



## Prepare as a Daily Snack or Meal

**Protein Drink Mix Select** is a great-tasting, high protein snack crafted with high-quality ingredients that helps boost your protein intake throughout the day.

**DIRECTIONS:** Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (29g) with 8 fl oz of cold water or add to your Formula 1 Select shake to boost your protein intake.

PRODUCT	SNACK	SNACK	MEAL
Protein Drink Mix Select (PDM)	2 scoops	1 scoop	2 scoops
Formula 1 Select		2 scoops	2 scoops
8 fl oz	Water	Water	Water
Protein	15g	17g	25g
Calories	110	150	200

## 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:** See your Distributor for further product recommendations and guidance on your Herbalife Nutrition weight management program. For variety, try our other protein-rich snacks too.

**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.

LOW GLYCEMIC



2D AREA



# HERBALIFE NUTRITION

## PROTEIN DRINK MIX — Select — Protein Booster

Natural Vanilla Flavor with other natural flavors

## PEA, QUINOA AND RICE PROTEIN

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



MADE WITH NON-GM INGREDIENTS



15g Protein

3g Sugar

24 Vitamins & Minerals

NET WT: 22.5 OZ (638g)

# Nutrition Facts

Serving Size: 2 scoops (29g)

Servings Per Container: 22

Amount Per Serving	Powder	Powder with 2 scoops of F1 Select	% DV**	% DV**
Calories	110	200		
Calories from Fat	30	40		
			% DV**	% DV**
Total Fat 2.5g*	4%	5%		
Saturated Fat 0.5g	3%	3%		
Trans Fat 0g				
Cholesterol 0mg	0%	0%		
Sodium 340mg	14%	20%		
Potassium 25mg	1%	6%		
Total Carbohydrate 5g	2%	6%		
Dietary Fiber 2g	9%	29%		
Sugars 3g				
Protein 15g	30%	50%		
Vitamin A	35%	60%		
Vitamin C	35%	60%		
Calcium	15%	20%		
Iron	35%	45%		
Vitamin D	35%	190%		
Vitamin E	35%	60%		
Vitamin K	35%	35%		
Thiamin	35%	60%		
Riboflavin	35%	60%		
Niacin	35%	60%		
Vitamin B6	35%	60%		
			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, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Pea Protein Isolate, Sodium Citrate, Sunflower Lecithin, Calcium Phosphate, Tocopherols), Natural Vanilla and Cream Flavors, Guar Gum, Natural Flavors, Dextrose, Calcium Phosphate, DL-Methionine, and Stevia Leaf Extract.

**VITAMINS AND MINERALS:** Magnesium (Magnesium Phosphate), Vitamin C (Ascorbic Acid), Vitamin E (DL-Alpha Tocopheryl Acetate), Biotin, Zinc (Zinc Sulfate), Vitamin A (Retinyl Palmitate), Vitamin B3 (Niacinamide), Iron (Reduced Iron), Copper (Copper Gluconate), Vitamin B5 (Calcium D-Pantothenate), Selenium (Selenomethionine), Vitamin K (Phytonadione), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Mononitrate), Manganese (Manganese Sulfate), Vitamin D (Cholecalciferol), Vitamin B6 (Pyridoxine Hydrochloride), Iodine (Potassium Iodide), Folate (Folic Acid), Vitamin B12 (Cyanocobalamin), Chromium (Chromium Chloride), and Molybdenum (Sodium Molybdate).

Formulated and distributed exclusively by: HERBALIFE INTERNATIONAL OF AMERICA, INC.

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Made in USA with US and imported ingredients

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