

# GUARANA FOOD SUPPLEMENT

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



#### Ingredients:

Guarana seed powder (78,4%), bulking agent: calcium carbonate; anticaking agents: stearic acid, silicon dioxide, magnesium stearate; thickening agents: arabic gum, carboxymethyl cellulose, guar gum; glazing agents: hydroxypropyl methylcellulose, shellac, microcrystalline cellulose, stearic acid.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Energy, Sports & Fitness

NRG tablets contain caffeine from guarana to help support alertness and helps reduce the feeling of mental fatigue.

#### KEY BENEFITS

- Guarana, a native South American shrub, has been used for centuries by the Amazon Indians for its caffeine content which supports alertness and helps reduce mental fatigue
- Guarana helps the body to maintain normal invigoration and concentration

#### WHY DO YOU NEED IT?

Throughout the day, there may be times when you feel like you just can't concentrate anymore. When mental fatigue sets in, it can be challenging to stay alert and focussed. Supplementing with guarana may be a good option to help keep you focussed and energised.

#### USAGE

Take two to four tablets each day.



#### ALSO TRY:

H3O Pro, a great tasting, clean premium isotonic drink for sports & exercise.

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