

FORMULA 1 VANILLA CRÈME



SKU #4466

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), organic¹ flaxseed powder, thickeners (xanthan gum, guar gum), natural flavouring, 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, colour (beta-carotene), sweetener (steviol glycosides), 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**.

¹ 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	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	23 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	-
VITAMINS			%RI*		%RI*	
Vitamin A	1060 µg RE	133%	312 µg RE	39%	417 µg RE	52%
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%
MINERALS						
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	120 µg	218%	31 µg	56%	37 µg	67%
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 Vanilla Crème is a fully vegan meal replacement shake, is rich in protein that supports the maintenance and growth of muscle mass and it is perfectly balanced with vitamins, minerals and fats.**

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. F1 Vanilla Crème is made of ingredients that are vegan sourced, gluten and dairy-free and contains no artificial colours or flavours.
- 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.

*** 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. ** When mixed with 250ml of fortified soy beverage.

KEY BENEFITS:

- High in protein; with 5g of fibre per serving.
- F1 Vanilla Crème 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 Vanilla Crème shake every day as a nutritious meal. Gently shake the canister prior to each use as the content may settle. Mix two scoops (26g) of powder with 250ml of cold, semi-skimmed milk (1.5% fat). Alternatively, for a vegan-friendly and dairy-free shake, mix with 250ml of fortified soy beverage.
- Looking for a healthy meal without using milk or soy beverage? Try 2 scoops of Formula 1 Vanilla Crème + 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: