

# FORMULA 1 FREE FROM MADE WITH PEA PROTEIN RASPBERRY & WHITE CHOCOLATE



SKU #4469

**Ingredients:** Pea protein isolate (45 %), fructose, inulin, gluten-free oat fibre, safflower oil, potassium phosphate, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, chromium (III) chloride, manganese carbonate, cupric citrate, potassium iodide, sodium molybdate), emulsifier (sunflower lecithin), organic<sup>1</sup> flaxseed powder, flavourings, thickeners (xanthan gum, guar gum), colour (beetroot red), 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), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), riboflavin (Vit. B2), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12)), natural flavouring, sweetener (steviol glycosides), sodium chloride, L-methionine, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source.

<sup>1</sup> 2 % of the agricultural ingredients derive from organic agriculture

NL-BIO-01

## Nutritional Information

Serving size: 26 g (2 scoops)		Servings per container: 19				
	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	1468 kJ 350 kcal	-	902 kJ 215 kcal	-	846 kJ 201 kcal	-
Fat	8.8 g	-	6.4 g	-	6.1 g	-
of which:	-	-	-	-	-	-
saturates	1.1 g	-	2.8 g	-	0.8 g	-
mono-unsaturates	1.1 g	-	1.3 g	-	1.3 g	-
polyunsaturates	7.4 g	-	2.0 g	-	4.1 g	-
Carbohydrate	27 g	-	19 g	-	20 g	-
of which: sugars	17 g	-	17 g (12 g from milk)	-	14 g (9 g from soy beverage)	-
Fibre	16 g	-	4 g	-	5 g	-
Protein	39 g	-	19 g	-	17 g	-
Salt	2.5 g	-	1.0 g	-	1.0 g	-
<b>VITAMINS</b>		<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>
Vitamin A	1169 µg RE	146%	340 µg RE	43%	445 µg RE	56%
Vitamin D	7.3 µg	146%	2.0 µg	40%	4.7 µg	94%
Vitamin E	32 mg α-TE	267%	8.5 mg α-TE	71%	8.7 mg α-TE	73%
Vitamin K	110 µg	147%	29 µg	39%	36 µg	48%
Vitamin C	117 mg	146%	35 mg	44%	30 mg	38%
Thiamin	1.4 mg	127%	0.45 mg	41%	0.43 mg	39%
Riboflavin	2.0 mg	143%	0.98 mg	70%	0.99 mg	71%
Niacin	23 mg NE	144%	6.1 mg NE	38%	6.9 mg NE	43%
Vitamin B6	1.7 mg	121%	0.57 mg	41%	0.53 mg	38%
Folic Acid	292 µg	146%	86.7 µg	43%	75.9 µg	38%
Vitamin B12	1.9 µg	76%	1.6 µg	64%	2.7 µg	108%
Biotin	73 µg	146%	28 µg	56%	19 µg	38%
Pantothenic Acid	12 mg	200%	4.0 mg	67%	3.4 mg	57%
<b>MINERALS</b>						
Potassium	1793 mg	90%	865 mg	43%	779 mg	39%
Calcium	330 mg	41%	390 mg	49%	402 mg	50%
Phosphorus	923 mg	132%	474 mg	68%	350 mg	50%
Magnesium	431 mg	115%	143 mg	38%	151 mg	40%
Iron	27 mg	193%	7.1 mg	51%	8.0 mg	57%
Zinc	15 mg	150%	4.8 mg	48%	4.5 mg	45%
Copper	1.6 mg	160%	0.44 mg	44%	0.84 mg	84%
Manganese	4.4 mg	220%	1.2 mg	60%	1.3 mg	65%
Selenium	81 µg	147%	21 µg	38%	27 µg	49%
Chromium	90 µg	225%	23 µg	58%	23 µg	58%
Molybdenum	73 µg	146%	30 µg	60%	19 µg	38%
Iodine	219 µg	146%	65.4 µg	44%	56.9 µg	38%

\* Reference intake

## Core Nutrition

Formula 1 Free From offers convenience, taste and nutrition all in one shake.

**F1 Free From is made with pea protein and it is free from soya, lactose and gluten\*\*.**

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. F1 Free From is rich in protein that supports the maintenance and growth of muscle mass and it is perfectly balanced with vitamins, minerals and fats.
- High in protein contributing to a growth in muscle mass.
- Formula 1 is a meal replacement that contains key micro and macronutrients and added botanicals and herbs.
- Enjoy Formula 1 as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management\*\*\*\* goals.

\*\* Product is soya free only when mixed with milk and lactose free only when mixed with soya 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.

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.

### KEY BENEFITS:

- High in protein.
- F1 Free From is a vegan-friendly, gluten and lactose free whenever you prepare it with fortified soya beverage.
- Even when enjoyed as a vegan mix, F1 delivers more than a third of your daily recommended intake of 25 vitamins and minerals.

### USAGE

- Enjoy a Formula 1 Free From shake every day as a nutritious meal. To prepare a delicious soya and gluten free shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat). To prepare a lactose and gluten free shake, mix two scoops of powder (26 g) with 250 ml of fortified soya beverage.

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.

To find out more, contact me today: