



HERBALIFE®

Nutritious Meal

Formula 1 + PDM On The Go

One serving of Formula 1 with one serving
of Protein Drink Mix for good nutrition
and weight management

**High
Protein**

cookies
'n cream

+ vanilla

naturally and
artificially flavored

NET WT 1.87 OZ (53g)

24g
PROTEIN



DIRECTIONS: Blend or stir 1 packet (53g) of Formula 1 + PDM with 8 fl oz of water or nonfat milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

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.

Nutrition Facts

Serving Size: 1 packet (53g)

Servings Per Packet: 1

Amount Per Serving	Powder with 8 fl oz of nonfat milk	
	Powder	milk
Calories	210	290
Calories from Fat	40	40
	% DV**	
Total Fat 4.5g*	7%	8%
Saturated Fat 1g	5%	6%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 3g		
Cholesterol 2mg	1%	2%
Sodium 440mg	18%	23%
Potassium 580mg	17%	28%
Total Carbohydrate 17g	6%	10%
Dietary Fiber 9g	36%	36%
Sugars 6g		
Protein 24g	48%	65%
Vitamin A	70%	80%
Vitamin C	60%	60%
Calcium	30%	60%
Iron	70%	70%
Vitamin D	90%	120%
Vitamin E	90%	90%
Vitamin K	50%	50%
Thiamin	110%	110%

	% DV**	
Riboflavin	70%	100%
Niacin	80%	80%
Vitamin B6	70%	70%
Vitamin A	90%	90%
Vitamin B12	70%	90%
Biotin	90%	90%
Pantothenic Acid	90%	90%
Iodine	50%	50%
Phosphorus	50%	80%
Magnesium	50%	60%
Zinc	70%	80%
Selenium	190%	200%
Copper	90%	90%
Manganese	50%	50%
Chromium	80%	80%
Molybdenum	130%	130%

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Soy Protein Isolate, Non-Dairy Creamer [Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Potassium Phosphate, Calcium Phosphate, Soy Lecithin, Tocopherols (added to protect flavor)], Fructose, Calcium Caseinate, Oat Fiber, Maltodextrin, Inulin†, Wheat Flour, Polydextrose Powder, Magnesium Phosphate, Guar Gum, Potassium Chloride, Natural and Artificial Flavors, Sugar, Dextrose, Canola Oil, Calcium Phosphate, Salt, Soy Lecithin, Natural and Artificial Cream Flavor, Xanthan Gum, Whey Protein Concentrate, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Carrageenan, Medium Chain Triglycerides, Magnesium Oxide, Sucralose, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Silicon Dioxide, Baking Soda, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Citrus Pectin, Ginger Root Powder, Honey Powder, Turmeric Oleoresin (added for color), Nicotinamide, Zinc Sulfate, Acesulfame K, Blueberry Powder, Papaya Fruit Powder, Pomegranate Powder, Retinyl Palmitate, Biotin, Calcium D-Pantothenate, Copper Gluconate, Beta Carotene, Ferrous Fumarate, L-Selenomethionine, Zinc Oxide, Reduced Iron, Phytanadione, Cholecalciferol, Bromelain, Papain Powder, Manganese Sulfate, Cyanocobalamin, Pyridoxine Hydrochloride, Folic Acid, Riboflavin, Thiamine Mononitrate, Chromium Chloride, Sodium Molybdate, Potassium Iodide and Sodium Selenite. **CONTAINS MILK, SOY AND WHEAT.**

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† Inulin is known as a prebiotic that helps promote the growth of flora.

30-day money-back guarantee.

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Made in USA with US and imported ingredients

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