



HERBALIFE®

Healthy Meal

Formula 1 + PDM On The Go

One serving of Formula 1 with 1/2 serving of Protein Drink Mix for healthy nutrition and weight management

High Protein

cookies 'n cream

+ vanilla

naturally and artificially flavored



NET WT 1.38 OZ (39g)

17g PROTEIN



Nutrition Facts

Serving Size: 1 packet (39g)
Servings Per Packet: 1

Amount Per Serving	150	230
Calories	150	230
Calories from Fat	25	25
% DV*		

Total Fat 2.5g	4%	4%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 290mg	12%	16%
Potassium 330mg	9%	20%
Total Carbohydrate 15g	5%	9%
Dietary Fiber 5g	20%	20%
Sugars 5g		
Protein 17g	34%	51%

Vitamin A	40%	50%
Total Fat	Less Than 80g	50%
Saturated Fat	Less Than 20g	40%
Cholesterol	Less Than 300mg	40%
Sodium	Less Than 2,400mg	50%
Potassium	3,500mg	40%
Iron	40%	40%
Vitamin D	40%	70%
Vitamin E	45%	45%
Vitamin K	20%	20%
Thiamin	50%	60%

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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 + 1/2 PDM provides 15 grams of soy protein per serving.

8 fl oz of water or nonfat milk and ice.

(39g) of Formula 1 + PDM with 8 fl oz of water or nonfat milk and ice.

enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

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.

Riboflavin	45%	70%
Niacin	45%	45%
Vitamin B6	45%	50%
Folic Acid	50%	50%
Vitamin B12	40%	60%
Botin	50%	50%
Pantothenic Acid	50%	60%
Phosphorus	35%	60%
Iodine	20%	20%
Magnesium	30%	35%
Zinc	45%	50%
Selenium	140%	150%
Copper	50%	50%
Manganese	30%	30%
Chromium	30%	30%
Molybdenum	70%	70%
*Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories	2,000	2,500
Total Fat	Less Than 80g	50%
Saturated Fat	Less Than 20g	40%
Cholesterol	Less Than 300mg	50%
Sodium	Less Than 2,400mg	50%
Potassium	3,500mg	40%
Total Carbohydrate	300g	70%
Dietary Fiber	25g	45%
Protein	50g	20%
Calories per gram:		
Fat 9		60%
Carbohydrates 4		20%
Protein 4		20%

INGREDIENTS: Soy Protein Isolate, Fructose, Non-Dairy Creamer (Sunflower Mono- and Diglycerides, Potassium Phosphate, Calcium Phosphate, Soy Lecithin, Tocopherols (added to protect flavor)), Calcium Caseinate, Oat Fiber, Inulin, Wheat Flour, Polydextrose Powder, Maltodextrin, Guar Gum, Sugar, Potassium Chloride, Canola Oil, Magnesium Phosphate, Calcium Phosphate, Natural and Artificial Flavors, Natural and Artificial Cream Flavor, Dextrose, Soy Lecithin, Whey Protein Concentrate, Salt, Xanthan Gum, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Medium Chain Triglycerides, Carrageenan, Magnesium Oxide, Silicon Dioxide, Sucralose, Ascorbic Acid, Di-alpha Tocopheryl Acetate, Baking Soda, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Amigeno®), Honey Powder, Ginger Root Powder, Citrus Pectin, Maltodextrin, Powder, Blueberry Powder, Papaya Fruit Powder, Blueberry Powder, Turmeric Oleoresin (added for color), Biotin, Zinc Sulfate, Ferrus Fumarate, Copper Oleate, Beta Carotene, Calcium D-Panthenate, Zinc Oxide, Acetylglutamine K, Retinyl Palmitate, L-Selenomethionine, Bromelain, Papain, Molybdate, Sodium Selenite and Potassium Iodide, **CONTAINS MILK, SOY AND WHEAT** is a registered trademark of Amigeno® is a registered trademark of Tiarco Industries, Inc. † Inulin is known as a prebiotic that helps promote the growth of flora. This exclusively formulated product is only available through Herbalife Independent Distributors.