



**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 (858 kJ) and 1.3 g of fat per serving after mixing with 300 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<sup>†</sup> of Formula 1 with 300 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.

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

**NOTICE:** Before using this product, or beginning any weight-control programme, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems, insulin-dependent diabetes, children, adolescents, and pregnant or nursing mothers. A healthy weight-loss programme should include modest calorie intake, balanced diet, and regular physical activity. The product must not be used as a total diet replacement.

† 28 grams equals approximately 3 level 15 mL-measuring spoons (1 level 15 mL measuring spoon equals 3 level teaspoons).

See bottom of container for LOT NO. and BEST BEFORE Date.

Litho 2D barcode placeholder for MPS printer only



# Formula 1 Nutritional Shake Mix

FORMULATED MEAL REPLACEMENT

Tested as low GI\*



berry flavour  
artificially 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 <sup>†</sup>	Per 100 g <sup>†</sup>	28 g + 300 mL <sup>†</sup> skim milk
Energy	423 kJ (101 Cal)	1,511 kJ (361 Cal)	858 kJ (205 Cal)
Protein	9 g	32.1 g	19.2 g
Fat	1 g	3.5 g	1.3 g
Saturated	0 g	0 g	0.3 g
Carbohydrate	15 g	53.5 g	30.5 g
Sugars	9 g	32.1 g	24.5 g
Dietary Fibre	2.3 g	8.2 g	2.3 g
Linoleic Acid (Polyunsaturated Fatty Acids)	0.32 g	1.1 g	0.32 g
Sodium	120 mg	428 mg	288 mg
Potassium	260 mg	928 mg	726 mg
<b>VITAMINS</b>	<b>% Daily Allowance</b>		
Vitamin A	25	714.3 mcg	203 mcg
Thiamine	50	0.55 mg	0.55 mg
Riboflavin	50	0.85 mg	0.85 mg
Cyanocobalamin	50	1 mcg	1 mcg
Vitamin B6	50	0.8 mg	0.8 mg
Niacin	38	3.8 mg	4.1 mg
Ascorbic Acid	50	20 mg	20 mg
Cholecalciferol	25	2.5 mcg	2.5 mcg
Vitamin E	50	5 mg	5 mg
Folate	25	50 mcg	66 mcg
Biotin	17	5 mcg	5 mcg
Pantothenic Acid	17	0.8 mg	0.8 mg
Vitamin K	31	24.5 mcg	24.5 mcg
<b>MINERALS</b>			
Calcium	48	380 mg	400 mg
Iodine	33	50 mcg	50 mcg
Iron	32	3.8 mg	4 mg
Phosphorus	50	500 mg	500 mg
Magnesium	25	80 mg	117 mg
Zinc	25	3 mg	4.2 mg
Manganese	17	0.85 mg	0.85 mg

**INGREDIENTS:** Fructose, Soy protein isolate, Calcium caseinate, Whey powder, Oat fibre, Oligofibre, Polydextrose powder (bulking agent), Dibasic calcium phosphate, Lecithin powder, Guar gum powder (thickener), Monobasic potassium phosphate, Whey protein concentrate, Flavours (natural and artificial strawberry), Citrus pectin (emulsifier), Magnesium oxide, Vegetable oil, Carrageenan (thickener), Beta-carotene, Dibasic potassium phosphate, Ferrous gluconate, Ascorbic acid, Zinc gluconate, Colours (129, 133), Aminogen<sup>‡</sup> enzymes, Sucralose (sweetener), dl-alpha Tocopheryl acetate, Potassium iodide, Copper gluconate, Biotin, Nicotinamide, Vitamin K, Manganese sulfate, d-Calcium pantothenate, Pyridoxine hydrochloride, Riboflavin, Vitamin A palmitate, Thiamine mononitrate, Vitamin D3, Cyanocobalamin and Folic acid.

**CONTAINS MILK, OAT AND SOYBEAN INGREDIENTS.**

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

\* GI value is for powder only.

‡ Aminogen brand is the property of Triarco Industries, Inc.

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