

# HERBALIFE 24

NUTRITION FOR THE  
24-HOUR ATHLETE



## CR7 DRIVE

## FREQUENTLY ASKED QUESTIONS

### WHY IS THERE SUGAR IN CR7 DRIVE? ISN'T SUGAR BAD FOR ME?

Consuming carbohydrates in the proper amount during exercise can actually be beneficial for performance. The four-carb blend in CR7 Drive is designed to maximally fuel the body during moderate-intensity exercise.

### WHY IS CR7 DRIVE BETTER FOR ME THAN WATER?

When you exercise the body requires additional nutrients, such as carbohydrates and electrolytes that are not present in water. CR7 Drive contains an optimal blend of carbohydrates and electrolytes designed to enhance performance.

### CAN I GIVE MY KIDS CR7 DRIVE INSTEAD OF A SODA?

CR7 Drive, which has 50 calories per scoop mixed with 250 ml of water, would be a better choice than a soda, which typically has around 92 calories per 250 ml, or 140 calories per 375 ml. But keep in mind that CR7 Drive is intended to be used while working out, so although it may be a better choice than soda, we encourage using it as recommended.

### I'M TRYING TO WATCH MY SODIUM. CAN I TAKE CR7 DRIVE?

During exercise, sodium is the electrolyte that is lost in the greatest amount through sweat. If you are engaging in moderate-intensity exercise for at least 30 minutes, it would be appropriate to drink CR7 Drive.

### I'M NOT AN ELITE ATHLETE. CAN I USE CR7 DRIVE?

Yes, if you are engaging in moderate-intensity exercise for at least 30 minutes your body still requires, and will benefit from, the nutrients in CR7 Drive even if you are not an elite athlete.

