

## 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

yuzu  
passionfruit  
natural flavourings



## Nutritional information

Serving size: 26 g

Servings per container: 21

	Per 100 g	250 ml semi-skimmed milk (1.5 % fat)	2 scoops of PDM Vegan and 300 ml water			
Energy	1499 kJ 357 kcal	910 kJ 216 kcal	846 kJ 201 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			
<b>VITAMINS</b>		<b>% RI**</b>	<b>% RI**</b>	<b>% RI**</b>		
Vitamin A	1266 µg RE	158 %	365 µg RE	46 %	547 µg RE	68 %
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 %
<b>MINERALS</b>						
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 %
Phosphorous	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 flavourings, 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), colour (beta carotene), 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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<sup>1</sup> logo applies to the canister  
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