



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 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.



HERBALIFE NUTRITION®

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

dark chocolate coconut

natural and artificial flavors
no artificial sweeteners



NET WT: 26.4 OZ (750g)



Nutrition Facts

30 servings per container

Serving size

2 scoops (25g)

Calories

| | Per serving | Per serving with 8 fl oz of nonfat milk | Per serving with 2 scoops (28g) of PDM Vanilla |
|---------------------------|------------------------------|---|--|
| | % DV* | % DV* | % DV* |
| Total Fat | 1g | 1.5g | 4.5g |
| Saturated Fat | 0g | 0g | 1g |
| Trans Fat | 0g | 0g | 0g |
| Polyunsaturated Fat | 0g | 0g | 1g |
| Monounsaturated Fat | 0g | 0g | 2.5g |
| Cholesterol | 0mg | <5mg | 0mg |
| Sodium | 100mg | 200mg | 440mg |
| Total Carbohydrate | 13g | 25g | 18g |
| Dietary Fiber | 3g | 3g | 3g |
| Total Sugars | 7g | 19g | 8g |
| Includes Added Sugars | 6g | 6g | 8g |
| Protein | 9g | 17g | 24g |
| Vitamin D | 6mcg | 8.9mcg | 9.5mcg |
| Calcium | 120mg | 420mg | 300mg |
| Iron | 3mg | 3.1mg | 9.3mg |
| Potassium | 180mg | 560mg | 460mg |
| Vitamin A | 270mcg RAE | 420mcg RAE | 800mcg RAE |
| Vitamin C | 27mg | 27mg | 48mg |
| Vitamin E | 4.5mg | 4.5mg | 10.3mg |
| Thiamin | 0.36mg | 0.47mg | 1.01mg |
| Riboflavin | 0.39mg | 0.84mg | 1.19mg |
| Niacin | 4.8mg | 5mg | 12.8mg |
| Vitamin B6 | 0.51mg | 0.6mg | 1.21mg |
| Folate | 80mcg DFE (50mcg folic acid) | 95mcg DFE | 370mcg DFE |
| Vitamin B12 | 1.44mcg | 2.66mcg | 3.24mcg |
| Biotin | 9mcg | 9mcg | 109mcg |
| Pantothenic Acid | 1.5mg | 2.4mg | 5.1mg |
| Phosphorus | 160mg | 410mg | 550mg |
| Magnesium | 125mg | 155mg | 265mg |
| Zinc | 3.3mg | 4.3mg | 8.6mg |
| Selenium | 10mcg | 18mcg | 35mcg |
| Copper | 0.25mg | 0.28mg | 1.05mg |
| Chromium | 10.5mcg | 10.5mcg | 46.5mcg |
| Molybdenum | 10mcg | 10mcg | 40mcg |

* 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, Fructose, Cocoa Powder (Processed with Alkali), Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Rice Fiber, Natural and Artificial Coconut Flavor, Canola Oil, Soy Lecithin, Natural and Artificial Dark Chocolate Flavor, Carrageenan, Medium Chain Triglycerides, Inulin, Rebudioside A (from 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, Papaya Fruit Powder, Pomegranate Fruit Powder, Niacinamide, 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.**

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