

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



2 tablespoons



250 ml
semi-skimmed milk



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.

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 g **e**



Formula 1 Healthy Meal

Meal replacement shake mix for weight control

- 25 Vitamins and minerals
- High protein

spiced apple
flavour
with sugar and sweetener



CONTAINS
FIBRE

Nutritional information

Serving size: 26 g

Servings per container: 21

	Per 100 g	Per 250 ml of made up product**
Energy	1625 kJ 387 kcal	943 kJ 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	30 g	20 g
Fibre	16 g	4 g
Protein	35 g	18 g
Salt	1.2 g	0.6 g
VITAMINS	% RI***	% RI***
Vitamin A	1180 µg RE	343 µg RE
Vitamin D	7.3 µg	2.0 µg
Vitamin E	17 mg α-TE	4.6 mg α-TE
Vitamin K	110 µg	29 µg
Vitamin C	104 mg	31 mg
Thiamin	1.2 mg	0.42 mg
Riboflavin	0.35 mg	0.55 mg
Niacin	23 mg NE	6.1 mg NE
Vitamin B6	1.6 mg	0.53 mg
Folic acid	250 µg	76.0 µg
Vitamin B12	1.0 µg	1.3 µg
Biotin	38 µg	19 µg
Pantothenic acid	6.0 mg	2.5 mg
MINERALS		
Potassium	1420 mg	768 mg
Calcium	390 mg	405 mg
Phosphorous	890 mg	465 mg
Magnesium	431 mg	143 mg
Iron	21 mg	5.6 mg
Zinc	11 mg	3.9 mg
Copper	1.7 mg	0.47 mg
Manganese	3.1 mg	0.82 mg
Selenium	81 µg	21 µg
Chromium	58 µg	15 µg
Molybdenum	77 µg	31 µg
Iodine	192 µg	58.0 µg

** Per made up product = 26 g serving with 250 ml semi skimmed milk (1.5 % fat)

*** 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), organic flaxseed powder, thickeners (xanthan gum, guar gum), flavouring, colour (beta-carotene), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonglutamic 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**.

¹ 2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

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