



HERBALIFE NUTRITION

What Herbalife Nutrition provides you with during Strong Viking

Nutrition Point 1:

7km – 13km – 19km

CR7 Drive

Around 60-70% of the human body is composed of water, so it's fair to say that water is vital for survival. It functions to keep our body temperature regulated, allows us to breathe, is essential in digestion and excretion, assists body movement, just to name a few!

Drinking 8-10 glasses of water each day is recommended, but during intensive exercise like a Strong Viking Run, we need to drink more, because we sweat more.

Sports drinks will keep you well hydrated and give you energy if you're participating in high intensity exercise for more than an hour. They also contain electrolytes – important body salts which support proper muscle function and help regulate body temperature.

That's why Herbalife Nutrition provides you with CR7 Drive.

Did you know...

Studies have shown as little as one percent dehydration can cause major changes in body temperature, while two percent dehydration will drop your performance levels significantly! So to operate efficiently it's crucial to keep your fluid levels up.

Rapidly Fuel Your Workouts and Enhance Hydration with CR7Drive

Key benefits per drink of 500ml

- Enhances hydration with 320 mg of vital electrolytes lost during exercise
- Brain-fueling glucose helps promote quick and accurate game-time decision-making.
- Easy-to-digest carbohydrate blend helps fuel muscles and sustain energy levels.
- Lightly flavored without artificial flavors or sweeteners

In partnership with Cristiano Ronaldo, Herbalife Nutrition has developed this sports drink to rapidly fuel your workouts and enhance hydration. With natural flavors and colors, CR7Drive is a modern sports drink, light tasting and formulated to fuel the drive in all of us.

- We've created a four-carb blend to provide a mixture of carbohydrates to help performance*
- Formulated with vital electrolytes like 135 mg sodium, 125 mg potassium and 60 mg magnesium to help enhance hydration*
- B12 is essential to supporting metabolism, and CR7 Drive contains 50% RI of methylcobalamin, the biologically active form of Vitamin B12*
- Colored with juice from real purple carrots and grapes.

WATCH THE VIDEO HERE:

<https://herbalife24.com/products/#modal-cr7-video>



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Nutrition Point 2:

13km – 19km

Formula 1 Express Bar Chocolate

F1 Express Healthy Meal Bar is a crunchy chocolate flavored bar that has all the nutritional goodness of a healthy meal.

High in nutrients that are much needed during intense OCR!

Key Benefits per bar

- Formulated with an excellent balance of key nutrients including high levels of protein, carbohydrates and fiber and added vitamins and minerals
- Calorie-controlled with approximately 207 kcal per bar
- 13g protein in every bar to help build lean muscle mass
- 21 gram carbohydrates per bar to fuel your body
- 22 vitamins & minerals to help your body perform the best you can
- Suitable for vegetarians
- Free from artificial preservatives.

Quality in / Quality out

Herbalife Nutrition's dedicated global quality control team works to ensure all products meet or exceed the stringent guidelines set forth by the dietary supplement Good Manufacturing Practices (GMPs). Herbalife Nutrition individually assesses all ingredients and suppliers, and visits all the facilities to make sure they satisfy our rigorous performance standards.

100% Confidence to Compete

Herbalife Nutrition® products are regularly tested and monitored to meet numerous detailed specifications to guarantee product stability and that all ingredients match label claims. Their promise is to assure that athletes, trainers and coaches can trust our supplements and to instill confidence among Independent Herbalife Members.

Herbalife Nutrition - Confidence in your nutrition.

Herbalife Nutrition is proud to be the nutritional partner of Strong Viking. We are looking forward to supporting all Vikings to perform the best way they can.

Are you curious about the products and do you want to know what the Herbalife24 sports range can do for you in preparation to your Strong Viking obstacle run?

Visit www.Herbaife.nl leave your details and you will be contacted by an independent Herbalife Nutrition Member.



HERBALIFE NUTRITION

Nutrition Point 3:

19km

Herbalife Nutrition Protein Bar lemon

Carbohydrates are the primary fuel during exercise and they're essential to keep the body running. In an endurance race, calories are king and getting enough is essential for performance. Making sure to get enough carbohydrates both before and during the race is key.

That's why Herbalife Nutrition offers you a carb-protein snack for use during your prolonged intense Strong Viking Run.

Herbalife Protein Bars are a delicious high protein healthy snack. With approximately 140 calories, each Herbalife Protein Bar contains 16g of carbohydrates and 10g of high quality dairy protein which can help build lean body mass. Increasing your body's lean body mass can contribute to an increased metabolic rate.

Key benefits per bar

- A balanced combination of 10g of protein and 16g of carbohydrate.
- 10g of protein to help you build lean body mass.
- High in vitamins B1, B2, B6, vitamin E and pantothenic acid.
- Tasty Citrus Lemon flavor bar with chocolate coating.