

Quench your thirst with **H³O™**, a 3-in-1 fitness drink that provides rapid hydration, sustained energy and antioxidant protection so you feel refreshed and rejuvenated all day long. **H³O™** 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 **H³O™** whenever you are thirsty and especially before, during or after physical activity. Designed to quickly replace the sodium and potassium lost through sweat, **H³O™** allows for better absorption of water. What's more, **H³O™** has powerful antioxidants to protect against oxidative stress, which can cause muscle soreness, fatigue and joint discomfort.

So, drink **H³O™** every day to keep your body properly hydrated, fueled and going strong!

CALL YOUR HERBALIFE INDEPENDENT DISTRIBUTOR

Nutrition Facts

Serving Size: 1 Packet	
Servings per Carton: 15	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 0 g	0%
Sodium 100 mg	4%
Potassium 100 mg	3%
Total Carbohydrates 14 g	5%
Sugars 12 g	
Protein 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 are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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 and Artificial Flavors, Salt, Calcium Lactate, Sodium Citrate, Potassium Chloride, Potassium Citrate, Ascorbic Acid, Magnesium Oxide, Sucralose and Beta Carotene (Color).	



HERBALIFE™

**ENERGIZE
HYDRATE
PROTECT**

H³O™
FITNESS DRINK

LEMONADE
Naturally and
Artificially Flavored

**15 packets 0.53 oz (15 g)
Net Wt 7.95 oz (225 g)**

DIRECTIONS: Pour packet into 8 ounces of water. For a lighter flavor, simply add more water to desired level of sweetness. Shake or stir and enjoy.

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**
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