



## Meal replacement for weight control

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 made of ingredients that are vegan sourced, is gluten free and contains no artificial colours.

You no longer have to choose between healthy meals and convenience - the Formula 1 shake is quick and easy to prepare!

**DIRECTIONS FOR USE:** Enjoy a Formula 1 shake every day as a nutritious meal. 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 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.

## Quick and easy to prepare



2 scoops



250 ml of semi-skimmed milk or fortified soy beverage



shake or blend

\* **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 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.

Formula 1 is a meal replacement shake mix for weight control and healthy nutrition with sugars and sweetener

Best before and lot number: See base of container

NET WEIGHT: 550 g e



# HERBALIFE NUTRITION

## Formula 1

# Healthy meal

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

- 25 Vitamins and minerals
- High protein

## cookie crunch flavour



CONTAINS FIBRE



## 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 soy beverage (fortified)
Energy	1664 kJ 398 kcal	893 kJ 214 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	21 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	1310 µg RE	164 %	377 µg RE	47 %	482 µg RE	60 %
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 %
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	80 µg	200 %	21 µg	53 %
Molybdenum	77 µg	154 %	31 µg	62 %
Iodine	230 µg	153 %	68.3 µg	46 %

\*\* Reference intake

**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 sulphate, 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), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), sodium chloride, sweetener (sucralose), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide).  
Allergy advice: for allergens see ingredients in **bold**.

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HOPE 1

Logo applies to the canister  
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