

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 sovmilk 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

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

exclusively formulated product is only



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.

† 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

maple pecan

natural and artificial flavors no artificial sweeteners







NET WT: 8.8 OZ (250g)



10 servings per container Serving size

HOLIDAY

EDITION

2 scoops (25g)

Calories		Per serving		serving with nonfat milk		r serving with 2 scoops (28g) f PDM Vanilla 200
* - 1* -		% DV*	4	% DV*	4.5	% DV*
Total Fat	1g	1%	1g	1%	4.5g	6%
Saturated Fat	0g	0%	0g	0%	1g	4%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	<5mg	2%	0mg	0%
Sodium	100mg	4%	200mg	9%	440mg	19%
Total Carbohydrate	13g	5%	25g	9%	18g	6%
Dietary Fiber	3g	11%	3g	11%	3g	11%
Total Sugars	9g		22g		10g	
Includes Added Sugars	9g	17%	9g	17%	10g	19%
Protein	9g	18%	17g	35%	24g	48%
Vitamin D	6mcg	30%	8.9mcg	45%	9.5mcg	50%
Calabase	400	400/	115	200/	200	

Potassium	180mg	4%	560mg	10%	460mg	1
Vitamin A	270mcg RAE	30%	415mcg RAE	45%	800mcg RAE	9
Vitamin C	27mg	30%	27mg	30%	48mg	5
Vitamin E	4.4mg	30%	4.4mg	30%	10.3mg	7
Thiamin	0.36mg	30%	0.47mg	40%	1mg	8
Riboflavin	0.39mg	30%	0.83mg	60%	1.1mg	9
Niacin	4.8mg	30%	5mg	30%	12.8mg	8
Vitamin B6	0.51mg	30%	0.6mg	35%	1.2mg	7
Folate	81mcg DFE (48mcg folic acid)	20%	93mcg DFE (48mcg folic acid)	25%	370mcg DFE (218mcg folic acid)	9
Vitamin B12	1.4mcg	60%	2.6mcg	110%	3.2mcg	14
Biotin	9mcg	30%	9mcg	30%	109mcg	36
Pantothenic Acid	1.5mg	30%	2.3mg	45%	5.1mg	10
Phosphorus	171mg	15%	415mg	35%	560mg	4
Magnesium	126mg	30%	153mg	35%	265mg	6
Zinc	3.3mg	30%	4.3mg	40%	8.6mg	8
Selenium	10mcg	20%	17.6mcg	30%	35mcg	6
Copper	0.25mg	30%	0.28mg	30%	1mg	12
Chromium	10.5mcg	30%	10.5mcg	30%	46mcg	13
Molyhdonum	10mca	200/-	10mca	2006	40mca	0

* 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 INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum. Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Natural and Artificial Maple Peran Flavor, Rice Fiber, Canola Oil, Soy Lecithin,

Carrageenan, Medium Chain Triglycerides, Inulin, Stevia Leaf Estract, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Cirus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogene), Psyllium Husk Powder, Ferrous Fumarate, Bluebern Fruit Powder, Maple Synu. Pasava Fruit Pow 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.

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

pumpkin spice natural flavors











NET WT: 8.8 OZ (250g)

Nutrition Facts - 39

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HOLIDAY

EDITION

2 scoops (25g)

