### 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 sovmilk and eniov!

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 quarantee. 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

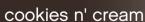


# Formula 1 **Healthy Meal**

**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



natural and artificial flavo









## **Nutrition Facts**

30 servings per container Serving size

general nutrition advice.

2 scoops (25g) Polydextrose Powder

Fructose. Oat Fiber.

Inulin, Wheat Flour

Guar Gum, Sugar,

Canola Oil, Calcium

Calories		Per serving	Per serving with 8 fl oz of nonfat mi k 2		Per serving with 2 scoops (28g) of PDM Vanilla 200		Phosphate, Potassium Chloride, Natural and Artificial Cream Flavor, Magnesium Oxide, Whey
		% DV*		% DV*		% DV*	Protein Concentrate, Calcium Caseinate.
Total Fat	1q	1%	1.5q	2%	4.5q	6%	Soy Lecithin, Cocoa
Saturated Fat	0q	0%	0q	0%	1q	4%	Powder (Processed with Alkali), Natural and
Trans Fat	0g		0g		0g		Artificial Cookie Dough
Cholesterol	0mg	0%	<5mg	2%	0mg	0%	Flavor, Xanthan Gum, Carrageenan, Medium
Sodium	125mg	5%	230mg	10%	460mg	20%	Chain Triglycerides,
Total Carbohydrate	11g	4%	23g	9%	17g	6%	Silicon Dioxide,
Dietary Fiber	3g	11%	3g	11%	3g	11%	Ascorbic Acid, DL-Alpha Tocopheryl Acetate,
Total Sugars	4g		17g		5g		Sucralose, Citrus Pectin,
Includes Added Sugars	4g	8%	4g	8%	5g	10%	Ginger Root Powder, Honey Powder, Protease
Protein	9g	18%	17g	35%	24g	48%	(from Aminogen®), Salt, Sodium Bicarbonate,
Vitamin D	6mcg	30%	8.9mcg	45%	9.5mcg	50%	Ferrous Fumarate, Blueberry Fruit Powder,
Calcium	120mg	10%	415mg	30%	300mg	25%	Papaya Fruit Powder,
Iron	3mg	15%	3mg	15%	9.3mg	50%	Pomegranate Fruit Powder, Niacinamide,
Potassium	300mg	6%	680mg	15%	580mg	10%	Retinyl Palmitate,
Vitamin A	270mcg RAE	30%	415mcg RAE	45%	800mcg RAE	90%	Sodium Molybdate, Sodium Selenite, Zinc
Vitamin C	27mg	30%	27mg	30%	48mg	50%	Oxide, Cholecalciferol,
Vitamin E	4.4mg	30%	4.4mg	30%	10.3mg	70%	Bromelain, Papain
Thiamin	0.36mg	30%	0.47mg	40%	1mg	80%	Powder, Calcium D-Pantothenate.
Riboflavi	0.39mg	30%	0.83mg	60%	1.1mg	90%	Copper Gluconate,
Niacin	4.8mg	30%	5mg	30%	12.8mg	80%	Cyanocobalamin, Chromium Chloride.
Vitamin B6	0.5mg	30%	0.59mg	35%	1.2mg	70%	Biotin, Pyridoxine
Folate	81mcg DFE (48mcg folic acid)	20%	93mcg DFE (48mcg folic acid)	25%	370mcg DFE (218mcg folic acid)	90%	Hydrochloride, Folic Acid, Thiamine Mononitrate,
Vitamin B12	1.4mcg	60%	2.6mcg	110%	3.2mcg	140%	and Riboflavin. CONTAINS MILK, SOY
Biotin	9mcq	30%	9mcq	30%	109mcq	360%	AND WHEAT.
Pantothenic Acid	1.5mg	30%	2.3mg	45%	5.1mg	100%	Aminogen® is a registered trademark of
Phosphorus	206mg	15%	450mg	35%	590mg	50%	Triarco Industries, Inc.
Magnesium	126mg	30%	153mg	35%	265mg	60%	Formulated and
Zinc	3.3mg	30%	4.3mg	40%	8.6mg	80%	distributed exclusively by: HERBALIFE
Selenium	10mcg	20%	17.6mcg	30%	35mcg	60%	INTERNATIONAL OF
Copper	0.35mg	40%	0.38mg	40%	1.1mg	130%	AMERICA, INC.
Chromium	10.5mcg	30%	10.5mcg	30%	46mcg	130%	800 W. Olympic Blvd., Suite 406, Los Angeles,
							CA 90015, USA



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