



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 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, 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.

2 Scoops
(26 g)

+ 250 ml of Semi-Skimmed
Milk or 2 Scoops of PDM
Vegan and 300 ml of water

Shake or
Blend

* **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.

Before beginning any weight management program, Herbalife advises 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

Scan for further
details on Formula 1

Herbalife



FORMULA 1 HEALTHY MEAL

Meal replacement shake
mix for weight control
and healthy nutrition

STRAWBERRY &
WATERMELON

High
protein

26
Vitamins and
minerals



Natural flavourings

NET WEIGHT: 550 g e

Nutritional information

Serving size: 26 g	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
Servings per container: 21			
Energy	153 ⁺ kJ 366 kcal	919 kJ 219 kcal	855 kJ 204 kcal
Fat	10 g	7 g	5 g
of which:			
saturates	1.6 g	3.0 g	0.7 g
mono-unsaturates	1.9 g	1.6 g	0.5 g
polyunsaturates	5.5 g	1.5 g	1.4 g
Carbohydrate	26 g	19 g	12 g
of which: sugars	26 g	(12 g from milk) 19 g	7 g
Fibre	15 g	4 g	5 g
Protein	35 g	18 g	24 g
Salt	1.4 g	0.7 g	0.9 g
VITAMINS	% RI**	% RI**	% RI**
Vitamin A	180 µg RE 148 %	343 µg RE 43 %	524 µg RE 66 %
Vitamin D	7.9 µg 158 %	2.1 µg 43 %	4.0 µg 79 %
Vitamin E	19 mg α-TE 158 %	5.1 mg α-TE 42 %	9.6 mg α-TE 80 %
Vitamin K	118 µg 157 %	31 µg 42 %	31 µg 41 %
Vitamin C	119 mg 149 %	35 mg 44 %	61 mg 77 %
Thiamin	1.2 mg 109 %	0.42 mg 38 %	0.74 mg 67 %
Riboflavin	0.35 mg 25 %	0.55 mg 40 %	0.64 mg 46 %
Niacin	24 mg NE 150 %	6.5 mg NE 40 %	12 mg NE 77 %
Vitamin B6	1.7 mg 121 %	0.56 mg 40 %	0.97 mg 69 %
Folic acid	250 µg 125 %	75.8 µg 38 %	141 µg 71 %
Vitamin B12	1.0 µg 40 %	1.3 µg 54 %	1.3 µg 51 %
Biotin	73 µg 146 %	28 µg 56 %	36 µg 76 %
Pantothenic acid	6.8 mg 113 %	2.7 mg 44 %	4.0 mg 67 %
MINERALS			
Potassium	1420 mg 71 %	768 mg 38 %	979 mg 49 %
Chloride	180 mg 23 %	307 mg 39 %	383 mg 48 %
Calcium	460 mg 58 %	423 mg 53 %	445 mg 56 %
Phosphorus	890 mg 127 %	466 mg 67 %	497 mg 71 %
Magnesium	431 mg 115 %	143 mg 38 %	112 mg 30 %
Iron	22 mg 157 %	5.8 mg 42 %	5.7 mg 41 %
Zinc	12 mg 120 %	4.1 mg 41 %	5.0 mg 50 %
Copper	1.7 mg 170 %	0.47 mg 47 %	0.82 mg 82 %
Manganese	3.3 mg 165 %	0.86 mg 43 %	1.8 mg 90 %
Selenium	69 µg 125 %	18 µg 33 %	43 µg 78 %
Chromium	35 µg 88 %	9.0 µg 23 %	9.0 µg 22 %
Molybdenum	77 µg 154 %	31 µg 62 %	56 µg 113 %
Iodine	230 µg 153 %	68.3 µg 46 %	117 µg 78 %

** 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), potassium phosphate, emulsifier (soy lecithin), thickeners (xanthan gum, guar gum), natural flavourings, colour (beetroot red), vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl 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 (stevia glycosides from Stevia), sodium chloride, 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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¹ logo applies to the canister
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