

FORMULA 1 EXPRESS BAR

EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**



Ingredients:

Soy granules, fructose-glucose syrup, soy crisps (soy protein isolate, tapioca starch, salt), milk chocolate coating 8,9 % [sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier (soy lecithin), flavouring], glucose syrup, polydextrose, oligofructose syrup, chocolate extruded cornflakes (corn flour, wheat flour, cocoa powder, sugar, wheat malt, salt), soy protein concentrate, fructose, soy protein isolate, chocolate drops 1,8 % [sugar, cocoa mass, cocoa butter, emulsifier (soy lecithin), flavouring], acacia gum, sunflower oil, dipotassium phosphate, tricalcium phosphate, flavourings, salt, vitamins and minerals premix (ferric diphosphate, L-ascorbic acid, hydrogenated vegetable oil, nicotinamide, zinc oxide, DL-alpha-tocopheryl acetate, copper sulphate, calcium-D-pantothenate, manganese sulphate, riboflavin, pyridoxine hydrochloride, thiamin hydrochloride, retinyl acetate, pteroylmonoglutamic acid, D-biotin, potassium iodide, sodium selenite, cholecalciferol, cyanocobalamin), acidity regulator (citric acid), emulsifier (soy lecithin), magnesium oxide. **CONTAINS MILK, SOYA AND GLUTEN. MAY CONTAIN TRACES OF NUTS, PEANUTS AND SESAME SEEDS.**

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

Nutritional Information 1 portion = 1 bar (56 g), 7 Bars per Pack

| | Per 100 g | Per Bar (56 g) | % RDA* |
|------------------|-----------------------|----------------------|--------|
| Energy | 370 kcal (1550 kJ) | 207 kcal (868 kJ) | - |
| Protein | 23.9 g | 13.4 g | - |
| Carbohydrates | 37.5 g | 21.0 g | - |
| of which: Sugars | 25.4 g | 14.2 g | - |
| Fat | 10.6 g | 5.9 g | - |
| of which: | | | |
| saturates | 3.5 g | 1.9 g | - |
| mono-unsaturates | 3.2 g | 1.8 g | - |
| poly-unsaturates | 3.8 g | 2.1 g | - |
| Linoleic acid | 2.7 g | 1.5 g | - |
| Fibre | 14.5 g | 8.1 g | - |
| Sodium | 0.39 g | 0.22 g | - |
| VITAMINS | | | |
| Vitamin A | 433 µg | 242 µg | 30 % |
| Vitamin D | 2.8 µg | 1.5 µg | 30 % |
| Vitamin E | 6.6 mg | 3.7 mg | 31 % |
| Vitamin C | 43.4 mg | 24.3 mg | 30 % |
| Thiamin | 0.61 mg | 0.34 mg | 31 % |
| Riboflavin | 0.9 mg | 0.5 mg | 36 % |
| Niacin | 10.2 mg | 5.7 mg | 36 % |
| Vitamin B6 | 0.82 mg | 0.46 mg | 33 % |
| Folic acid | 108.4 µg | 60.7 µg | 30 % |
| Vitamin B12 | 1.35 µg | 0.75 µg | 30 % |
| Biotin | 27.1 µg | 15.2 µg | 30 % |
| Pantothenic acid | 3.25 mg | 1.8 mg | 30 % |
| MINERALS | | | |
| Calcium | 428 mg | 239 mg | 30 % |
| Phosphorus | 604 mg | 338 mg | 48 % |
| Potassium | 928 mg | 519 mg | 26 % |
| Iron | 11.1 mg | 6.2 mg | 44 % |
| Zinc | 6.21 mg | 3.48 mg | 35 % |
| Copper | 0.83 mg | 0.46 mg | 46 % |
| Iodine | 82.5 µg | 46.2 µg | 31 % |
| Selenium | 29.9 µg | 16.7 µg | 30 % |
| Magnesium | 98 mg | 54.9 mg | 15 % |
| Manganese | 1.08 mg | 0.61 mg | 31 % |

* Recommended daily allowance

This product meets the compositional requirements for Meal Replacements

Core Nutrition

F1 Express Healthy Meal Bar has all the nutritional goodness of an F1 shake or a healthy meal*.

KEY BENEFITS

- Formulated with an excellent balance of key nutrients including high levels of protein and fibre and added vitamins and minerals
- Calorie-controlled with approximately 207 kcal per bar
- 13g protein in every bar to help build lean muscle mass
- 8g of fibre per bar, to help towards your daily fibre intake
- Suitable for vegetarians
- Available in Chocolate and Red Fruits and Yoghurt flavours
- Free from artificial preservatives
- Convenient healthy meal when you're on the go

HOW CAN IT HELP YOU?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet which can be difficult if convenient and tasty solutions are out of reach. A healthy meal like Herbalife Formula 1 Shake or Formula 1 Healthy Meal Bar helps you to control your calorie intake and so helps you to manage your weight. They also provide essential vitamins and minerals, carbohydrates and protein.

USAGE

Enjoy a Healthy Meal Bar everyday as a healthy meal option.

Want a personalised weight management programme?

Formula 1 Shakes are already the preferred healthy meal solution for millions of people everyday helping them achieve weight management results they feel proud of. Make it a tasty meal everyday by adding your favourite fruits to personalise the flavour even more. Your Formula 1 comes in a cannister or single serving sachets.

Need a convenient healthy meal when on the go?

Formula 1 Healthy Meal Bar is handy to keep with you when you are on the go, and when consumed with a generous drink of water, you never have to miss out on a nutritious meal. Available in a delicious Chocolate or Red Fruits & Yoghurt flavour, it is the tempting meal replacement to avoid excess-calorie options when on the go.

**This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity.*

Your Herbalife Independent Distributor is: