

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

So, drink **H<sup>3</sup>O™** 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 15%

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 Orange Flavor, Salt, Calcium Lactate, Sodium Citrate, Potassium Chloride, Potassium Citrate, Ascorbic Acid, Beta Carotene (Color), Magnesium Oxide and Sucralose.



**ENERGIZE  
HYDRATE  
PROTECT**

**H<sup>3</sup>O™**  
**FITNESS DRINK**

**ORANGEADE**  
Naturally 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**  
Los Angeles, CA  
90080-0210, U.S.A.  
©2007 HERBALIFE  
Made In U.S.A.