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Formula 1

Made with high-quality soy protein, fibre and vitamins & minerals, **Formula 1** offers both great nutrition and convenience.

Enjoy **Formula 1** shake as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management goals*.

Formula 1 shake contains 26 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 suitable for vegans, 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, mix two scoops of Formula 1 (26 g) with two scoops of PDM Vegan (28 g) and 300 ml water. 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 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 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 daily fluid intake. It is important to follow these directions as indicated.

Herbalife 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



Scan for further details on Formula 1

Herbalife



FORMULA 1 HEALTHY MEAL

Meal replacement shake mix for weight control and healthy nutrition

DUBAI STYLE
CHOCOLATE FLAVOUR



NET WEIGHT: 500 g e

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 2 scoops of PDM Vegan and 300 ml water	% RI**
Energy	1522 kJ 364 kcal	916 kJ 218 kcal	852 kJ 203 kcal	
Fat	11 g	7 g	5 g	
of which:				
saturates	2.6 g	3.2 g	1.0 g	
mono-unsaturates	1.8 g	1.5 g	0.5 g	
polyunsaturates	5.3 g	1.5 g	1.4 g	
Carbohydrate	21 g	18 g	11 g	
of which: sugars	19 g	(12 g from milk) 17 g	5 g	
Fibre	18 g	5 g	6 g	
Protein	36 g	18 g	24 g	
Salt	1.9 g	0.8 g	1.0 g	
VITAMINS		% RI**	% RI**	% RI**
Vitamin A	1180 µg RE	148 %	34.3 µg RE	43 %
Vitamin D	7.9 µg	158 %	2.1 µg	43 %
Vitamin E	19 mg α-TE	158 %	5.1 mg α-TE	42 %
Vitamin K	118 µg	157 %	31 µg	42 %
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	40 %
Niacin	24 mg NE	150 %	6.5 mg NE	40 %
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	54 %
Biotin	73 µg	146 %	28 µg	56 %
Pantothenic acid	6.8 mg	113 %	2.7 mg	44 %
MINERALS				
Potassium	1420 mg	71 %	768 mg	38 %
Chloride	577 mg	72 %	410 mg	51 %
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	42 %
Zinc	12 mg	120 %	4.1 mg	41 %
Copper	1.7 mg	170 %	0.47 mg	47 %
Manganese	3.3 mg	165 %	0.86 mg	43 %
Selenium	120 µg	218 %	31 µg	57 %
Chromium	80 µg	200 %	21 µg	52 %
Molybdenum	77 µg	154 %	31 µg	62 %
Iodine	230 µg	153 %	68.3 µg	46 %

INGREDIENTS: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, fat-reduced cocoa powder, chocolate bits (sugar, cocoa mass, cocoa butter, natural flavouring, emulsifier (lecithin)), 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), thickeners (xanthan gum, guar gum), flavouring, sodium chloride, vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopherol acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Biotin (D-biotin), Pantothenic acid (calcium D-pantothenate), Vitamin D (cholecalciferol), Folic acid (pteroylmonoglutamic acid), Vitamin K (phyloquinone), Thiamin (thiamin hydrochloride), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Riboflavin), sweetener (sucralose), anti-caking agent (silicon dioxide). Allergy advice: for allergens see ingredients in bold.

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1 logo applies to the canister
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