



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.

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



HERBALIFE NUTRITION®

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

piña colada

natural and artificial flavor



NET WT: 26.4 OZ (750g)



Nutrition Facts

30 servings per container

Serving size

2 scoops (25g)

Calories

	Per serving	Per serving with 8 fl oz of nonfat milk	Per serving with 2 scoops (28g) of PDM Vanilla
	% DV*	% DV*	% DV*
Total Fat	1g	1%	4.5g
Saturated Fat	0g	0%	1g
Trans Fat	0g	0%	0g
Cholesterol	0mg	0%	0mg
Sodium	95mg	4%	200mg
Total Carbohydrate	13g	5%	25g
Dietary Fiber	3g	11%	3g
Total Sugars	9g		22g
Includes Added Sugars	8g	17%	8g
Protein	9g	18%	17g
Vitamin D	6mcg	30%	8.9mcg
Calcium	120mg	10%	415mg
Iron	3mg	15%	3mg
Potassium	265mg	6%	640mg
Vitamin A	270mcg RAE	30%	415mcg RAE
Vitamin C	27mg	30%	27mg
Vitamin E	4.4mg	30%	4.4mg
Thiamin	0.36mg	30%	0.47mg
Riboflavin	0.39mg	30%	0.83mg
Niacin	4.8mg	30%	5mg
Vitamin B6	0.5mg	30%	0.59mg
Folate	81mcg DFE (48mcg folic acid)	20%	93mcg DFE (48mcg folic acid)
Vitamin B12	1.4mcg	60%	2.6mcg
Biotin	9mcg	30%	9mcg
Pantothenic Acid	1.5mg	30%	2.3mg
Phosphorus	206mg	15%	450mg
Magnesium	126mg	30%	153mg
Zinc	3.3mg	30%	4.3mg
Selenium	10mcg	20%	17.6mcg
Copper	0.35mg	40%	0.38mg
Chromium	10.5mcg	30%	10.5mcg
Molybdenum	15mcg	35%	15mcg
			370mcg DFE (218mcg folic acid)
			90%
			3.2mcg
			140%
			109mcg
			360%
			5.1mg
			100%
			590mg
			50%
			265mg
			60%
			8.6mg
			80%
			35mcg
			60%
			1.1mg
			130%
			46mcg
			130%
			45mcg
			100%

* 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.

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Potassium Chloride, Calcium Phosphate, Artificial Pineapple Flavor, Magnesium Oxide, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, Inulin, Silicon Dioxide, Natural and Artificial Coconut Flavor, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogen®), Psyllium Husk 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.

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