

# FORMULA 1 BANANA CREAM



SKU #4462

**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), natural flavourings, organic flaxseed powder, thickeners (xanthan gum, guar gum), colour (beta-carotene), 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), phylloquinone (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**.

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

NL-BI-01

## Nutritional Information

Serving size: 26 g (2 tablespoons)  
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	1.7 g	-	2.8 g	-
mono-unsaturates	1.9 g	-	1.6 g	-
polyunsaturates	5.5 g	-	1.5 g	-
Carbohydrate	32 g	-	20 g	-
of which: sugars	30 g	-	20 g	-
Fibre	17 g	-	4 g	-
Protein	35 g	-	18 g	-
Salt	1.2 g	-	0.6 g	-
<b>VITAMINS</b>		<b>%RI**</b>		<b>%RI**</b>
Vitamin A	1080 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	1.00 µg	40%	1.3 µg	52%
Biotin	38 µg	76%	19 µg	38%
Pantothenic Acid	6.0 mg	100%	2.5 mg	42%
<b>MINERALS</b>				
Potassium	1420 mg	71%	768 mg	38%
Calcium	390 mg	49%	405 mg	51%
Phosphorus	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 intakes

## Core Nutrition

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

Featuring a perfect blend of high quality protein, fibre, and vitamins & minerals you no longer have to choose between healthy meals and convenience – the Formula 1 shake is quick and easy to prepare!

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. F1 Banana Cream is made of ingredients that are vegan sourced, gluten 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 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.
- It 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.

\*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.

### KEY BENEFITS:

- 222 kcal per serving
- 18 g protein per serving, contributing to the growth of muscle mass
- 4 g of fibre per serving
- Minimum 38 % of the daily recommended intake for 25 vitamins and minerals per serving, including Chromium which helps maintain normal blood sugar levels
- Vegan ingredients, gluten free, no artificial colour and natural flavouring

### USAGE

- Enjoy a Formula 1 Banana Cream 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

To find out more, contact me today: