

Compelling Performance Requires Preparation.
Prepare Working muscles require oxygen-rich blood. Developed with Nobel Laureate Dr. Lou Ignarro,** Prepare supports healthy blood flow and nutrient delivery to muscles during exercise.* A precursor system of L-arginine, L-citrulline, and ornithine aKG supports nitric oxide production, and gold-standard creatine monohydrate supports intense muscular contractions to further power your workouts.*

- **Support Healthy Blood Flow***
- **Enhance Fast-Twitch Muscular Contractions***
- **Maintain Focus and Performance***

*** Dr. Lou Ignarro, a Nobel laureate in medicine, is a scientific advisor to Herbalife Nutrition and receives compensation for his endorsement of Herbalife Nutrition® products. The Nobel Foundation has no affiliation with Herbalife Nutrition and does not review, approve or endorse Herbalife Nutrition® products.

Nitric Oxide

Precursor System

2100mg

Creatine Monohydrate

100mg

Caffeine

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Mix 2 scoops (16g) into 16 fl oz of water and consume once a day prior to or during exercise.

NSF Certified for Sport® (Verify this batch has been tested at www.nsf sport.com):

- TESTED – Clean of athletic banned substances
- VERIFIED – Meets label claims and contaminant test criteria
- AUDITED – Manufacturing facility is GMP compliant

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

NOTICE: Do not use if sensitive to caffeine. Not recommended for use by children under 18 years of age. Not recommended for use by pregnant or nursing women.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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HERBALIFE

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NUTRITION FOR THE
24-HOUR ATHLETE

PREPARE

NITRIC OXIDE PRECURSOR AND CREATINE SUPPLEMENT SYSTEM*

Exclusively endorsed by Dr. Lou Ignarro,
Nobel Laureate in Medicine***

Louis J. Ignarro

TROPICAL MANGO

natural flavor with other natural flavors



DIETARY SUPPLEMENT

NET WT: 14.1 OZ (400g)



Supplement Facts

Serving Size: 2 scoops (16 g)
Servings Per Container: 25

	Amount Per Serving	%DV**		Amount Per Serving	%DV**
Calories	70		L-Arginine	3000 mg	†
Total Carbohydrate	10 g	4%	L-Citrulline	200 mg	†
Vitamin C (as Calcium Ascorbate)	120 mg	133%	L-Ornithine Alpha Ketoglutarate	150 mg	†
Vitamin E (as DL-Alpha Tocopheryl Acetate)	6.7 mg	45%	Betaine	40 mg	†
Vitamin B1 (as Thiamine Mononitrate)	0.37 mg	31%	Caffeine	100 mg	†
Folate	680 mcg DFE (400 mcg folic acid)	170%	Creatine Monohydrate	2100 mg	†
Sodium (as Sodium Citrate and Sea Salt)	100 mg	4%	Stevia Extract (Leaf)	78 mg	†
Potassium (as Potassium Phosphate)	90 mg	2%			

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural Flavors, Silicon Dioxide, Medium Chain Triglycerides, and Beta Carotene.

Litho 2D barcode placeholder for MPS printer only

Formulated and distributed exclusively by:
HERBALIFE INTERNATIONAL OF AMERICA, INC.
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Made in USA with US and imported ingredients
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