g
- Available in tasty Chocolate Peanut, Vanilla Almond and Citrus Lemon flavours

DIRECTIONS FOR USE:

One or two bars per day as a protein snack.

BioAxis

Full Product Details

BIOAXIS

VANILLA FLAVOURED



Typical Nutritional Information

Serving Size: 1 stick pack (2 g)
Servings per Container: 20 stick packs

	Per 100 g	Per stick pack (2 g) †	% NRV*
Energy	890 kJ	18 kJ	**
Protein	0.7 g	0 g	0 %
Glycaemic Carbohydrate	15 g	0 g	**
of which: total sugar	0.5 g	0 g	**
Total Fat	0.3 g	0 g	**
of which: saturated fat	0.1 g	0 g	**
Dietary Fibre***	77 g	1.5 g	**
Total Sodium	700 mg	14 mg	**

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

† 1 sachet (2 g of powder) dissolved in about 100 ml water

SKU: 173K

Ingredients:

galactooligosaccharides powder (galactooligosaccharides (**milk**), lactose (**milk**), glucose (**milk**), galactose (**milk**)), maltodextrin, *Lactobacillus helveticus* R52, *Bifidobacterium lactis* HN019, flavouring, anti-caking agent (silicon dioxide).

CONTAINS MILK. MAY CONTAIN SOYA.

BioAxis has been formulated to offer you a combination of live bacteria and fibre, that work together in harmony to help support your nutrition goals. This product is high in fibre and available in powdered sachets, making it great for you to take wherever you are. With a subtle vanilla flavour, enjoy BioAxis with water or your favourite Formula 1 Shake Mix.

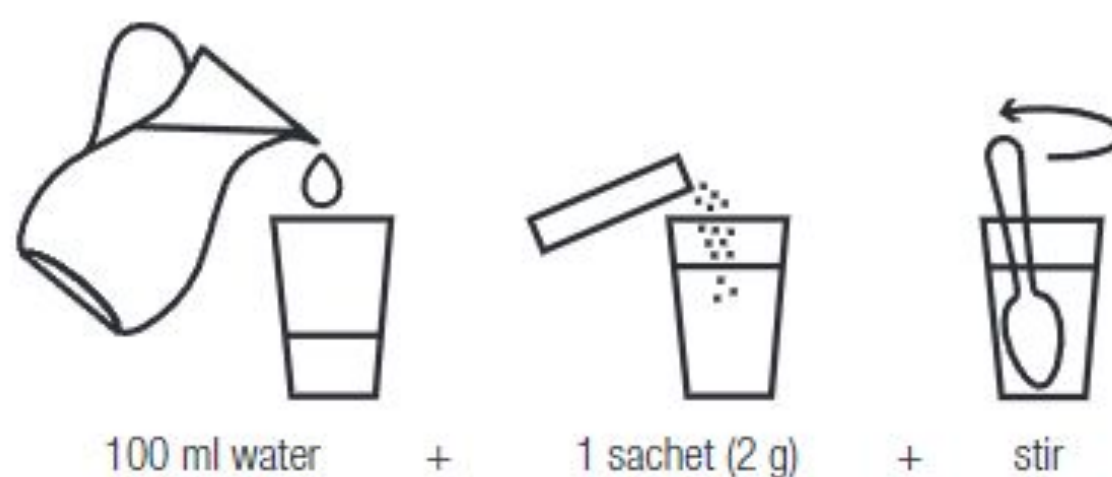
KEY BENEFITS:

- Contains a combination of both live bacteria and fibre
- Gluten-free
- High in fibre
- No added sugar
- Artificial colourant, preservative and sweetener free
- Vanilla flavoured
- No need to refrigeration
- Available in a box of 20 individual sachets
- Great for when you are on-the-go

USAGE:

Add 1 sachet to half a glass of water (about 100 ml), stir until dissolved and enjoy. Drink on its own or add to your favourite Formula 1 Shake Mix. Please add after blending and use liquids at a temperature below 25 °C, to avoid affecting product quality.

Enjoy once a day. Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.



ProCore

Full Product Details

Pro-Core

ELDERBERRY FLAVOURED



SKU: 233K

Typical Nutritional Information

Serving Size: 1 sachet (3.7 g)
Servings per Container: 21 sachets

	Per 100 g	Per sachet (3.7 g)	% NRV*
Energy	1554 kJ	57 kJ	**
Protein	2.3 g	0.1 g	0 %
Glycaemic Carbohydrate	88 g	3 g	**
of which: total sugar	5.2 g	0.2 g	**
Total Fat	0.3 g	0 g	**
of which: saturated fat	0 g	0 g	**
Dietary Fibre***	3.0 g	0.1 g	**
Total Sodium	100 mg	4 mg	**
VITAMINS			
Vitamin C	2162.2 mg	80 mg	80 %
Vitamin D	270	10	67 %
MINERALS			
Selenium	1486	55	100 %
Zinc	81.0 g	3.0 mg	27 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

INGREDIENTS:

Maltodextrin, dried yeast fermentate (made using *Saccharomyces cerevisiae*), elderberry fruit juice powder, acidity regulator (citric acid), thickeners (acacia gum, xanthan gum), L-ascorbic acid, flavouring, colourant (beetroot red), non-nutritive sweetener: steviol extracts, zinc citrate, cholecalciferol, anti-caking agent (silicon dioxide), sodium selenite.

EpiCor® is a trademark of Embria Health Sciences, LLC

Pro-Core is formulated with the ingredient EpiCor® and a blend of key vitamins and minerals.

Available as a box of 21 sachets, Pro-Core is great for everyday support when you're on the go.

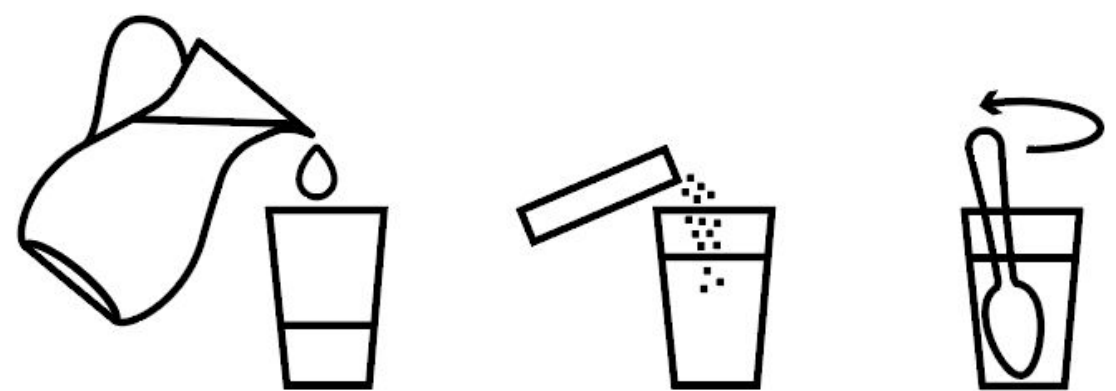
KEY BENEFITS

- High in Vitamin C, Vitamin D, Selenium and a source of Zinc
- Suitable for vegans
- Gluten-free
- Artificial colourants and artificial flavouring free
- Available in tasty elderberry flavoured
- Sweetened with a naturally sourced sweetener from stevia leaves
- Available in 21 individual sachets

USAGE

Enjoy Pro-Core daily by adding one sachet (3.7 g) to 150 ml of water and stir until dissolved. Consume one glass per day with meals.

Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.



150 ml water + 1 sachet (3.7 g) + stir

Collagen Complex Drink Mix - Full Product Details

COLLAGEN COMPLEX DRINK MIX

STRAWBERRY AND LEMON FLAVOURED



SKU 076K

Typical Nutritional Information

Serving Size: 5.7 g

Servings per Container: 30

	Per 100 g	Per 250 ml of made up product [†]	% NRV*
Energy	1521 kJ	87 kJ	**
Protein	39.5 g	2.5 g	4 %
Glycaemic Carbohydrate	45 g	3 g	**
of which: total sugar	0.5 g	0 g	**
Total Fat	0 g	0 g	**
of which: saturated fat	0 g	0 g	**
Dietary Fibre***	0.8 g	0 g	**
Total Sodium	88 mg	5 mg	**
VITAMINS			
Biotin	439 µg	25 µg	83 %
Niacin	140.4 mg	8 mg	50 %
Vitamin A	7018 µg	400 µg	44 %
Vitamin C	701.8 mg	40 mg	40 %
Vitamin E	105.3 mg α-TE	6 mg α-TE	40 %
MINERALS			
Copper	8.8 mg	0.5 mg	56 %
Iodine	1316 µg	75 µg	50 %
Selenium	482 µg	27 µg	48 %
Zinc	87.7 mg	5 mg	45 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

[†] 1 scoop (5.7 g) of powder dissolved in 250 ml water

Ingredients:

Verisol[®] P collagen hydrolysate, maltodextrin, flavouring, acidity regulator (citric acid), non-nutritive sweetener: steviol glycosides, L-ascorbic acid, DL-alpha-tocopheryl acetate, beta-carotene, zinc citrate, nicotinamide, cupric citrate, potassium iodide, sodium selenite, D-biotin.

Targeted Nutrition

Collagen Complex is a refreshing strawberry and lemon-flavoured drink mix. It contains bioactive collagen peptides¹ called Verisol[®] P. This product is high in key vitamins and minerals.

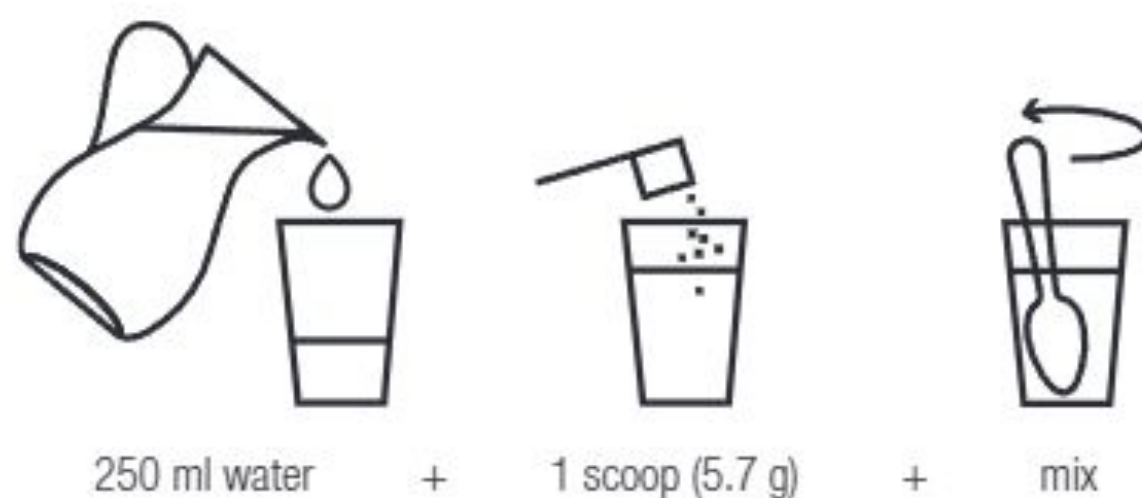
KEY BENEFITS

- Contains bioactive collagen peptides¹ called Verisol[®] P
- Contains Biotin, Copper, Iodine, Vitamin A, Selenium and Zinc
- High in vitamins A, C, E, B3, niacin
- Very high in biotin
- High in selenium, zinc, copper, iodine
- Contains Verisol[®] P providing 2.5 g of collagen hydrolysate per serving
- Refreshing strawberry and lemon flavoured
- This product includes a scoop and contains 30 servings
- Gluten free

¹ Verisol[®] and bioactive collagen peptides are trademarks of Gelita AG

DIRECTIONS FOR USE

Mix 1 scoop (5.7 g) of powder with 250 ml of water. Use this product within a balanced and varied diet as part of a healthy, active lifestyle.

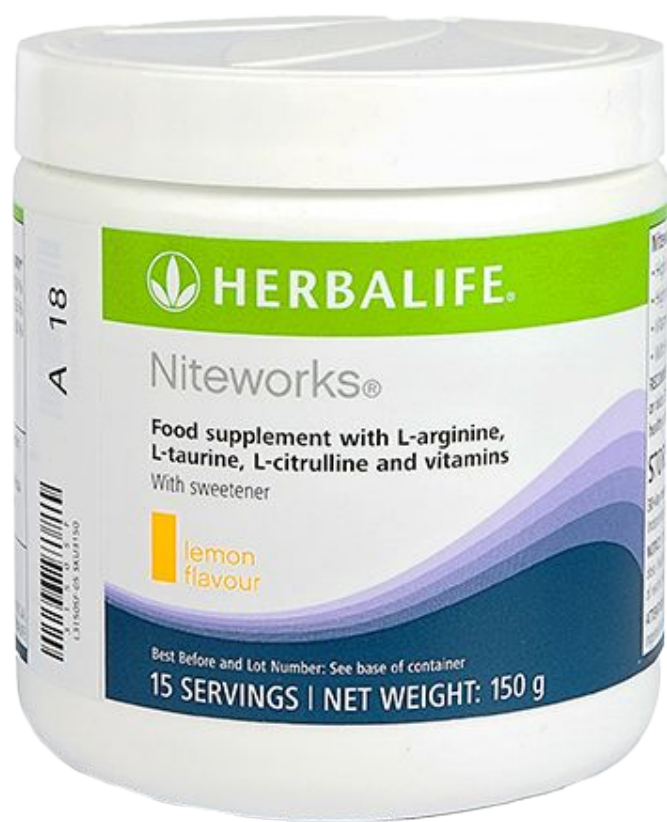


To find out more, contact me today:

Niteworks

Full Product Details

Niteworks®



Nutritional Information

	Per daily serving (10 g)	% NRV*
Vitamin C	100 mg	100 %
Vitamin E	20 mg α-TE	133 %
Folic Acid	200 µg	50 %
L-arginine	5.16 g	
L-taurine	0.30 g	
L-citrulline	0.21 g	
* Nutrient reference values		

INGREDIENTS:

L-arginine, flavour enhancer (citric acid), maltodextrin, flavouring, L-taurine, L-citrulline, calcium-L-ascorbate, DL-alpha-tocopheryl acetate, sweetener (sucralose), lemon balm extract (*Melissa officinalis* L 0.4 %), pteroylmonoglutamic acid, anti-caking agent (silicon dioxide).

Targeted Nutrition

Niteworks® is a night-time drink mix with amino acids L-Arginine, L-Citruline and L-Taurine.

KEY BENEFITS:

- Formulated with amino acids L-Arginine, L-Citruline and L-Taurine.
- High in folic acid
- With lemon balm

DIRECTIONS FOR USE:

Mix two scoops (10 g) of Niteworks® powder with 250 ml of water or juice. Drink at night before bedtime.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Herbalifeline Max

Full Product Details

HERBALIFELINE®



Nutritional Information

	Each capsule contains:
Marine Liquid Complex (fish oil): Providing:	500 mg
EPA (eicosapentaenoic acid)	77 mg
DHA (docosahexaenoic acid)	48 mg

INGREDIENTS:

Marine Liquid Complex (Fish Oil Source), Capsule Shell (Gelatin, Glycerin, Vanilla Flavour), Antioxidant (Mixed Tocopherols), Thyme Oil (*Thymus vulgaris*), Clove Oil (*Eugenia caryophyllata*), Peppermint Oil (*Mentha piperita*).

Marine liquid complex with omega-3 fatty acids EPA + DHA

Targeted Nutrition

Herbalifeline is a marine lipid complex which contains Omega-3 fatty acids, especially eicosapentanoic acid (EPA) and docosahexanoic acid (DHA).

