



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.

Litho 2D barcode placeholder for MPS printer only

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



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

banana caramel

natural and artificial flavor



NET WT: 26.4 OZ (750g)



Nutrition Facts

30 servings per container

Serving size

2 scoops (25g)

Calories

Per serving
90

Per serving with 8 fl oz of nonfat milk
170

Per serving with 2 scoops (28g) of PDM Vanilla
200

	% DV*	% DV*	% DV*
Total Fat	1g	1%	4.5g
Saturated Fat	0g	0%	1g
Trans Fat	0g	0%	0g
Cholesterol	0mg	0%	0mg
Sodium	95mg	4%	430mg
Total Carbohydrate	13g	5%	18g
Dietary Fiber	3g	11%	3g
Total Sugars	9g		10g
Includes Added Sugars	9g	17%	10g
Protein	9g	18%	24g
Vitamin D	6mcg	30%	9.5mcg
Calcium	120mg	10%	300mg
Iron	3mg	15%	9.3mg
Potassium	270mg	6%	550mg
Vitamin A	270mcg RAE	30%	800mcg RAE
Vitamin C	27mg	30%	48mg
Vitamin E	4.5mg	30%	10.3mg
Thiamin	0.36mg	30%	1.01mg
Riboflavin	0.39mg	30%	1.19mg
Niacin	4.8mg	30%	12.8mg
Vitamin B6	0.5mg	30%	1.2mg
Folate	80mcg DFE (50mcg folic acid)	20%	370mcg DFE (220mcg folic acid)
Vitamin B12	1.44mcg	60%	3.24mcg
Biotin	9mcg	30%	109mcg
Pantothenic Acid	1.5mg	30%	5.1mg
Phosphorus	210mg	15%	600mg
Magnesium	125mg	30%	265mg
Zinc	3.3mg	30%	8.6mg
Selenium	10mcg	20%	35mcg
Copper	0.35mg	40%	1.15mg
Chromium	10.5mcg	30%	46.5mcg
Molybdenum	15mcg	35%	45mcg

* 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, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Natural and Artificial Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, Inulin, Stevia Leaf Extract, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogense), 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. Aminogense® is a registered trademark of Triarco Industries, Inc.

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. ©2020 HERBALIFE NUTRITION

