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## 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](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.

Litho 2D  
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for MPS  
printer  
only

† 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

## 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	Per serving with 8 fl oz of nonfat milk	Per serving with 2 scoops (28g) of PDM Vanilla
	90	170	200
	% DV*	% DV*	% DV*
Total Fat	1g	1.5g	4.5g
Saturated Fat	0g	0g	1g
Trans Fat	0g	0g	0g
Cholesterol	0mg	<5mg	0mg
Sodium	125mg	230mg	460mg
Total Carbohydrate	11g	23g	17g
Dietary Fiber	3g	3g	3g
Total Sugars	4g	17g	5g
Includes Added Sugars	4g	4g	5g
Protein	9g	17g	24g
Vitamin D	6mcg	8.9mcg	9.5mcg
Calcium	120mg	415mg	300mg
Iron	3mg	3mg	9.3mg
Potassium	300mg	680mg	580mg
Vitamin A	270mcg RAE	415mcg RAE	800mcg RAE
Vitamin C	27mg	27mg	48mg
Vitamin E	4.4mg	4.4mg	10.3mg
Thiamin	0.36mg	0.47mg	1mg
Riboflavin	0.39mg	0.83mg	1.1mg
Niacin	4.8mg	5mg	12.8mg
Vitamin B6	0.5mg	0.59mg	1.2mg
Folate	81mcg DFE (48mcg folic acid)	93mcg DFE (48mcg folic acid)	370mcg DFE (218mcg folic acid)
Vitamin B12	1.4mcg	2.6mcg	3.2mcg
Biotin	9mcg	9mcg	109mcg
Pantothenic Acid	1.5mg	2.3mg	5.1mg
Phosphorus	206mg	450mg	590mg
Magnesium	126mg	153mg	265mg
Zinc	3.3mg	4.3mg	8.6mg
Selenium	10mcg	17.6mcg	35mcg
Copper	0.35mg	0.38mg	1.1mg
Chromium	10.5mcg	10.5mcg	46mcg
Molybdenum	15mcg	15mcg	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, 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 Aminogen®), 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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