

Meal replacement for weight control

With a perfect blend of high quality 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. Mix two tablespoons (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5 % fat). Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

Quick and easy to prepare



2 tablespoons



250 ml
semi-skimmed milk



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 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.

Best before and lot number: See base of container

NET WEIGHT: 550 g e



Formula 1

Healthy meal

Meal replacement shake mix for weight control

- 25 Vitamins and minerals
- High protein

café latte

natural flavouring
with sugar and sweetener (stevia)



Nutritional information

Serving size: 26 g Servings per container: 21

	Per 100 g	Per 250 ml of made up product**		
Energy	1579 kJ 377 kcal	931 kJ 222 kcal		
Fat	10 g	7 g		
of which:				
saturates	1.6 g	2.8 g		
mono-unsaturates	2.2 g	1.6 g		
polyunsaturates	5.5 g	1.5 g		
Carbohydrate	31 g	20 g		
of which: sugars	29 g	20 g		
Fibre	16 g	4 g		
Protein	35 g	18 g		
Salt	1.2 g	0.6 g		
VITAMINS		% RI***		% RI***
Vitamin A	1180 µg RE	148 %	343 µg RE	43 %
Vitamin D	7.3 µg	146 %	2.0 µg	40 %
Vitamin E	17 mg α-TE	142 %	4.6 mg α-TE	38 %
Vitamin K	110 µg	147 %	29 µg	39 %
Vitamin C	104 mg	130 %	31 mg	39 %
Thiamin	1.2 mg	109 %	0.42 mg	38 %
Riboflavin	0.35 mg	25 %	0.55 mg	39 %
Niacin	23 mg NE	144 %	6.1 mg NE	38 %
Vitamin B6	1.6 mg	114 %	0.53 mg	38 %
Folic acid	250 µg	125 %	76.0 µg	38 %
Vitamin B12	1.0 µg	40 %	1.3 µg	52 %
Biotin	38 µg	76 %	19 µg	38 %
Pantothenic acid	6.0 mg	100 %	2.5 mg	42 %
MINERALS				
Potassium	1420 mg	71 %	768 mg	38 %
Calcium	390 mg	49 %	405 mg	51 %
Phosphorous	890 mg	127 %	465 mg	66 %
Magnesium	431 mg	115 %	143 mg	38 %
Iron	21 mg	150 %	5.6 mg	40 %
Zinc	11 mg	110 %	3.9 mg	39 %
Copper	1.7 mg	170 %	0.47 mg	47 %
Manganese	3.1 mg	155 %	0.82 mg	41 %
Selenium	81 µg	147 %	21 µg	38 %
Chromium	58 µg	145 %	15 µg	38 %
Molybdenum	77 µg	154 %	31 µg	62 %
Iodine	192 µg	128 %	58.0 µg	39 %

** Per made up product = 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)

*** 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, organic 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), calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), cholecalciferol (Vit. D), phylyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2), pteroylmonoglutamic acid (Folic acid)), sodium chloride, sweetener (steviol glycosides), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Allergy advice: for allergens, see ingredients in bold.
1 2 % of the agricultural ingredients derive from organic agriculture
NL-BIO-01

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

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