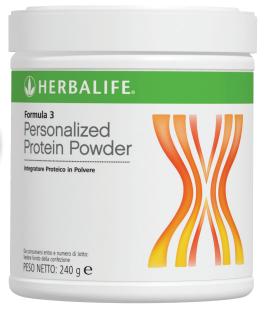
# HIGH PROTEIN SUPPLEMENT

#### **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





#### 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: