

# F1 FREE FROM SHAKE



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Ingredients:

Pea protein (43.5 %), fructose, safflower oil, inulin, thickeners (guar gum, xanthan gum, carrageenan, pectin), calcium citrate, potassium phosphate, flavourings, bulking agent (microcrystalline cellulose), corn bran, emulsifier (sunflower lecithin), L-methionine, rapeseed oil, magnesium oxide, sodium chloride, L-ascorbic acid, beta-carotene, DL-alpha-tocopheryl acetate, blueberry juice powder, pomegranate juice powder, sweetener (sucralose), ferrous fumarate, nicotinamide, parsley powder, papaya powder, zinc oxide, calcium D-pantothenate, manganese carbonate, cupric citrate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin.

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 26 g portion with 250 ml soya milk	Per 26 g portion with 250 ml semi-skimmed milk	% RDA**
Energy	356 kcal (1500 kJ)	228 kcal (958 kJ)	217 kcal (905 kJ)	-
Protein	36.7 g	17.8 g	18.0 g	-
Carbohydrates	27.2 g	21.9 g	19.5 g	-
of which: sugars	25.6 g	17.7 g	19.1 g	-
Fat	7.52 g	6.69 g	6.07 g	-
of which:				
saturated fatty acids	1.58 g	1.07 g	2.75 g	-
mono-unsaturated fatty acids	1.30 g	1.57 g	1.40 g	-
poly-unsaturated fatty acids	4.64 g	3.98 g	1.31 g	-
linoleic acid	4.58 g	3.79 g	1.26 g	-
Fibre	11.9 g	3.69 g	3.10 g	-
Sodium	0.99 g	0.27 g	0.38 g	-
<b>VITAMINS</b>				
Vitamin A	962 µg	250 µg	285 µg	36 %
Vitamin D	5.77 µg	1.50 µg	1.57 µg	31 %
Vitamin E	13.9 mg	3.6 mg	3.7 mg	31 %
Vitamin C	92.3 mg	24.0 mg	28.4 mg	35 %
Thiamin	1.27 mg	0.64 mg	0.43 mg	39 %
Riboflavin	1.62 mg	0.53 mg	0.88 mg	63 %
Niacin	20.8 mg	6.0 mg	5.6 mg	35 %
Vitamin B6	1.78 mg	0.62 mg	0.58 mg	41 %
Folic Acid	231 µg	63 µg	72 µg	36 %
Vitamin B12	2.88 µg	0.75 µg	1.83 µg	73 %
Biotin	38.5 µg	10 µg	19 µg	38 %
Pantothenic Acid	6.19 mg	1.81 mg	2.51 mg	42 %
<b>MINERALS</b>				
Calcium	894 mg	241 mg	537 mg	67 %
Iron	18.5 mg	6.9 mg	4.9 mg	35 %
Phosphorus	1048 mg	272 mg	506 mg	72 %
Magnesium	199 mg	124 mg	83 mg	22 %
Zinc	11.0 mg	3.9 mg	3.8 mg	38 %
Iodine	179 µg	47 µg	55 µg	36 %
Potassium	1601 mg	908 mg	815 mg	41 %
Copper	1.27 mg	0.59 mg	0.36 mg	36 %
Selenium	70 µg	18 µg	18 µg	33 %
Manganese	1.92 mg	1.02 mg	0.51 mg	26 %

\*\* Recommended daily allowance per shake

This product meets the compositional requirements for Meal Replacements

## Core Nutrition

Introducing the new F1 Free From shake – made free from gluten, lactose or soy so you no longer have to miss out on Herbalife's most popular product range. Provides an excellent balance of high quality pea protein, 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 228 kcal per serving (when mixed with 250ml of soy milk)

- Contains blueberry and pomegranate
- Quick to whip up, a F1 Free from shake is a convenient healthy alternative to a high calorie breakfast, lunch or dinner.

### 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 Free From shake helps you to control your calorie intake whilst also providing essential vitamins and minerals, with carbohydrate and protein.

### USAGE

- For a soy free and gluten free shake: Mix two tablespoons (26g) of powder with 250ml of semi-skimmed cow's milk
- For a lactose free and gluten free shake: Mix two tablespoons (26g) of powder with 250ml of soy milk



### ALSO TRY

Formula 2 Multivitamin Complex, your daily multivitamin with over 15 vitamins and minerals to help you reach your RDA.

Your Herbalife Independent Distributor is:

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