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**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:



Just add water, stir and enjoy!

=



1 Serving of F1

+



Protein in 2 tablespoons of PPP

+



Calcium of an 8 fl oz glass of milk


**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 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

creamy chocolate

natural and artificial flavors



NET WT:  
21.1 OZ (600g)

JUST ADD WATER



20g  
PROTEIN

# Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>2 scoops (50g)</b>
Amount per serving	% DV**
<b>Calories</b>	<b>190</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
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%
Folate 80mcg DFE (50mcg folic acid)	20%
Vitamin B12 1.44mcg	60%
Biotin 9mcg	30%
Pantothenic Acid 1.5mg	30%
Phosphorus 450mg	35%
Magnesium 125mg	30%
Zinc 4mg	35%
Selenium 10mcg	20%
Copper 0.6mg	70%
Chromium 30mcg	90%
Molybdenum 20mcg	45%
** 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.	

**INGREDIENTS:** Soy Protein Isolate, Maltodextrin, Pea Protein Isolate, Cocoa Powder (Processed with Alkali), High Oleic Sunflower Oil, Calcium Phosphate, Natural and Artificial Chocolate Fudge Flavor, Potassium Chloride, Potassium Phosphate, Magnesium Oxide, Salt, Soy Lecithin, Guar Gum, Xanthan Gum, DL-Methionine, Apple Skin Extract, Sucralose, Ascorbic Acid, DL-Alpha Tocopherol Acetate, Turmeric Oleoresin (Color), Ferrous Fumarate, Niacinamide, Retinyl Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Cholecalciferol, Calcium D-Pantothenate, Cyanocobalamin, Copper Gluconate, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate, and Riboflavin.

**CONTAINS SOY.** Contains bioengineered food ingredients.

Formulated and distributed exclusively by:

HERBALIFE INTERNATIONAL OF AMERICA, INC.  
800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA  
Made in USA with US and imported ingredients  
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