

Nutritional information			
1 portion = 1 bar (56 g) 7 bars per pack			
	Per 100 g		Per 1 bar (56 g)
Energy	1547 kJ 370 kcal		866 kJ 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
VITAMINS		% RI*	% RI*
Vitamin A	614 µg RE	77 %	344 µg RE 43 %
Vitamin D	2.7 µg	54 %	1.5 µg 30 %
Vitamin E	8.0 mg α-TE	67 %	4.5 mg α-TE 38 %
Vitamin K	45 µg	60 %	25 µg 33 %
Vitamin C	57 mg	71 %	32 mg 40 %
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	134 µg	67 %	75.0 µg 38 %
Vitamin B12	2.0 µg	80 %	1.1 µg 44 %
Biotin	27 µg	54 %	15 µg 30 %
Pantothenic acid	3.2 mg	53 %	1.8 mg 30 %
MINERALS			
Potassium	941 mg	47 %	527 mg 26 %
Calcium	652 mg	82 %	365 mg 46 %
Phosphorus	447 mg	64 %	250 mg 36 %
Magnesium	241 mg	64 %	135 mg 36 %
Iron	12 mg	86 %	6.6 mg 47 %
Zinc	7.0 mg	70 %	3.9 mg 39 %
Copper	0.90 mg	90 %	0.50 mg 50 %
Manganese	1.5 mg	75 %	0.86 mg 43 %
Selenium	45 µg	82 %	25 µg 45 %
Chromium	43 µg	108 %	24 µg 60 %
Molybdenum	55 µg	110 %	31 µg 62 %
Iodine	80.4 µg	54 %	45.0 µg 30 %
* Reference intake			
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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.

