

Prepare as a Daily Meal For Weight Control and Management

- Formula 1 nutritious shake is a delicious meal
- Packed with high quality protein, dietary fiber, vitamins, and minerals
- Consumption of High Protein Meal Replacement (HPMR)¹ along with calorie restricted diet and moderate physical activity daily, showed reduction in body weight and body fat percentage along with improvement/healthy maintenance of blood lipid profile²

RECOMMENDED USAGE: Gently shake the canister prior to each use as contents may settle. Simply blend, shake or stir 25g (3 scoops)* of Formula 1 with 300ml of skimmed milk and enjoy. Create your own Formula 1 recipes by mixing with fresh fruit and ice. Not to exceed the stated recommended daily usage.

(* 1N Scoop is provided inside the canister)

For Weight Loss: Replace two meals daily with a Formula 1 shake and eat one nutritious meal.

For Weight management/Calorie Control: Enjoy a Formula 1 shake to maintain and control your weight.

PRODUCT	HIGH PROTEIN MEAL ¹	MEAL ²
Formula 1	3 scoops	3 scoops
Personalized Protein Powder (PPP)	2 scoops	
300ml Skimmed Milk		

¹ HPMR - High protein meal replacement ² Meal replacement as per Food For Special Dietary use ³ Gulati et al. (2017). Effect of high-protein meal replacement on weight and cardio-metabolic profile in overweight/obese Asian Indians in North India. *British Journal of Nutrition*, 117(11): 1531-1540.

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes (optional)
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Duration of Use: Consume at your own discretion and per labelled recommended usage.

Storage Instructions: Store with lid tightly closed in a cool, dry place and away from sunlight. Keep out of reach of children.

Special Instruction: This product absorbs moisture quickly. Do not keep the canister in open condition. Close immediately after use. Recommended to consume the product within 30 days once the canister is opened. **30-day money-back guarantee.** (For details visit our website www.herbalife.co.in) Official Herbalife products are available only through Herbalife Independent Distributors and not through any other channel of sales/distribution. This product is not for parenteral use. The product is not to be used by pregnant, nursing and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease. Herbalife products are designed for use by healthy adults as a part of a healthy well-balanced diet. Our products are formulated for adults and are labelled based on the adult Recommended Dietary Allowances. Before using this product as part of a weight control programme it is also advisable to consult a physician. Herbalife does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife products for weight loss, especially during their formative years.

For Consumer Complaints contact Distributor Services Officer: Herbalife International India Pvt. Ltd., No. 14, Commissariat Road, Bangalore - 560 025. Ph: 080 - 40311444 Email: writetous@herbalife.com

Imitation of pack/graphic/colour combination is punishable offence.

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9g protein Protein isolate is an excellent quality protein from vegetarian sources, it has a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1. PDCAAS is the world standard for evaluating the quality of protein from different food sources and the highest possible score is 1.

Net Weight: 500g + 1N scoop free*

Batch No:
Manufactured:
MRP Rs:-
(incl. of all taxes)

BEST BEFORE TWENTY FOUR MONTHS FROM MANUFACTURE



HERBALIFE NUTRITION

Formula 1

Nutritional Shake Mix
For weight control and management



Lic. No. 10013043000639



dutch
chocolate
flavour



FOOD FOR
SPECIAL DIETARY USE
(FOR WEIGHT CONTROL
AND MANAGEMENT)
(NOT FOR MEDICINAL USE)



9g
PROTEIN

3g
FIBER

18
VITAMINS &
MINERALS

Nutritional Information

Serving Size: 25g (3 scoops)* Servings Per Canister: 20

(Approx. values)

	Per 25g approx.	Per 25g serving with 300ml Skimmed milk (as reconstituted) [#]	%RDA
Energy	94.00kcal	211kcal	8%
Protein	9.00g	19.2g	32%
Total Carbohydrate	10.00g	25.6g	
Sugars	6.00g	6.00g	
Dietary Fiber	3.00g	3.00g	8%
Total Fat	2.00g	3.50g	14%
Linoleic Acid	0.67g	0.67g	
Cholesterol	3.00mg	3.00mg	
Vitamins			
Vitamin A (Retinyl Palmitate)**	210.00mcg	210.00mcg	35%
Vitamin B1 (Thiamine Mononitrate)**	0.45mg	0.45mg	32%
Vitamin B2 (Riboflavin)**	0.45mg	0.45mg	28%
Vitamin B3 (Niacinamide)**	5.00mg	5.00mg	28%
Vitamin B6 (Pyridoxine Hydrochloride)**	0.80mg	0.80mg	40%
Vitamin B9 (Folic Acid)**	85.00mcg	85.00mcg	85%
Vitamin B12 (Cyanocobalamin)**	0.40mcg	0.40mcg	40%
Vitamin C (L-ascorbic acid)**	15.00mg	15.00mg	38%
Vitamin D2 (Ergocalciferol)**	1.75mcg	1.75mcg	18%
Vitamin B5 (D-pantothenate calcium)**	2.00mg	2.00mg	40%
D-Biotin**	10.00mcg	10.00mcg	33%
Vitamin E (dl-alpha tocopheryl acetate)**	5.00mg	5.00mg	50%
Minerals			
Calcium	-	120mg	20%
Iron (Ferrous Fumarate) [#]	3.50mg	3.50mg	21%
Magnesium (Magnesium Oxide) [#]	50.00mg	50.00mg	15%
Zinc (Zinc Oxide) [#]	2.50mg	2.50mg	21%
Copper (Copper Gluconate) [#]	0.77mg	0.77mg	57%
Chromium (Chromium Chloride) [#]	23.00mcg	23.00mcg	70%
Potassium (Potassium Chloride) [#]	320.00mg	320.00mg	9%
Psyllium Husk Powder	0.03g	0.03g	
Zingiber officinale root powder	0.02g	0.02g	

[#] Percentage of the recommended daily allowances as specified by ICMR/WHO/FAO. Appropriate overages of vitamins and minerals added to compensate loss on storage.

INGREDIENTS: Soy Protein Isolate, Sugar, Cocoa Powder, Fructose Powder, Whey Protein Concentrate, *Glycine max* (Soy Powder), Lecithin Powder, Oat Fiber, Stabilizer (Guar gum - INS. 412), Inulin, Bulking Agent [Cellulose Powder - INS. 460 (ii)], Calcium Caseinate, Potassium Chloride, Diluent [Dicalcium Phosphate - INS. 341 (ii)], Minerals[#], Vitamins[#], Psyllium Husk Powder, *Zingiber officinale* Root Powder, Sweetener (Sucralose - INS. 955), Papain Powder.

CONTAINS ADDED FLAVOUR (ARTIFICIAL VANILLA FLAVOURING SUBSTANCES). ALLERGEN: CONTAINS MILK & SOY.

Formula 1 - Nutritional Shake Mix

THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. QUANTITY OF SUGAR ADDED 24gm/100gm

CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS

Distributed by: HERBALIFE INTERNATIONAL INDIA PVT. LTD., No. 14, Commissariat Road, Bangalore – 560 025.

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