KEY BENEFITS:

- Each capsule contains 500 mg of marine liquid complex (fish oil) which provides both Omega-3 fatty acids EPA (77 mg) and DHA (48 mg)
- Contains essential oils to freshen the taste

DIRECTIONS FOR USE:

One to three capsules three times daily preferably with a meal.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Multifibre

Full Product Details

MULTIFIBRE POWDERED MIX FOR A FLAVOURED DRINK

ARTIFICIAL SWEETENER FREE

SKU #2554



Nutritional information, average serving:

Serving Size: 6.8 g Servings per Container: 30		
	Per 100 g of powder (As packed)	Per 150 ml of made up product*
Energy	1101 kJ (269 kcal)	75 kJ (18 kcal)
Protein	2.6 g	0.2 g
Glycaemic Carbohydrate	26 g	2 g
of which: total sugar	1.6 g	0.1 g
Total Fat	0.7 g	0 g
of which: saturated fat	0 g	0 g
Dietary Fibre**	74.1 g	5 g
Total Sodium	81 mg	6 mg

Ingredients:

Oat Fibre (28 %), apple fibre (24 %), maize dextrin (24 %), soya fibre (9 %), citrus fibre (5 %), inulin (from chicory - 5 %), flavouring, thickeners (acacia gum / xanthan gum), maltodextrin, anti-caking agent (silicon dioxide). **CONTAINS GLUTEN AND SOYA.**

*Per made up product = 6.8 g serving with 150 ml water.

**Fibre content calculation based on AOAC 2009 01 method.

Targeted Nutrition

Multifibre Drink is a delicious and easy way to help increase your daily fibre intake.

A blend of soluble and insoluble fibres. Multifibre Drink contains six fibre from sources – apple, oat, maize, citrus, chicory and soya.

Each serving contains 5 g of fibre and 75 kilojoules.*

KEY BENEFITS:

- Artificial Sweetener Free
- No added sugar (Contains 0.1 g of intrinsic sugar per serving)
- Increase your daily fibre intake with Multifibre
- High in fibre, 5 g per serving*
- 6 fibre sources
- Contains both soluble and insoluble fibre
- 75 kJ per serving*

USAGE:

- Mix 1 scoop (6.8 g) with 150 ml of water or add a scoop to your favourite shake mix and enjoy.

To find out more, contact me today:

* When made up with 150 ml of water.

Herbal Aloe Concentrate Drink - Full Product Details

Herbal Aloe Concentrate Drink Mango Flavoured



Typical Nutritional Information

Serving Size: 15 ml (3 capfuls of concentrate)
Portions per Container: 31

	Per 100 ml	Per portion 15 ml
Energy	51 kJ	8 kJ
Protein	0.1 g	0 g
Glycaemic Carbohydrate	3 g	0 g
of which: total sugar	0.1 g	0 g
Total Fat	0 g	0 g
of which: saturated fat	0 g	0 g
Dietary Fibre*	0.1 g	0 g
Total Sodium	39 mg	6 mg

* Fibre content calculation based on AOAC 2009.01 method

INGREDIENTS:

Water, purified aloe vera juice - whole leaf (*Aloe barbadensis*, 40 %), acidity regulator (citric acid), flavouring, preservatives (potassium sorbate, sodium benzoate), sweetener (sucralose), chamomile extract (*Matricaria chamomilla*).

Refreshment

A tasty and kilojoule-controlled drink, to help you stay hydrated. Simply add it to water.

KEY BENEFITS:

- Contains 40 % Aloe Vera juice which is derived from the whole Aloe Vera leaf
- The Aloe Vera leaf is carefully picked and hand filleted to ensure the highest level of purity
- The Aloe gel is extracted using cold processing
- Liven up your water with a refreshing taste to help you to achieve adequate fluid intake of 2-2.5 litres per day
- Mango flavoured: artificial flavouring and colourant free, 8 kJ per serving
- Original flavoured: contains citrus to give your water a refreshing flavour twist, 94 kJ per serving
- Suitable for vegans

DIRECTIONS FOR USE

Mix 3 capfuls (15 ml) with 120 ml of water. To prepare 1 litre of ready to consume Herbal Aloe Concentrate Drink, pour 8 tablespoons (120 ml) concentrate into a litre container and fill with water.

AloeMax

Full Product Details

ALOEMAX



SKU #1196

Typical Nutritional Information (As packed)

Serving size: 15 ml (3 capfuls of concentrate) Servings per Container: 31		
	Per 100 ml	Per portion (15 ml)
Energy	56 kJ	9 kJ
Protein	0 g	0 g
Glycaemic Carbohydrate	3 g	0 g
of which: total sugar	2.2 g	0.3 g
Total Fat	0 g	0 g
of which: saturated fat	0 g	0 g
Dietary Fibre*	0 g	0 g
Total Sodium	40 mg	8 mg

* Fibre content calculation based on AOAC 2009.01 method

INGREDIENTS:

Purified Aloe Vera juice – whole leaf (*Aloe barbadensis*, 97%), sugar, acidity regulator (citric acid), preservatives (potassium sorbate, sodium benzoate), chamomile extract (*Matricaria chamomilla*).

Refreshment

AloeMax is a concentrate drink, made from 97 % Aloe Vera juice, derived from the whole Aloe leaf. AloeMax is free from colourants, sweeteners and flavourings. AloeMax meets the high standards set by the IASC (International Aloe Science Council). Stay refreshed and enjoy this drink in the morning or throughout your day.

KEY BENEFITS

- Contains 97 % Aloe Vera juice
- Free from colourants, sweeteners and flavourings
- Only 9 Kilojoules per serving
- Suitable for vegans
- Certified by the International Aloe Science Council (IASC)

USAGE

Shake well before use. Mix 3 capfuls of AloeMax (15 ml) with 120 ml of water. To enjoy with a litre of water, mix 120 ml of AloeMax with 1 litre of water.



To find out more, contact me today:

Instant Herbal Beverage with Tea Extracts - Full Product Details

INSTANT HERBAL BEVERAGE WITH TEA EXTRACTS

ORIGINAL FLAVOURED (51 g)

Also available in 102 g



SKU: 51 g - 178K
102 g - 179K

Ingredients:

Maltodextrin, green tea leaf extracts (*Camellia sinensis* L., 17.7 %), orange pekoe tea leaf extract (*Camellia sinensis* L., 4.7 %), caffeine powder, flavouring, hibiscus flower powder (*Hybiscus sabdariffa* L.), cardamom seed extract (*Elettaria cardamomum*).

Instant Herbal Beverage with Tea Extracts is a low-kilojoule, refreshing herbal beverage infused with extracts of green tea leaf and orange pekoe tea leaf, with added cardamom seed extract and hibiscus flower powder.

Lift your day with a cup of Instant Herbal Beverage with Tea Extracts. It is a great choice for a low kilojoule herbal drink to have every day.

KEY BENEFITS

- Only 25 kJ per serving
- No added sugar
- Gluten free
- 87.5 mg of caffeine per serving

Available in four delicious flavours: Original flavoured, Lemon flavoured, Peach flavoured and Raspberry flavoured.

Typical Nutritional Information Serving Size: ½ a teaspoon (approx. 1.7 g) Servings Per Container: 30 or 60

	Per 100 g	Per serving (1.7 g)	% NRV*
Energy	1483 kJ	25 kJ	**
Protein	13 g	0.2 g	0 %
Glycaemic Carbohydrate	82 g	1 g	**
of which: total sugar	5.9 g	0.1 g	**
Total Fat	0 g	0 g	**
of which: saturated fat	0 g	0 g	**
Dietary Fibre***	5.9 g	0.1 g	**
Total Sodium	60 mg	1 mg	**

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

USAGE

Mix ½ teaspoon (1.7 g) with 200-240 ml of hot or cold water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Drink one or two glasses per day.

Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

Night Mode – Full Product Details

NIGHT MODE

Drink mix with vitamins and saffron extract



Typical Nutritional Information

Serving Size: 6 g Servings per Container: 30			
	Per 100 g	Per serving (6 g)	% NRV*
Energy	1034 kJ	62 kJ	**
Protein	0.0 g	0.0 g	0 %
Glycaemic Carbohydrate	27 g	2 g	**
of which: total sugar	4.3 g	0.3 g	**
Total Fat	0.0 g	0.0 g	**
of which: saturated fat	0.0 g	0.0 g	**
Dietary Fibre***	69.6 g	4.2 g	**
Total Sodium	0 mg	0 mg	**
VITAMINS			
Riboflavin	7.0 mg	0.42 mg	32 %
Vitamin B6	7.0 mg	0.42 mg	25 %
OTHERS			
Saffron stigmas extract	467 mg	28 mg	**

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2001.3 method

SKU: 282K

INGREDIENTS:

Gluten free soluble **wheat** fibre, flavourings, colourant (copper complexes of chlorophyllins), saffron (*Crocus sativus* L.) stigmas extract (0.4 %), Riboflavin, Vitamin B6 (pyridoxine hydrochloride), anti-caking agent (silicon dioxide).

CONTAINS WHEAT.

Allergy advice: for allergens, see ingredients in **bold**.

A drink mix infused with saffron extract, created for your night-time routine.

KEY BENEFITS AND FEATURES

- Drink before bed time
- Source of vitamin B6
- High in Riboflavin
- Artificial flavourings free
- Suitable for vegans
- Gluten-free

USAGE

Add one scoop (6 g) to half a cup of cold or warm water (around 150 ml), mix and enjoy approximately one hour before bedtime. Use once daily.

Enjoy this product with a balanced and varied diet, as part of a healthy, active lifestyle.

Not recommended for children, breastfeeding women, or during pregnancy.

H24 Achieve Protein Bar

Full Product Details

H24 ACHIEVE PROTEIN BARS

CHOCOLATE CHIP COOKIE DOUGH FLAVOURED



SKU: 149K

Ingredients:

Milk proteins (**milk** protein isolate, calcium caseinate (from **milk**), whey protein concentrate (from **milk**)), sweetener (maltitol syrup), **milk** chocolate coating with sweetener (17 %, cocoa solids: 35 % minimum) (sweetener (maltitol), cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soya** lecithin), vanilla extract), humectant (glycerol), coconut oil, cocoa **soya** crispies (**soya** protein isolate, cocoa powder, tapioca starch), roasted cocoa beans, flavourings, colour (plain caramel), sunflower oil, non-nutritive sweetener: steviol extracts.

CONTAINS MILK AND SOYA. MAY CONTAIN GLUTEN, NUTS, EGGS AND PEANUTS.

Typical Nutritional Information

Serving size: 1 bar (60 g)

Servings per carton: 6

	Per 100 g	Per Bar (60 g)	% NRV*
Energy	1479 kJ	888 kJ	**
Protein	35 g	21 g	38 %
Glycaemic Carbohydrate	38 g	23 g	**
of which: total sugar	3.2 g	1.9 g	**
Total Fat	12 g	7 g	**
of which: saturated fat	8.9 g	5.4 g	**
Total Sodium	91 mg	55 mg	**

* Nutrient Reference Values (NRVs) for individuals 4 years and older
** NRV not established

Stay on track with your healthy and active lifestyle, while enjoying the delicious taste of H24 Achieve Protein Bars Chocolate Chip Cookie Dough flavoured.

They are a convenient post-workout treat that contains 21 grams of protein per bar and available in a delicious Chocolate Chip Cookie Dough flavoured. The bars are artificial colourants and artificial flavourings free and are suitable for lacto-ovo vegetarians.

Enjoy H24 Achieve Protein Bars in between meals, after workouts or when you want a snack that won't compromise your fitness goals.

H24 Achieve Protein Bars are Informed Sports certified. They've been tested and proven to be free of any athletic banned substances.**

KEY BENEFITS AND FEATURES

- 21 g of protein per bar
- 1.9 g of sugar
- Informed Sports certified
- Artificial colourants and artificial flavourings free
- Delicious Chocolate Chip Cookie Dough flavoured
- Suitable for lacto-ovo vegetarians

DIRECTIONS FOR USE

Consume once a day in between meals or after your workout. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

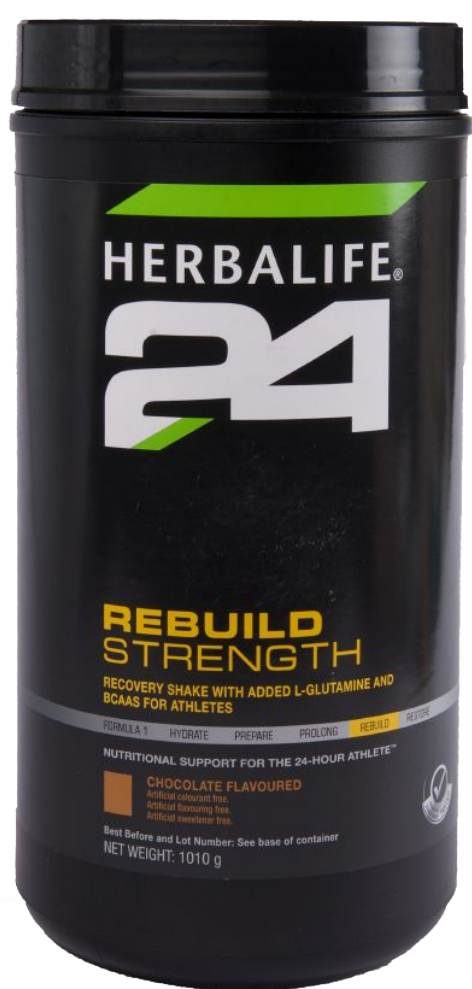
Excessive consumption may have a laxative effect.

**Prohibited Substance Tested. A sample of the batch from which this product was created was analysed for substances prohibited by sport. No substances were found above the detection limits. Please see details at: <https://herbalife24.co.za>

H24 Rebuild Strength

Full Product Details

H24 REBUILD STRENGTH



Typical Nutritional Information
Serving Size: 2 scoops (51 g)
Servings per Container: 20

	Per 100 g	Per 51 g	% NRV*	Per 51 g portion with 250 ml water	% NRV*
Energy	1557 KJ	794 KJ	**	794 KJ	**
Protein	47 g	24 g	43 %	24 g	43 %
Glycaemic Carbohydrate	35 g	18 g	**	18 g	**
of which: total sugar	27.5 g	14 g	**	14 g	**
Total Fat	2.9 g	1.5 g	**	1.5 g	**
of which: saturated fat	2 g	1 g	**	1 g	**
Dietary Fibre ***	1 g	0.5 g	**	0.5 g	**
Total Sodium	373 mg	190 mg	**	190 mg	**
VITAMINS					
Pantothenic Acid	9.8 mg	5 mg	100 %	5 mg	100 %
Vitamin B1	2.2 mg	1.1 mg	92 %	1.1 mg	92 %
Vitamin B6	2 mg	1 mg	59 %	1 mg	59 %
Vitamin B12	5.9 µg	3 µg	125 %	3 µg	125 %
Vitamin C	176.5 mg	90 mg	90 %	90 mg	90 %
Vitamin E	7.1 mg	3.6 mg	36 %	3.6 mg	24 %
MINERALS					
Calcium	794.1 mg	405 mg	31 %	405 mg	31 %
Chromium	33.3 µg	17 µg	49 %	17 µg	49 %
Iron	6.3 mg	3.2 mg	18 %	3.2 mg	18 %
Magnesium	235.3 mg	120 mg	29 %	120 mg	29 %
Potassium	882.4 mg	450 mg	**	450 mg	**
AMINO ACIDS					
L-Glutamine	5882.4 mg	3000 mg	**	3000 mg	**
L-Isoleucine	1960.8 mg	1000 mg	**	1000 mg	**
L-Leucine	3921.6 mg	2000 mg	**	2000 mg	**
L-Valine	1960.8 mg	1000 mg	**	1000 mg	**
* Nutrient Reference Values (NRVs) for individuals 4 years and older					
** NRV not established					
*** Fibre content calculation based on AOAC 2009.01 method					

INGREDIENTS:

milk protein concentrate (27 %), **whhey** protein concentrate (from **milk**) (18 %), fructose, sucrose, cocoa powder, maltodextrin, L-glutamine (3 %), **whhey** protein Isolate (3 %), acidity regulator (tripotassium citrate), sodium chloride, sunflower oil, medium chain triglycerides, silicon dioxide, magnesium oxide, branched chain amino acid powder, calcium caseinate (**milk**), ascorbic acid, flavourings, thickener (guar gum), steviol glycosides, magnesium citrate, DL-alpha tocopherol acetate, iron (II) fumarate, D-calcium pantothenate, cyanocobalamin, thiamine mononitrate, pyridoxine hydrochloride, chromium chloride. **CONTAINS MILK. MAY CONTAIN SOYA AND EGG.**

Sports

A high protein recovery shake, use after intense exercise. It has added L-Glutamine and BCAAs for athletes. Consume Rebuild Strength following high-intensity or extended exercise.

KEY BENEFITS:

- High protein shake with added L-Glutamine and BCAAs for athletes
- High in protein with 24 g of protein per serving
- Artificial colourant free, artificial flavouring free and artificial sweetener free
- Consume within 30 minutes following intense physical activity
- Chocolate Flavoured

DIRECTIONS FOR USE:

Mix 2 scoops (51 g) with 250 ml of water. Shake vigorously.

H24 Liftoff Max

Full Product Details

H24 LIFTOFF MAX

GRAPEFRUIT TWIST FLAVOURED



SKU: 192K

Ingredients:

acidity regulators (sodium bicarbonate, citric acid), maltodextrin, flavourings, caffeine powder, L-ascorbic acid (Vit. C), non-nutritive sweetener: steviol extracts, colourant (beetroot red), nicotinamide (Niacin), calcium D-pantothenate (Pantothenic acid), riboflavin (Vit. B2), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), cyanocobalamin (Vit. B12), D-biotin (Biotin).

Typical Nutritional Information

Serving Size: 1 sachet (4.2 g)

Servings per Carton: 10

	Per 100 g	Per 250 ml of made up product*	% NRV**
Energy	1344 kJ	56 kJ	***
Protein	10 g	0 g	0%
Glycaemic Carbohydrate	70 g	3 g	***
of which: total sugar	1.0 g	0 g	***
Total Fat	0 g	0 g	***
of which: saturated fat	0 g	0 g	***
Dietary Fibre****	0.2 g	0 g	***
Total Sodium	7600 mg	319 mg	***
VITAMINS			
Biotin	1191 µg	50 µg	167%
Niacin	381 mg	16 mg	100%
Panthenic acid	142.9 mg	6 mg	120%
Riboflavin	33.3 mg	1.4 mg	108%
Thiamin	26.2 mg	1.1 mg	92%
Vitamin B6	33.3 mg	1.4 mg	82%
Vitamin B12	24 µg	1 µg	42%
Vitamin C	1904.8 mg	80 mg	80%

* Per made up product = 1 sachet (4.2 g) dissolved in 250 ml water

** Nutrient Reference Values (NRVs) for individuals 4 years and older

*** NRV not established

**** Fibre content calculation based on AOAC 2009.01 method

KEY BENEFITS AND FEATURES

- 180 mg of caffeine per serve***
- High in vitamin C, vitamins B6 and B12
- Sugar-free
- Suitable for vegans
- Artificial colourants and artificial flavourings, contains naturally sourced sweetener from stevia leaves
- Refreshing Grapefruit Twist flavoured

DIRECTIONS FOR USE

We recommend 1 sachet per day dissolved in 250 ml water either before a workout or whenever you need to get back on track. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

***Not recommended for children under 12 years of age; pregnant or lactating women; persons sensitive to caffeine.

H24 LiftOff Max is a delicious grapefruit flavoured energy drink mix that contains 180 mg of caffeine per serve, great before a workout or whenever you need to get back on track.***

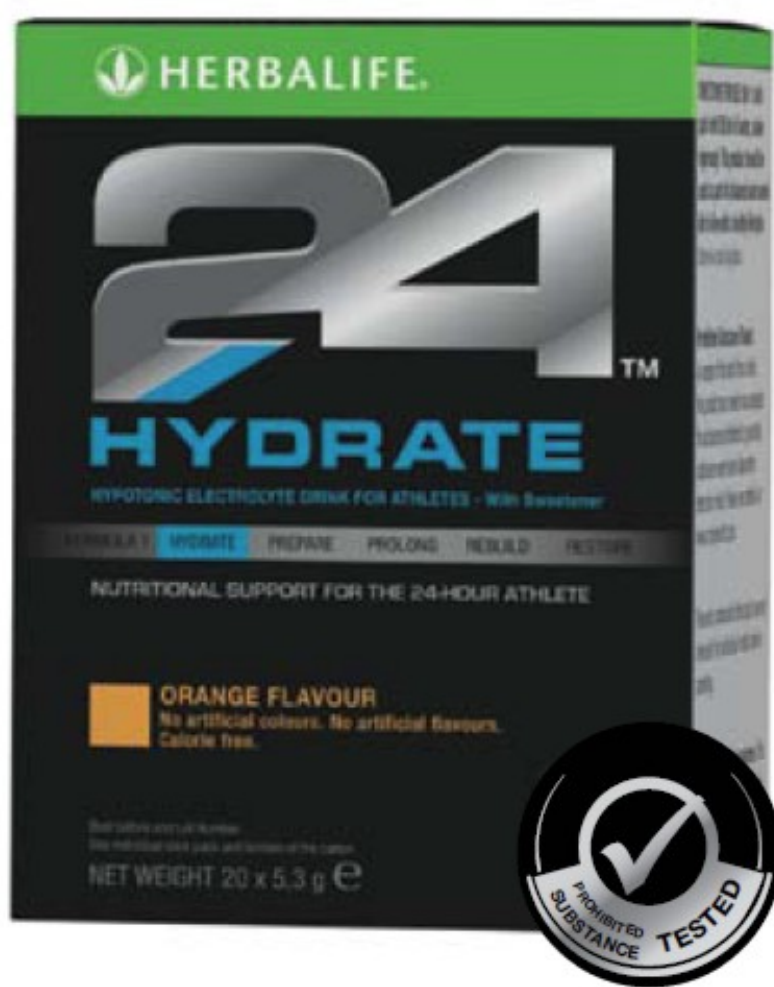
It is high in vitamin C, vitamins B6 and B12

H24 LiftOff Max comes in a box of 10 individual sachets and is great to have when you're on-the-go.

H24 Hydrate

Full Product Details

H24 HYDRATE



Typical Nutritional Information
Serving Size: 1 stick pack (5.3 g)
Servings per Container: 20

	Per 100 g	Per 1 stick pack (5.3 g)	% NRV*	Per 1 stick with 50 ml water	% NRV*
Energy	980 kJ	52 kJ	**	52 kJ	**
Protein	0.2 g	0 g	0 %	0 g	0 %
Glycaemic Carbohydrate	13 g	1 g	**	1 g	**
of which: total sugar	0 g	0 g	**	0 g	**
Total Fat	0 g	0 g	**	0 g	**
of which: saturated fat	0 g	0 g	**	0 g	**
Dietary Fibre ***	2.7 g	0.2 g	**	0.2 g	**
Total Sodium	4370 mg	230 mg	**	230 mg	**
VITAMINS					
Pantothenic Acid	17 mg	0.9 mg	18 %	0.9 mg	18 %
Riboflavin	4 mg	0.2 mg	15 %	0.2 mg	15 %
Thiamin	3 mg	0.2 mg	17 %	0.2 mg	17 %
Vitamin C	1509 mg	80 mg	80 %	80 mg	80 %
MINERAL					
Calcium	4057 mg	215 mg	17 %	215 mg	17 %
Magnesium	1774 mg	94 mg	22 %	94	22 %
* Nutrient Reference Values (NRVs) for individuals 4 years and older					
** NRV not established					
*** Fibre content calculation based on AOAC 2009.01 method					

INGREDIENTS:

Acidity regulators (citric acid, dipotassium phosphate), flavouring, calcium carbonate, trisodium citrate, sodium chloride, magnesium hydroxide, sodium L-ascorbate, flavour enhancer (potassium chloride), sweetener (sucralose), D-calcium pantothenate, thiamin hydrochloride, riboflavin, cyanocobalamin.

