## Meal replacement for weight control

**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 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 soy 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




* **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: 550 g e

HERBALIFE NUTRITION

**Formula 1**

# Healthy Meal

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

- **25 Vitamins and minerals**
- **High protein**

NOT FOR PRINT



café latte
natural flavouring

GF

CONTAINS FIBRE

## Nutritional information

Serving size: 26 g
Servings per container: 21

| | 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 | 1664 kJ<br>398 kcal | | 953 kJ<br>227 kcal | | 897 kJ<br>214 kcal | |
| Fat | 9.7 g | | 6.6 g | | 6.3 g | |
| of which: | | | | | | |
| saturates | 1.6 g | | 3.0 g | | 0.9 g | |
| mono-unsaturates | 2.4 g | | 1.7 g | | 1.6 g | |
| polyunsaturates | 5.5 g | | 1.5 g | | 3.6 g | |
| Carbohydrate | 33 g | | 21 g | | 21 g | |
| of which: sugars | 21 g | | (12 g from milk) 18 g | | (9 g from soy beverage) 15 g | |
| Fibre | 18 g | | 5 g | | 5 g | |
| Protein | 35 g | | 18 g | | 16 g | |
| Salt | 1.2 g | | 0.6 g | | 0.6 g | |
| **VITAMINS** | | **% RI**** | | **% RI**** | | **% RI**** |
| Vitamin A | 1180 µg RE | 148 % | 343 µg RE | 43 % | 448 µg RE | 56 % |
| Vitamin D | 7.9 µg | 158 % | 2.1 µg | 42 % | 4.9 µg | 98 % |
| Vitamin E | 19 mg α-TE | 158 % | 5.1 mg α-TE | 43 % | 5.3 mg α-TE | 44 % |
| Vitamin K | 118 µg | 157 % | 31 µg | 41 % | 38 µg | 51 % |
| Vitamin C | 119 mg | 149 % | 35 mg | 44 % | 31 mg | 39 % |
| Thiamin | 1.2 mg | 109 % | 0.42 mg | 38 % | 0.39 mg | 35 % |
| Riboflavin | 0.35 mg | 25 % | 0.55 mg | 39 % | 0.56 mg | 40 % |
| Niacin | 24 mg NE | 150 % | 6.5 mg NE | 41 % | 7.3 mg NE | 46 % |
| Vitamin B6 | 1.7 mg | 121 % | 0.56 mg | 40 % | 0.52 mg | 37 % |
| Folic acid | 250 µg | 125 % | 75.8 µg | 38 % | 65.0 µg | 33 % |
| Vitamin B12 | 1.0 µg | 40 % | 1.3 µg | 52 % | 2.4 µg | 96 % |
| Biotin | 73 µg | 146 % | 28 µg | 56 % | 19 µg | 38 % |
| Pantothenic acid | 6.8 mg | 113 % | 2.7 mg | 45 % | 2.0 mg | 33 % |
| **MINERALS** | | | | | | |
| Potassium | 1570 mg | 79 % | 807 mg | 40 % | 721 mg | 36 % |
| Calcium | 460 mg | 58 % | 423 mg | 53 % | 435 mg | 54 % |
| Phosphorus | 890 mg | 127 % | 466 mg | 67 % | 342 mg | 49 % |
| Magnesium | 431 mg | 115 % | 143 mg | 38 % | 151 mg | 40 % |
| Iron | 22 mg | 157 % | 5.8 mg | 41 % | 6.8 mg | 49 % |
| Zinc | 12 mg | 120 % | 3.9 mg | 39 % | 3.7 mg | 37 % |
| Copper | 1.7 mg | 170 % | 0.47 mg | 47 % | 0.87 mg | 87 % |
| Manganese | 3.3 mg | 165 % | 0.86 mg | 43 % | 1.0 mg | 50 % |
| Selenium | 79 µg | 144 % | 21 µg | 38 % | 26 µg | 47 % |
| Chromium | 58 µg | 145 % | 15 µg | 38 % | 15 µg | 38 % |
| Molybdenum | 77 µg | 154 % | 31 µg | 62 % | 20 µg | 40 % |
| Iodine | 230 µg | 153 % | 68.3 µg | 46 % | 59.8 µg | 40 % |

** Reference intake

**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), decaffeinated coffee powder, potassium phosphate, emulsifier (**soy** lecithin), natural flavouring, flaxseed powder, thickeners (xanthan gum, guar gum), colour (caramel), 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), phylloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, sweetener (steviol glycosides from stevia), 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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Imported and distributed in Ghana by: HERBALIFE GHANA LTD
Airport City Plot No. 12 (Una Home) Airport Bypass Road, Accra, Ghana
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[1] logo applies to the canister

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