						er serving with	Thiamin	0.36mg	30%	0.47mg	40%	1mg	80%
		Per serving		serving with f nonfat milk		2 scoops (28g) of PDM Vanilla	Riboflavin	0.39mg	30%	0.83mg	60%	1.1mg	90%
		O O	011020	170			Niacin	4.8mg	30%	5mg	30%	12.8mg	80%
<u>Calories</u>		90		<u> </u>		<u> 200</u>	Vitamin B6	0.5mg	30%	0.59mg	35%	1.2mg	70%
		% DV*		% DV*		% DV*		81mcq DFE		93mcq DFE		370mcq DFE	
Total Fat	1g	1%	1g	1%	4.5g	5%	Folate	(48mcg folic acid	1) 20%	(48mcg folic acid	25%	(218mcg folic a	cid) 90%
Saturated Fat	0g	0%	0g	0%	1g	4%	Vitamin B12	1.4mcg	60%	2.6mcg	110%	3.2mcg	140%
Trans Fat	0g		0g		0g		Biotin	9mcg	30%	9mcg	30%	109mcg	360%
Cholesterol	0mg	0%	<5mg	2%	0mg	0%	Pantothenic Acid	1.5mg	30%	2.3mg	45%	5.1mg	100%
Sodium	190mg	8%	290mg	13%	530mg	23%	Phosphorus	206mg	15%	450mg	35%	590mg	50%
Total Carbohydrate	13g	5%	25g	9%	18g	6%	Magnesium	126mg	30%	153mg	35%	265mg	60%
Dietary Fiber	3g	11%	3g	11%	3g	11%	Zinc	3.3mg	30%	4.3mg	40%	8.6mg	80%
Total Sugars	9q		22q		10q		Selenium	10mcg	20%	17.6mcg	30%	35mcg	60%
Includes Added Sugars	8a	16%	8a	16%	9a	18%	Copper	0.35mg	40%	0.38mg	40%	1.1mg	130%
Protein	9a	18%	17g	35%	24a	48%	Chromium	10.5mcg	30%	10.5mcg	30%	46mcg	130%
							Molybdenum	15mcg	35%	15mcg	35%	45mcg	100%
Vitamin D	6mcg	30%	8.9mcg	45%	9.5mcg	50%	* The % Daily Value (DV)	tells you how much a nu	trient in a	serving of food contribu	ites to a di	aily diet. 2.000 calo	ries a dav
Calcium	120ma	10%	415ma	30%	300ma	25%	is used for general nutri				0 0 0		

-	Potassium	265mg	6%	640mg	15%	540mg	10%
	Vitamin A	270mcg RAE	30%	415mcg RAE	45%	800mcg RAE	90%
)	Vitamin C	27mg	30%	27mg	30%	48mg	50%
-	Vitamin E	4.4mg	30%	4.4mg	30%	10.3mg	70%
h	Thiamin	0.36mg	30%	0.47mg	40%	1mg	80%
)	Riboflavin	0.39mg	30%	0.83mg	60%	1.1mg	90%
4	Niacin	4.8mg	30%	5mg	30%	12.8mg	80%
_	Vitamin B6	0.5mg	30%	0.59mg	35%	1.2mg	70%
*		81mcq DFE		93mcq DFE		370mcq DFE	
6	Folate	(48mcg folic acid)	20%	(48mcg folic acid)	25%	(218mcg folic acid)	90%
6	Vitamin B12	1.4mcg	60%	2.6mcg	110%	3.2mcg	140%
	Biotin	9mcg	30%	9mcg	30%	109mcg	360%
6	Pantothenic Acid	1.5mg	30%	2.3mg	45%	5.1mg	100%
6	Phosphorus	206mg	15%	450mg	35%	590mg	50%
6	Magnesium	126mg	30%	153mg	35%	265mg	60%
6	Zinc	3.3mg	30%	4.3mg	40%	8.6mg	80%
-	Selenium	10mcg	20%	17.6mcg	30%	35mcg	60%
5	Copper	0.35mg	40%	0.38mg	40%	1.1mg	130%
-	Chromium	10.5mcg	30%	10.5mcg	30%	46mcg	130%
Ĭ	Molybdenum	15mcg	35%	15mcg	35%	45mcg	100%

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Natural Cinnamon and Spice Flavor, Magnesium Oxide, Calcium Caseinate, Casein, Salt. Rice Fiber, Canola Oil, Soy Lecithin,

Natural Pumpian Spice Flavor, Carrageeran, Medium Chain Triglycerides, Inulin, Natural Flavor, Silicon Dioxide, Ascorbic Acid, OL-Alpha Toccopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogene), Psyllium Husk Powder, Succalose, Ferrous Furnariae, Bluebernr Fruit Powder, Poagara Fruit Powder, Poagara Fruit Powder, Poagara Fruit Powder, Nacionamide, Retirul Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Cholecalciferol, Bromelain, Pasain Powder, Calcium D-Pantothenate, Copper Gluconate, Cyanocobalamin, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate, and Riboflavin, CONTAINS MILK AND SOY, Aminooeno is a registered trademark of Triarco Industries, Inc.

