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L1626US-00 SKU1626

## Prepare as a Daily Meal or Snack

**Formula 1 Select** is a delicious high protein, healthy meal crafted with high-quality ingredients that provides an ideal balance of protein and other key nutrients. Clinical studies have shown that daily usage of a meal replacement shake is effective for managing weight, along with moderate exercise.†

† Based upon published studies of non-Herbalife products

**DIRECTIONS:** Gently shake the canister prior to each use as contents may settle. Blend or stir 2 rounded scoops (27g) of Formula 1 Select with 8 fl oz of your favorite protein beverage.

PRODUCT	MEAL	MEAL	SNACK
Formula 1 Select	2 scoops	2 scoops	2 scoops
Protein Drink Mix Select (PDM)	2 scoops		1 scoop
8 fl oz	Water	Milk	Water
Protein	25g	18g	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 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 Select 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.



2D AREA

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



# FORMULA 1 — Select — Nutritional Shake Mix

Natural Vanilla Flavor  
with other natural flavors

## PEA, QUINOA AND RICE PROTEIN

- Nutrient dense healthy meal or snack
- Sustains energy & satisfies hunger
- High protein
- No artificial flavors or sweeteners

MADE WITH  
**NON-GM**  
INGREDIENTS

Certified  
**GF**  
Gluten-Free

NOT MADE WITH  
SOY OR DAIRY

**5g**  
Fiber

**21**  
Vitamins  
& Minerals

Images of fruits are only serving recommendations. Product does not contain these fruits.

NET WT: 28.6 OZ (810g)

# Nutrition Facts

Serving Size: 2 scoops (27g)  
Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops of PDM Select
<b>Calories</b>	90	170	200
Calories from Fat	10	10	40
	% DV**	% DV**	% DV**
<b>Total Fat 1g*</b>	2%	2%	5%
Saturated Fat 0g	0%	1%	3%
Trans Fat 0g			
<b>Cholesterol 0mg</b>	0%	2%	0%
<b>Sodium 150mg</b>	6%	11%	20%
<b>Potassium 170mg</b>	5%	16%	6%
<b>Total Carbohydrate 13g</b>	4%	8%	6%
Dietary Fiber 5g	20%	20%	29%
Sugars 6g			
<b>Protein 10g</b>	20%	37%	50%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	20%
Iron	10%	10%	45%
Vitamin D	150%	180%	190%
Vitamin E	25%	25%	60%
Thiamin	25%	35%	60%
Riboflavin	20%	50%	60%
Niacin	25%	25%	60%

	% DV**	% DV**	% DV**
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%	35%
Magnesium	10%	15%	45%
Zinc	20%	25%	50%
Selenium	15%	25%	50%
Copper	25%	25%	60%
Chromium	8%	8%	40%
Molybdenum	15%	15%	50%
* 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:** Proprietary Protein Blend (Pea Protein Isolate, Quinoa Seed Powder, Whole Grain Brown Rice Protein Concentrate), Fructose, oat Fiber, Inulin, Natural Vanilla Flavors, Guar Gum, Rice Fiber, Canola Oil, DL-Methionine, Stevia Leaf Extract, Ginger Root Powder, Honey Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), and Blueberry Fruit Powder.

**VITAMINS AND MINERALS:** Potassium (Potassium Chloride), Calcium (Calcium Phosphate), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (DL-Alpha Tocopheryl Acetate), Vitamin D (Cholecalciferol), Biotin, Vitamin B3 (Niacinamide), Vitamin A (Beta Carotene), Iron (Ferrous Fumarate), Zinc (Zinc Oxide), Copper (Copper Gluconate), Vitamin B5 (Calcium D-Pantothenate), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Chromium (Chromium Chloride), Molybdenum (Sodium Molybdate), and Selenium (Sodium Selenite).

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