

Personalised Protein Powder • Proprietary Protein Blend Now you can get high-quality protein to assist with your fitness and health goals in conjunction with an exercise programme and a calorie controlled diet. Personalised Protein Powder is a convenient way to increase your protein consumption which helps to maintain a sense of fullness between meals and helps you to maintain lean muscle mass.

DIRECTIONS: One dessertspoon (one serving) supplies 5 grams of protein. Take 1 to 4 servings daily. This plain, unsweetened formula can be added to your Formula 1 Shake or stirred into other foods and beverages, including cereal, yoghurt, sauces and soups.

For Best Results: Women should add 1 to 2 dessertspoons (10 grams of protein) of Personalised Protein Powder to each Formula 1 Shake, and men should add 1 to 3 dessertspoons (15 grams of protein).

This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

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 programme. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

See base of container for LOT NO, and BEST BEFORE DATE.



Personalised Protein Powder

Maintain lean muscle mass



Nutritional Information

Servings Per Container: 60

Serving Size: 6 g (1 level dessertspoon)

	Per Serving*	Per 100 g*
nergy	83.6 kJ (20 Cal)	. 1393.3 kJ (333 Cal)
rotein	5 g	83.3 g
at	0.2 g	3.3 g
Saturated	0.02 g	0.33 g
Carbohydrate	0 g	0 g
	0 g	
	0 g	
odium	45 mg	750 mg
otassium	45 mg	750 mg

INGREDIENTS: Soy protein isolate, Whey protein concentrate, Natural flavour vanilla and Anticaking agent (silicon dioxide).

CONTAINS MILK AND SOYBEAN INGREDIENTS.

* The quantities set out in the panel are average quantities.

FORMULATED SUPPLEMENTARY SPORTS FOOD NET WT 360 q



