MyHerbalifeShake.com for additional shake recipes and serving suggestions. Formula 1 is made of ingredients that are vegan sourced, is gluten free and contains no artificial colours or flavourings.

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

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**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).

**Healthy meal**

Meal replacement shake mix for weight control and healthy nutrition

- **25 vitamins and minerals**
- **High protein**

**Formula 1**

**Nutritional information**

- **Servings per container:** 21
- **Energy:**
  - For 100 g: 1579 kJ (371 kcal)
  - For 250 ml of made up product: 384 kJ (92 kcal)
- **Per 250 ml of made up product:**
  - Protein: 35 g
  - Carbohydrate: 32 g
  - Fat: 10 g
  - Fibre: 17 g
- **VITAMINS % RI**
  - Thiamin: 109%
  - Riboflavin: 100%
  - Pyridoxine hydrochloride: 100%
  - Niacin: 184%
  - Folic acid: 144%
  - Biotin: 118%
  - Pantothenic acid: 118%
  - B6: 118%
  - B12: 118%
  - B1: 109%
  - B2: 109%
  - B3: 109%
  - B5: 109%
  - B7: 109%
- **MINERALS**
  - Calcium: 49%
  - Iron: 150%
  - Zinc: 110%
  - Copper: 170%
  - Manganese: 155%
  - Molybdenum: 154%
  - Potassium: 71%
  - Magnesium: 71%
  - Sodium: 71%
  - Phosphorous: 127%
  - Selenium: 62%

**DISTRIBUTORS.**

This product is made exclusively for Herbalife Nutrition Independent Distributors. It is not available for sale through non-affiliated channels.

**For balanced nutrition support and weight maintenance:** Subtracting one of the main daily meals of an energy restricted diet with a meal replacement 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:** Subtracting 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 take a balanced meal.

**Healthy weight management program contribute to the normal function of the immune system, and vitamin C which contributes to the reduction of tiredness and fatigue.**

Enjoy Formula 1 as a nutritional breakfast, lunch or dinner to support your active lifestyle. It is important to maintain adequate fluid intake.

**Dietary Reference Intakes:**

- **% Reference intake**
- **% RI**
- **% RI**

**Labelled daily amounts:**

- **Dietary Reference Intakes:**
  - Calcium: 1000 mg
  - Iron: 21 mg
  - Zinc: 11 mg
  - Copper: 1.7 mg
  - Manganese: 3.1 mg

**Serving size:**

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