



HERBALIFE®

Formula 1 Shake is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 18 vitamins and minerals, herbs, antioxidants and fiber. **Formula 1 powder** has only **90 calories**, and when mixed with **8 ounces of nonfat milk** **Formula 1 shake** has only **170 calories**. Enjoy as a healthy breakfast, lunch or dinner for your good health and effective weight management.



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.

DIRECTIONS: Blend or stir 25 g (2 heaping tablespoons) of Formula 1 with 8 fl oz of nonfat milk or soymilk. For a complete meal, add 1 oz of fresh fruit and enjoy!

For Best Results: Combine with Formula 2 Multivitamin Complex and Personalized Protein Powder.

For Weight Loss: Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

For Healthy Nutrition and Weight Management: Enjoy a Formula 1 Shake every day as a healthy meal. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Personalized Protein Powder to optimize your protein intake.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.



Healthy Meal Nutritional Shake Mix

For Healthy Nutrition & Weight Management
strictly kosher

Artificially Flavored

NET WT 1 LB 3.4 OZ (550 g)

FORMULA

1

Nutrition Facts

Serving Size: 25 g (2 heaping tablespoons)
Servings Per Container: 22

Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories	90	170
Calories from Fat	10	15
% Daily Value**		
Total Fat 1.0 g*	1%	2%
Saturated Fat 0 g	0%	0%
Trans Fat 0 g		
Cholesterol 0 mg	0%	2%
Sodium 140 mg	6%	10%
Potassium 210 mg	6%	20%
Total Carbohydrate 13 g	4%	8%
Dietary Fiber 3 g	12%	12%
Sugars 9 g		
Protein 9 g	18%	35%

	% Daily Value**	
Niacin	25%	25%
Vitamin B6	25%	30%
Folate	25%	30%
Vitamin B12	25%	45%
Biotin	25%	25%
Pantothenic Acid	25%	35%
Phosphorus	15%	40%
Magnesium	10%	15%
Zinc	25%	30%
Copper	25%	25%

INGREDIENTS: Isolated Soy Protein, Fructose, Powdered Cellulose, Corn Bran Fiber, Guar Gum, Artificial French Vanilla Flavor, Maltodextrin, Potassium Chloride, Dicalcium Phosphate, Canola Oil, Carrageenan, Soy Lecithin, Rice Fiber, DL-Methionine, Magnesium Oxide, Silicon Dioxide, Licorice Extract, Natural Vanilla Flavor, Citrus Pectin, Psyllium Husk, Honey Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Biotin, Retinyl Palmitate, Dandelion Root, Parsley, Papaya, Ferrous Fumarate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Papain, Bromelain, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate and Cyanocobalamin. **CONTAINS SOYBEAN INGREDIENTS.**

Formulated exclusively for: HERBALIFE INTERNATIONAL OF AMERICA, INC.
P.O. Box 80210, Los Angeles, CA 90080-0210, U.S.A.

MADE IN U.S.A.

©2009 HERBALIFE