



## 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 soy milk 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			
<b>Protein</b>	24g	17g	17g
<b>Calories</b>	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 for additional shake recipes.

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

2D  
AREA



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.



# 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

pralines  
and cream  
natural and artificial flavors



NET WT: 26.4 OZ (750g)



# Nutrition Facts

Serving Size: 2 scoops (25g) Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops (28g) of PDM Vanilla
<b>Calories</b>	90	170	200
Calories from Fat	10	10	35
	% DV**	% DV**	% DV**
<b>Total Fat 1g*</b>	1%	1%	7%
Saturated Fat 0g	0%	0%	4%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
<b>Cholesterol 0mg</b>	0%	2%	0%
<b>Sodium 95mg</b>	4%	8%	19%
<b>Potassium 190mg</b>	5%	16%	14%
<b>Total Carbohydrate 13g</b>	4%	8%	6%
Dietary Fiber 3g	12%	12%	16%
Sugars 9g			
<b>Protein 9g</b>	18%	35%	48%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	25%
Iron	15%	15%	50%
Vitamin D	25%	50%	60%
Vitamin E	25%	25%	70%
Thiamin	25%	35%	70%
Riboflavin	20%	50%	70%
Niacin	25%	25%	70%
Vitamin B6	25%	30%	60%
Folic Acid	20%	25%	60%
Vitamin B12	25%	45%	50%
Biotin	20%	20%	60%
Pantothenic Acid	30%	35%	60%
Phosphorus	15%	35%	50%
Magnesium	10%	15%	45%
Zinc	30%	35%	60%
Selenium	20%	30%	60%
Copper	25%	25%	70%
Chromium	10%	10%	40%
Molybdenum	20%	20%	60%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

\*\* Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Calories per gram:	Fat 9	Carbohydrates 4
		Protein 4

**INGREDIENTS:** Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Natural and Artificial Butter Pecan Flavor, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin, Magnesium Oxide, Silicon Dioxide, Stevia Leaf Extract, Salt, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogens), Citrus Pectin, Ginger Root Powder, Honey Powder, Psyllium Husk Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Biotin, Beta Carotene, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Triarco Industries, Inc.

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