



## 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

STRAWBERRY  
DELIGHT FLAVOURED



Artificial colourant free  
Artificial flavouring free

Best Before and Lot Number:

See base of container

**NET WEIGHT: 550 g**

## Typical Nutritional Information

Serving Size: 26 g  
Servings per Container: 21

	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	230 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)	3.2 g	**	9.4 g (from soya beverage)	2.4 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	**	3.0 g	0.8 g	**	0.9 g	0.2 g	**
monounsaturated fat	2.1 g	0.6 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***	18.0 g	4.7 g	**	4.7 g	1.2 g	**	5.2 g	1.3 g	**
Total Sodium	480 mg	125 mg	**	246 mg	63 mg	**	245 mg	63 mg	**
<b>VITAMINS</b>									
Biotin	73 µg	19 µg	63%	28 µg	7.2 µg	93%	19 µg	5.0 µg	63%
Folic Acid	250 µg	65 µg	16%	76 µg	20 µg	19%	65 µg	17 µg	16%
Niacin	24.0 mg	6.2 mg	39%	6.5 mg	1.7 mg	40%	7.3 mg	1.9 mg	46%
Pantothenic acid	6.8 mg	1.8 mg	35%	2.7 mg	0.7 mg	53%	2.0 mg	0.5 mg	41%
Riboflavin	0.4 mg	0.1 mg	7%	0.6 mg	0.16 mg	43%	0.6 mg	0.16 mg	43%
Thiamin	1.2 mg	0.3 mg	27%	0.4 mg	0.11 mg	35%	0.4 mg	0.11 mg	33%
Vitamin A	1310 µg RE	341 µg RE	38%	377 µg RE	97 µg RE	42%	482 µg RE	125 µg RE	54%
Vitamin B6	1.7 mg	0.4 mg	26%	0.6 mg	0.16 mg	33%	0.5 mg	0.13 mg	31%
Vitamin C	119.0 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	14%	2 µg	0.5 µg	14%	5 µg	1.3 µg	33%
Vitamin E	19.2 mg a-TE	5.0 mg a-TE	33%	5.1 mg a-TE	1.3 mg a-TE	34%	5.3 mg a-TE	1.4 mg a-TE	35%
Vitamin K	118 µg	31 µg	26%	31 µg	8.1 µg	26%	38 µg	10 µg	32%
<b>MINERALS</b>									
Calcium	460.0 mg	119.6 mg	9%	423.5 mg	109.9 mg	33%	435.4 mg	112.9 mg	33%
Chromium	58 µg	15 µg	43%	15 µg	4 µg	43%	15 µg	4 µg	43%
Copper	1.7 mg	0.4 mg	49%	0.5 mg	0.13 mg	52%	0.9 mg	0.23 mg	96%
Iodine	230 µg	60 µg	40%	68 µg	18 µg	46%	60 µg	16 µg	40%
Iron	22.0 mg	5.7 mg	32%	5.8 mg	1.5 mg	32%	6.8 mg	1.8 mg	38%
Magnesium	431.0 mg	112.1 mg	27%	143.0 mg	37.2 mg	34%	150.6 mg	39.1 mg	36%
Manganese	3.3 mg	0.9 mg	37%	0.9 mg	0.23 mg	38%	1.0 mg	0.26 mg	44%
Molybdenum	77 µg	20 µg	44%	31 µg	8.1 µg	68%	20 µg	5.2 µg	44%
Phosphorus	890.0 mg	231.4 mg	19%	465.7 mg	121.4 mg	37%	341.8 mg	88.5 mg	27%
Potassium	1420.0 mg	369.2 mg	**	768.3 mg	200.1 mg	**	682.5 mg	177.6 mg	**
Selenium	120 µg	31 µg	57%	31 µg	8.1 µg	57%	37 µg	9.6 µg	67%
Zinc	11.5 mg	3.0 mg	27%	3.9 mg	1.0 mg	36%	3.7 mg	1.0 mg	33%

\* 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 salts of orthophosphoric acid, emulsifier (soya lecithin), flaxseed powder, thickeners (xanthan gum, guar gum), flavouring, colourant (beetroot red), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, 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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