



Prepare as a Daily Meal or Snack

Formula 1 Select is a delicious high protein, healthy meal crafted with high-quality ingredients that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study, soy protein) 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 rounded scoops (27g) of Formula 1 Select with 8 fl oz of your favorite protein beverage.

PRODUCT	MEAL	MEAL	SNACK
Formula 1 Select	2 scoops	2 scoops	2 scoops
Protein Drink Mix Select (PDM)	2 scoops		1 scoop
8 fl oz	Water	Milk	Water
Protein	25g	18g	18g
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 Select 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.



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

2D AREA



FORMULA 1 — Select — Nutritional Shake Mix

Natural Vanilla Flavor
with other natural flavors

PEA, QUINOA AND RICE PROTEIN

- Nutrient dense healthy meal or snack
- Sustains energy & satisfies hunger
- High protein
- No artificial flavors, sweeteners or added colors



5g
Fiber

21
Vitamins
& Minerals

NET WT: 28.6 OZ (810g)

Images of fruits are only serving recommendations. Product does not contain these fruits.

Nutrition Facts

30 servings per container

Serving size

Calories

	Per serving 90	Per serving with 8 fl oz of nonfat milk 170	Per serving with 2 scoops (29g) of PDM Select 200	
	% DV*	% DV*	% DV*	
Total Fat	1.5g	2%	4g	5%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Polyunsaturated Fat	0g	0%	0g	0%
Monounsaturated Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	<5mg	2%
Sodium	150mg	7%	250mg	11%
Total Carbohydrate	11g	4%	23g	9%
Dietary Fiber	5g	18%	5g	18%
Total Sugars	5g	10%	17g	34%
Includes Added Sugars	3g	7%	3g	7%
Protein	10g	20%	18g	37%
Vitamin D	17.5mcg	90%	20.4mcg	100%
Calcium	120mg	10%	420mg	30%
Iron	3mg	15%	3.1mg	15%
Potassium	180mg	4%	560mg	10%
Vitamin A	270mcg RAE	30%	420mcg RAE	45%
Vitamin C	27mg	30%	27mg	30%
Vitamin E	4.5mg	30%	4.5mg	30%
Thiamin	0.36mg	30%	0.47mg	40%
Riboflavin	0.39mg	30%	0.84mg	60%
Niacin	4.8mg	30%	5mg	30%
Vitamin B6	0.5mg	30%	0.59mg	35%
Folate	80mcg DFE (50mcg folic acid)	20%	95mcg DFE	25%
Vitamin B12	1.44mcg	60%	2.66mcg	110%
Biotin	9mcg	30%	9mcg	30%
Pantothenic Acid	1.5mg	30%	2.4mg	45%
Phosphorus	130mg	10%	370mg	30%
Magnesium	125mg	30%	155mg	35%
Zinc	3.3mg	30%	4.3mg	40%
Selenium	10mcg	20%	18mcg	30%
Copper	0.25mg	30%	0.28mg	30%
Chromium	10.5mcg	30%	10.5mcg	30%
Molybdenum	10mcg	20%	10mcg	20%

INGREDIENTS: Proprietary Protein Blend (Pea Protein Isolate, Quinoa Seed Powder, Whole Grain Brown Rice Protein Concentrate), Fructose, Oat Fiber, Inulin, Natural Vanilla Flavors, Guar Gum, Rice Fiber, Canola Oil, DL-Methionine, Rebudioside A (from Stevia Leaf Extract), Ginger Root Powder, Protease (from Aminogeno), and Blueberry Fruit Powder.

VITAMINS AND MINERALS: Calcium (Calcium Phosphate), Potassium (Potassium Chloride), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (DL-Alpha Tocopheryl Acetate), Vitamin D (Ergocalciferol), Iron (Ferrous Fumarate), Vitamin B3 (Niacinamide), Vitamin A (Retinyl Palmitate), Molybdenum (Sodium Molybdate), Selenium (Sodium Selenite), Zinc (Zinc Oxide), Vitamin B5 (Calcium D-Pantothenate), Vitamin B12 (Cyanocobalamin), Copper (Copper Gluconate), Chromium (Chromium Chloride), Biotin, Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B1 (Thiamine Mononitrate), and Vitamin B2 (Riboflavin). Aminogeno is a registered trademark of Innophos, LLC.

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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* 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.