Nutritional information

1 portion = 1 bar (56 g)
7 bars per pack

	Per 100 g		Per 1 bar (56 g)	
Energy	1547 kJ		866 kJ	
	370 kcal		207 kcal	
Fat	12 g		6 g	
of which:				
saturates	4.8 g		2.7 g	
mono-unsaturates	3.0 g		1.7 g	
polyunsaturates	2.1 g		1.2 g	
Carbohydrate	38 g		21 g	
of which:				
sugars	15 g		8 g	
Fibre	12 g		7 g	
Protein	24 g		13 g	
Salt	0.98 g		0.55 g	
VITAMINS		**% RI***		**% RI***
Vitamin A	614 µg RE	77 %	344 µg RE	43 %
Vitamin D	2.7 µg	54 %	1.5 µg	30 %
Vitamin E	8.0 mg α-TE	67 %	4.5 mg α-TE	38 %
Vitamin K	45 µg	60 %	25 µg	33 %
Vitamin C	57 mg	71 %	32 mg	40 %
Thiamin	0.59 mg	54 %	0.33 mg	30 %
Riboflavin	0.86 mg	61 %	0.48 mg	34 %
Niacin	9.6 mg NE	60 %	5.4 mg NE	34 %
Vitamin B6	0.80 mg	57 %	0.45 mg	32 %
Folic acid	134 µg	67 %	75.0 µg	38 %
Vitamin B12	2.0 µg	80 %	1.1 µg	44 %
Biotin	27 µg	54 %	15 µg	30 %
Pantothenic acid	3.2 mg	53 %	1.8 mg	30 %
MINERALS				
Potassium	941 mg	47 %	527 mg	26 %
Calcium	652 mg	82 %	365 mg	46 %
Phosphorus	447 mg	64 %	250 mg	36 %
Magnesium	241 mg	64 %	135 mg	36 %
Iron	12 mg	86 %	6.6 mg	47 %
Zinc	7.0 mg	70 %	3.9 mg	39 %
Copper	0.90 mg	90 %	0.50 mg	50 %
Manganese	1.5 mg	75 %	0.86 mg	43 %
Selenium	45 µg	82 %	25 µg	45 %
Chromium	43 µg	108 %	24 µg	60 %
Molybdenum	55 µg	110 %	31 µg	62 %
Iodine	80.4 µg	54 %	45.0 µg	30 %

* Reference intake (RI)

INGREDIENTS: Soy crisps (24.2 %) (**soy** protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin)), Promitor® fibre, **soy** granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin), natural flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, D-biotin, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamin mononitrate, phylloquinone, riboflavin, pteroylmonoglutamic acid), natural flavouring, acidity regulator (citric acid). Allergy advice: for allergens, see ingredients in **bold.**
MAY CONTAIN MILK, EGGS, CEREALS CONTAINING GLUTEN, NUTS, PEANUTS, SESAME.

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HERBALIFE NUTRITION®

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

Formula 1 Express bar is perfect for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 207 kcal. A delicious combination of crispies and chocolate chips, dipped in chocolate and all in a healthy meal bar.

Formula 1 Express will help you indulge those chocolate cravings plus provides 13 g of protein, 207 kcal and 25 vitamins and minerals including vitamin C which contributes to the reduction of tiredness and fatigue. Each bar is also vegetarian friendly.

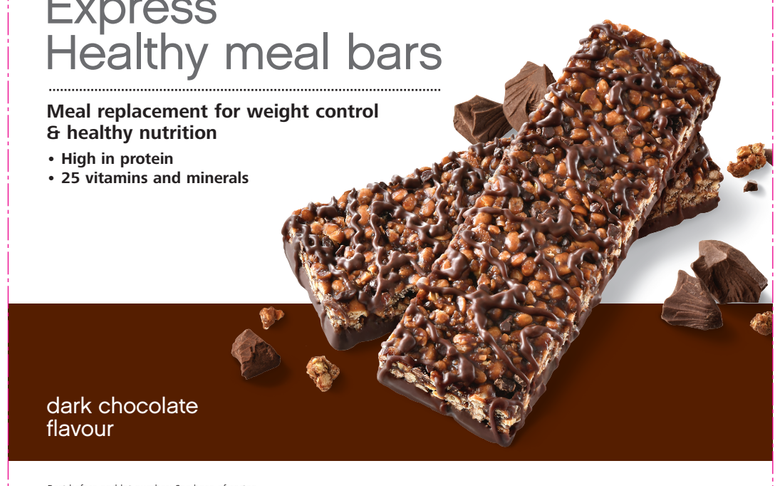
HERBALIFE NUTRITION®

Formula 1

Express Healthy meal bars

Meal replacement for weight control & healthy nutrition

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



dark chocolate flavour

Best before and lot number: See base of carton
7 BARS (56 g EACH)
NET WEIGHT: 392 g ℮ (7 x 56 g ℮)

Vegetarian

HIGH IN FIBRE

4 4 7 2 V 1
CUT4472V1-00 SKU4472

HERBALIFE NUTRITION®

DIRECTIONS FOR USE: Enjoy a Formula 1 Express bar(s) every day as a nutritious meal. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

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 Express Bar and take a balanced meal.

For 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 Express bar and eat two balanced meals.

Meet your daily caloric goals by also consuming nutritious snacks.

Store 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.

The units contained in this pack are not intended for individual retail sale or sampling.

LPM00399
L: 142 mm W: 50 mm H: 145 mm

13 | 142 | 50 | 142 | 49.25

396.25

36 | 145.9 | 47

Legend
Cuts
Folds
Bleeds
Glue Ar