

Formula 1 Instant is a delicious healthy meal that provides an ideal balance of protein and other key nutrients to help satisfy your hunger and give you energy. It is specially formulated with 21 vitamins and minerals, and is an excellent source of antioxidants[†]. Clinical studies have shown that daily usage of meal replacement shakes is effective for managing weight, along with moderate exercise.*

† Vitamins C & E

* Based upon published studies of non-Herbalife Nutrition products

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Stir 2 scoops (50g) of Formula 1 Instant with 8 fl oz of water. Just shake and go!

Each delicious serving of Formula 1 Instant contains:



stir and enjoy!













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

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.



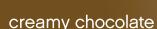
25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 Instant provides 15 grams of soy protein isolate.

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



Formula 1 Instant **Healthy Meal**

Nutritional Shake Mix For healthy nutrition and weight management



natural and artificial flavors









21.1 OZ (600g)



JUST ADD WATER

SHAKE

AND GO

20g

Nutrition Facts Sov Protein Isolate.

12 servings per container

Serving size 2 scoops (50g)

Amount per serving

Calories

Calulles	150
	% DV**
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol Omg	0%
Sodium 410mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	40%
	2004
Vitamin D 6mcg	30%
Calcium 450mg	35%
Iron 8mg	45%
Potassium 640mg	15%
Vitamin A 270mcg RAE	30%
Vitamin C 27mg	30%
Vitamin E 4.5mg	30%
Thiamin 0.36mg	30%
Riboflavin 0.39mg	30%
Niacin 4.8mg	30%
Vitamin B6 0.51mg	30%

Riboflavin. CONTAINS SOY.

20%

60%

30%

30%

35%

Contains bioengineered food ingredients.

Maltodextrin, Pea Protein

Isolate, Cocoa Powder

(Processed with Alkali)

High Oleic Sunflower

Oil, Calcium Phosphate.

Chocolate Fudge Flavor,

Natural and Artificial

Potassium Chloride,

Magnesium Oxide, Salt, Soy Lecithin, Guar

Gum, Xanthan Gum,

Acetate, Turmeric

Retinyl Palmitate

Sodium Molybdate. Sodium Selenite, Zinc Oxide. Cholecalciferol. Calcium D-Pantothenate,

DL-Methionine, Apple Skin Extract, Sucralose, Ascorbic

Acid, DL-Alpha Tocopherol

Oleoresin (Color), Ferrous

Fumarate, Niacinamide,

Cyanocobalamin, Copper

Chloride, Biotin, Pyridoxine

Thiamine Mononitrate, and

Hydrochloride, Folic Acid,

Gluconate, Chromium

Potassium Phosphate.

Formulated and distributed exclusively by: HERBALIFE INTERNATIONAL

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45% Made in USA with US and mported ingredients

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