HERBALIFE®

Healthy Meal

Nutritional Shake Mix

For Healthy Nutrition & Weight Management

strictly kosher

Artificially Flavored

NET WT 0.88oz (25g)

FORMULA 1

Nutrition Facts

Serving Size: 1 Packet (25 g)
Servings Per Packet: 1

Amount Per Serving	Powder	Powder w/ 8 fl. oz nonfat milk
Calories	90	170
Fat cal	10	15
		% Daily Value**
Total Fat 1 g*	1%	2%
Saturated Fat 0 g	0%	0%
Cholesterol 0 mg	0%	2%
Trans Fat 0 g		
Sodium 140 mg	6%	10%
Potassium 210 mg	6%	17%
Total Carb. 13 g	4%	8%
Dietary Fiber 3 g	12%	12%
Sugars 9 g		
Protein 9 g	18%	35%
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	10%	40%
Iron	10%	10%
Vitamin D	25%	50%
Vitamin E	25%	25%
Thiamin	25%	30%
Riboflavin	25%	50%
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%

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 5 calories from fat, 0.2 g fat, 0.1 g saturated fat, 5 mg cholesterol, 103 mg sodium, 382 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.
** Percent Daily Values 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	65 g	80 g
Saturated Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

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.**

DIRECTIONS: Blend or stir 1 packet (25 grams) of Formula 1 Strictly Kosher with 8 fl oz of nonfat milk, juice or your favorite beverage. For a complete meal, add 1 oz of fresh fruit and enjoy!

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.

heart smart

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.

Formulated exclusively for: **HERBALIFE INTERNATIONAL OF AMERICA, INC.,** 800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA MADE IN USA
PKT449US-01 ©2009 HERBALIFE