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L4469V10A-00 SKU4469

## Meal replacement for weight control

Formula 1 free from soya, lactose and gluten is a delicious shake with a perfect blend of high quality protein, fibre and vitamins & minerals. Formula 1 offers both great nutrition and convenience in one delicious shake.

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 free from is made with pea protein and vegan sourced ingredients, is gluten and lactose 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 soya and gluten free shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat) or for a lactose and gluten free shake, with 250 ml of fortified soy beverage. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

## Quick and easy to prepare



\* **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 sugar (fructose) and sweetener (stevia)

Best before and lot number: See base of container

**NET WEIGHT: 500 g e**



# HERBALIFE NUTRITION

FREE FROM SOYA, LACTOSE AND GLUTEN

## Formula 1 Healthy meal

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

- 25 Vitamins and minerals
- High protein

raspberry & white chocolate flavour



## Nutritional information

Serving size: 26 g

Servings per container: 19

	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	1468 kJ 350 kcal	902 kJ 215 kcal	846 kJ 201 kcal
Fat	8.8 g	6.4 g	6.1 g
of which:			
saturates	1.1 g	2.8 g	0.8 g
monounsaturates	1.1 g	1.3 g	1.3 g
polyunsaturates	7.4 g	2.0 g	4.1 g
Carbohydrate	27 g	19 g	20 g
of which: sugars	17 g	(12 g from milk) 17 g	(9 g from soy beverage) 14 g
Fibre	16 g	4 g	5 g
Protein	39 g	19 g	17 g
Salt	2.5 g	1.0 g	1.0 g

VITAMINS		% RI**		% RI**		% RI**
Vitamin A	1169 µg RE	146 %	340 µg RE	43 %	445 µg RE	56 %
Vitamin D	7.3 µg	146 %	2.0 µg	40 %	4.7 µg	94 %
Vitamin E	32 mg α-TE	267 %	8.5 mg α-TE	71 %	8.7 mg α-TE	73 %
Vitamin K	110 µg	147 %	29 µg	39 %	36 µg	48 %
Vitamin C	117 mg	146 %	35 mg	44 %	30 mg	38 %
Thiamin	1.4 mg	127 %	0.45 mg	41 %	0.43 mg	39 %
Riboflavin	2.0 mg	143 %	0.98 mg	70 %	0.99 mg	71 %
Niacin	23 mg NE	144 %	6.1 mg NE	38 %	6.9 mg NE	43 %
Vitamin B6	1.7 mg	121 %	0.57 mg	41 %	0.53 mg	38 %
Folic acid	292 µg	146 %	86.7 µg	43 %	75.9 µg	38 %
Vitamin B12	1.9 µg	76 %	1.6 µg	64 %	2.7 µg	108 %
Biotin	73 µg	146 %	28 µg	56 %	19 µg	38 %
Pantothenic acid	12 mg	200 %	4.0 mg	67 %	3.4 mg	57 %
MINERALS						
Potassium	1793 mg	90 %	865 mg	43 %	779 mg	39 %
Calcium	330 mg	41 %	390 mg	49 %	402 mg	50 %
Phosphorus	923 mg	132 %	474 mg	68 %	350 mg	50 %
Magnesium	431 mg	115 %	143 mg	38 %	151 mg	40 %
Iron	27 mg	193 %	7.1 mg	51 %	8.0 mg	57 %
Zinc	15 mg	150 %	4.8 mg	48 %	4.5 mg	45 %
Copper	1.6 mg	160 %	0.44 mg	44 %	0.84 mg	84 %
Manganese	4.4 mg	220 %	1.2 mg	60 %	1.3 mg	65 %
Selenium	81 µg	147 %	21 µg	38 %	27 µg	49 %
Chromium	90 µg	225 %	23 µg	58 %	23 µg	58 %
Molybdenum	73 µg	146 %	30 µg	60 %	19 µg	38 %
Iodine	219 µg	146 %	65.4 µg	44 %	56.9 µg	38 %

\*\* Reference intake

**INGREDIENTS:** Pea protein isolate (45 %), fructose, inulin, gluten-free oat fibre, safflower oil, potassium phosphate, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, chromium (III) chloride, manganese carbonate, cupric citrate, potassium iodide, sodium molybdate), emulsifier (sunflower lecithin), flaxseed powder, flavourings, thickeners (xanthan gum, guar gum), colour (beetroot red), vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), riboflavin (Vit. B2), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12)), natural flavouring, sweetener (steviol glycosides), sodium chloride, L-methionine, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source.

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Manufactured by: Fine Foods NTM S.p.A.

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Logo applies to the canister  
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