

Meal replacement for weight control

Formula 1 free from soya, lactose and gluten is a delicious shake 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 free from is made with pea protein and vegan sourced ingredients, is gluten and lactose free and contains no 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. To prepare a delicious soya and gluten free shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat) or for a lactose and gluten free shake, with 250 ml of fortified soy beverage. 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 other 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.

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: 500 g e



FREE FROM SOYA, LACTOSE AND GLUTEN

Formula 1 Healthy meal

Meal replacement shake mix for weight control and healthy nutrition

- 25 Vitamins and minerals
- High protein

raspberry & white
chocolate flavour



Nutritional information

Serving size: 26 g

Servings per container: 19

	Per 100 g	Per 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)	Per 26 g serving with 250 ml soy beverage (fortified)
Energy	1468 kJ 350 kcal	902 kJ 215 kcal	846 kJ 201 kcal
Fat	8.8 g	6.4 g	6.1 g
of which:			
saturates	1.1 g	2.8 g	0.8 g
monounsaturates	1.1 g	1.3 g	1.3 g
polyunsaturates	7.4 g	2.0 g	4.1 g
Carbohydrate	27 g	19 g	20 g
of which: sugars	17 g	(12 g from milk) 17 g	(9 g from soy beverage) 14 g
Fibre	16 g	4 g	5 g
Protein	39 g	19 g	17 g
Salt	2.5 g	1.0 g	1.0 g
VITAMINS	% RI**	% RI**	% RI**
Vitamin A	1169 µg RE 146 %	340 µg RE 43 %	445 µg RE 56 %
Vitamin D	7.3 µg 146 %	2.0 µg 40 %	4.7 µg 94 %
Vitamin E	32 mg α-TE 267 %	8.5 mg α-TE 71 %	8.7 mg α-TE 73 %
Vitamin K	110 µg 147 %	29 µg 39 %	36 µg 48 %
Vitamin C	117 mg 146 %	35 mg 44 %	30 mg 38 %
Thiamin	1.4 mg 127 %	0.45 mg 41 %	0.43 mg 39 %
Riboflavin	2.0 mg 143 %	0.98 mg 70 %	0.99 mg 71 %
Niacin	23 mg NE 144 %	6.1 mg NE 38 %	6.9 mg NE 43 %
Vitamin B6	1.7 mg 121 %	0.57 mg 41 %	0.53 mg 38 %
Folic acid	292 µg 146 %	86.7 µg 43 %	75.9 µg 38 %
Vitamin B12	1.9 µg 76 %	1.6 µg 64 %	2.7 µg 108 %
Biotin	73 µg 146 %	28 µg 56 %	19 µg 38 %
Pantothenic acid	12 mg 200 %	4.0 mg 67 %	3.4 mg 57 %
MINERALS			
Potassium	1793 mg 90 %	865 mg 43 %	779 mg 39 %
Calcium	330 mg 41 %	390 mg 49 %	402 mg 50 %
Phosphorus	923 mg 132 %	474 mg 68 %	350 mg 50 %
Magnesium	431 mg 115 %	143 mg 38 %	151 mg 40 %
Iron	27 mg 193 %	7.1 mg 51 %	8.0 mg 57 %
Zinc	15 mg 150 %	4.8 mg 48 %	4.5 mg 45 %
Copper	1.6 mg 160 %	0.44 mg 44 %	0.84 mg 84 %
Manganese	4.4 mg 220 %	1.2 mg 60 %	1.3 mg 65 %
Selenium	81 µg 147 %	21 µg 38 %	27 µg 49 %
Chromium	90 µg 225 %	23 µg 58 %	23 µg 58 %
Molybdenum	73 µg 146 %	30 µg 60 %	19 µg 38 %
Iodine	219 µg 146 %	65.4 µg 44 %	56.9 µg 38 %

** Reference intake

INGREDIENTS: Pea protein isolate (45 %), fructose, inulin, gluten-free oat fibre, safflower oil, potassium phosphate, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, chromium (III) chloride, manganese carbonate, cupric citrate, potassium iodide, sodium molybdate), emulsifier (sunflower lecithin), organic flaxseed powder, flavourings, thickeners (xanthan gum, guar gum), colour (beetroot red), 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), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), riboflavin (Vit. B2), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12)), natural flavouring, sweetener (steviol glycosides), sodium chloride, L-methionine, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source.

1 2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

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