



## 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](http://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.

† 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)**



## Nutrition Facts

10 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 1%	1g 1%	4.5g 6%
Saturated Fat	0g 0%	0g 0%	1g 4%
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	0mg 0%	<5mg 2%	0mg 0%
<b>Sodium</b>	100mg 4%	200mg 9%	440mg 19%
<b>Total Carbohydrate</b>	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%
<b>Protein</b>	9g 18%	17g 35%	24g 48%
<b>Vitamin D</b>	6mcg 30%	8.9mcg 45%	9.5mcg 50%
<b>Calcium</b>	120mg 10%	415mg 30%	300mg 25%

**INGREDIENTS:** Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Natural and Artificial Maple Pecan Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, Inulin, Stevia Leaf Extract, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogen®), Psyllium Husk Powder, Ferrous Fumarate, Blueberry Fruit Powder, Maple Syrup, Papaya Fruit Powder, Pomegranate Fruit Powder, Nicotinamide, 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.

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800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA

Iron	3mg 15%	3mg 15%	9.3mg 50%
Potassium	180mg 4%	560mg 10%	460mg 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%
Thiamin	0.36mg 30%	0.47mg 40%	1mg 80%
Riboflavin	0.39mg 30%	0.83mg 60%	1.1mg 90%
Niacin	4.8mg 30%	5mg 30%	12.8mg 80%
Vitamin B6	0.51mg 30%	0.6mg 35%	1.2mg 70%
Folate	81mcg DFE (48mcg folic acid) 20%	93mcg DFE (48mcg folic acid) 25%	370mcg DFE (218mcg folic acid) 90%
Vitamin B12	1.4mcg 60%	2.6mcg 110%	3.2mcg 140%
Biotin	9mcg 30%	9mcg 30%	109mcg 360%
Pantothenic Acid	1.5mg 30%	2.3mg 45%	5.1mg 100%
Phosphorus	171mg 15%	415mg 35%	560mg 45%
Magnesium	126mg 30%	153mg 35%	265mg 60%
Zinc	3.3mg 30%	4.3mg 40%	8.6mg 80%
Selenium	10mcg 20%	17.6mcg 30%	35mcg 60%
Copper	0.25mg 30%	0.28mg 30%	1mg 120%
Chromium	10.5mcg 30%	10.5mcg 30%	46mcg 130%
Molybdenum	10mcg 20%	10mcg 20%	40mcg 90%

\* 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.

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Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
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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.

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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.

† 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

pumpkin spice natural flavors



NET WT: 8.8 OZ (250g)



# Nutrition Facts

10 servings per container  
Serving size 2 scoops (25g)

	Per serving 2 scoops (28g) % DV*	Per serving with 8 fl oz of nonfat milk 170 % DV*	Per serving with 2 scoops (28g) of PDM Vanilla 200 % DV*
<b>Calories</b>	<b>90</b>	<b>170</b>	<b>200</b>
Total Fat	1g 1%	1g 1%	4.5g 5%
Saturated Fat	0g 0%	0g 0%	1g 4%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	<5mg 2%	0mg 0%
Sodium	190mg 8%	290mg 13%	530mg 23%
Total Carbohydrate	13g 5%	25g 9%	18g 6%
Dietary Fiber	3g 11%	3g 11%	3g 11%
Total Sugars	9g	22g	10g
Includes Added Sugars	8g 16%	8g 16%	9g 18%
Protein	9g 18%	17g 35%	24g 48%
Vitamin D	6mcg 30%	8.9mcg 45%	9.5mcg 50%
Calcium	120mg 10%	415mg 30%	300mg 25%

	% DV*	% DV*	% DV*
Iron	3mg 15%	3mg 15%	9.3mg 50%
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%
Thiamin	0.36mg 30%	0.47mg 40%	1mg 80%
Riboflavin	0.39mg 30%	0.83mg 60%	1.1mg 90%
Niacin	4.8mg 30%	5mg 30%	12.8mg 80%
Vitamin B6	0.5mg 30%	0.59mg 35%	1.2mg 70%
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Biotin	9mcg 30%	9mcg 30%	109mcg 360%
Pantothenic Acid	1.5mg 30%	2.3mg 45%	5.1mg 100%
Phosphorus	206mg 15%	450mg 35%	590mg 50%
Magnesium	126mg 30%	153mg 35%	265mg 60%
Zinc	3.3mg 30%	4.3mg 40%	8.6mg 80%
Selenium	10mcg 20%	17.6mcg 30%	35mcg 60%
Copper	0.35mg 40%	0.38mg 40%	1.1mg 130%
Chromium	10.5mcg 30%	10.5mcg 30%	46mcg 130%
Molybdenum	15mcg 35%	15mcg 35%	45mcg 100%

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### For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
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## pralines and cream

natural and artificial flavors  
no artificial sweeteners



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<b>Cholesterol</b>	0mg 0%	<5mg 2%	0mg 0%
<b>Sodium</b>	95mg 4%	200mg 9%	430mg 19%
<b>Total Carbohydrate</b>	13g 5%	25g 9%	18g 6%
Dietary Fiber	3g 11%	3g 11%	3g 11%
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Niacin	4.8mg 30%	5mg 30%	12.8mg 80%
Vitamin B6	0.5mg 30%	0.59mg 35%	1.2mg 70%
Folate	80mcg DFE (50mcg folic acid) 20%	95mcg DFE 25%	370mcg DFE 90%
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 100%
Phosphorus	210mg 15%	450mg 35%	600mg 50%
Magnesium	125mg 30%	155mg 35%	265mg 60%
Zinc	3.3mg 30%	4.3mg 40%	8.6mg 80%
Selenium	10mcg 20%	18mcg 30%	35mcg 60%
Copper	0.35mg 40%	0.38mg 40%	1.15mg 130%
Chromium	10.5mcg 30%	10.5mcg 30%	46.5mcg 130%
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