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						serving with	ı
		Per serving	Per	serving with nonfat milk	2	scoops (28g) PDM Vanilla	Ì
Calories		90	811 02 01	170	01	<u> 200</u>	Ì
		% DV*		% DV*		% DV*	
Total Fat	1g	1%	1g	1%	4.5g	5%	
Saturated Fat	0g	0%	0g	0%	1g	4%	١
Trans Fat	0g		0g		0g		1
Cholesterol	0mg	0%	<5mg	2%	0mg	0%	İ
Sodium	95mg	4%	200mg	9%	430mg	19%	į
Total Carbohydrate	13g	5%	25g	9%	18g	6%	İ
Dietary Fiber	3g	11%	3g	11%	3g	11%	i
Total Sugars	9g		22g		10g		
Includes Added Sugars	8g	16%	8g	16%	9g	19%	(
Protein	9g	18%	17g	35%	24g	48%	(
							1
Vitamin D	6mcg	30%	8.9mcg	45%	9.5mcg	50%	
Calcium	120mg	10%	420mg	30%	300mg	25%	

i otassiuiii	270IIIY	0 70	osoniy	1370	Journa	107
Vitamin A	270mcg RAE	30%	420mcg RAE	45%	800mcg RAE	909
Vitamin C	27mg	30%	27mg	30%	48mg	509
Vitamin E	4.5mg	30%	4.5mg	30%	10.3mg	709
Thiamin	0.36mg	30%	0.47mg	40%	1.01mg	809
Riboflavin	0.39mg	30%	0.84mg	60%	1.19mg	909
Niacin	4.8mg	30%	5mq	30%	12.8mg	800
Vitamin B6	0.5mg	30%	0.59mg	35%	1.2mg	709
Folate	80mcg DFE (50mcg folic acid)	20%	95mcg DFE	25%	370mcg DFE	909
Vitamin B12	1.44mcg	60%	2.66mcg	110%	3.24mcg	140
Biotin	9mcg	30%	9mcg	30%	109mcg	360°
Pantothenic Acid	1.5mg	30%	2.4mg	45%	5.1mg	1000
Phosphorus	210mg	15%	450mg	35%	600mg	500
Magnesium	125mg	30%	155mg	35%	265mg	600
Zinc	3.3mg	30%	4.3mg	40%	8.6mg	800
Selenium	10mcg	20%	18mcg	30%	35mcg	600
Copper	0.35mg	40%	0.38mg	40%	1.15mg	1309
Chromium	10.5mcg	30%	10.5mcg	30%	46.5mcg	1309
Molybdenum	15mcq	35%	15mcq	35%	45mcg	1009

IMGEDIENTS: Sy Protein botales, Fructure, Cellulore Pearley, Com Rom, Natural and Artificial Batter Pears Flavor, Goad Guin, Calcium Prosphate, Protession Clinides, Magnesium Ordise, Calcium Caesinate, Caesin, Rice Fiber, Canalo Qii, Syl textiles, Carriageream, Medium, Unilin Simple Divides, Pearle Leaf Estract, Accordis, Acid, Di. Alpha Tocopoliny, Acetas, Sci. (Crow Teerin, Ginger Root Powder, Protesse Firm Aminograph, Paginitar Maniforma, Position Florida, Protein Produced, Protein Conference Foundation, Protein Produced, Foundation, Protein Produced, Protein Produced, Protein Produced, Foundation, Protein Produced, Calcium D-Partotheruste, Copper Gluconate, Copnocobalamin, Chromium Olforida, Bostin, Produced Produced Firm Conference, Colfurnation, Colfurnation, COMPANIS Multi, AND SQV, Aminogene's a Maniforma Aminograph, Paginitar Square, Protein Produced, Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Produced Pro

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