Sports

A low kilojoule, electrolyte drink. Consume throughout your workouts to support your goals.

KEY BENEFITS:

- Refreshment anytime for anyone
- 80 % NRV of vitamin C
- Contains sodium, calcium and magnesium
- Low kilojoules
- It provides B vitamins (B1, B2 and pantothenic acid)
- Orange flavoured

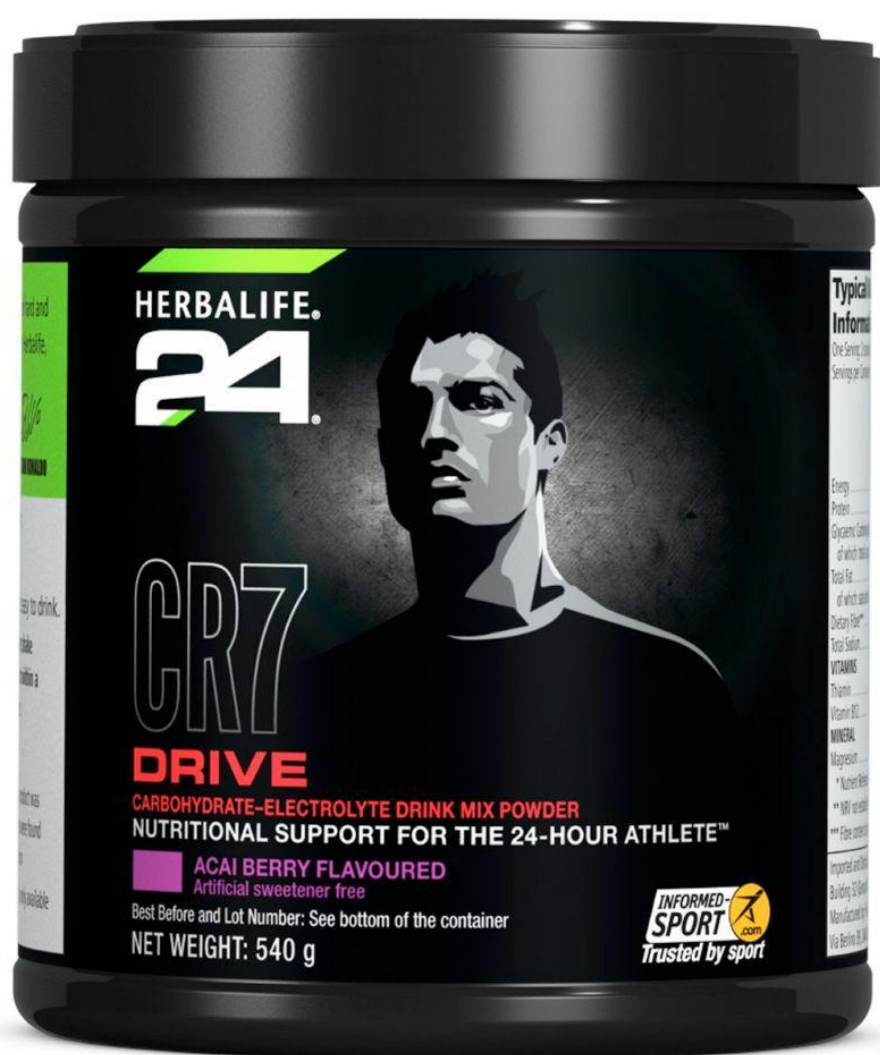
DIRECTIONS FOR USE:

Mix 1 stick pack with 500 ml of water, shake vigorously.

H24 CR7 Drive

Full Product Details

CR7 DRIVE



Typical Nutritional Information

One Serving: 3 scoops (27 g)

Servings per Container: 20

Servings per box: 10 Sachets

	Per 100 g	Per 27 g mixed with 500 ml water	Per 27 g	% NRV*
Energy	1524 kJ	411 kJ	411 kJ	**
Protein	0 g	0 g	0 g	**
Glycaemic Carbohydrate	86 g	23 g	23 g	**
of which: total sugar	66 g	18 g	18 g	**
Total Fat	0 g	0 g	0 g	**
of which: saturated fat	0 g	0 g	0 g	**
Dietary Fibre***	2.2 g	0.6 g	0.6 g	**
Total Sodium	921 mg	249 mg	249 mg	**
VITAMINS				
Thiamin (Vitamin B1)	4.1 mg	1.1 mg	1.1 mg	92 %
Vitamin B12	9 µg	3 µg	3 µg	125 %
MINERALS				
Magnesium	526 mg	142 mg	142 mg	34 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC2009.01 method

INGREDIENTS:

Dextrose, sugar, maltodextrin, trisodium citrate, isomaltulose, acidity regulator (citric acid), magnesium salts of citric acid, potassium citrate, flavourings, colour (anthocyanins), thiamin mononitrate, Isomaltulose is a source of glucose and fructose.

Sports

CR7 Drive is a carbohydrate-electrolyte drink perfect for taking during exercise or sports.

Very high in vitamin B1 (Thiamin) and vitamin B12.

High in magnesium.

Each serve contains under 411 kJ per serving and is easy to drink while on the move, with a light Acai Berry flavour.

KEY BENEFITS:

- Delicious and refreshing carbohydrate-electrolyte drink to take during exercise.
- Developed by experts in nutrition in conjunction with Cristiano Ronaldo.
- 411 kJ per serving to help manage your kilojoule intake.

USAGE:

- Sachets: Mix 27 g (one sachet) of powder with 500 ml of water, shake vigorously. Best consumed during exercise.
- Canister: Mix 27 g (2 scoops) of powder with 500 ml of water, shake vigorously. Best consumed during exercise.

To find out more, contact me today:

H24 Prolong

Full Product Details

PROLONG

Typical Nutritional Information

Serving Size: 4 scoops (60 g)

Servings per Container: 15



	Per 100 g	Per 60 g	% NRV*	Per 60 g in 500 ml water	% NRV*
Energy	1595 kJ	957 kJ	**	957 kJ	**
Protein	11.3 g	6.8 g	12 %	6.8 g	12 %
Glycaemic Carbohydrate	80 g	48 g	**	48 g	**
of which: total sugar	29.1 g	17.5 g	**	17.5 g	**
Total Fat	0.3 g	0.2 g	**	0.2 g	**
of which: saturated fat	0.2 g	0.1 g	**	0.1 g	**
Dietary Fibre ***	0 g	0 g	**	0 g	**
Total Sodium	730 mg	438 mg	**	438 mg	**
VITAMINS					
Biotin	63 µg	38 µg	127 %	38 µg	127 %
Niacin	20 mg	12 mg	75 %	12 mg	75 %
Pantothenic Acid	7.5 mg	4.5 mg	90 %	4.5 mg	90 %
Thiamin	1.4 mg	0.8 mg	67 %	0.8 mg	67 %
Vitamin B6	1.8 mg	1.1 mg	65 %	1.1 mg	65 %
Vitamin B12	3 µg	2 µg	83 %	2 µg	83 %
Vitamin C	134 mg	80.4 mg	80 %	80 mg	80 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method



INGREDIENTS:

Maltodextrin, fructose, **whey** protein isolate (from **milk**) (12.5 %), acidity regulators (trisodium citrate, citric acid, tricalcium citrate, tripotassium citrate, magnesium hydroxide), flavour enhancer (potassium chloride), sodium-L-ascorbate, sodium chloride, medium chain triglycerides, nicotinamide, flavouring, calcium-D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, D-biotin, cyanocobalamin. **CONTAINS MILK. MAY CONTAIN SOYA AND EGG.**

Sports

A carbohydrate-protein drink mix with added vitamins. Consume Prolong during high-intensity or extended exercise.

KEY BENEFITS:

- Provides 957 kJ per serving when mixed with 500 ml water, great for endurance sports
- Contains 6.8 g whey protein
- Contains carbohydrate in the form of maltodextrin
- With added vitamin C and B vitamins (including B1, B3, B6, B12 and pantothenic acid)
- Artificial colourant and artificial flavourings and sweeteners free
- Citrus flavoured
- Drink one bottle (500 ml) per hour during physical activity

DIRECTIONS FOR USE:

Add 4 level scoops (60 g) to 250 ml of water, shake vigorously, and then add a further 250 ml to make a 500 ml serving.

H24 Rebuild Endurance

Full Product Details

H24 Rebuild Endurance

Typical Nutritional Information

Serving Size: 4 scoops (50 g)

Serving per Container: 20



	Per 100 g	Per 50 g	% NRV*	Per 50 g portion in 250 ml water	% NRV*
Energy	1600 kJ	800 kJ	**	800 kJ	**
Protein	20 g	10 g	18%	10 g	18%
Glycaemic Carbohydrate	72 g	36 g	**	36 g	**
of which: total sugar	34.2 g	17.1 g	**	17.1 g	**
Total Fat	0.8 g	0.4 g	**	0.4 g	**
of which: saturated fat	0.5 g	0.3 g	**	0.3 g	**
Dietary Fibre***	0 g	0 g	**	0 g	**
Total Sodium	460 mg	230 mg	**	230 mg	**
VITAMINS					
Biotin	38 µg	19 µg	63%	19 µg	63%
Pantothenic Acid	4.6 mg	2.3 mg	46%	2.3 mg	46%
Riboflavin	1.1 mg	0.5 mg	38%	0.5 mg	38%
Thiamin	0.8 mg	0.4 mg	33%	0.4 mg	33%
Vitamin B6	1.1 mg	0.5	29%	0.5 mg	29%
Vitamin B12	2 µg	1 µg	42%	1 µg	42%
Vitamin C	160 mg	80 mg	80%	80 mg	80%
Vitamin E	9.1 mg	4.6 mg	31%	4.6 mg	31%
MINERALS					
Iron	12.6 mg	6.3 mg	35%	6.3 mg	35%
AMINO ACIDS					
L-Carnitine	1000 mg	500 mg	**	500 mg	**
L-Glutamin	7000 mg	3500 mg	**	3500 mg	**
L-Isoleucine	1189 mg	575 mg	**	575 mg	**
L-Leucine	1611 mg	770 mg	**	770 mg	**
L-Valine	732 mg	342 mg	**	342 mg	**
* Nutrient Reference Values (NRVs) for individuals 4 years and older					
*** NRV not established					
*** Fibre content calculation based on AOAC 2009.01 method					

INGREDIENTS:

Maltodextrin, fructose, sucrose, **milk** protein concentrate (9.5 %), L-glutamine, whey protein isolate (from **milk**) (4.1 %), flavourings, acidity regulator (tripotassium citrate), L-carnitine, sodium chloride, L-isoleucine, L-leucine, L-valine, medium chain triglycerides, sodium-L-ascorbate, thickener (guar gum), anti-caking agent (silicon dioxide), ferric (III) pyrophosphate, DL-alpha tocopherol, calcium-D pantothenate, cyanocobalamin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, D-biotin. **CONTAINS MILK. MAY CONTAIN SOYA AND EGG.**

Sports

A protein and carbohydrates drink mix with added L-Glutamine and L-Carnitine. Consume Rebuild Endurance within 30 minutes following aerobic activity.

KEY BENEFITS:

- Providing 10 g of protein and 36 g of carbohydrate, per serving
- Provides vitamins B1, B2, C and E, along with iron
- Artificial colourant free, artificial flavouring free and artificial sweetener free
- Vanilla flavoured
- Consume Rebuild Endurance within 30 minutes following aerobic activity

DIRECTIONS FOR USE:

Mix 4 level scoops (50 g) with 250 ml of water. Shake vigorously.

References

Formula 1

1. Euromonitor International Limited; per Consumer Health 2022ed, Health Shake as per sports protein powder, sports protein RTDs, meal replacement, supplement nutrition drinks and protein supplements, combined % RSP share GBO, 2021 data. May not be applicable to all flavours
2. F1 Cookie Crunch flavour contains sucralose

PDM / PDM Vegan

1. Bakaloudi DR, et al. Clin Nutr. 2021;40(5):3503-21
2. Values might vary slightly depending on Formula 1 flavour

Formula 2

1. NHS. Do I need vitamin supplements? Retrieved from: <https://www.nhs.uk/common-health-questions/food-and-diet/do-i-need-vitamin-supplements/> on Aug 11, 2022.
2. Contains Vitamin C which contributes to the normal function of the immune system
3. Contains Pantothenic acid which contributes to normal mental performance
4. Contains Biotin, Iodine, Vitamin A and Zinc which contribute to the maintenance of normal skin. Biotin, Selenium and Zinc contribute to the maintenance of normal hair. Selenium and Zinc contribute to the maintenance of normal nails.

Herbal Aloe Concentrate – Mango

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
2. Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
3. Beck AM, et al. Nutr. 2021;13(9):3142.
4. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
5. Salehi B, et al. Int J Mol Sci. 2018;19(9):2843.

Aloe Max

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
2. Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
3. Beck AM, et al. Nutr. 2021;13(9):3142.
4. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
5. Salehi B, et al. Int J Mol Sci. 2018;19(9):2843.

Instant Herbal Beverage

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2011;9(4):2054.
2. It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women)

Oat Apple Fibre

1. EFSA. EFSA Journal. 2010;8(3):1462.
2. Grundy MM-L, et al. BJN. 2016;116(5):816-33.
3. Lovegrove A, et al. Crit Rev Food Sci Nutr. 2017;57(2):237-53.
4. EFSA. EFSA Journal. 2010;8(12):1885-n/a.
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6. Cicero AF, et al. Nutrients. 2020;12(3):686.
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10. Reynolds AN, et al. PLOS Med. 2020;17(3):e1003053.
11. Koh A, et al. Cell. 2016;165(6):1332-45.
12. Fetissov SO. Nat. Rev. Endocrinol. 2017;13(1):11.
13. Stribițcaia E, et al. Sci. Rep. 2020;10(1):12929.

Herbalifeline Max

1. Zárata R, et al. Clin Transl Med. 2017;6(1):25.
2. Shahidi F, et al. J Med Food. 2005;8(2):133-48.
3. Simopoulos AP, et al. Open Heart. 2016;3(2):e000385.
4. Arterburn LM, et al. Am J Clin Nutr. 2006;83(6):1467-76.
5. Cartier C, et al. Prenatal Omega-3 Fatty Acid Intake and Visual Function. 2014. p. 253-61.
6. O'Donovan F, et al. BMJ Open. 2019;9(6):e027167.
7. Burdge GC, et al. Reprod Nutr Dev. 2005;45(5):581-97.
8. Surette ME. Can Med Assoc J. 2008;178(2):177-80.
9. EPA and DHA contribute to the normal function of the heart (the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA)
10. DHA contributes to the maintenance of normal brain function and normal vision (the beneficial effects are obtained with a daily intake of 250 mg of DHA)
11. DHA and EPA contribute to the maintenance of normal blood triglyceride levels (the beneficial effect is obtained with a daily intake of 2g of EPA and DHA)
12. DHA and EPA contribute to the maintenance of normal blood pressure (the beneficial effect is obtained with a daily intake of 3g of EPA and DHA)
13. It is not recommended to exceed a supplemental daily intake of 5 g of EPA and DHA combined

References

Immune Booster

1. Jensen GS, et al. Open Nutr J. 2008;2:68-75.
2. Moyad MA, et al. J Altern Complement Med. 2010;16(2):213-8.
3. Moyad MA, et al. Urol Nurs. 2008;28(1):50-5.
4. Moyad MA, et al. Adv Ther. 2009;26(8):795-804.
5. Jensen GS, et al. J Med Food. 2015;18(3):378-84.
6. Jensen GS, et al. J Med Food. 2011;14(9):1002-10.
7. Pinheiro I, et al. BMC Complement Med Ther. 2017;17(1):441.
8. Robinson L, et al. FASEB J. 2009;23(1):422.
9. Zinc, Selenium, Vitamin C and Vitamin D which contribute to the normal function of the immune system. Consume with a meal for best results.
10. When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label
11. Do not exceed the recommended daily dose. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store out of reach of young children.
12. If consuming with Tea, please note that if prepared hot, this can affect the vitamin and mineral content and the efficacy of EpiCor®

Collagen Skin Booster

1. Smith K, et al. Curr Opin Clin Nutr Metab Care. 2007;10(5):582-90.
2. Reilly DM, et al. Plastic and Aesthetic Res. 2021;8:2.
3. Marcos-Garcés V, et al. J Anat. 2014;225(1):98-108.
4. Bonté F, et al. Subcell Biochem. 2019;91:249-80.
5. Verisol® and bioactive collagen peptides are trademarks of Gelita AG
6. Proksch E, et al. Skin Pharmacol Physiol. 2014;27(3):113-9.
7. Proksch E, et al. Skin Pharmacol Physiol. 2014;27(1):47-55.
8. Schunck M, et al. J Med Food. 2015;18(12):1340-8.

