



### Prepare as a Daily Meal or Snack

**Formula 1** is a delicious healthy meal that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study) and on similar products show that Formula 1 shakes taken twice a day as part of a reduced-calorie diet help people lose weight.

**DIRECTIONS:** Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy!

PRODUCT	MEAL	MEAL	SNACK
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
Protein	24g	17g	17g
Calories	200	170	150

### Quick & Easy to Prepare



- BLEND**
- 4 – 5 ice cubes
  - Add fresh fruits and vegetables (optional)
  - Blend on low until you achieve desired thickness
- Check out Herbalife.com for additional shake recipes.

Herbalife Nutrition Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

**For Weight Loss:** Replace two meals daily with a Formula 1 shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

**For Healthy Nutrition:** Enjoy a Formula 1 shake every day as a healthy meal.

**30-day money-back guarantee.** This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

**NOTICE:** Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.



25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.

2D AREA

† On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.



## Formula 1 Healthy Meal

### Nutritional Shake Mix For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
- Good source of fiber
- 21 vitamins & minerals

strawberry cheesecake  
natural and artificial flavors  
no artificial sweeteners



# NET WT: 26.4 OZ (750g)



# Nutrition Facts

30 servings per container  
Serving size

2 scoops (25g)

	Per serving	Per serving with 8 fl oz of nonfat milk	Per serving with 2 scoops (28g) of PDM Vanilla
	% DV*	% DV*	% DV*
<b>Calories</b>	<b>90</b>	<b>170</b>	<b>200</b>
<b>Total Fat</b>	1g	1g	4.5g
Saturated Fat	0g	0g	1g
Trans Fat	0g	0g	0g
Polyunsaturated Fat	0g	0g	1g
Monounsaturated Fat	0g	0g	2.5g
<b>Cholesterol</b>	0mg	<5mg	0mg
<b>Sodium</b>	100mg	200mg	440mg
<b>Total Carbohydrate</b>	13g	25g	18g
Dietary Fiber	3g	3g	3g
Total Sugars	9g	22g	10g
Includes Added Sugars	8g	8g	9g
<b>Protein</b>	9g	17g	24g
Vitamin D	6mcg	8.9mcg	9.5mcg
Calcium	120mg	420mg	300mg
Iron	3mg	3.1mg	9.3mg
Potassium	180mg	560mg	460mg
Vitamin A	270mcg RAE	420mcg RAE	800mcg RAE
Vitamin C	27mg	27mg	48mg
Vitamin E	4.5mg	4.5mg	10.3mg
Thiamin	0.36mg	0.47mg	1.01mg
Riboflavin	0.39mg	0.84mg	1.19mg
Niacin	4.8mg	5mg	12.8mg
Vitamin B6	0.51mg	0.6mg	1.21mg
Folate	80mcg DFE (50mcg folic acid)	95mcg DFE	370mcg DFE
Vitamin B12	1.44mcg	2.66mcg	3.24mcg
Biotin	9mcg	9mcg	109mcg
Pantothenic Acid	1.5mg	2.4mg	5.1mg
Phosphorus	160mg	410mg	550mg
Magnesium	125mg	155mg	265mg
Zinc	3.3mg	4.3mg	8.6mg
Selenium	10mcg	18mcg	35mcg
Copper	0.25mg	0.28mg	1.05mg
Chromium	10.5mcg	10.5mcg	46.5mcg
Molybdenum	10mcg	10mcg	40mcg

**INGREDIENTS:** Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Natural and Artificial Cheesecake Flavor, Natural and Artificial Strawberry Flavor, Carrageenan, Medium Chain Triglycerides, Inulin, Stevia Leaf Extract, Silicon Dioxide, Natural Cream Cheese Flavor, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Beet Powder (Color), Psyllium Husk Powder, Citrus Pectin, Ginger Root Powder, Protease (from Aminogen®), Honey Powder, Ferrous Fumarate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Niacinamide, Retinyl Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Cholecalciferol, Bromelain, Papain Powder, Calcium D-Pantothenate, Copper Gluconate, Cyanocobalamin, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate and Riboflavin. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Innophos, LLC. Contains bioengineered food ingredients.

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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

