

## Nutritional information

1 portion = 1 bar (56 g)  
7 bars per pack

	Per 100 g		Per 1 bar (56 g)
Energy	1547 kJ		866 kJ
	370 kcal		207 kcal
Fat	12 g		6 g
of which:			
saturates	4.8 g		2.7 g
mono-unsaturates	3.0 g		1.7 g
polyunsaturates	2.1 g		1.2 g
Carbohydrate	38 g		21 g
of which:			
sugars	15 g		8 g
Fibre	12 g		7 g
Protein	24 g		13 g
Salt	0.98 g		0.55 g
<b>VITAMINS</b>		<b>% RI*</b>	<b>% RI*</b>
Vitamin A	614 µg RE	77 %	344 µg RE
Vitamin D	2.7 µg	54 %	1.5 µg
Vitamin E	8.0 mg α-TE	67 %	4.5 mg α-TE
Vitamin K	45 µg	60 %	25 µg
Vitamin C	57 mg	71 %	32 mg
Thiamin	0.59 mg	54 %	0.33 mg
Riboflavin	0.86 mg	61 %	0.48 mg
Niacin	9.6 mg NE	60 %	5.4 mg NE
Vitamin B6	0.80 mg	57 %	0.45 mg
Folic acid	134 µg	67 %	75.0 µg
Vitamin B12	2.0 µg	80 %	1.1 µg
Biotin	27 µg	54 %	15 µg
Pantothenic acid	3.2 mg	53 %	1.8 mg
<b>MINERALS</b>			
Potassium	941 mg	47 %	527 mg
Calcium	652 mg	82 %	365 mg
Phosphorus	447 mg	64 %	250 mg
Magnesium	241 mg	64 %	135 mg
Iron	12 mg	86 %	6.6 mg
Zinc	7.0 mg	70 %	3.9 mg
Copper	0.90 mg	90 %	0.50 mg
Manganese	1.5 mg	75 %	0.86 mg
Selenium	45 µg	82 %	25 µg
Chromium	43 µg	108 %	24 µg
Molybdenum	55 µg	110 %	31 µg
Iodine	80.4 µg	54 %	45.0 µg
* Reference intake			

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**INGREDIENTS:** Soy crisps (24.2 %) (soy protein isolate, tapioca starch, salt), glucose syrup, couverture chocolate (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (lecithins (soy))), Promitor® fibre, soy granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids: 48 % minimum) (sugar, cocoa mass, cocoa butter, emulsifier (lecithins (soy))), natural flavouring, fat reduced cocoa powder (cocoa butter: 10 % minimum), vegetable oils (fully refined sunflower and/or soy), flavourings, sodium chloride, vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Pantothenic acid (calcium D-pantothenate), Biotin (D-biotin), Vitamin B12 (cyanocobalamin), Vitamin D (cholecalciferol), Vitamin B6 (pyridoxine hydrochloride), Thiamin (thiamin mononitrate), Vitamin K (phyloquinone), Riboflavin, Folic acid (pteroylmonoglutamic acid)), natural flavouring, acidity regulator (citric acid). Allergy advice: for allergens, see ingredients in **bold**. **MAY CONTAIN MILK, EGGS, CEREALS CONTAINING GLUTEN, NUTS, PEANUTS, SESAME.**

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With a perfect blend of high quality protein, fibre, vitamins & minerals, Formula 1 Express offers both great nutrition and convenience in one delicious bar.

Formula 1 Express bar is perfect for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 207 kcal. A delicious combination of crispies and chocolate chips, dipped in chocolate and all in a healthy meal bar.

Formula 1 Express will help you indulge those chocolate cravings plus provides 13 g of protein, 207 kcal and 25 vitamins and minerals including vitamin C which contributes to the reduction of tiredness and fatigue. Each bar is also vegetarian friendly.

### Formula 1

# Express Healthy meal bars

Meal replacement for weight control and healthy nutrition

- High in protein
- 25 Vitamins and minerals

dark chocolate  
flavour

Best before and lot number: See base of carton  
7 BARS (56 g EACH)  
NET WEIGHT: 392 g (7 x 56 g e)



**DIRECTIONS FOR USE:** Enjoy a Formula 1 Express bar(s) every day as a nutritious meal. 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 Express Bar 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 Express bar 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 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. Before beginning any weight management program, Herbalife Nutrition advises to consult a physician. A healthy weight management program should include modest caloric intake, balanced diet and regular physical activity.

The units contained in this pack are not intended for individual retail sale or sampling.

