

Meal replacement for weight control

Made with high-quality soy protein, fibre and vitamins & minerals, Formula 1 offers both great nutrition and convenience.

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

Formula 1 shake contains 26 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. To prepare a delicious shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat). Or for a vegan friendly and naturally lactose free shake, mix two scoops of Formula 1 (26 g) with two scoops of PDM Vegan (28 g) and 300 ml water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

Quick and easy to prepare



2 scoops of
Formula 1



250 ml of semi-skimmed milk
or 2 scoops of PDM Vegan
and 300 ml of water



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.

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

Formula 1 is a meal replacement shake mix for weight control and healthy nutrition with sugar (fructose) and sweetener (stevia)

Best before and lot number: See base of container

NET WEIGHT: 550 g e



HERBALIFE NUTRITION

LIMITED
EDITION

Formula 1 Healthy meal

Meal replacement shake mix for weight control and healthy nutrition

- 26 Vitamins and minerals
- High protein

peach
lychee
natural flavouring



Nutritional information

Serving size: 26 g

Servings per container: 21

| | Per 100 g | Per 26 g serving with 250 ml semi-skimmed milk (1.5 % fat) | Per 26 g serving with 2 scoops of PDM Vegan and 300 ml water |
|------------------|---------------------|--|--|
| Energy | 1504 kJ 358 kcal | 911 kJ 217 kcal | 848 kJ 202 kcal |
| Fat | 8.0 g | 6.2 g | 4.7 g |
| of which: | | | |
| saturates | 1.6 g | 3.0 g | 0.7 g |
| mono-unsaturates | 1.9 g | 1.5 g | 0.5 g |
| polyunsaturates | 4.5 g | 1.3 g | 1.2 g |
| Carbohydrate | 25 g | 19 g | 12 g |
| of which: sugars | 25 g | (12 g from milk) 19 g | 7 g |
| Fibre | 15 g | 4 g | 5 g |
| Protein | 35 g | 18 g | 24 g |
| Salt | 1.4 g | 0.7 g | 0.9 g |

| | % RI** | % RI** | % RI** |
|------------------|---------------------|---------------------|---------------------|
| VITAMINS | | | |
| Vitamin A | 1050 µg RE... 131 % | 309 µg RE... 39 % | 491 µg RE... 61 % |
| Vitamin D | 7.9 µg... 158 % | 2.1 µg... 42 % | 4.0 µg... 79 % |
| Vitamin E | 19 mg α-TE... 158 % | 5.1 mg α-TE... 43 % | 9.6 mg α-TE... 80 % |
| Vitamin K | 118 µg... 157 % | 31 µg... 41 % | 31 µg... 41 % |
| Vitamin C | 119 mg... 149 % | 35 mg... 44 % | 61 mg... 77 % |
| Thiamin | 1.2 mg... 109 % | 0.42 mg... 38 % | 0.74 mg... 67 % |
| Riboflavin | 0.35 mg... 25 % | 0.55 mg... 39 % | 0.64 mg... 46 % |
| Niacin | 24 mg NE... 150 % | 6.5 mg NE... 41 % | 12 mg NE... 77 % |
| Vitamin B6 | 1.7 mg... 121 % | 0.56 mg... 40 % | 0.97 mg... 69 % |
| Folic acid | 250 µg... 125 % | 75.8 µg... 38 % | 141 µg... 71 % |
| Vitamin B12 | 1.0 µg... 40 % | 1.3 µg... 52 % | 1.3 µg... 51 % |
| Biotin | 73 µg... 146 % | 28 µg... 56 % | 38 µg... 76 % |
| Pantothenic acid | 6.8 mg... 113 % | 2.7 mg... 45 % | 4.0 mg... 67 % |
| MINERALS | | | |
| Potassium | 1420 mg... 71 % | 768 mg... 38 % | 979 mg... 49 % |
| Chloride | 294 mg... 37 % | 337 mg... 42 % | 412 mg... 52 % |
| Calcium | 460 mg... 58 % | 423 mg... 53 % | 445 mg... 56 % |
| Phosphorus | 890 mg... 127 % | 466 mg... 67 % | 497 mg... 71 % |
| Magnesium | 431 mg... 115 % | 143 mg... 38 % | 112 mg... 30 % |
| Iron | 22 mg... 157 % | 5.8 mg... 41 % | 5.7 mg... 41 % |
| Zinc | 12 mg... 120 % | 3.9 mg... 39 % | 4.9 mg... 49 % |
| Copper | 1.7 mg... 170 % | 0.47 mg... 47 % | 0.82 mg... 82 % |
| Manganese | 3.3 mg... 165 % | 0.86 mg... 43 % | 1.8 mg... 90 % |
| Selenium | 79 µg... 144 % | 21 µg... 38 % | 46 µg... 83 % |
| Chromium | 58 µg... 145 % | 15 µg... 38 % | 15 µg... 38 % |
| Molybdenum | 77 µg... 154 % | 31 µg... 62 % | 56 µg... 113 % |
| Iodine | 230 µg... 153 % | 68.3 µg... 46 % | 117 µg... 78 % |

** 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), flaxseed powder, thickeners (xanthan gum, guar gum), natural flavouring, colour (beetroot red), vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Biotin (D-biotin), Pantothenic acid (calcium D-pantothenate), Vitamin D (cholecalciferol), Folic acid (pteroylmonoglutamic acid), Vitamin K (phyloquinone), Vitamin B6 (pyridoxine hydrochloride), Thiamin (thiamin hydrochloride), Vitamin B12 (cyanocobalamin), Riboflavin), sodium chloride, sweetener (steviol glycosides from stevia), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source. Allergy advice: for allergens, see ingredients in **bold**.

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