



### Prepare as a Daily Meal or Snack

**Formula 1** is a delicious healthy meal that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study) and on similar products show that Formula 1 shakes taken twice a day as part of a reduced-calorie diet help people lose weight.

**DIRECTIONS:** Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy!

PRODUCT	MEAL	MEAL	SNACK
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
Protein	24g	17g	17g
Calories	200	170	150

### Quick & Easy to Prepare



#### BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out [Herbalife.com](http://Herbalife.com) for additional shake recipes.

**Herbalife Nutrition Also Recommends:** Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

**For Weight Loss:** Replace two meals daily with a Formula 1 shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

**For Healthy Nutrition:** Enjoy a Formula 1 shake every day as a healthy meal.

**30-day money-back guarantee.** This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

**NOTICE:** Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.



25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.

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† On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.



## Formula 1 Healthy Meal

### Nutritional Shake Mix For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
- Good source of fiber
- 21 vitamins & minerals

banana caramel

natural and artificial flavor



NET WT: 26.4 OZ (750g)



# Nutrition Facts

30 servings per container

Serving size

2 scoops (25g)

## Calories

Per serving

**90**

% DV\*

Per serving with 8 fl oz of nonfat milk

**170**

% DV\*

Per serving with 2 scoops (28g) of PDM Vanilla

**200**

% DV\*

Total Fat	1g	1%	1g	1%	4.5g	5%
Saturated Fat	0g	0%	0g	0%	1g	4%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	<5mg	2%	0mg	0%
Sodium	95mg	4%	200mg	9%	430mg	19%
Total Carbohydrate	13g	5%	25g	9%	18g	6%
Dietary Fiber	3g	11%	3g	11%	3g	11%
Total Sugars	9g		22g		10g	
Includes Added Sugars	9g	17%	9g	17%	10g	19%
Protein	9g	18%	17g	35%	24g	48%
Vitamin D	6mcg	30%	8.9mcg	45%	9.5mcg	50%
Calcium	120mg	10%	420mg	30%	300mg	25%
Iron	3mg	15%	3.1mg	15%	9.3mg	50%
Potassium	270mg	6%	650mg	15%	550mg	10%
Vitamin A	270mcg RAE	30%	420mcg RAE	45%	800mcg RAE	90%
Vitamin C	27mg	30%	27mg	30%	48mg	50%
Vitamin E	4.5mg	30%	4.5mg	30%	10.3mg	70%
Thiamin	0.36mg	30%	0.47mg	40%	1.01mg	80%
Riboflavin	0.39mg	30%	0.84mg	60%	1.19mg	90%
Niacin	4.8mg	30%	5mg	30%	12.8mg	80%
Vitamin B6	0.5mg	30%	0.59mg	35%	1.2mg	70%
Folate	80mcg DFE (50mcg folic acid)	20%	95mcg DFE (50mcg folic acid)	25%	370mcg DFE (220mcg folic acid)	90%
Vitamin B12	1.44mcg	60%	2.66mcg	110%	3.24mcg	140%
Biotin	9mcg	30%	9mcg	30%	109mcg	360%
Pantothenic Acid	1.5mg	30%	2.4mg	45%	5.1mg	100%
Phosphorus	210mg	15%	450mg	35%	600mg	50%
Magnesium	125mg	30%	155mg	35%	265mg	60%
Zinc	3.3mg	30%	4.3mg	40%	8.6mg	80%
Selenium	10mcg	20%	18mcg	30%	35mcg	60%
Copper	0.35mg	40%	0.38mg	40%	1.15mg	130%
Chromium	10.5mcg	30%	10.5mcg	30%	46.5mcg	130%
Molybdenum	15mcg	35%	15mcg	35%	45mcg	100%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium Caseinate, Casein, Natural and Artificial Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, Inulin, Stevia Leaf Extract, Silicon Dioxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Citrus Pectin, Ginger Root Powder, Honey Powder, Protease (from Aminogense), Psyllium Husk Powder, Ferrous Fumarate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Niacinamide, Retinyl Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Cholecalciferol, Bromelain, Papain Powder, Calcium D-Pantothenate, Copper Gluconate, Cyanocobalamin, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate, and Riboflavin.

**CONTAINS MILK AND SOY.** Aminogense® is a registered trademark of Triarco Industries, Inc.

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