

All These Nutrients in a FORMULA 1 SHAKE

19.2g

As much **PROTEIN**
as 3 eggs (150g)



2.3g

As much **FIBRE**
as 1 apple (92g)



203mcg

As much **VITAMIN A** as
2 wedges rockmelon (120g)



20mg

As much **VITAMIN C**
as ½ Orange (75g)



5mg

As much **VITAMIN E**
as 2 small Avocados (240g)



400mg

As much **CALCIUM** as 3 slices
of Cheddar cheese (52g)



4.2mg

As much **ZINC** as
¾ cup baked beans



4mg

As much **IRON** as
200g Rump steak



726mg

As much **POTASSIUM** as
2 medium bananas (212g)



117mg

As much **MAGNESIUM**
as 25 cashews (40g)



66mcg

As much **FOLATE** as
1 cup Spinach or kale



1mcg

As much **B12**
as 220g yogurt



Contains milk, oat and soybean ingredients. Always read the label – use only as directed.

When consumed as per directions with 300 ml skim milk.

Herbalife recommends consumption of Formula 1 as part of a regimen that also includes fruits and vegetables.

Nutritional values are for Formula 1 Nutritional Shake Mix, French Vanilla when made as per directions with 300 ml of skim milk.

Equivalent nutritional values of common foods are approximate and obtained from CalorieKing.com.au and MedicalNewsToday.com.

Images are for illustrative purposes only. Product does not contain these foods.

Nutrition is a Choice.
Choose Herbalife Nutrition.

