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 19 vitamins and minerals, herbs, antioxidants and fiber. Formula 1 powder has only 90 calories, and when mixed with 8 ounces of non fat milk Formula 1 shake has only 180 calories. Enjoy as a healthy breakfast, lunch or dinner for your good health and effective weight management.

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.

DIRECTIONS: Blend or stir 26.1 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!

INSTRUCCIONES: Mezcle o revuelva 26.1 gramos (2 cucharadas colmadas) de Formula 1 con 8 onzas liquidas de leche descremada o leche de soya. Para una comida completa, agregue una onza de fruta ¡y disfrute!

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.

We offer a ***30-day money-back guarantee*** to assure your complete satisfaction. 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.

AVISO: Es recomendable consultar a su médico antes de usar este producto o cualquier otro programa de control de peso. Lo anterior es importante especialmente para individuos con problemas renales crónicos o diabetes insulina dependiente. Un programa saludable de perder peso debe incluir una ingesta de calorías modesta, una dieta balanceada y actividad física habitual. **CONTIENE INGREDIENTES DE LECHE, TRIGO Y SOYA.**

HERBALIFE®

Healthy Meal

Nutritional Shake Mix

For Healthy Nutrition & Weight Management

cafe latte

Artificially Flavored

NET WT 20.3 OZ (1 LB 4.3 OZ) / 574.2 g

ShapeWorks®

FORMULA 1

Nutrition Facts

Serving Size: 26.1 g (2 heaping tablespoons)
Servings Per Container: 22

Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories	90	180
Calories from Fat	10	15
	% Daily Value**	
Total Fat 1 g*	2%	2%
Saturated Fat 0 g	0%	2%
Trans Fat 0 g		
Cholesterol 0 mg	0%	1%
Sodium 135 mg	6%	11%
Potassium 210 mg	6%	18%
Total Carbohydrate 13 g	4%	8%
Dietary Fiber 3 g	12%	12%
Sugars 9 g		
Protein 9 g	18%	34%
Vitamin A	25%	35%
Vitamin C	25%	25%
Calcium	8%	30%
Iron	10%	15%
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%	35%
Magnesium	10%	15%
Zinc	25%	40%
Selenium	14%	25%
Copper	25%	25%
Chromium	8%	8%
Molybdenum	15%	15%

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 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, cellulose powder, corn bran, cocoa powder, artificial flavors, guar gum, coffee powder, potassium chloride, calcium caseinate, casein, dicalcium phosphate, rice fiber, soy lecithin, medium chain triglycerides, carrageenan, dl-methionine, fructooligosaccharides, magnesium oxide, psyllium husk powder, honey powder, bacterially-derived patented proteases (Aminogen®†), citrus pectin, ginger root, ascorbic acid, dl-alpha tocopheryl acetate, beta carotene, folic acid, licorice root, dandelion root, hawthorne berry, nopal powder, biotin, papaya, parsley, ferrous fumarate, niacinamide, zinc oxide, sodium selenite, copper gluconate, d-calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, chromium amino acid chelate, riboflavin, thiamine mononitrate, cholecalciferol (vitamin D), cyanocobalamin and sodium molybdate.

CONTAINS MILK, WHEAT AND SOYBEAN INGREDIENTS.

†Aminogen® contains protein enzymes to improve the assimilation of dietary proteins. Aminogen® is a registered trademark of Triarco Industries, Inc.

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

MADE IN U.S.A.

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