



HERBALIFE®

ENERGY • HYDRATION • PROTECTION

H³O PRO™

ISOTONIC DRINK MIX POWDER

LEMON FLAVOUR
Naturally Flavoured

Best Before / Lot Number: See side of sachet

NET WEIGHT 37 g e

Developed by experts in sports nutrition, **H³O Pro™** is an innovative isotonic drink helping to power exceptional performance by providing:

Hydration: Replaces essential electrolytes such as sodium as well as potassium, calcium, magnesium and chloride. This helps you to hydrate quickly and helps avoid the negative physical effects of dehydration, such as muscle cramps, fatigue and headaches.

Energy and Stamina: Energising carbohydrates provide your body with immediate and sustained energy to prevent unwanted performance dips - keeping you at the top of your game!

Absorption: Energy releasing B-vitamins helps your body to absorb the nutrients in **H³O Pro™** to power your performance.

Protection: Key antioxidants such as vitamins C and E help protect the body against the potentially damaging effects of free radicals induced during strenuous exercise or sports.

Contains: • No artificial Sweeteners • No artificial Flavours • No preservatives

DIRECTIONS: Pour contents of one sachet into a water bottle and add water to produce 500 ml of **H³O Pro™**. Store in a cool and dry place.

Enjoy **H³O Pro™** during your workout to stay hydrated and energised. You can also enjoy **H³O Pro™** before and after exercise for improved hydration.

1 sachet serving is recommended for every 1 hour of strenuous exercise or sport activity to help avoid dehydration. Enjoy up to 4 servings per day to support extended or high levels of training or exercise. It is important to follow a varied and balanced diet and a healthy lifestyle.

30-Day Money-Back Guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

Nutritional Values

Per portion: 1 sachet (37 g)

	100 g	37g (1 sachet)	%RDA*
Energy	371 kcal (1578 kJ)	137 kcal (584 kJ)	
Protein	0,1 g	0,037 g	
Total Carbohydrates	86 g	32 g	
of which Sugar	85 g	31,5 g	
Fat	0,1 g	0,037 g	
of which Saturated Fat	0,1 g	0,037 g	
Fibre	0,1 g	0,037 g	
Sodium	0,622 g	0,230 g	
Vitamin E	6,8 mg	2,5 mg	25
Vitamin C	41 mg	15 mg	25
Thiamin (Vitamin B1)	0,57 mg	0,21 mg	15
Riboflavin (Vitamin B2)	0,65 mg	0,24 mg	15
Niacin	7,3 mg	2,7 mg	15
Vitamin B6	0,81 mg	0,3 mg	15
Vitamin B12	0,41 mcg	0,15 mcg	15
Calcium	324 mg	120 mg	15
Magnesium	135 mg	50 mg	17
Potassium	378 mg	140 mg	
Chloride	670 mg	248 mg	

* % Recommended Daily Allowance

INGREDIENTS: Sugar, isomaltulose**, acidifier: citric acid; sodium citrate, flavours, calcium lactate, potassium chloride, calcium carbonate, magnesium carbonate, sodium chloride, antioxidant: tocopherol rich extract; L-ascorbic acid, DL-alpha tocopheryl acetate, colourant: beta-carotene; nicotinamide, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, cyanocobalamin. Contains soy and gluten. ** Isomaltulose is a source of glucose and fructose.

Imported by: HERBALIFE INTERNATIONAL LUXEMBOURG S.à R.L., c/o HERBALIFE EUROPE LIMITED
Senator Court, 4 Belmont Road, Uxbridge, Middlesex UB8 1HB, U.K.

Imported and Distributed in South Africa by: HERBALIFE INTERNATIONAL SOUTH AFRICA, LTD.
Riverview Park, Janadel Ave Midrand, Johannesburg, South Africa, 1685

Made in Germany

PKT2646UK-00

©2008 HERBALIFE