

HEALTHY MEAL



EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**

Ingredients:

Soya protein isolate (40 %), fructose, emulsifier (soya lecithin), soya oil, thickeners (guar gum, carrageenan, xanthan gum, pectin), bulking agent (microcrystalline cellulose), flavourings, oat fibre, corn bran, calcium citrate, inulin, anti-caking agent (silicon dioxide), milk protein concentrate, dextrose, potassium phosphate, magnesium oxide, rapeseed oil, L-ascorbic acid, ferrous fumarate, honey powder, DL-alpha-tocopheryl acetate, nicotinamide, parsley powder (0.02 %), papaya powder (0.02 %), zinc oxide, cupric gluconate, retinyl palmitate, calcium D-pantothenate, cholecalciferol, antioxidants (ascorbyl palmitate, DL-alpha tocopherol), pyridoxine hydrochloride, cyanocobalamin, manganese carbonate, riboflavin, thiamin hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin. **CONTAINS SOYA, MILK AND GLUTEN.**

For up to date ingredient & nutritional values please refer to the label on the product.

Nutritional Information

Serving size: 26 g, Servings per container: 21

	Per 100 g	Per 100 ml of made up product*	Per 250 ml of made up product*	% RDA**
Energy	375 kcal (1579 kJ)	88 kcal (370 kJ)	221 kcal (925 kJ)	-
Protein	34.6 g	7.0 g	17.4 g	-
Carbohydrate	34.6 g	8.6 g	21.4 g	-
of which: sugars	32.7 g	8.4 g	20.9 g	-
Fat	8.8 g	2.6 g	6.4 g	-
of which:				
saturated fatty acids	1.9 g	1.1 g	2.8 g	-
mono-unsaturated fatty acids	1.2 g	0.6 g	1.4 g	-
poly-unsaturated fatty acids	5.8 g	0.6 g	1.6 g	-
linoleic acid	3.9 g	0.4 g	1.1 g	-
Fibre	9.6 g	1.0 g	2.5 g	-
Sodium	0.52 g	0.10 g	0.26 g	-
VITAMINS				
Vitamin A	1211.54 µg	139.39 µg	348.48 µg	44 %
Vitamin D	9.62 µg	1.00 µg	2.50 µg	50 %
Vitamin E	19.23 mg	2.04 mg	5.10 mg	42 %
Vitamin C	57.69 mg	7.75 mg	19.38 mg	24 %
Thiamin	1.08 mg	0.15 mg	0.38 mg	34 %
Riboflavin	1.62 mg	0.35 mg	0.88 mg	63 %
Niacin	20.77 mg	2.25 mg	5.63 mg	35 %
Vitamin B6	1.92 mg	0.25 mg	0.62 mg	44 %
Folic Acid	230.77 µg	28.64 µg	71.59 µg	36 %
Vitamin B12	1.92 µg	0.63 µg	1.58 µg	63 %
Biotin	96.15 µg	13.60 µg	34.01 µg	68 %
Pantothenic Acid	6.54 mg	1.00 mg	2.50 mg	42 %
MINERALS				
Calcium	384.62 mg	161.54 mg	403.85 mg	50 %
Iron	20.00 mg	2.13 mg	5.32 mg	38 %
Phosphorous	657.69 mg	162.13 mg	405.33 mg	58 %
Magnesium	92.31 mg	21.96 mg	54.90 mg	15 %
Zinc	14.23 mg	1.86 mg	4.65 mg	47 %
Iodine	153.85 µg	19.40 µg	48.50 µg	32 %
Potassium	500.00 mg	211.65 mg	529.13 mg	26 %
Copper	1.92 mg	0.21 mg	0.53 mg	53 %
Selenium	76.92 µg	8.00 µg	20.00 µg	36 %
Manganese	1.15 mg	0.12 mg	0.31 mg	15 %

* Per made up product = 26 g serving with 250 ml semi skimmed milk (1.5 % fat)

** RDA = Recommended Daily Allowance

This product meets the compositional requirements for meal replacements.

Core Nutrition

Delicious healthy meal that provides an excellent balance of high quality protein from milk and soy, essential micronutrients and added botanicals and herbs.

KEY BENEFITS

- The number 1 meal-replacement shake in the world.* F1 shakes have helped people all across the globe reach their weight-loss goals. Reach yours today!
- Underpinned by science: Clinical studies show that daily use of meal replacement shakes as part of a calorie restricted diet is proven effective for managing weight, along with moderate exercise.
- Calorie-controlled: Approximately 220 kcal per serving
- Rich in protein from dairy and soy (18g per serving), Formula 1 shakes are a great option if you are looking to build lean muscle mass along with exercise
- Quick to whip up, a F1 shake is a convenient healthy alternative to a high-calorie breakfast, lunch or dinner.
- Soy protein: a complete protein providing all essential amino acids.
- Provides essential vitamins and minerals.
- Available in seven delicious flavours and also available: F1 Free From – free from lactose, soy and gluten when made according to instructions and suitable for vegetarians.

HOW CAN IT HELP YOU?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet. A healthy meal like Formula 1 helps you to control your calorie intake whilst also providing essential vitamins and minerals, with carbohydrate and protein.

USAGE

Enjoy Formula 1 shake every day as a healthy meal option.

Mix two tablespoons of powder (26 grams) with 250ml of semi-skimmed milk (low fat).

- When used for weight control: Replace two meals per day with this delicious shake and eat one nutritionally balanced meal.
- For healthy nutrition: Replace one meal per day with Formula 1 shake and eat two nutritionally balanced meals.

Your Herbalife Independent Distributor is:

* 33% share of Global Weight Management Category. Euromonitor 2012.