

# Formula 1 Select Nutritional Shake Mix

Essential Nutrition For your Select needs. Kick-start your healthy lifestyle with Formula 1 Select Nutritional Shake Mix. A delicious and easy way to treat your body to a nutritious and balanced meal in no time! Made with a mix of pea, quinoa and rice proteins.



**Looking for guidance, tips or healthy recipes?**

Talk to your Herbalife Nutrition Independent Member



Gluten free

Not made with soy or dairy

Made with non-GM ingredients



## 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: Pea, rice and quinoa, helping to meet the body's protein requirements and helps to preserve lean body mass.
- Fibre: Fibre from plant source.

## How does it benefit you?

A formulated meal replacement made with 20 essential vitamins and minerals to support overall wellbeing. Made with non-GM ingredients and not made with dairy or soy.

## How do I take it?

**For those who wish to enjoy a Soy and Gluten free shake:** Mix two scoops (30 g) of powder with 320ml of skim milk.

**For those who wish to enjoy a Lactose and Gluten free shake:** Mix two scoops (30 g) of powder with 320ml of soy milk.

## Who is it suitable for?

- Those who are Lactose & Gluten intolerant
- Those who prefer Soy and Gluten free shake

Always read the label – use only as directed.

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.

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