



Clinical Study Shows:

Use of Protein-Enriched Meal Replacement Shakes* Leads to More Effective Weight Management

Clinical data collected by researchers from the Obesity Research Group at the University of Ulm, Germany, shows that:

- When counting calories, drinking two Formula 1 shakes* as meal replacements is a more effective way to manage weight than a conventional food diet.
- Weight loss achieved with higher protein intake led to improvement of certain health factors that are associated with being overweight.

These results were presented in October 2008 at the annual meeting of The Obesity Society in Phoenix, Arizona, and previously at the European Congress of Obesity in Geneva, Switzerland.



*The results of this clinical study were based on the use of Formula 1 shakes and Personalized Protein Powder that are sold in Europe.
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