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Compelling Performance Requires Preparation.

Prepare Working muscles require oxygen-rich blood. 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***

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 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.

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

HERBALIFE

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NUTRITION FOR THE
24-HOUR ATHLETE

PREPARE

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



WATERMELON
natural flavor with other natural flavors



DIETARY SUPPLEMENT

NET WT: 14.1 OZ (400g)

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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	†
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)	0.4 mg	33%	Caffeine	100 mg	†
Folate	680 mcg DFE (400 mcg folic acid)	170%	Creatine Monohydrate	2100 mg	†
Sodium (as Sodium Citrate and Sea Salt)	85 mg	4%	** Percent Daily Values are based on a 2,000 calorie diet.		
Potassium (as Potassium Phosphate)	90 mg	2%	† Daily Value not established.		

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural Flavors, Silicon Dioxide, Medium Chain Triglycerides, Rebaudioside A (from Stevia Leaf Extract) and Purple and Black Carrot (Color). Contains bioengineered food ingredients.

Formulated and distributed exclusively by:
HERBALIFE INTERNATIONAL OF AMERICA, INC.
800 W. Olympic Blvd., Suite 406,
Los Angeles, CA 90015, USA

Made in USA with
US and imported ingredients
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