Meal replacement for weight control

Made with high-quality soy 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 is made of ingredients that are vegan sourced, is gluten free and contains no artificial colours or flavours.

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 sov 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







milk or fortified







shake or blend

sov beverage * 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 quarantee. This quarantee 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: 780 a f e



Formula 1

Healthy meal

Meal replacement shake mix for weight control and healthy nutrition

- 25 Vitamins and minerals
- High protein

vanilla cream natural flavouring











Nutritional information

Serving size: 26 g						
Servings per container: 30		F	Per 26 g serving with	1	Per 26 g serving with	ı
3-1			50 ml semi-skimmed		250 ml soy beverage	
	Per 100 g		milk (1.5 % fat)	(fortified)	
Energy	1664 kJ		953 k	İ		ı
3,	398 kcal		227 kca	l	214 kca	ı
Fat	9.7 g		6.6 (]	6.3 g	
of which:	-				_	
saturates	1.6 g		3.0 c	1	0.9 q	
mono-unsaturates						
polyunsaturates						
Carbohydrate						
of which: sugars	23 g		. (12 g from milk) 18 g	j (9 g	from soy beverage) 15 g	ĺ
Fibre						
Protein						
Salt	1.2 g		0.6 g			
VITAMINS		% RI**		% RI**		% RI*
Vitamin A						
Vitamin D						
Vitamin E						
Vitamin K						
Vitamin C						
Thiamin						
Riboflavin						
Niacin.						
Vitamin B6						
Folic acid						
Vitamin B12						
Biotin						
Pantothenic acid	6.8 mg	. 113 % .	Z./ mg] 45 %) Z.U Mg	55 %
Potassium	1420 ma	71.0/	7/:0 m/	20 1/	. 601	241
Calcium						
Phosphorous						
Magnesium						
Iron						
Zinc						
Copper						
Manganese						
Selenium						
Chromium						
Molybdenum						
lodine						
** Reference intake	250 µg	. 133 /0 .	μι	j 70 %	, μy	70 /
INCREDIENTS: Cay protein isolate	forman incide	lukaa fua.	4 fil ii	de en el en de en de en el	. /	

INGREDIENTS: Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, 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), flaxseed powder, thickeners (xanthan qum, quar qum), natural flavouring, 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), phylloguinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, colour (beta-carotene), sweetener (steviol glycosides), papaya fruit powder, parsley herb powder, blueberry fruit powder. pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source. Allergy advice: for allergens, see ingredients in **bold**.

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Via Berlino 39, 24040 Zingonia-Verdellino, Bergamo, Italy



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