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Formula 1

Formula 1 Shake Mix is a delicious and convenient shake that is high in soya protein. Source of fibre and vitamins and minerals.

Can be enjoyed every day for breakfast, lunch or dinner.

Formula 1 Shake Mix with 24 vitamins and minerals, including B-vitamins (thiamin, niacin, biotin, B6, folic acid and pantothenic acid), vitamins A, C, D & E.

Formula 1 Shake Mix is made of ingredients that are suitable for vegans, gluten free and artificial colourant and artificial flavourings free.

For convenience - the **Formula 1 Shake Mix** is quick and easy to prepare!

Directions for use: Enjoy a Formula 1 Shake Mix every day. Gently shake the canister prior to each use as content may settle. To prepare a delicious shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat) or for a vegan friendly and naturally lactose free shake, with 250 ml of fortified soya beverage. Looking for a Formula 1 Shake without using milk or soya beverage? Try Formula 1 with Protein Drink Mix and water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.



STORE WITH LID CLOSED IN A COOL, DRY PLACE.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

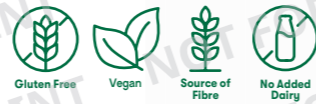
This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

NOTICE: Before using this product, it is advisable to consult a physician. A healthy active lifestyle should include a balanced diet and regular physical activity.

Herbalife

FORMULA 1 SHAKE MIX

VANILLA CREAM FLAVOURED



Artificial flavourings free
Artificial colourant free

Best Before and Lot Number:
See base of container

NET WEIGHT: 780 g

Typical Nutritional Information

Serving Size: 26 g
Servings per Container: 30

	Per 100 g			Per 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)			Per 26 g serving with 250 ml fortified soya beverage		
	Per 100 g	Per 26 g	% NRV*	Per 100 g	Per 26 g	% NRV*	Per 100 g	Per 26 g	% NRV*
Energy	1664 kJ	433 kJ	**	953 kJ	239 kJ	**	897 kJ	227 kJ	**
Protein	34.9 g	9.1 g	16 %	17.6 g	4.6 g	31 %	15.8 g	4.1 g	28 %
Glycaemic Carbohydrate	33 g	9 g	**	21 g	5.5 g	**	21 g	5.5 g	**
of which: total sugar	23.4 g	6.1 g	**	(12.4 g from milk) 18.4 g	4.7 g	**	(9.4 g from soya beverage) 15.5 g	4.0 g	**
Total Fat	9.7 g	2.5 g	**	6.6 g	1.7 g	**	6.3 g	1.6 g	**
of which:									
saturated fat	1.6 g	0.4 g	**	3 g	0.8 g	**	0.9 g	0.2 g	**
monounsaturated fat	2.1 g	0.5 g	**	1.6 g	0.4 g	**	1.5 g	0.4 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.5 g	0.4 g	**	3.6 g	0.9 g	**
Dietary Fibre***	18 g	4.7 g	**	4.7 g	1.2 g	**	5.2 g	1.4 g	**
Total Sodium	480 mg	125 mg	**	246 mg	63 mg	**	246 mg	63 mg	**
VITAMINS									
Biotin	73 µg	19 µg	63 %	28 µg	7.3 µg	93 %	19 µg	5.0 µg	63 %
Folic Acid	250 µg	65 µg	16 %	76 µg	19 µg	19 %	65 µg	17 µg	16 %
Niacin	24 mg	6.2 mg	39 %	6.5 mg	1.7 mg	41 %	7.3 mg	1.9 mg	46 %
Pantothenic Acid	6.8 mg	1.8 mg	36 %	2.7 mg	0.7 mg	54 %	2 mg	0.5 mg	40 %
Riboflavin	0.4 mg	0.1 mg	8 %	0.6 mg	0.16 mg	46 %	0.6 mg	0.16 mg	46 %
Thiamin	1.2 mg	0.3 mg	25 %	0.4 mg	0.1 mg	33 %	0.4 mg	0.1 mg	33 %
Vitamin A	1060 µg RE	276 µg RE	31 %	312 µg RE	79 µg RE	35 %	417 µg RE	107 µg RE	46 %
Vitamin B6	1.7 mg	0.4 mg	24 %	0.6 mg	0.16 mg	35 %	0.5 mg	0.13 mg	29 %
Vitamin C	119 mg	30.9 mg	31 %	35.3 mg	9.2 mg	35 %	30.9 mg	8.0 mg	31 %
Vitamin D	8 µg	2 µg	13 %	2 µg	0.5 µg	13 %	5 µg	1.3 µg	33 %
Vitamin E	19.2 mg α-TE	5 mg α-TE	33 %	5.1 mg α-TE	1.3 mg α-TE	34 %	5.3 mg α-TE	1.4 mg α-TE	35 %
Vitamin K	118 µg	31 µg	26 %	31 µg	8 µg	26 %	38 µg	10 µg	32 %
MINERALS									
Calcium	460 mg	119.6 mg	9 %	423.5 mg	109.9 mg	33 %	435.4 mg	112.9 mg	33 %
Chromium	80 µg	21 µg	60 %	21 µg	5.5 µg	60 %	21 µg	5.5 µg	60 %
Copper	1.7 mg	0.4 mg	44 %	0.5 mg	0.13 mg	56 %	0.9 mg	0.23 mg	100 %
Iodine	230 µg	60 µg	40 %	68 µg	17.5 µg	45 %	60 µg	15.5 µg	40 %
Iron	22 mg	5.7 mg	32 %	5.8 mg	1.5 mg	32 %	6.8 mg	1.8 mg	38 %
Magnesium	431 mg	112.1 mg	27 %	143 mg	36.8 mg	34 %	150.5 mg	39.1 mg	36 %
Manganese	3.3 mg	0.9 mg	39 %	0.9 mg	0.23 mg	39 %	1 mg	0.26 mg	43 %
Molybdenum	77 µg	20 µg	44 %	31 µg	8 µg	69 %	20 µg	5.2 µg	44 %
Phosphorus	890 mg	231.4 mg	19 %	465.7 mg	120.5 mg	37 %	341.8 mg	88.5 mg	27 %
Potassium	1420 mg	369.2 mg	**	768.3 mg	198 mg	**	682.5 mg	176 mg	**
Selenium	120 µg	31 µg	56 %	31 µg	8 µg	56 %	37 µg	9.5 µg	67 %
Zinc	11.5 mg	3 mg	27 %	3.9 mg	1 mg	35 %	3.7 mg	1 mg	34 %

* Nutrient Reference Values (NRVs) for individuals 4 years and older
** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

INGREDIENTS: Soya protein isolate, fructose, inulin, gluten-free oat fibre, soya oil, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soya lecithin), flaxseed powder, thickeners (xanthan gum, guar gum), flavourings, vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Biotin (D-biotin), Pantothenic acid (calcium D-pantothenate), Vitamin D (cholecalciferol), Folic acid (pteroylmonoglutamic acid), Vitamin K (phylloquinone), Vitamin B6 (pyridoxine hydrochloride), Thiamin (thiamin hydrochloride), Vitamin B12 (cyanocobalamin), Riboflavin), sodium chloride, colourant (beta-carotene), non-nutritive sweetener: steviol extracts, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). **CONTAINS SOYA.**

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¹ logo applies to the canister
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