Formula 1

Made with high-quality soy protein, fibre and vitamins & minerals, **Formula 1** offers both great nutrition and convenience.
Enjoy **Formula 1** as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management goals*.
Formula 1 shake contains 25 vitamins and minerals, including vitamin D which contributes to the normal function of the immune system, and vitamin C which contributes to the reduction of tiredness and fatigue.
Formula 1 is suitable for vegans, is gluten free and contains no artificial colours or flavours.
Directions for use: Enjoy a Formula 1 shake every day as a nutritious meal. Mix one sachet (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 soy beverage. Looking for a healthy meal 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.
* **For weight control:** Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. Replace two meals per day with a delicious Formula 1 drink and take a balanced meal.
* **For balanced nutrition support and weight maintenance:** Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Replace one meal per day with a delicious Formula 1 drink and eat two balanced meals. Meet your daily caloric goals by also consuming nutritious snacks.
Store in a cool, dry place.
30-day money-back guarantee. This guarantee does not affect your statutory rights. 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. Herbalife advises before beginning any weight management program, it is advisable to consult a physician. A healthy weight management program should include modest caloric intake, balanced diet and regular physical activity.
Formula 1 is a meal replacement shake mix for weight control and healthy nutrition with sugar (fructose) and sweetener (stevia)
Best before and lot number: See side edges of sachet

Nutritional information

Serving size: 1 sachet (26 g) Servings per sachet: 1

	Per 100 g	Per 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)	Per 26 g serving with 250 ml soy beverage (fortified)
Energy	1664 kJ 398 kcal	953 kJ 227 kcal	897 kJ 214 kcal
Fat	9.7 g	6.6 g	6.3 g
of which:			
saturates	1.6 g	3.0 g	0.9 g
mono-unsaturates	2.1 g	1.6 g	1.5 g
polyunsaturates	5.5 g	1.5 g	3.6 g
Carbohydrate	33 g	21 g	21 g
of which: sugars	23 g	(12 g from milk) 18 g	(9 g from soy beverage) 15 g
Fibre	18 g	5 g	5 g
Protein	35 g	18 g	16 g
Salt	1.2 g	0.6 g	0.6 g

VITAMINS		**% RI****		**% RI****		**% RI****
Vitamin A	1060 µg RE	133 %	312 µg RE	39 %	417 µg RE	52 %
Vitamin D	7.9 µg	158 %	2.1 µg	42 %	4.9 µg	98 %
Vitamin E	19 mg α-TE	158 %	5.1 mg α-TE	43 %	5.3 mg α-TE	44 %
Vitamin K	118 µg	157 %	31 µg	41 %	38 µg	51 %
Vitamin C	119 mg	149 %	35 mg	44 %	31 mg	39 %
Thiamin	1.2 mg	109 %	0.42 mg	38 %	0.39 mg	35 %
Riboflavin	0.35 mg	25 %	0.55 mg	39 %	0.56 mg	40 %
Niacin	24 mg NE	150 %	6.5 mg NE	41 %	7.3 mg NE	46 %
Vitamin B6	1.7 mg	121 %	0.56 mg	40 %	0.52 mg	37 %
Folic acid	250 µg	125 %	75.8 µg	38 %	65.0 µg	33 %
Vitamin B12	1.0 µg	40 %	1.3 µg	52 %	2.4 µg	96 %
Biotin	73 µg	146 %	28 µg	56 %	19 µg	38 %
Pantothenic acid	6.8 mg	113 %	2.7 mg	45 %	2.0 mg	33 %
MINERALS						
Potassium	1420 mg	71 %	768 mg	38 %	682 mg	34 %
Calcium	460 mg	58 %	423 mg	53 %	435 mg	54 %
Phosphorus	890 mg	127 %	466 mg	67 %	342 mg	49 %
Magnesium	431 mg	115 %	143 mg	38 %	151 mg	40 %
Iron	22 mg	157 %	5.8 mg	41 %	6.8 mg	49 %
Zinc	12 mg	120 %	3.9 mg	39 %	3.7 mg	37 %
Copper	1.7 mg	170 %	0.47 mg	47 %	0.87 mg	87 %
Manganese	3.3 mg	165 %	0.86 mg	43 %	1.0 mg	50 %
Selenium	120 µg	218 %	31 µg	56 %	37 µg	67 %
Chromium	80 µg	200 %	21 µg	53 %	21 µg	53 %
Molybdenum	77 µg	154 %	31 µg	62 %	20 µg	40 %
Iodine	230 µg	153 %	68.3 µg	46 %	59.8 µg	40 %

** Reference intake

INGREDIENTS: Soy protein isolate, fructose, inulin, gluten-free **oat** fibre, **soy** 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 (**soy** lecithin), flaxseed powder, thickeners (xanthan gum, guar gum), natural flavouring, 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, colour (beta-carotene), sweetener (steviol glycosides from stevia), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source. Allergy advice: for allergens, see ingredients in **bold.**

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FORMULA 1

HEALTHY MEAL

Meal replacement shake mix for weight control and healthy nutrition

VANILLA CREAM

25 Vitamins and minerals

High protein

Gluten Free · Vegan · Contains Fibre · No Added Dairy

Natural flavouring

NET WEIGHT: 26 g e