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Meal replacement for weight control

With a perfect blend of high quality protein, fibre and vitamins & minerals, Formula 1 offers both great nutrition and convenience in one delicious shake.

Enjoy Formula 1 as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management goals*.

Formula 1 shake contains 25 vitamins and minerals, including vitamin D which contributes to the normal function of the immune system, and vitamin C which contributes to the reduction of tiredness and fatigue.

Formula 1 is made of ingredients that are vegan sourced, is gluten free and contains no artificial colours or flavours.

You no longer have to choose between healthy meals and convenience - the Formula 1 shake is quick and easy to prepare!

DIRECTIONS FOR USE: Enjoy a Formula 1 shake every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. Mix two tablespoons (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5 % fat). Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Quick and easy to prepare



2 tablespoons

+



250 ml
semi-skimmed milk

+



shake or blend

*** For weight control:** Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. Replace two meals per day with a delicious Formula 1 drink and take a balanced meal.

*** For balanced nutrition support and weight maintenance:** Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Replace one meal per day with a delicious Formula 1 drink and eat two balanced meals.

Meet your daily caloric goals by also consuming nutritious snacks.

Store with lid closed in a cool, dry place.

30-day money-back guarantee.

This guarantee does not affect your statutory rights. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

Herbalife Nutrition advises before beginning any weight management program, it is advisable to consult a physician. A healthy weight management program should include modest caloric intake, balanced diet and regular physical activity.

Best before and lot number: See base of container

NET WEIGHT: 550 g



HERBALIFE

NUTRITION

Formula 1

Healthy Meal

Meal replacement shake mix for weight control

• 25 Vitamins and minerals

• High protein

banana cream

natural flavourings
with sugar and sweetener (stevia)

GF

V

CONTAINS
FIBRE



Nutritional information

Serving size: 26 g
Servings per container: 21

| | Per 100 g | Per 250 ml of made up product** |
|------------------|----------------|---------------------------------|
| Energy | 1579 kJ | 931 kJ |
| | 377 kcal | 222 kcal |
| Fat | 10 g | 7 g |
| of which: | | |
| saturates | 1.7 g | 2.8 g |
| monounsaturates | 1.9 g | 1.6 g |
| polyunsaturates | 5.5 g | 1.5 g |
| Carbohydrate | 32 g | 20 g |
| of which: sugars | 30 g | 20 g |
| Fibre | 17 g | 4 g |
| Protein | 35 g | 18 g |
| Salt | 1.2 g | 0.6 g |
| VITAMINS | % RI*** | % RI*** |
| Vitamin A | 1180 µg RE | 148 % |
| Vitamin D | 7.3 µg | 146 % |
| Vitamin E | 17 mg α-TE | 142 % |
| Vitamin K | 110 µg | 147 % |
| Vitamin C | 104 mg | 130 % |
| Thiamin | 1.2 mg | 109 % |
| Riboflavin | 0.35 mg | 25 % |
| Niacin | 23 mg NE | 144 % |
| Vitamin B6 | 1.6 mg | 114 % |
| Folic acid | 250 µg | 125 % |
| Vitamin B12 | 1.0 µg | 40 % |
| Biotin | 38 µg | 76 % |
| Pantothenic acid | 6.0 mg | 100 % |
| MINERALS | | |
| Potassium | 1420 mg | 71 % |
| Calcium | 390 mg | 49 % |
| Phosphorus | 890 mg | 127 % |
| Magnesium | 431 mg | 115 % |
| Iron | 21 mg | 150 % |
| Zinc | 11 mg | 110 % |
| Copper | 1.7 mg | 170 % |
| Manganese | 3.1 mg | 155 % |
| Selenium | 81 µg | 147 % |
| Chromium | 58 µg | 145 % |
| Molybdenum | 77 µg | 154 % |
| Iodine | 192 µg | 128 % |
| | | 58.0 µg |

** Per made up product = 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)

*** Reference intake

INGREDIENTS: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soy lecithin), natural flavourings, organic¹ flaxseed powder, thickeners (xanthan gum, guar gum), colour (beta-carotene), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), sodium chloride, sweetener (steviol glycosides), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Allergy advice: for allergens, see ingredients in **bold**.

¹ 2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

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