



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.nsfisport.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.

HERBALIFE 24

NUTRITION FOR THE
24-HOUR ATHLETE

PREPARE

**NITRIC OXIDE PRECURSOR AND CREATINE
SUPPLEMENT SYSTEM***

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

Lou Ignarro



WATERMELON
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	60		L-Arginine	3000 mg	†
Total Carbohydrate	5 g	2%	L-Citrulline	200 mg	†
			L-Ornithine Alpha Ketoglutarate	150 mg	†
Vitamin C (as Calcium Ascorbate)	120 mg	133%	Betaine	40 mg	†
Vitamin E (as DL-Alpha Tocopheryl Acetate)	6.7 mg	45%	Caffeine	100 mg	†
Vitamin B1 (as Thiamine Mononitrate)	0.4 mg	33%	Creatine Monohydrate	2100 mg	†
Folate	680 mcg DFE (400 mcg folic acid)	170%			
Sodium (as Sodium Citrate and Sea Salt)	85 mg	4%			
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, Stevia Leaf Extract and Purple and Black Carrot (Color).
Contains bioengineered food ingredients.

Formulated and distributed exclusively by:
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Los Angeles, CA 90015, USA

Made in USA with
US and imported ingredients
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