



Typical Nutritional Information

Serving Size: 1 bar (56 g) Servings per Carton: 7

	Per 100 g	Per bar (56 g)	% NRV*
Energy	1547 kJ	866 kJ	
Protein	24.1 g	13.5 g	24%
Glycaemic Carbohydrate	37.7 g	21.1 g	
of which: total sugar	15.1 g	8.5 g	
Total Fat	11.5 g	6.4 g	
of which:			
saturated fat	4.8 g	2.7 g	
monounsaturated fat	3.0 g	1.7 g	
polyunsaturated fat	2.1 g	1.2 g	
Dietary Fibre***	11.7 g	6.6 g	
Total Sodium	392 mg	220 mg	
VITAMINS			
Biotin	27 µg	15 µg	50%
Folic acid	134 µg	75 µg	19%
Niacin	9.6 mg NE	5.4 mg NE	33%
Pantothenic acid	3.2 mg	1.8 mg	36%
Riboflavin	0.9 mg	0.5 mg	37%
Thiamin	0.6 mg	0.3 mg	28%
Vitamin A	614 µg RE	344 µg RE	38%
Vitamin B6	0.8 mg	0.5 mg	26%
Vitamin B12	2 µg	1 µg	47%
Vitamin C	57.1 mg	32.0 mg	32%
Vitamin D	3 µg	1 µg	10%
Vitamin E	8.0 mg α-TE	4.5 mg α-TE	30%
Vitamin K	45 µg	25 µg	21%
MINERALS			
Calcium	651.8 mg	365.0 mg	28%
Chromium	43 µg	24 µg	68%
Copper	0.9 mg	0.5 mg	56%
Iodine	80 µg	45 µg	30%
Iron	11.8 mg	6.6 mg	37%
Magnesium	241.1 mg	135.0 mg	32%
Manganese	1.5 mg	0.9 mg	37%
Molybdenum	55 µg	31 µg	69%
Phosphorus	446.5 mg	250.0 mg	20%
Potassium	941.1 mg	527.0 mg	**
Selenium	45 µg	25 µg	45%
Zinc	7.0 mg	3.9 mg	36%

* Nutrient Reference Values (NRVs) for individuals 4 years and older
 ** NRV not established
 *** Fibre content calculation based on AOAC 2009.01 method
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 Manufactured in the Netherlands by: Hearthsides Europe
 Gildenstraat 36, 4143HS Leerdam, The Netherlands

INGREDIENTS: soya crisps (24.2 % soya protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 % cocoa solids minimum 56 %), sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin), Phosphorus fibre, soya granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %), rice flour, rice syrup powder, chocolate chips (1.8 %), cocoa solids minimum 48 % (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin), flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, 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), cyanocobalamin (Vit. B12), cholecalciferol (Vit. D), pyridoxine hydrochloride (Vit. B6), thiamin mononitrate (Vit. B1), phyloquinone (Vit. K), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid), flavourings, acidity regulator (citric acid).

CONTAINS SOYA. MAY CONTAIN TRACES OF MILK, EGGS, GLUTEN, NUTS, PEANUTS AND SESAME SEEDS.



Formula 1 Express bar is a delicious and convenient snack that can be enjoyed anytime daily.
 Formula 1 Express bar is great for anyone who wishes to have a convenient, indulgent bar containing only 866 kilojoules. A delicious combination of crispies and chocolate chips, dipped in chocolate and all in a bar.
 Formula 1 Express bar provides 13.5 g of protein, 866 kJ and 25 vitamins and minerals including vitamin C. Each bar is also suitable for ovo-lacto vegetarians.

Formula 1 Express bar
 • High Protein
 • 25 Vitamins & minerals



dark chocolate flavoured

Best Before and Lot Number: See bottom of carton
 7 BARS (56 g EACH)
 NET WEIGHT: 392 g (7 x 56 g)



DIRECTIONS FOR USE: Enjoy a Formula 1 Express bar every day. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.
STORE IN A COOL, DRY PLACE.
 30-day money-back guarantee. 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.
NOTICE: Before using this product, it is advisable to consult a physician. A healthy active lifestyle should include a balanced diet and regular physical activity.



Legend

	Cuts
	Folds
	Bleeds
	Glue Area