



HERBALIFE®

Healthy Meal

Formula 1 + PDM On The Go

One serving of Formula 1 with 1/2 serving of Protein Drink Mix for healthy nutrition and weight management

High Protein

cookies 'n cream

+ vanilla

naturally and artificially flavored



NET WT 1.38 OZ (39g)

17g PROTEIN



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 + 1/2 PDM provides 15 grams of soy protein per serving.

DIRECTIONS: Blend or stir 1 packet (39g) of Formula 1 + PDM with 8 fl oz of water or nonfat milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

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.

Nutrition Facts

Serving Size: 1 packet (39g)
Servings Per Packet: 1

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk
Calories	150	230
Calories from Fat	25	25
	% DV*	
Total Fat 2.5g	4%	4%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 290mg	12%	16%
Potassium 330mg	9%	20%
Total Carbohydrate 15g	5%	9%
Dietary Fiber 5g	20%	20%
Sugars 5g		
Protein 17g	34%	51%
Vitamin A	40%	50%
Vitamin C	40%	40%
Calcium	20%	50%
Iron	40%	40%
Vitamin D	40%	70%
Vitamin E	45%	45%
Vitamin K	20%	20%
Thiamin	50%	60%

		% DV*	% DV*
Riboflavin	45%	70%	
Niacin	45%	45%	
Vitamin B6	45%	50%	
Folic Acid	50%	50%	
Vitamin B12	40%	60%	
Biotin	50%	50%	
Pantothenic Acid	50%	60%	
Phosphorus	35%	60%	
Iodine	20%	20%	
Magnesium	30%	35%	
Zinc	45%	50%	
Selenium	140%	150%	
Copper	50%	50%	
Manganese	30%	30%	
Chromium	30%	30%	
Molybdenum	70%	70%	

* 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, Non-Dairy Creamer [Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Potassium Phosphate, Calcium Phosphate, Soy Lecithin, Tocopherols (added to protect flavor)], Calcium Caseinate, Oat Fiber, Inulin†, Wheat Flour, Polydextrose Powder, Maltodextrin, Guar Gum, Sugar, Potassium Chloride, Canola Oil, Magnesium Phosphate, Calcium Phosphate, Natural and Artificial Flavors, Natural and Artificial Cream Flavor, Dextrose, Soy Lecithin, Whey Protein Concentrate, Salt, Xanthan Gum, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Medium Chain Triglycerides, Carrageenan, Magnesium Oxide, Silicon Dioxide, Sucralose, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Baking Soda, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen), Honey Powder, Ginger Root Powder, Citrus Pectin, Niacinamide, Pomegranate Powder, Papaya Fruit Powder, Blueberry Powder, Turmeric Oleoresin (added for color), Biotin, Zinc Sulfate, Ferrous Fumarate, Copper Gluconate, Beta Carotene, Calcium D-Pantothenate, Zinc Oxide, Acesulfame K, Retinyl Palmitate, L-Selenomethionine, Bromelain, Papain Powder, Reduced Iron, Cholecalciferol, Cyanocobalamin, Phytanadione, Magnesium Carbonate, Folic Acid, Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, Thiamine Mononitrate, Chromium Chloride, Sodium Molybdate, Sodium Selenite and Potassium Iodide. **CONTAINS MILK, SOY AND WHEAT.**

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† Inulin is known as a prebiotic that helps promote the growth of flora.
30-day money-back guarantee. This exclusively formulated product is intended to be sold by Herbalife Independent Distributors. If you have purchased this product from someone else, or if you have questions or concerns about this product, please call 1-866-617-4273.

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