



# HERBALIFE®

**ENERGIZE HYDRATE PROTECT**

# H<sup>3</sup>O™

**FITNESS DRINK**

**LEMONADE**  
Naturally Flavored

Net Wt  
10.5 oz (300 g)

Quench your thirst with **H<sup>3</sup>O™**, a 3-in-1 fitness drink that provides rapid hydration, sustained energy and antioxidant protection so you feel refreshed and rejuvenated all day long. **H<sup>3</sup>O™** 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 **H<sup>3</sup>O™** whenever you are thirsty and especially before, during or after physical activity. Designed to quickly replace the sodium and potassium lost through sweat, **H<sup>3</sup>O™** allows for better absorption of water. What's more, **H<sup>3</sup>O™** has powerful antioxidants to protect against oxidative stress, which can cause muscle soreness, fatigue and joint discomfort.

So, drink **H<sup>3</sup>O™** every day to keep your body properly hydrated, fueled and going strong!

**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 \*

<b>Total Fat</b> 0 g	0%
<b>Sodium</b> 100 mg	4%
<b>Potassium</b> 100 mg	3%
<b>Total Carbohydrate</b> 14 g	5%
Sugars 12 g	
<b>Protein</b> 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 Flavor, Salt, Calcium Lactate, Sodium Citrate, Potassium Chloride, Potassium Citrate, Ascorbic Acid, Magnesium Oxide, Sucralose and Beta Carotene (color).

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