

### Nutritional information

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

	Per 100 g		Per 1 bar (56 g)	
Energy	1562 kJ		875 kJ	
	373 kcal		209 kcal	
Fat	11 g		6 g	
of which:				
saturates	4.8 g		2.7 g	
mono-unsaturates	3.0 g		1.7 g	
polyunsaturates	3.3 g		1.8 g	
Carbohydrate	37 g		21 g	
of which:				
sugars	17 g		10 g	
Fibre	11 g		6 g	
Protein	28 g		15 g	
Salt	0.88 g		0.49 g	
<b>VITAMINS</b>		<b>% RI*</b>		<b>% RI*</b>
Vitamin A	530 µg RE	66 %	297 µg RE	37 %
Vitamin D	2.7 µg	54 %	1.5 µg	30 %
Vitamin E	9.5 mg α-TE	79 %	5.3 mg α-TE	44 %
Vitamin K	50 µg	67 %	28 µg	37 %
Vitamin C	43 mg	54 %	24 mg	30 %
Thiamin	0.59 mg	54 %	0.33 mg	30 %
Riboflavin	0.86 mg	61 %	0.48 mg	34 %
Niacin	9.6 mg NE	60 %	5.4 mg NE	34 %
Vitamin B6	0.80 mg	57 %	0.45 mg	32 %
Folic acid	107 µg	54 %	60.0 µg	30 %
Vitamin B12	1.6 µg	64 %	0.90 µg	36 %
Biotin	27 µg	54 %	15 µg	30 %
Pantothenic acid	3.2 mg	53 %	1.8 mg	30 %
<b>MINERALS</b>				
Potassium	905 mg	45 %	507 mg	25 %
Calcium	652 mg	82 %	365 mg	46 %
Phosphorus	447 mg	64 %	250 mg	36 %
Magnesium	216 mg	58 %	121 mg	32 %
Iron	8.6 mg	61 %	4.8 mg	34 %
Zinc	7.0 mg	70 %	3.9 mg	39 %
Copper	0.84 mg	84 %	0.47 mg	47 %
Manganese	1.4 mg	70 %	0.76 mg	38 %
Selenium	35 µg	64 %	20 µg	36 %
Chromium	15 µg	38 %	8.5 µg	21 %
Molybdenum	65 µg	130 %	36 µg	72 %
Iodine	80.4 µg	54 %	45.0 µg	30 %

\* Reference intake

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**INGREDIENTS:** Soy crisps (24.4 %) (soy protein isolate, tapioca starch, salt), glucose syrup, white chocolate coating (12.5 %) (sugar, cocoa butter, whole milk powder, emulsifier (lecithins (soy)), natural flavouring), soy granules (11.6 %), Promitor® fibre, humectant (glycerol), candied cranberries (4.1 %) (cranberries (2.2 %), sugar, sunflower oil), cocoa nibs, maltodextrin, fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), natural flavourings, vegetable oils (fully refined sunflower and/or soy), acidity regulator (citric acid), 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 (phylloquinone), Riboflavin, Folic acid (pteroylmonglutamic acid)). Allergy advice: for allergens, see ingredients in **bold**.

**MAY CONTAIN 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 209 kcal. A delicious combination of crispies and cranberries, dipped in white chocolate and all in a healthy meal bar.

Formula 1 Express will help you indulge those sweet cravings plus provides 15 g of protein, 209 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

cranberry & white  
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)

Vegetarian

HIGH  
IN  
FIBRE

**DIRECTIONS FOR USE: Enjoy a Formula 1 Express bar 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.