

Healthy Breakfast

STEP 3



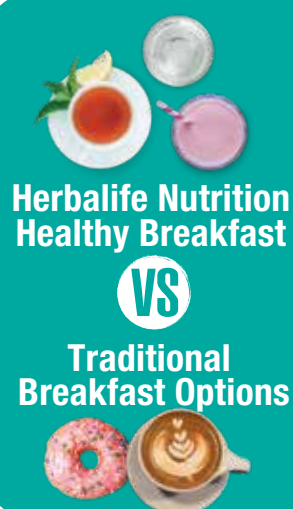
Formula 1 Nutritious Mixed Soy Protein Drink



- A balanced nutritious meal with **189kcal*** and **18g Protein***
- **Quick and convenient** alternative** to a high-calorie breakfast, lunch or dinner
- Contains **soy protein** that provides a good complete source of essential amino acids which helps your body build and repair cells and body tissue. (Soy has a highest **PDCAAS***** score of 1.0)
- Contains **16 Vitamins & Minerals**, including antioxidant **Vitamin A, C, E** and **Calcium** for bone health

*When mixed with 240ml of low-fat milk
**Substituting two of the main daily meals of an energy restricted diet with protein shakes may support weight management.
***PDCAAS = Protein Digestibility-Corrected Amino Acid Score

Which Breakfast Is Nutritionally Balanced?



	Herbalife Nutrition Healthy Breakfast	Kaya Butter Toast, 2 Soft Boiled Eggs and Coffee ¹	Nasi Lemak With Fried Chicken Wing, Fried Egg, Anchovies and Chilli Sauce ¹	Chocolate Chunk Muffin ¹ With Grande Café Latte
Good Source Of Protein	✓	✓	✗	✓
Lower Fat	✓	✗	✗	✗
Lower Carb.	✓	✗	✗	✗
Lower Calorie	✓	✗	✗	✗

Source: <http://focos.hpb.gov.sg/eservices/ENCF/foodsearch.aspx>
Disclaimer: This product is not intended to diagnose, treat, cure, or prevent any diseases.