

Formula 1 Instant is a delicious, water-mixable on-the-go healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 24 vitamins and minerals, and is an excellent source of antioxidants<sup>†</sup>. This product is certified kosher. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise. † Vitamins C & F

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Stir 2 scoops (52g) of Formula 1 Instant with 8 fl oz of water. Just shake and go!

Each delicious serving of Formula 1 Instant contains:



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 quarantee. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

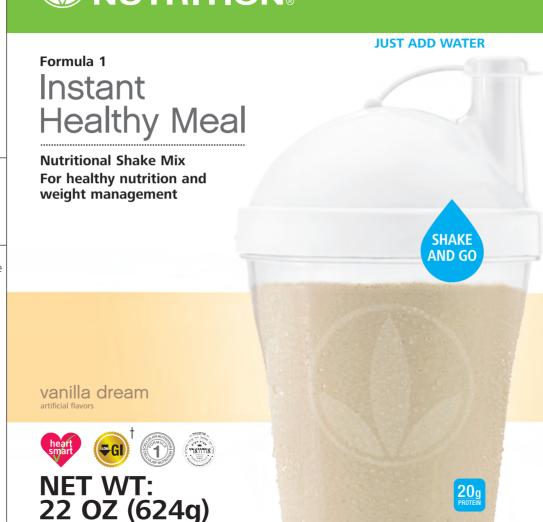
**NOTICE:** Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet, and regular physical activity.



25 grams of sov 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 Instant provides 17 grams of soy protein isolate.

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





## **Nutrition Facts** Maltodextrin. Sov

12 servings per container

Serving size 2 scoops (52g) Protein Isolate, High

Amount per serving

Saturated Fat 0.5g

Polyunsaturated Fat 0.5g

Total Carbohydrate 23q

Dietary Fiber 0g

Total Sugars 3g

Protein 20a Vitamin D 6mcg

Calcium 450mg

Potassium 360mg

Vitamin C 27mg

Vitamin E 4.5mg

Thiamin 0.36mg

Niacin 4.8mg

Biotin 9mcq

Zinc 4ma

Riboflavin 0.39mg

Vitamin B6 0.51mg

Vitamin B12 1.44mcg

Pantothenic Acid 1.5mg

Phosphorus 400ma

Magnesium 125mg

Selenium 10mcg

Chromium 15mcg

Molvbdenum 20mca

Copper 0.5mg

Folate 80mcg DFE (50mcg folic acid)

2,000 calories a day is used for general nutrition advice

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet

Vitamin A 270mcg RAE

Iron 6mg

Monounsaturated Fat 1.5g

Includes Og Added Sugars

## **Calories**

Total Fat 3q

Trans Fat 0g

Cholesterol Omq

Sodium 420ma

## 200 | Calcium Phosphale,

Protein Isolate, Pea

Oleic Sunflower Oil.

Calcium Phosphate.

<b>ZUU</b>	Artificial Butter Vanilla
% DV*	Flavor, Potassium
4%	Chloride, Potassium
3%	Phosphate, Magnesium
	Oxide, Salt, Guar Gum,
	Xanthan Gum, Soy
	Lecithin, DL-Methionine,
0%	Apple Skin Extract,
18%	Sucralose, Ascorbic Acid,
8%	DL-Alpha Tocopherol
0%	Acetate, Turmeric
00/	Oleoresin (Color), Ferrous
0% 40%	Fumarate, Niacinamide,
4070	Retinyl Palmitate,
30%	Sodium Molybdate,
35%	Sodium Selenite, Zinc
35%	Oxide, Cholecalciferol,
8%	Calcium D-Pantothenate,
30%	Cyanocobalamin, Copper
30% 30%	Gluconate, Chromium
30%	Chloride, Biotin,
30%	Pyridoxine Hydrochloride,
30%	Folic Acid, Thiamine
30%	Mononitrate, and
20%	Riboflavin.
60%	CONTAINS SOY.
30%	Contains bioengineered
30%	food ingredients.
30%	Formulated and distributed
30%	exclusively by:
35% 20%	HERBALIFE INTERNATIONAL OF AMERICA, INC.
20%	OF AMERICA, INC.

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