



L44675FOA-00 SKU4467

Delicious Shake Mix

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

Enjoy Formula 1 Shake Mix as 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 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 soy 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.

Quick and Easy to Prepare



STORE WITH LID CLOSED IN A COOL, DRY PLACE.

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

= Suitable for vegans

= Naturally lactose free



HERBALIFE NUTRITION

Formula 1 Shake Mix

- 24 Vitamins and minerals
- High protein

cookie crunch flavoured
artificial colourant 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	% NRV*	Per 26 g serving with 250 ml semi-skimmed milk (1,5 % fat)	% NRV*	Per 26 g serving with 250 ml fortified soya beverage	% NRV*
Energy	1664 kJ	433 kJ	**	953 kJ	**	898 kJ	**
Protein	34.9 g	9.1 g	16 %	17.6 g	31 %	15.8 g	28 %
Glycaemic Carbohydrate	33 g	9 g	**	21 g	**	21 g	**
of which: total sugar	21.4 g	5.6 g	**	(12.4 g from milk) 18 g	**	(9.4 g from soya beverage) 15 g	**
Total Fat	9.7 g	2.5 g	**	6.6 g	**	6.3 g	**
of which:							
saturated fat	1.6 g	0.4 g	**	3 g	**	0.9 g	**
monounsaturated fat	2.1 g	0.5 g	**	1.6 g	**	1.5 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.5 g	**	3.6 g	**
Dietary Fibre**	18 g	4.7 g	**	4.7 g	**	5.2 g	**
Total Sodium	480 mg	125 mg	**	246 mg	**	246 mg	**
VITAMINS							
Biotin	73 µg	19 µg	63 %	28 µg	93 %	19 µg	63 %
Folic Acid	250 µg	65 µg	16 %	76 µg	19 %	65 µg	16 %
Niacin	24 mg	6.2 mg	39 %	6.5 mg	40 %	7.3 mg	46 %
Pantothenic Acid	6.8 mg	1.8 mg	36 %	2.7 mg	54 %	2 mg	40 %
Riboflavin	0.4 mg	0.1 mg	8 %	0.6 mg	46 %	0.6 mg	46 %
Thiamin	1.2 mg	0.3 mg	25 %	0.4 mg	33 %	0.4 mg	33 %
Vitamin A	1310 µg RE	341 µg RE	38 %	377 µg RE	42 %	482 µg RE	54 %
Vitamin B6	1.7 mg	0.4 mg	24 %	0.6 mg	35 %	0.5 mg	29 %
Vitamin C	119 mg	31 mg	31 %	35.3 mg	35 %	31 mg	31 %
Vitamin D	8 µg	2 µg	13 %	2 µg	13 %	5 µg	33 %
Vitamin E	19.2 mg α-TE	5 mg α-TE	33 %	5.1 mg α-TE	34 %	5.3 mg α-TE	35 %
Vitamin K	118 µg	31 µg	26 %	31 µg	26 %	38 µg	32 %
MINERALS							
Calcium	460 mg	119.5 mg	9 %	423.5 mg	33 %	435.4 mg	33 %
Chromium	80 µg	21 µg	60 %	21 µg	60 %	21 µg	60 %
Copper	1.7 mg	0.4 mg	44 %	0.5 mg	56 %	0.9 mg	100 %
Iodine	230 µg	60 µg	40 %	68 µg	45 %	60 µg	40 %
Iron	22 mg	5.7 mg	32 %	5.8 mg	32 %	6.8 mg	38 %
Magnesium	431 mg	112.1 mg	27 %	143 mg	34 %	150.5 mg	36 %
Manganese	3.3 mg	0.9 mg	39 %	0.9 mg	39 %	1 mg	43 %
Molybdenum	77 µg	20 µg	44 %	31 µg	69 %	20 µg	44 %
Phosphorus	890 mg	231.4 mg	19 %	465.7 mg	37 %	341.8 mg	27 %
Potassium	1420 mg	369.2 mg	**	768.3 mg	**	682.5 mg	**
Selenium	80 µg	21 µg	38 %	21 µg	38 %	26 µg	49 %
Zinc	11.5 mg	3 mg	27 %	3.9 mg	35 %	3.7 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: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, cocoa crisps (rice flour, corn flour, sugar, cocoa powder, rice fibre, salt) minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soy lecithin), flavouring, flaxseed powder, thickeners (xanthan gum, guar gum), 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), phylloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, non-nutritive sweetener: sucralose, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). **CONTAINS SOYA.**

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HOPE

* Logo applies to the canister
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