

# Herbalife24 Rebuild Strength

For immediate and sustained muscle recovery with a blend of Whey and Casein proteins that helps to rebuild muscles over a multi-period of exercises.

# Herbalife

Looking for guidance, tips  
or healthy recipes?

Talk to your Herbalife  
Independent Member



25g of Whey  
and Casein  
Protein

Support Lean  
Body Mass

189 cal



## What are the key ingredients?

Whey and Casein Protein

## How does it benefit you?

25g Whey and Casein Protein create a rapid and sustained protein-building state. Help rebuild muscle and speed recovery.

## How do I take it?

Mix 2 scoops (50.5g) with 280ml of water or liquid of your choice. Shake vigorously. Consume one shake per day within 30 minutes following physical activity.

## Who is it suitable for?

- Those who lead an active lifestyle.
- Those who want to maintain lean muscle mass.
- Those who want to support muscle recovery.

## You might also want to try

Herbalife24 Formula 1 Sport, Herbalife24 Hydrate and Herbalife24 CR7 Drive.

Always read the label – use only as directed.  
This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.  
Consume one shake per day within 30 minutes following physical activity.

To learn more, visit [Herbalife.com.au](https://www.Herbalife.com.au)

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. These products are not intended to diagnose, treat, cure, or prevent any diseases. This information is not intended to replace the advice of your personal medical professional.



[Facebook.com/HerbalifeAustraliaNewZealand](https://www.facebook.com/HerbalifeAustraliaNewZealand)



[Instagram.com/HerbalifeANZ](https://www.instagram.com/HerbalifeANZ)