

# Formula 1 Nutritional Shake Mix



We make every calorie count with the right essential nutrients to help you achieve your goals. Whether you are having it as a meal replacement for weight management or a healthy breakfast, you can have Formula 1 Nutritional Shake Mix for a healthy dose of nutrients.



Available in the following delicious flavours:



French Vanilla



Dutch Chocolate



Berry Flavour



Cookies 'n Cream



Mint Chocolate

Looking for guidance, tips or healthy recipes?

Talk to your Herbalife Nutrition Independent Member

9g of Protein

Healthy Weight Management



## What are the key ingredients?

**Vitamins:** A, Thiamin, Riboflavin, B12, B6, Niacin, Ascorbic Acid, D, 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 meet the body's protein requirements and helps to preserve lean body mass.

**Fibre:** from plant source.

**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.

## Assisting you by:

- Formulated by Herbalife Nutrition's nutritional experts, Formula 1 is packed with vitamins and minerals, high-quality soy protein, carbohydrates and dietary fibres – a great way to start the day!
- Rich in minerals and vitamins, including the antioxidant Vitamins A, C and E, that can help fight 'free radical' oxygen molecules and help protect your body.

## How do I take it?

**Applies to French Vanilla, Dutch Chocolate, Berry Flavour and Cookies 'n Cream:** Mix 28g with 300ml of skim or soy milk\*\*. (28g is equal to 3 level 15ml Herbalife Nutrition measuring spoons).

**Applies to Mint Chocolate Flavour:** Mix 28g (2 scoops) with 320ml of skim or soy milk\*\*.

## Who is it suitable for?

- Those who do not have a balanced meal.
- Those who want to achieve their weight management goals.
- Those who have irregular meals.
- Those who do not have time to have a healthy breakfast.
- Those who want to optimise their protein intake.
- Those who are struggling to get enough nutrients from their diet due to a hectic or on-the-go lifestyle.

## You might also want to try

Personalised Protein Powder, Herbal Aloe Concentrate, Instant Herbal Beverage, Active Fibre Complex and Formula 2 Multivitamin Complex.

Always read the label - use only as directed.

Contains milk, oat and soybean ingredients.

Contains milk, wheat, oat and soybean ingredients. (Mint Chocolate only)

†Aminogen brand is the property of Triarco Industries Inc.

\*GI value is for powder only and the values are; French Vanilla 20, Dutch Chocolate 19, Berry Flavour 21, Cookies 'n Cream 15 and Mint Chocolate 22.

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

To learn more, visit [Herbalife.com.au](http://Herbalife.com.au)

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. These products are not intended to diagnose, treat, cure, or prevent any diseases. This information is not intended to replace the advice of your personal medical professional.



Facebook.com/HerbalifeAustraliaNewZealand