Beta heart

1. Ahmed M, et al. J Nutr Health Aging. 2007;11(1):26-31.
2. El Khoury D, et al. J Nutr Metab. 2012;2012:851362.
3. Theuwissen E, et al. Mol Nutr Food Res. 2009;53(3):370-6.
4. Whitehead A, et al. Am J Clin Nutr. 2014;100(6):1413-21.
5. Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have beneficial effect.
6. Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.
7. Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal. This is applicable for food which contains at least 4 g of beta-glucans from oats for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats as part of the meal
8. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan.

**The trial was carried out by researchers at Bologna's Sant'Orsola-Malpighi University Hospital, on behalf of the Nutrition Foundation of Italy, and comprised 83 participants (48 women and 35 men) and was one of the first clinical trials in a southern European population. At the start of the trial, each participant had moderately high levels of cholesterol, low cardiovascular risk and consumed a typical Mediterranean diet.*

****Oat beta-glucan has been shown to lower blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect. Beta Heart is not intended to diagnose, treat, cure or prevent any disease.*

References

Active Mind Complex

* . Pantothenic acid

1. Active Mind Complex contains folic acid, vitamins C, B6 and B12 which contribute to the normal psychological function. It also contains pantothenic acid to support normal mental performance. Vitamins C, B6 and B12 contribute to normal functioning of the nervous system.
2. Results shown in a group of adults with a mean age of 27 years old with following references:
 - Falcone PH, et al. Nutr Res. 2019; 64: 24-38
 - Falcone PH, et al. J Int Soc Sports Nutr. 2018; 15(1): 58
3. Result shown in a group of adults with a mean age of 59 years old with following references:
 - Herrlinger KA, et al. J Altern Complement Med. 2018; 15(1): 37-47

Formula 1 Express Bar

- . EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) EFSA Journal 2010; 8(3), 1462.

Phyto Complete

- . Phyto Complete contains Fiit-NS™, an ingredient shown to support the reduction in waist circumference and abdominal fat and improve vitality and energy. In combination with a programme of balanced nutrition and exercise. Study subjects had a BMI of 25+, results seen after 12 and/or 16 weeks.

Niteworks

1. Taddei, S., Viridis, A., Ghiadoni, L., & Salvetti, A. (2000). Endothelial dysfunction in hypertension. *Journal of hypertension*, 18(6), 719-726.
2. Ricciardolo, F. L. (2003). Multiple roles of nitric oxide in the airways. *Thorax*, 58(2), 175-182.
3. Burnett, A. L. (1997). Nitric oxide in the penis: physiology and pathology. *Journal of Urology*, 157(3), 320-324.
4. Bogdan, C. (2001). Nitric oxide and the immune response. *Nature immunology*, 2(10), 907-916.
5. Dawson, T. M., & Dawson, V. L. (2014). Nitric oxide signaling in neurodegeneration and cell death. *Advances in pharmacology (San Diego, Calif.)*, 71, 75-97.

*Silva C, Tamura, E.K, Macedo, S.M., Cecon, E., Buenos-Alves, L., Farsky, S.H., Ferreira, Z.S. and Markus R.P. (2007); Melatonin inhibits nitric oxide production by microvasculat endothelial cells in vivo and in vitro. *British Journal of Pharmacology*, 151, 195-205

H24 References

H24 Formula 1 Sport

1. Mathai JK, et al. Br J Nutr. 2017;117(4):490-9
2. Mathai JK, et al. Br J Nutr. 2017;117(4):490-9.
3. Hoffman JR, et al. J Sports Sci Med. 2004;3(3):118-30.
4. Soop M, et al. Am J Physiol Endocrinol Metab. 2012;303(1):E152-62.
5. Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.
6. For weight control: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. For balanced nutrition support and weight maintenance: Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss

H24 Achieve Protein Bars

1. Protein contributes to the maintenance of muscle mass/ Protein contributes to a growth in muscle mass
2. Stokes T, et al. Nutrients. 2018;10(2):180.
3. Kerksick CM, et al. International society of sports nutrition position stand: nutrient timing. J Int Soc Sports Nutr. 2017 Aug 29;14:33.

H24 Rebuild Strength

1. Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
2. Vitale K, et al. Nutrients. 2019;11(6):1289.
3. Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38.
4. Protein contributes to the growth and maintenance of muscle mass
5. Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle

H24 Liftoff Max

1. It is not recommended to exceed a daily intake of 400 mg caffeine from all sources (200 mg for pregnant or breast-feeding women).
2. Contains Vitamin C which -contributes to normal energy-yielding metabolism
3. Vit C, B6, B12 contribute to reducing tiredness and fatigue
4. Contains Pantothenic acid which contributes to normal mental performance
5. Enjoy this product within a balanced and varied diet, as part of a healthy and active lifestyle

H24 Restore

1. Powers SK, et al. J Sport Health Sci. 2020;9(5):415-25.
2. Clemente FM, et al. J Clin Med. 2021;10(23):5576.
3. Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.

H24 Hydrate

1. Water contributes to the maintenance of normal regulation of the body's temperature and normal physical and cognitive functions. In order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day
2. Ferreira-Pêgo C, et al. Eur J Nutr. 2015;54(2):35-43.
3. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2010;8(3):1459.
4. ACSM. Med Sci Sports Exerc. 2016;48(3):543-68.
5. B-vitamins (B1, B2, Pantothenic Acid and B12) and magnesium all contribute to normal energy-yielding metabolism

H24 CR7 Drive

1. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2018;16(3):e05191.
2. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal. 2011;9(6):2211.
3. Rowlands DS, et al. Int J Sport Nutr Exerc Metab 2011;21 (6):480-91.
4. Baker LB, et al. Compr Physiol 2014;4(2):575-620.
5. Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise

H24 References

H24 Prolong

1. Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
2. Vitale K, et al. Nutrients. 2019;11(6):1289.
3. Jeukendrup A. Sports Med. 2014;44 (1):25-33.
4. Jeukendrup AE. Curr Opin Clin Nutr Metab Care. 2010;13(4):452-7.
5. Stellingwerff T, et al. Appl Physiol Nutr Metab. 2014;39(9):998-1011.
6. Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38.
7. Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle
8. B vitamins contribute to normal energy-yielding metabolism
9. Vitamin C, which contributes to the protection of cells from oxidative stress, helps maintain the normal function of the immune system and helps reduce tiredness and fatigue

H24 Rebuild Endurance

1. Kerksick, et al. J Int Soc Sports Nutr. 2018;15(1):38
2. Jager R, et al. J Int Soc Sports Nutr 2017;14:20.
3. Tryfidou DV, et al. Sports Med. 2020;50(1):129-32.
4. Foster-Powell K, et al. Am J Clin Nutr. 2002;76(1):5-56.
5. Peters HP, et al. Eur J Clin Nutr. 2011;65(1):47-54.
6. Shi X, et al. Med Sci Sports Exerc. 1995;27(12):1607-15.
7. Wallis GA, et al. Med Sci Sports Exerc. 2005;37(3):426-32.
8. Carbohydrates contribute to the recovery of normal muscle function after highly intensive and long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle
9. Protein contributes to the growth and maintenance of muscle mass
10. Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.