

## Meal replacement for weight control



Being healthy is about achieving and maintaining the right weight. Formula 1 can help you attain this. Whether you have one shake a day as a healthy meal, or two shakes a day as part of your weight management programme, you can trust Formula 1 to deliver you the perfect healthy solution.

### Key Benefits:

- Low in calories, only 205 calories per serving when mixed in 300ml skim milk.
- Low in saturated and unsaturated fat.
- Rich in minerals and vitamins, including the antioxidant Vitamins A, C and E, that can help fight 'free radical' oxygen molecules and so help protect your body
- Helps to ensure the diet receives good quantities of quality dietary fibre
- Formula 1 has been developed to provide a scientifically-balanced and easily absorbed source of quality nutrition
- Easy to prepare, either shake by hand in a sealed flask, use a mini-blender, or an electric blender. The final product froths up readily, and has a smooth and creamy consistency
- Enhanced fibre blend for a smoother, easier mixing shake
- Convenient, re-sealable canister allows for easy storage and quick use
- Helps you lose centimetres as well as kilos, as part of a calorie-controlled diet and regular exercise programme
- Create your own shake recipes by adding fresh fruit and ice.

### Why You Need It:

Formulated by Herbalife's nutritional experts, Formula 1 is packed with vitamins and minerals, high-quality soy proteins, carbohydrates, dietary fibres and amino acids - a great way to start the day!

### Key Ingredients:

**Vitamins:** A, Thiamin, Riboflavin, Cyanocobalamin, B6, Niacin, Ascorbic Acid, Cholecalciferol, E, Folate, Biotin, Pantothenic Acid, K.

**Minerals:** Calcium, Iodine, Iron, Phosphorus, Magnesium, Zinc, Manganese.

**Protein: Soy and Whey** - Each serving provides approximately 9g of protein, helping to keep the body's protein requirements balanced and to minimise muscle wastage during periods of weight control.

**Fibre: Calcium Caseinate** - a calcium source which may be more suitable for those with lactose intolerance.

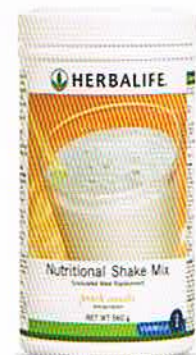
**Aminogen\*** - a naturally-derived ingredient that helps the body break down food protein into free-form amino acids which are better absorbed by the body.

### Did You Know?

After 8-12 hours overnight without food, your body needs to refuel its glucose levels. Without breakfast, your brain and your muscles will not have the energy they need to maintain activity throughout the day.

- American Dietetic Association, (2011)

## order details



SKU #0141	French Vanilla
SKU #0142	Dutch Chocolate
SKU #0143	Berry Flavour
SKU #0144	Tropical Fruit
SKU #0146	Cookies n' Cream

Volume Points: 23.95  
Packaged: 560g\*

SKU #3161	French Vanilla Samples
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Volume Points: 28.5  
Packaged: 15 x 28g sachets\*

### Directions For Use:

Mix 28g with 300mL of skim or soy milk\*. (28g is equal to 3 level 15mL Herbalife measuring spoons)

\* Contains milk, oat and soybean ingredients.

\* Aminogen brand is the property of Tiarco Industries, INC.

Note: When using low fat soy milk, adding fruit and/or protein powder, the calorie amount and nutritional value of your shake will alter.