

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

chocolate
orange
natural flavouring



CONTAINS
FIBRE



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	1483 kJ 353 kcal	906 kJ 215 kcal	842 kJ 200 kcal	
Fat	9.0 g	6.5 g	4.9 g	
of which:				
saturates	2.0 g	3.1 g	0.8 g	
mono-unsaturates	2.1 g	1.6 g	0.5 g	
polyunsaturates	4.6 g	1.3 g	1.2 g	
Carbohydrate	21 g	18 g	11 g	
of which: sugars	19 g	(12 g from milk) 17 g	5 g	
Fibre	15 g	4 g	5 g	
Protein	35 g	18 g	24 g	
Salt	2.0 g	0.8 g	1.1 g	
VITAMINS	% RI**	% RI**	% RI**	% RI**
Vitamin A	1050 µg RE	131 %	309 µg RE	39 %
Vitamin D	7.9 µg	158 %	2.1 µg	42 %
Vitamin E	19 mg α-TE	158 %	5.1 mg α-TE	43 %
Vitamin K	118 µg	157 %	31 µg	41 %
Vitamin C	119 mg	149 %	35 mg	44 %
Thiamin	1.2 mg	109 %	0.42 mg	38 %
Riboflavin	0.35 mg	25 %	0.55 mg	39 %
Niacin	24 mg NE	150 %	6.5 mg NE	41 %
Vitamin B6	1.7 mg	121 %	0.56 mg	40 %
Folic acid	250 µg	125 %	75.8 µg	38 %
Vitamin B12	1.0 µg	40 %	1.3 µg	52 %
Biotin	73 µg	146 %	28 µg	56 %
Pantothenic acid	6.8 mg	113 %	2.7 mg	45 %
MINERALS				
Potassium	1420 mg	71 %	768 mg	38 %
Chloride	620 mg	78 %	421 mg	53 %
Calcium	460 mg	58 %	423 mg	53 %
Phosphorus	890 mg	127 %	466 mg	67 %
Magnesium	431 mg	115 %	143 mg	38 %
Iron	22 mg	157 %	5.8 mg	41 %
Zinc	12 mg	120 %	3.9 mg	39 %
Copper	1.7 mg	170 %	0.47 mg	47 %
Manganese	3.3 mg	165 %	0.86 mg	43 %
Selenium	79 µg	144 %	21 µg	38 %
Chromium	58 µg	145 %	15 µg	38 %
Molybdenum	77 µg	154 %	31 µg	62 %
Iodine	230 µg	153 %	68.3 µg	46 %

** Reference intake

INGREDIENTS: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, fat-reduced cocoa powder, 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, natural flavouring, thickeners (xanthan gum, guar gum), sodium chloride, colour (plain caramel), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), 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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Manufactured by: Fine Foods NTM S.p.A. Via Berlino 39
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¹ logo applies to the canister
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