



Nutritional information

	Per 1 sachet	Per maximum recommended daily dose (4 sachets)	% RI**	% RI**
Energy	514 kJ 121 kcal	2055 kJ 484 kcal		
Fat	0 g	0 g		
of which: saturates	0 g	0 g		
Carbohydrate	30 g	120 g		
of which: sugars	13 g	53 g		
Protein	0 g	0 g		
Salt	0.03 g	0.12 g		
VITAMINS				
Thiamin	0.17 mg	0.66 mg	15 %	60 %
Vitamin B12	0.38 µg	1.5 µg	15 %	60 %

INGREDIENTS: Maltodextrin, water, fructose, acidity regulator (citric acid), natural flavouring, preservatives (potassium sorbate, sodium benzoate), sodium chloride, Vitamin B12 (cyanocobalamin), Thiamin (thiamin hydrochloride).

Imported and distributed by:
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Airport City Plot No. 12 (Una Home), Airport Bypass Road, Accra, Ghana
Manufactured by: Fine Foods NTM S.p.A.
Via Berlino 39, 24040 Zingonia-Verdellino Bergamo, Italy

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Unlock your potential and optimise your workouts with **H24 Prolong energy gels.**

Expertly formulated alongside world leading sports scientists, **H24 Prolong** contains the ideal 1:0.8 glucose to fructose ratio and delivers 30 g of an easily absorbable blend of carbohydrates, for quick absorption and delivery of energy.

H24 Prolong comes in a vibrant fruity strawberry flavour and also contains a B-vitamin blend*, contributing to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

Fuel your workouts and reach for better heights, with **H24 Prolong.**

- Vegan
- Gluten free
- Contains natural flavour
- 30 g of carbs per serve

* Vitamin B12 and Thiamin contribute to normal energy-yielding metabolism. Vitamin B12 contributes to the reduction of tiredness and fatigue.



PROLONG ENERGY GEL

STRAWBERRY FLAVOUR

Food supplement with Thiamin & Vitamin B12
Best before and lot number: See bottom of carton

10 SACHETS
NET WEIGHT: 450 g (10 x 45 g) e



RECOMMENDED USE: 1 sachet per hour for intense exercise of under 1.5 hours. 2 sachets per hour for intense exercise of 1.5-2 hours. The maximum recommended number of sachets per day is 4.

Use this product within a balanced and varied diet, as part of a healthy, active lifestyle. It is important to maintain adequate fluid intake.

Store in a cool, dry place. Once sachet opened consume immediately.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com

30-day money-back guarantee. This guarantee does not affect your statutory rights. Product only available through Herbalife Independent Distributors.

NOTICE: Do not exceed the recommended daily dose. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store out of reach of young children.

The units contained in this pack are not intended for individual retail sale.



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