

### 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\*.

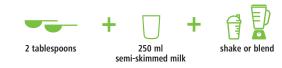
Formula 1 shake contains 25 vitamins and minerals, including vitamin D which contributes to the normal function of the immune system, and vitamin C which contributes to the reduction of tiredness and fatigue.

Formula 1 is made of ingredients that are vegan sourced, is gluten free and it doesn't contain artificial colours.

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. Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

#### Quick and easy to prepare



- \* 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 q f e



## Formula 1

# **Healthy Meal**

Meal replacement shake mix for weight control

• 25 Vitamins and minerals

High protein









## **Nutritional information**

	Serving size. 20 g Servings per container: 21			Per 250 ml of	
		Per 100 g			
	Energy	1625 kJ			
		387 kcal		225 kcal	
	Fat	10 g		7 g	
	of which:				
	saturates	1.7 g		2.8 g	
	mono-unsaturates	1.9 g		1.6 g	
	polyunsaturates	5.5 g		1.5 g	
	Carbohydrate	33 g		21 g	
	of which: sugars				
	Fibre				
	Protein				
	Salt	1.2 g		0.6 g	
	VITAMINS	4400 05	% RI***	242 85	% RI***
	Vitamin A	1180 µg RE	148 %	343 µg КЕ	43 %
	Vitamin D	/.3 µg	146 %	2.0 µg	40 %
	Vitamin E	1/ mg a-IE	142 %	4.6 mg a-1E	38 %
	Vitamin K				
	Vitamin C				
	Riboflavin				
	Niacin.				
	Vitamin B6				
	Folic acid				
	Vitamin B12				
	Biotin	38 µg	76 %	19 ug	38 %
	Pantothenic acid				
	MINERALS				
	Potassium	1420 ma	71 %		38 %
3	Calcium				
1	Phosphorous	890 mg	127 %	465 mg	66 %
	Magnesium				
	Iron				
1	Zinc				
1	Copper	1.7 mg	170 %	0,47 mg	47 %
	Manganese				
9	Selenium				
	Chromium				
	Molybdenum				
	lodine	192 µg	IZ8 %	58,0 μg	39 %
	** Per made up product = 26 g servir *** Reference intake	iy with 250 mi semi ski	iiiiiiea miik (1.5 % )	idi)	
	INGREDIENTS: Soy protein isolate, fructos				

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 johosphate, emulsifier (soy lectihin), organic if laxseed powder, thickeners (xanthan gum, guar gum), flavouring, colour (beta-carotene), vitamins mixture (L-ascorbic acid (Vit. C.), Dt-alpha-tocopheryl acetate (Vit. E.), nicotinamide (Niacin), retinyl acetate (Vit. A.), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D.), phylloquinone (Vit. X.), pyriodxam hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyonacobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), sodium chloride, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, sweetener (sucralose), anti-caking agent (silicon dioxide). Allergy advice: for allergens, see ingredients in bold.

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