



## 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 soy milk 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](http://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.

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† 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

## cookies n' cream

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*
<b>Total Fat</b>	1g 1%	1.5g 2%	4.5g 6%
Saturated Fat	0g 0%	0g 0%	1g 4%
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	0mg 0%	<5mg 2%	0mg 0%
<b>Sodium</b>	125mg 5%	230mg 10%	460mg 20%
<b>Total Carbohydrate</b>	11g 4%	23g 9%	17g 6%
Dietary Fiber	3g 11%	3g 11%	3g 11%
Total Sugars	4g	17g	5g
Includes Added Sugars	4g 8%	4g 8%	5g 10%
<b>Protein</b>	9g 18%	17g 35%	24g 48%
Vitamin D	6mcg 30%	8.9mcg 45%	9.5mcg 50%
Calcium	120mg 10%	415mg 30%	300mg 25%
Iron	3mg 15%	3mg 15%	9.3mg 50%
Potassium	300mg 6%	680mg 15%	580mg 10%
Vitamin A	270mcg RAE 30%	415mcg RAE 45%	800mcg RAE 90%
Vitamin C	27mg 30%	27mg 30%	48mg 50%
Vitamin E	4.4mg 30%	4.4mg 30%	10.3mg 70%
Thiamin	0.36mg 30%	0.47mg 40%	1mg 80%
Riboflavin	0.39mg 30%	0.83mg 60%	1.1mg 90%
Niacin	4.8mg 30%	5mg 30%	12.8mg 80%
Vitamin B6	0.5mg 30%	0.59mg 35%	1.2mg 70%
Folate	81mcg DFE (48mcg folic acid) 20%	93mcg DFE (48mcg folic acid) 25%	370mcg DFE (218mcg folic acid) 90%
Vitamin B12	1.4mcg 60%	2.6mcg 110%	3.2mcg 140%
Biotin	9mcg 30%	9mcg 30%	109mcg 360%
Pantothenic Acid	1.5mg 30%	2.3mg 45%	5.1mg 100%
Phosphorus	206mg 15%	450mg 35%	590mg 50%
Magnesium	126mg 30%	153mg 35%	265mg 60%
Zinc	3.3mg 30%	4.3mg 40%	8.6mg 80%
Selenium	10mcg 20%	17.6mcg 30%	35mcg 60%
Copper	0.35mg 40%	0.38mg 40%	1.1mg 130%
Chromium	10.5mcg 30%	10.5mcg 30%	46mcg 130%
Molybdenum	15mcg 35%	15mcg 35%	45mcg 100%

\* 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, Oat Fiber, Inulin, Wheat Flour, Polydextrose Powder, Guar Gum, Sugar, Canola Oil, Calcium Phosphate, Potassium Chloride, Natural and Artificial Cream Flavor, Magnesium Oxide, Whey Protein Concentrate, Calcium Caseinate, Soy Lecithin, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Xanthan Gum, Carrageenan, Medium Chain Triglycerides, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Sucralose, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogenes), Salt, Sodium Bicarbonate, 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, SOY AND WHEAT.** Aminogen® is a registered trademark of Triarco Industries, Inc.

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