



HERBALIFE

# SPORTS NUTRITION

*Herbalife and you...  
the winning formula*

Whatever your achievements as an athlete and regular sports competitor, your goal is to win.

During this pursuit of excellence, the physical demands on your body are immense. It is therefore vital that you nurture your body with the very best nutrition available to maintain the high level of performance you expect.

The equation is quite simple: What you put in, you get out! Is your current 'fuel supply' providing your body with everything you need? If you are not sure whether to reply yes or no, check through the statements below, and then move on to find out how we can supply you with the Nutritional Edge...

- ✓ My body needs a highly nutritious diet to provide the carbohydrate, protein and fat needed for fuel.
- ✓ I need good supplies of vitamins and minerals to thoroughly utilize my body's fuel supply.
- ✓ Physical exertion creates excess free radical activity, so I need powerful antioxidants to help neutralize the free radicals and assist in improving my recovery rates.

# Peak Performance

## Suggested usage of products

Herbalife products can be used by those who simply go to the gym or by those who train and compete seriously. For all levels of active people, Herbalife can be used to fuel, refuel, repair and help with recovery.

### FUELING

Thirty minutes before working out use Thermojetics® Formula 1 Protein Drink Mix, diluted in fruit juice. It provides immediate fuel (carbohydrates) and helps spare the stored fuel in muscles (muscle glycogen).

### HYDRATING

During training, competition and your workout, drink fluid—at least every 15 minutes. Suggestions: Drink water with Herbal Aloe Drink. Consume water with a very weak solution of Formula 1. Enjoy Thermojetics® Herbal Concentrate as often as desired.

### REFUELING

Within the first 30 minutes of your workout, drink Thermojetics® Formula 1 mixed in juice.

### REPAIRING

Drink Formula 1 mixed in a protein-rich beverage (cow's milk, soy milk or yogurt) or eat a Thermojetics® Protein Bar. For added protein, mix HPLC (High Protein Low Carbohydrate) powder in water.

### RECOVERY

Take a combination of Herbalife antioxidant products including Herbalifeline®, Schizandra Plus, RoseOx™, Thermojetics(R) Herbal Concentrate as well as a Formula 1 shake.

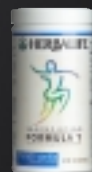
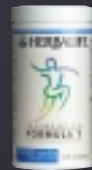
### ADDITIONS

To ensure you are getting and absorbing the proper amount of vitamins and minerals, include Formula 2 Multivitamin-Mineral & Herbal tablets and Formula 3 and Cell Activator® in your diet.

Remember, during warm-ups and after exercise has finished, it is vital to stretch and cool down to assist in the recovery and repairing process.

*We've got exactly what you need...*

What could be easier than a delicious meal-in-a-glass crammed with macro and micro nutrients, plus a tasty bar packed with protein and high-tech supplements during the day, to top up your nutrient bank? It sounds so simple, yet these specialised products have undergone years of ongoing research and development resulting in the perfect sports nutrition package.



# 10 Keys to Winning Sports Nutrition



Want to perform at your absolute best and stay on the winning team? All you have to do is count to 10! Follow the 10 suggestions below and get ready to improve your performance on and off the playing field.

- 1 Muscles = Fuel Tanks**  
Rapid response fuel is stored carbohydrates (muscle glycogen). Eat carbohydrate-rich foods before exercise to slow down drain on your fuel tanks
- 2 Optimum Time to Top-Up with Carbohydrates**

Large meal	4-6 hours before activity
Lighter meal	2-3 hours before activity
Snack	Up to one hour before activity
- 3 Keep Your Fuel Topped Up**  
For long duration activities (60 minutes plus), drink fluids with a weak solution of simple carbohydrates
- 4 Make Use of Your Reserve Fuel Tank**  
Stored body fat = fuel for long-haul events (although we have a potentially unlimited supply of fuel from stored fat, we can only burn fat as a fuel when combined with carbohydrates)
- 5 The Importance of Fluid**  
Drink fluid at least every 15 minutes. Do not wait until you are thirsty
- 6 Protein for Muscle Maintenance and Muscle Growth**  
You need 1.25 to 1.5 grams per kilogram of body weight (1.25 grams/kg for the 'ball' sports and 1.50 grams/kg for the more extreme sports such as marathon running and body building)
- 7 Proteins vs Carbohydrates**  
Carbohydrates = instant fuel for the muscles. Protein repairs damaged muscles, maintains muscle mass and increases girth
- 8 Best Time to Refuel the Tanks (muscles)**  
Within 30 minutes of ending exercise, take in easily digestible carbohydrates, which will be converted to glucose and stored as glycogen (quick fuel)
- 9 Reducing Recovery Time**  
Increase antioxidant nutrients. Ensure adequate supplies of protein
- 10 Supplementation**  
Multivitamin and mineral supplement assists the body's chemical reactions, regulatory processes, and forms structures important for athletes who may be susceptible to decreased immune systems due to excessive physical exertion



"I cut 15 minutes off my 'previous best' triathlon time and won a gold medal at the World Age Group Championship! After only a few months on Herbalife's products I was running lighter, feeling better and my recovery time after competitions was a lot quicker."

**Sue Worley, Australia**  
World Age Group Championship  
Gold Medalist

"Within two weeks my fans and team members saw an improvement in my performance. Now I'm able to maintain peak physical condition, even through intensive training, basketball games, lots of travel and a very hectic lifestyle!"

**Wayne Larkins, Australia**  
Professional Basketball Player

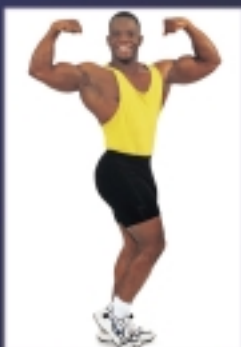


"Not only have I increased the amount of weight I'm able to lift, but I've also found that my recovery rate after a workout has greatly improved."

**Nancy Rogers, USA**  
1998 Mrs. Minnesota (USA) Fitness,  
1998-99 Mrs. American Fitness National  
Bronze Medalist

"Coincidentally, the nutritional balance in Herbalife's products turned out to be the exact ratio of protein and carbohydrate recommended for marathon training by my sports physician."

**Simon Baaij, The Netherlands**  
1999 Dutch Marathon Championship  
Gold Medalist in the age 60-65 category



"Even though I bulked up, I went from a pant size 32 to a slim size 29. After years of trying, Herbalife helped me reach my potential."

**Zachary Odumes, USA**  
Bodybuilder

*"We Got  
the Winning  
Edge with  
Herbalife, and  
You Can Too!"*



"Herbalife's products have been effective beyond my expectations! No doubt, Herbalife's nutritional products helped me improve my general health and allowed me to pursue my fitness goals."

**Judy Heylen, Australia**  
1999 State Masters Surf  
Lifesaving Competitions  
Gold Medalist

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