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Formula 1 This great-tasting shake provides an ideal balance of protein and carbohydrates to help satisfy your hunger and give you lasting stamina. Packed with vitamins and minerals, antioxidants and fibre, Formula 1 shake has 205 calories (859 kJ) and 1,3 g of fat per serving after mixing with 320 mL skim milk. Enjoy as part of your Weight-Management Programme for good health and effective weight control.

The key to effective weight loss is consuming less calories per day than you burn by maintaining a healthy, well-balanced calorie controlled intake with the aid of Formula 1, combined with an active lifestyle that includes moderate exercise.

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 28 grams (2 scoops) of Formula 1 with 320 mL of skim milk or low fat soy milk** and enjoy! Create your own Formula 1 recipes by adding fresh fruit** and ice.

For Best Results: Combine with Multivitamin Complex for optimum micro-nutrients and Personalised Protein Powder to help satisfy hunger**.

** Note - when using low fat soy milk, adding fruit and/or protein powder, calorie amount and nutritional value of your Shake will alter.

For Weight Loss: Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 serves of Personalised Protein Powder to each Shake, and men should add up to 3 serves.

Optimising your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

For Weight Maintenance/General Well-Being: Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal-replacement, helps maintain long-term weight loss. We recommend adding Personalised Protein Powder to optimise your protein intake.

30-day money-back guarantee.

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

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 bottom of container for LOT NO. and BEST BEFORE DATE.

Litho 2D barcode placeholder for MPS printer only



HERBALIFE NUTRITION®

Formula 1 Nutritional Shake Mix

FORMULATED MEAL REPLACEMENT

Tested as low GI*



mint chocolate flavour
naturally flavoured

NET WT 560 g



Consumer Information Panel Nutritional Information

Servings Per Package: 20 Serving Size: 28 g
For Best Results, Consume 2 x 28 g Per Day

	Per Serving 28 g†	Per 100 g†	28 g + 320 mL† Skim milk
Energy	389 kJ (93 Cal)	1,389 kJ (332 Cal)	859 kJ (205 Cal)
Protein	9 g	32.1 g	19.6 g
Fat	1 g	3.6 g	1.3 g
Saturated	0 g	0 g	0.3 g
Carbohydrate	13 g	46.4 g	29.0 g
Sugars	8 g	28.6 g	24.0 g
Dietary Fibre	3.5 g	12.5 g	3.5 g
Sodium	160 mg	571.4 mg	323 mg

	% Daily Allowance		
VITAMINS			
Vitamin A	25	190 mcg	678.6 mcg
Thiamine	50	0.55 mg	2 mg
Riboflavin	50	0.85 mg	3 mg
Cyanocobalamin	50	1 mcg	3.6 mcg
Vitamin B6	50	0.8 mg	2.9 mg
Niacin	38	3.8 mg	13.6 mg
Ascorbic Acid	50	20 mg	71.4 mg
Cholecalciferol	25	2.5 mcg	8.9 mcg
Vitamin E	50	5 mg	17.9 mg
Folate	25	50 mcg	178.6 mcg
Biotin	17	5 mcg	17.8 mcg
Pantothenic Acid	17	0.8 mg	2.9 mg
Vitamin K	31	24.5 mcg	87.5 mcg

	MINERALS		
Calcium	38	300 mg	1071.4 mg
Iodine	30	45 mcg	160.7 mcg
Iron	39	4.7 mg	16.8 mg
Phosphorus	23	230 mg	821.4 mg
Magnesium	23	72 mg	257.1 mg
Zinc	23	2.7 mg	9.6 mg
Manganese	15	0.77 mg	2.8 mg

INGREDIENTS: Soy protein isolate, Fructose powder, Cookie Crumbs (wheat flour, cane syrup, canola oil, cocoa powder, sodium bicarbonate, salt), Cellulose powder, Dibasic calcium phosphate anhydrous, Oat fibre, Sodium caseinate, Potassium phosphate, Guar gum powder (thickener), Flavour (natural mint chocolate), Lecithin liquid (emulsifier), Canola oil, Flavour (natural chocolate), Magnesium oxide, Flavour (vanilla custard), Casein, Lecithin powder, Xanthan Gum, Ascorbic acid, Silicon dioxide (anti-caking agent), DL-alpha tocopheryl acetate, Sucralose powder (sweetener), Citrus pectin (emulsifier), Beta carotene, Ferrous fumarate, Niacinamide, Zinc oxide, Colour (FD&C Yellow #5, FD&C Blue #1), Manganese sulfate monohydrate, Cyanocobalamin, Vitamin D3, Pyridoxine hydrochloride, Riboflavin, Calcium pantothenate, Thiamine mononitrate, Vitamin K, Folic acid, Biotin, Potassium iodide.

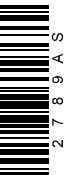
CONTAINS MILK, WHEAT, OAT AND SOYBEAN INGREDIENTS.

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

* GI value is for powder only.

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