



L1432V1  
L1432V1-02 SKU1432

### Enhance your daily nutrition.

**Formula 1 Sport** is developed by experts in sports nutrition. A unique healthy meal replacement containing milk protein, Formula 1 Sport has been specially formulated to help athletes who are interested in managing their weight. Nutritionally balanced, Formula 1 Sport establishes a solid foundation to your daily diet while being easy to consume.

**Protein** supports the growth and maintenance of muscle mass.

**Vitamins C, E and selenium** help to protect the body's cells from oxidative stress.

**18 g**

Milk protein

**219**

Calories

**Vitamin C**

50 % NRV\*\*

**DIRECTIONS FOR USE:** Enjoy a Formula 1 Sport shake every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. Mix 2 scoops (26 g) of Formula 1 Sport with 250 ml of semi-skimmed milk (1.5 % fat). Enjoy this product within a balanced and varied diet, as part of a healthy active lifestyle.

**For weight control:** Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss. Replace two meals per day with a delicious Formula 1 shake and eat one nutritious meal.

**For healthy nutrition and weight maintenance:** Substituting one daily meal 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 shake and eat two nutritious meals.

**Store with lid closed in a cool, dry place.**

**Banned Substance Tested:** The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at [www.informed-sport.com](http://www.informed-sport.com)

**30-day money-back guarantee.** This guarantee does not affect your statutory rights. This exclusively formulated product is only available through Herbalife Independent Distributors.

This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

Herbalife advises before beginning any weight management program, it is advisable to consult a physician. A healthy weight management program should include modest caloric intake, balanced diet and regular physical activity.



# HERBALIFE®

# 24®

## FORMULA 1 SPORT

MEAL REPLACEMENT FOR WEIGHT CONTROL AND HEALTHY NUTRITION

FORMULA 1 | HYDRATE | PREPARE | PROLONG | REBUILD | RESTORE

NUTRITIONAL SUPPORT FOR THE 24 HOUR ATHLETE

**VANILLA CREAM FLAVOUR**  
No artificial colours.  
No artificial sweeteners.

Best before and lot number: See base of container

NET WEIGHT: 524 g e



## Nutritional information

Serving size: 2 scoops (26 g) Servings per container: 20

	Per 100 g	Per 250 ml of made up product*
Energy	1538 kJ	915 kJ
	366 kcal	219 kcal
Fat	7.6 g	6.1 g
of which: saturates	1.1 g	2.6 g
mono-unsaturates	1.0 g	1.3 g
polyunsaturates	5.5 g	1.5 g
linoleic acid	4.6 g	1.3 g
Carbohydrates	30 g	20 g
of which: sugars	28 g	20 g
Fibre	13 g	3 g
Protein	35 g	18 g
Salt	1.6 g	0.7 g

VITAMINS	% NRV**	% NRV**
Vitamin A	1019 µg ... 127 %	300 µg ... 38 %
Vitamin D	6.9 µg ... 138 %	1.9 µg ... 38 %
Vitamin E	23 mg ... 192 %	6.0 mg ... 50 %
Vitamin C	137 mg ... 171 %	40 mg ... 50 %
Thiamin	1.2 mg ... 109 %	0.41 mg ... 37 %
Riboflavin	0.25 mg ... 18 %	0.52 mg ... 37 %
Niacin	22 mg ... 138 %	6.0 mg ... 38 %
Vitamin B6	1.6 mg ... 114 %	0.53 mg ... 38 %
Folic acid	242 µg ... 121 %	75.0 µg ... 38 %
Vitamin B12	0 µg ... 0 %	1.1 µg ... 44 %
Biotin	37 µg ... 74 %	19 µg ... 38 %
Pantothenic acid	5.2 mg ... 87 %	2.3 mg ... 38 %
<b>MINERALS</b>		
Potassium	1350 mg ... 68 %	750 mg ... 38 %

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Calcium	555 mg ... 69 %	448 mg ... 56 %
Phosphorus	535 mg ... 76 %	373 mg ... 53 %
Magnesium	422 mg ... 113 %	141 mg ... 38 %
Iron	20 mg ... 143 %	5.3 mg ... 38 %
Zinc	11 mg ... 110 %	3.8 mg ... 38 %
Copper	1.3 mg ... 130 %	0.38 mg ... 38 %
Manganese	2.9 mg ... 145 %	0.75 mg ... 38 %
Selenium	79 µg ... 144 %	21 µg ... 38 %
Iodine	186 µg ... 124 %	56.3 µg ... 38 %

### AMINO ACID

L-glutamine ... 3269 mg ... 850 mg

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

This product meets the compositional requirements for meal replacements.

**INGREDIENTS:** Milk protein concentrate (42.7 %), fructose, sucrose, safflower oil, inulin, dextrin, thickeners (guar gum, xanthan gum, carrageenan, pectin), L-glutamine, potassium phosphate, flavourings, emulsifier (soya lecithin), magnesium oxide, sodium chloride, L-ascorbic acid, beta-carotene, ferrous fumarate, blueberry juice powder, pomegranate juice powder, anticaking agent (silicon dioxide), DL-alpha-tocopherol, nicotinamide, parsley leaf powder, papaya fruit powder, zinc oxide, calcium-D-pantothenate, manganese carbonate, antioxidants (ascorbyl palmitate, alpha-tocopherol), cupric citrate, cholecalciferol, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin. Allergy advice: for allergens, see ingredients in **MAY CONTAIN GLUTEN.**



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