

HIGH PROTEIN SUPPLEMENT

Nutritional Information

	Per 100 g	Per 1 Tbsp (6 g)
Energy	1611 kJ (385 kcal)	97 kJ (23 kcal)
Protein	83 g	5 g
Carbohydrate	3.70 g	0.22 g
of which: sugars	0.94 g	Trace
Fat	4.30 g	0.26 g
of which: saturated fatty acids	1.50 g	Trace
Dietary Fibre	0 g	0 g
Sodium	0.84 g	0.05 g

EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**



Ingredients:

Soy protein isolate (74.9 %), whey protein concentrate (24.5 %), flavourings, anti-caking agent (silicon dioxide). **CONTAINS MILK AND SOY.**

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

Weight Management

Formula 3 Personalised Protein Powder is a rich source of soy and whey protein, which can help build lean body mass and maintain healthy bones.

KEY BENEFITS

Formula 3 is an easy way to personalise your protein intake to suit your weight management or fitness needs.

- Rich in soy and whey protein to help build lean muscle mass and maintain healthy bones.
- 5g protein per serving.

HOW CAN IT HELP YOU?

Proteins from foods like soy and dairy are termed 'complete' proteins because they contain a balance of all the essential amino acids (or building blocks) for the growth and maintenance of muscle.

Your body needs 1g of protein per 1kg of body weight.

USAGE

One level tablespoon of powder (6g) supplies 5g of protein. Take one to four servings daily.

Formula 3 can be added to your Herbalife Formula 1 shake or stirred into other foods such as sauces, soups and gravies.



ALSO TRY

Why not combine Formula 3 Personalised Protein Powder with your favourite flavour of Formula 1 shake for an easy way to boost your protein intake.

Your Herbalife Independent Distributor is: