

# FORMULA 1 COOKIE CRUNCH



SKU #4467

**Ingredients:** Soy protein isolate, fructose, inulin, gluten-free oat fibre, soy oil, cocoa crisps (rice flour, corn flour, sugar, cocoa powder, rice fibre, salt) 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), flavouring, organic<sup>1</sup> flaxseed powder, thickeners (xanthan gum, guar gum), 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), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, sweetener (sucralose), 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**.

<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: 21				
	Per 100 g		Per 26 g serving with 250 ml semi-skimmed milk (1.5% fat)		Per 26 g serving with 250 ml soya beverage (fortified)	
Energy	1664 kJ 398 kcal	-	953 kJ 227 kcal	-	897 kJ 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	2.1 g	-	1.6 g	-	1.5 g	-
polyunsaturates	5.5 g	-	1.5 g	-	3.6 g	-
Carbohydrate	33 g	-	21 g	-	21 g	-
of which: sugars	21 g	-	18 g (12 g from milk)	-	15 g (9 g from soy beverage)	-
Fibre	18 g	-	5 g	-	5 g	-
Protein	35 g	-	18 g	-	16 g	-
Salt	1.2 g	-	0.6 g	-	0.6 g	-
<b>VITAMINS</b>		<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>	<b>%RI*</b>
Vitamin A	1310 µg RE	164%	377 µg RE	47%	482 µg RE	60%
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%
<b>MINERALS</b>						
Potassium	1420 mg	71%	768 mg	38%	682 mg	34%
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	80 µg	200%	21 µg	53%	21 µg	53%
Molybdenum	77 µg	154%	31 µg	62%	20 µg	40%
Iodine	230 µg	153%	68.3 µg	46%	59.8 µg	40%

\* Reference intake

## Core Nutrition

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

**F1 Cookie Crunch is a fully vegan\*\* meal replacement shake, is rich in protein that supports the maintenance and growth of muscle mass and is perfectly balanced with vitamins, minerals and fats.**

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. F1 Cookie Crunch is made of ingredients that are vegan sourced, gluten and dairy free and contains no colours.
- High in protein contributing to a growth in muscle mass, Formula 1 is a meal replacement that contains key micro and macro nutrients and added botanicals and herbs.
- Enjoy Formula 1 as a nutritional breakfast, lunch or dinner to support your active lifestyle and weight management\*\*\* goals.

\*\*\* 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.

\*\*when mixed with 250ml of fortified soy beverage

## KEY BENEFITS:

- High in protein
- F1 Cookie Crunch is a vegan friendly and dairy free shake whenever you prepare it with fortified soy 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 Cookie Crunch shake every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. Mix two scoops (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5% fat). Or for a vegan friendly and dairy free shake, mix with 250 ml of fortified soy beverage.
- Looking for a healthy meal without using milk or soy beverage? Try 2 scoops of F1 Cookie Crunch + 2 scoops of Protein Drink Mix + 300ml of water, only 212 kcal and 24g of protein.

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: