



### Meal replacement for weight control and healthy nutrition

Formula 1 Savoury meal is a delicious blend of high-quality soy protein and fibre with 25 key vitamins and minerals. Savour the creamy taste of porcini mushrooms with sweet onion, zingy herbs and garlic in mushroom & herb flavour. Made with natural flavourings and all-vegan ingredients, Formula 1 Savoury meal contains no artificial colours, no added sugar and is gluten free.

Formula 1 Savoury meal is the ideal option for a nutritious lunch or evening meal, within a balanced and varied diet, as part of a healthy, active lifestyle.

**DIRECTIONS FOR USE:** Enjoy Formula 1 every day as a nutritious meal. Gently shake the canister before using as contents may settle. Mix two scoops (26 g) of powder with 250 ml of hot, semi-skimmed milk.

For a vegan, naturally lactose free and gluten free meal, mix two scoops (26 g) of powder with 250 ml of hot, fortified soy beverage.

To enjoy the full, delicious and natural flavours of Formula 1 Savoury meal, we recommend that you consume this product within 2 months.

### Quick and easy to prepare

250 ml semi-skimmed milk or fortified soy beverage + 2 scoops + mix

• For weight control replace two meals per day with a delicious and balanced Formula 1: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss.

• For balanced nutrition and weight maintenance replace one meal per day with a delicious Formula 1: 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.

Meet your daily caloric goals by also consuming nutritious snacks.

Store with lid closed 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 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.

Herbalife Nutrition 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.

Best before and lot number: See base of container

NET WEIGHT: 550 g



## Formula 1 Savoury meal

### Meal replacement mix for weight control and healthy nutrition

- 25 Vitamins and minerals
- High in protein



mushroom & herb flavour  
natural flavourings



### Nutritional information

	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)
Serving size: 26 g			
Servings per container: 21			
Energy	1481 kJ	905 kJ	850 kJ
	354 kcal	216 kcal	202 kcal
Fat	10 g	7 g	6 g
of which:			
saturates	1.6 g	3.0 g	1.0 g
monounsaturates	1.9 g	1.5 g	1.5 g
polyunsaturates	5.5 g	1.5 g	3.6 g
Carbohydrate	16 g	17 g	17 g
of which:			
sugars	2.5 g	(12.4 g from milk) 13.0 g	(9.4 g from soy beverage) 10.0 g
Fibre	20 g	5 g	6 g
Protein	39 g	19 g	17 g
Salt	4.8 g	1.5 g	1.5 g
<b>VITAMINS</b>		<b>% RI*</b>	<b>% RI*</b>
Vitamin A	1180 µg RE	148 %	343 µg RE 43 %
Vitamin D	7.9 µg	158 %	2.1 µg 42 %
Vitamin E	19 mg α-TE	158 %	5.1 mg α-TE 43 %
Vitamin K	118 µg	157 %	31 µg 41 %
Vitamin C	119 mg	149 %	35 mg 44 %
Thiamin	1.2 mg	109 %	0.42 mg 38 %
Riboflavin	0.35 mg	25 %	0.55 mg 39 %
Niacin	24 mg NE	150 %	6.5 mg NE 41 %
Vitamin B6	1.7 mg	121 %	0.56 mg 40 %
Folic acid	250 µg	125 %	75.8 µg 38 %
Vitamin B12	1.0 µg	40 %	1.3 µg 52 %
Biotin	73 µg	146 %	28 µg 56 %
Pantothenic acid	6.8 mg	113 %	2.7 mg 45 %
<b>MINERALS</b>			
Potassium	1420 mg	71 %	768 mg 38 %
Calcium	460 mg	58 %	423 mg 53 %
Phosphorus	890 mg	127 %	466 mg 67 %
Magnesium	431 mg	115 %	143 mg 38 %
Iron	22 mg	157 %	5.8 mg 41 %
Zinc	12 mg	120 %	3.9 mg 39 %
Copper	1.7 mg	170 %	0.47 mg 47 %
Manganese	3.3 mg	165 %	0.86 mg 43 %
Selenium	79 µg	144 %	21 µg 38 %
Chromium	58 µg	145 %	15 µg 38 %
Molybdenum	77 µg	154 %	31 µg 62 %
Iodine	230 µg	153 %	68.3 µg 46 %

\* Reference intake  
Contains naturally occurring sugar

**INGREDIENTS:** Soy protein isolate, potato starch, Promitor® fibre, inulin, gluten-free oat fibre, soy oil, natural flavourings, 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), sodium chloride, flaxseed powder, thickener (xanthan 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)), parsley herb flakes (0.12 %), anti-caking agent (silicon dioxide). Allergy advice: for allergens, see ingredients in bold.

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<sup>1</sup> Logo applies to the canister  
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