

Quench your thirst with **H³O™**, a 3-in-1 fitness drink that provides rapid hydration, sustained energy and antioxidant protection so you feel refreshed and rejuvenated all day long. **H³O™** is formulated with a proprietary all-in-one combination that contains:

- **Essential electrolytes for rapid hydration**
- **Energizing carbs for immediate and sustained energy and no caffeine**
- **Powerful antioxidants to protect your body from oxidative stress**

Enjoy **H³O™** whenever you are thirsty and especially before, during or after physical activity. Designed to quickly replace the sodium and potassium lost through sweat, **H³O™** allows for better absorption of water. What's more, **H³O™** has powerful antioxidants to protect against oxidative stress, which can cause muscle soreness, fatigue and joint discomfort.

So, drink **H³O™** every day to keep your body properly hydrated, fueled and going strong!



HERBALIFE®

ENERGIZE HYDRATE PROTECT

H³O™
FITNESS DRINK

Net Wt
10.5 oz (300 g)

LEMONADE
Naturally and
Artificially Flavored

DIRECTIONS: Gently shake container a few times before opening. Mix 2 level scoops of powder with 8 ounces of water. For a lighter flavor, simply add more water to desired level of sweetness. Shake or stir and enjoy. Keep in a cool dry place, tightly closed.

We offer a **30-day money-back guarantee** to assure your complete satisfaction.

This exclusively formulated product is only available through Herbalife Independent Distributors.

Formulated Exclusively For:
HERBALIFE INTERNATIONAL OF AMERICA, INC.
Los Angeles, CA 90080-0210, U.S.A.
Made In U.S.A. ©2007 HERBALIFE

Nutrition Facts

Serving Size: 2 scoops (15 g)
Servings Per Container: 20

Amount Per Serving

Calories 60

% Daily Value *

Total Fat 0 g 0%

Sodium 100 mg 4%

Potassium 100 mg 3%

Total Carbohydrate 14 g 5%

Sugars 12 g

Protein 0 g 0%

Vitamin A 2%

Vitamin C 100%

Calcium 2%

Vitamin E 70%

Magnesium 4%

Not a significant source of fat cal, sat fat, trans fat, cholesterol, fiber, and iron.

* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your caloric needs may be higher or lower depending on your caloric needs.

Calories 2,000 2,500

Total Fat Less Than 65 g 80 g

Saturated Fat Less Than 20 g 25 g

Cholesterol Less Than 300 mg 300 mg

Sodium Less Than 2,400 mg 2,400 mg

Potassium 3,500 mg 3,500 mg

Tot. Carb. 300 g 375 g

Dietary Fiber 25 g 30 g

Protein 50 g 65 g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Trehalose Dihydrate, Sugar, Citric Acid, Mixed Tocopherols, Natural and Artificial Flavors, Salt, Calcium Lactate, Sodium Citrate, Potassium Chloride, Potassium Citrate, Ascorbic Acid, Magnesium Oxide, Sucralose and Beta Carotene (color).

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