

# FORMULA 1 SAVOURY MEAL MUSHROOM & HERB FLAVOUR



SKU #092K

**Ingredients:** Soy protein isolate, potato starch, Promitor® fibre, inulin (chicory), gluten-free oat fibre, soy oil, natural flavourings, 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), sodium chloride, organic flaxseed powder, thickener (xanthan 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)), parsley herb flakes (0.12 %), 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 soy beverage (fortified)	
Energy	1481 kJ 354 kcal	-	905 kJ 216 kcal	-	850 kJ 202 kcal	-
Fat	10 g	-	7 g	-	6 g	-
of which:	-	-	-	-	-	-
saturates	1.6 g	-	3.0 g	-	1.0 g	-
mono-unsaturates	1.9 g	-	1.5 g	-	1.5 g	-
polyunsaturates	5.5 g	-	1.5 g	-	3.6 g	-
Carbohydrate	16 g	-	17 g	-	17 g	-
of which: sugars	2.5 g	-	(12.4 g from milk) 13.0 g	-	(9.4 g from soy beverage) 10.0 g	-
Fibre	20 g	-	5 g	-	6 g	-
Protein	39 g	-	19 g	-	17 g	-
Salt	4.8 g	-	1.5 g	-	1.5 g	-
<b>VITAMINS</b>		<b>%RI*</b>		<b>%RI*</b>		<b>%RI*</b>
Vitamin A	1180 µg RE	148 %	343 µg RE	43 %	448 µg RE	56 %
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	58 µg	145 %	15 µg	38 %	15 µg	38 %
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 is a tasty and nutritional meal.

With a perfect blend of high-quality soy protein, fibre, vitamins and minerals, it is suitable for vegans\*\* and is gluten-free.

- Get the nutrients your body needs while staying committed to your preferences or diet requirements. F1 Mushroom & Herb is made of ingredients that are vegan sourced, gluten and dairy free. It contains no artificial colours.
- A rich and creamy meal that is quick to make with an excellent balance of high-quality soy protein, key macro and micronutrients.
- Enjoy Formula 1 as a nutritional lunch or evening meal to support your active lifestyle and weight management goals.

**For weight control**, replace two meals per day with a delicious and balanced

Formula 1: Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss.

**For balanced nutrition and weight maintenance**, replace one meal per day with a delicious Formula 1: 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.

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

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 Mushroom & Herb contains no artificial colours, no added sugar and is gluten-free.
- 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 Mushroom & Herb soup 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 hot, semi-skimmed milk (1.5 % fat). Or for a vegan friendly and dairy free shake, mix two scoops (26 g) of powder with 250 ml hot fortified soy beverage.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out [myherbalifeshake.com](http://myherbalifeshake.com) for additional shake recipes and serving suggestions.

To find out more, contact me today: