




Prepare as a Daily Meal

Formula 1 Select is a delicious healthy meal crafted with high-quality ingredients that provides an ideal balance of protein and other key nutrients.

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 rounded scoops (30 g) of Formula 1 Select with 320 mL of your favorite protein beverage, skim milk or soy milk.

PRODUCT	MEAL	MEAL
Formula 1 Select	 2 scoops	 2 scoops
320 mL	 soy milk	 skim milk
Protein	22 g	21 g
Calories	280 Cal	204 Cal

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)**
- Blend on low until you achieve desired thickness

Check out herbalife.com.au for additional shake recipes.

** Note - adding fruits/vegetables and/or protein powder, calorie amount and nutritional value of your shake will alter.

Herbalife Nutrition Also Recommends: Use with Formula 2 Multivitamin Complex, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

For Those Who Wish to Enjoy a Soy and Gluten Free Shake: Mix two scoops (30 g) of powder with 320 mL of skim milk.

For Those Who Wish to Enjoy a Lactose and Gluten Free Shake: Mix two scoops (30 g) of powder with 320 mL of soy milk.

For Weight Loss: Replace two meals daily with a Formula 1 shake and eat one nutritious meal.

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee.

NOTICE: Before using this product, or beginning any weight management programme it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet, and regular physical activity. The product must not be used as a total diet replacement and is not suitable for children as a meal replacement.

See base of container for BATCH NO. and EXPIRY DATE.

2D
AREA



HERBALIFE
NUTRITION®

FORMULA 1 — Select —

Nutritional Shake Mix
Formulated Meal Replacement

Natural Vanilla Flavour

PEA, QUINOA AND RICE PROTEIN

- Nutrient-dense healthy meal
- Sustains energy & satisfies hunger
- No artificial flavours or sweeteners

MADE WITH
NON-GM
INGREDIENTS

Certified
GF
Gluten-Free

100% MADE WITH
SOY OR DAIRY

7g

Fibre

20

Vitamins
& Minerals

NET WT: 750 g

Nutrition Information

Servings Per Package: 25 Serving Size: 30 g

For Best Results, Consume 2 x 30 g Per Day

	Per Serving 30 g [†]	Per 100 g [†]	30 g + 320 mL [†] Skim milk	30 g + 320 mL [†] Soy milk
Energy	384 kJ (92 Cal)	1278 kJ (306 Cal)	854 kJ (204 Cal)	1171 kJ (280 Cal)
Protein	10 g	33 g	21 g	22 g
Fat	2 g	5 g	2 g	10 g
Saturated	0.5 g	2 g	1 g	2 g
Carbohydrate	13 g	43 g	29 g	28 g
Sugars	6 g	20 g	22 g	14 g
Dietary Fibre	7 g	23 g	7 g	9 g
Sodium	180 mg	600 mg	353 mg	321 mg

	% Daily Allowance	Per Serving 30 g [†]	Per 100 g [†]	30 g + 320 mL [†] Skim milk	30 g + 320 mL [†] Soy milk
VITAMINS					
Vitamin A	25	190 mcg	633 mcg	190 mcg	212 mcg
Thiamine	50	0.55 mg	1.8 mg	0.55 mg	0.55 mg
Riboflavin	50	0.85 mg	2.8 mg	0.85 mg	0.85 mg
Cyanocobalamin	50	1 mcg	3.3 mcg	1 mcg	1 mcg
Vitamin B6	50	0.8 mg	2.7 mg	0.8 mg	0.8 mg
Niacin	38	3.8 mg	12.7 mg	4.1 mg	5 mg
Ascorbic Acid	50	20 mg	66.7 mg	20 mg	20 mg
Cholecalciferol	25	2.5 mcg	8.3 mcg	2.5 mcg	2.5 mcg
Vitamin E	50	5 mg	16.7 mg	5 mg	5 mg
Folate	25	50 mcg	167 mcg	66 mcg	94.8 mcg
Biotin	17	5 mcg	16.7 mcg	5 mcg	5 mcg
Pantothenic Acid	17	0.8 mg	2.7 mg	0.8 mg	0.8 mg
Vitamin K	31	24.5 mcg	81.7 mcg	24.5 mcg	24.5 mcg

	% Daily Allowance	Per Serving 30 g [†]	Per 100 g [†]	30 g + 320 mL [†] Skim milk	30 g + 320 mL [†] Soy milk
MINERALS					
Calcium	24	190 mg	633 mg	400 mg	231 mg
Iodine	25	37 mcg	123 mcg	37 mcg	41.2 mcg
Iron	26	3.1 mg	10.3 mg	3.4 mg	4.6 mg
Phosphorus	27	266 mg	887 mg	500 mg	487 mg
Magnesium	15	49 mg	163 mg	87.4 mg	116 mg
Zinc	36	4.3 mg	14.3 mg	4.8 mg	4.8 mg
Manganese	13	0.65 mg	2.2 mg	0.65 mg	0.65 mg

INGREDIENTS: Protein Blend (Pea Protein, Rice protein concentrate, Quinoa Seed Powder), Inulin, Fructose powder, Flavours (Natural vanilla and vanilla custard), Guar gum powder (thickener), Calcium (Dibasic calcium phosphate), Canola oil, Phosphorus (Potassium phosphate), Medium chain triglycerides, Rice fibre, Magnesium (Magnesium oxide), Vitamin C (Ascorbic acid), Sweetener (Steviol glycosides), Vitamin E (DL-alpha tocopheryl acetate), Ginger root powder, Honey powder, Vitamin A (Beta carotene), Blueberry powder, Cranberry powder, Iron (Ferrous fumarate), Zinc (Zinc oxide), Vitamin B3 Niacin (Niacinamide), Iodine (Potassium iodide), Vitamin B12 (Cyanocobalamin), Vitamin D3 (Cholecalciferol), Vitamin B6 (Pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B5 Pantothenic acid (Calcium pantothenate), Manganese (Manganese sulfate), Vitamin B1 Thiamine (Thiamine mononitrate), Vitamin K, Folic acid, Biotin.

[†] The quantities set out in the panel are average quantities.

* Applicable for powder only.

Distributed in Australia by: HERBALIFE AUSTRALASIA PTY. LIMITED

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Customer service enquiries: Suite G.01 Ground Floor Quad 1, 8 Parkview Drive, Sydney Olympic Park, Sydney, NSW 2127, Australia

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