

SWAP IT FOR A SHAKE

BMI: Body Fat:

Day One

- Breakfast: Formula 1 + PDM
- Lunch: Formula 1 + PDM
- Dinner: Healthy meal
- Snacks: Include 2 healthy snacks per day, e.g., fruit

Day Two

- Breakfast: Formula 1 + PDM
- Lunch: Formula 1 + PDM
- Dinner: Healthy meal
- Snacks: Include 2 healthy snacks per day, e.g., fruit

Day Three

- Breakfast: Formula 1 + PDM
- Lunch: Formula 1 + PDM
- Dinner: Healthy meal
- Snacks: Include 2 healthy snacks per day, e.g., fruit

Great job on making positive changes toward a healthy active lifestyle.

Swap high-calorie meals for a Formula 1 + PDM On The Go shake.

Continuing your good work...

Book a consultation with your Herbalife Nutrition Independent Distributor, who can help you discover more about the full range of Herbalife Nutrition products, and offer valuable support and guidance on your continued weight-management journey.

Book a consultation with your Herbalife Nutrition Independent Distributor today!

Date of Consultation:



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Hamburger, fries and soda (16oz.)¹

640 cal

- 19 g of fat
- 16 g of protein
- 30 mg of cholesterol



Two Supreme Tacos²

380 cal

- 22 g of fat
- 17 g of protein
- 55 mg of cholesterol



1 packet of Formula 1 + PDM On The Go with water

150 cal

- 2.5 g of fat
- 17 g of protein
- 0 mg of cholesterol



Herbalife Nutrition delicious protein shakes are formulated with essential vitamins, minerals and nutrients that are perfect to satisfy your hunger and help manage your weight.

1. Nutrition Calculator, <https://www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html>, accessed January 2017.
2. Full Nutrition Info, <https://www.tacobell.com/food/nutrition/info>, accessed January 2017.



Herbalife Nutrition has helped people all across the world reach their weight-management goals.

Herbalife Nutrition has put together this Trial Pack to help you kick-start your weight-loss program. See how simple, convenient and delicious it can be!

All our products are developed with the help of nutritional experts, so if your goal is to lose weight, we can help you all the way.

Congratulations on taking your first steps to a fitter, healthier you!

How does it work?

- It's simple. For weight loss, you swap your regular breakfast for a Formula 1 + PDM On The Go shake and do the same for either lunch or dinner. Prepare a healthy third meal.
- To boost your metabolism and the feeling of energy enjoy 2 servings per day of Herbal Tea Concentrate. Each packet includes 3 servings of this refreshing low-calorie tea blend.*
- Get active for 30 minutes each day whether it's a brisk walk or a swim

Easy to Prepare:

- Blend or stir 1 packet of Formula 1 + PDM On The Go with 8 fl. oz. of water or nonfat milk

What's inside?

We've included 6 packets of Formula 1 + PDM On The Go, along with 2 packets of our Herbal Tea Concentrate (3 servings per packet), which can be used alongside your weight-management program.

Formula 1 + PDM On The Go

Offers a combination of Formula 1 in our popular Cookies 'n Cream flavor and Protein Drink Mix Vanilla to deliver a rich flavor and creamy texture with an extra boost of protein.

- High in protein (17 g per serving)
- Essential nutrients, including 24 vitamins and minerals
- Excellent source of fiber (5 g per serving)

Herbal Tea Concentrate

Herbal Tea Concentrate is formulated with caffeine, which jump-starts your metabolism and provides a boost to help you feel revitalized.

- Jump-starts thermogenic (metabolic) activity*
- Boosts the feeling of energy*
- Provides antioxidant support
- Instant and low calorie



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.

Backed by science

Formula 1 is a delicious, healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you energy.

*Caffeine is known for its natural thermogenic (metabolism-boosting) benefits and green tea for its antioxidant properties.