



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 (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 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 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.



Formula 1 Instant Healthy Meal

Nutritional Shake Mix
For healthy nutrition and weight management

vanilla dream
artificial flavors



NET WT:
22 OZ (624g)

JUST ADD WATER



20g
PROTEIN

Nutrition Facts

12 servings per container	
Serving size	2 scoops (52g)
Amount per serving	
Calories	200
	<small>% DV**</small>
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 6mcg	30%
Calcium 450mg	35%
Iron 6mg	35%
Potassium 360mg	8%
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 400mg	30%
Magnesium 125mg	30%
Zinc 4mg	35%
Selenium 10mcg	20%
Copper 0.5mg	60%
Chromium 15mcg	45%
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:

Maltodextrin, Soy Protein Isolate, Pea Protein Isolate, High Oleic Sunflower Oil, Calcium Phosphate, Artificial Butter Vanilla Flavor, Potassium Chloride, Potassium Phosphate, Magnesium Oxide, Salt, Guar Gum, Xanthan Gum, Soy Lecithin, 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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