



HERBALIFE®



# Healthy Meal

## Nutritional Shake Mix

For Healthy Nutrition & Weight Management

*wild berry*

Artificially Flavored

NET WT 0.88 OZ (25 g)



ShapeWorks®

FORMULA

1



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 1 packet (25 grams) 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 1 paquete (25 gramos) de Fórmula 1 con 8 oz líquidas de leche descremada o leche de soya. Para una comida completa, agregue una onza de fruta y disfrute!

**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.**

## Nutrition Facts

Serving Size: 1 Packet (25 g)

Servings Per Packet: 1

Amount Per Serving	Powder w/ 8 fl oz nonfat milk	
	Powder	nonfat milk
Calories	90	180
Fat cal	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 140 mg	6%	11%
Potassium 210 mg	6%	18%
Total Carb. 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%

	% Daily Value**	
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	15%	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, corn bran fiber, powdered cellulose, artificial strawberry flavor, guar gum, potassium chloride, calcium caseinate, casein, artificial raspberry flavor, rice fiber, dicalcium phosphate, canola oil, soy lecithin, medium chain triglycerides, carrageenan, dl-methionine, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, bacterially-derived patented proteases (from Aminogen†), citrus pectin, psyllium husk, honey powder, ginger root, ascorbic acid, dl-alpha tocopheryl acetate, FD&C Red No. 40, dandelion root, licorice root, hawthorne berry, gotu kola, biotin, FD&C Red No. 3, FD&C Blue No. 1, FD&C Yellow No. 6, parsley, papaya, ferrous fumarate, niacinamide, zinc oxide, sodium selenite, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, sodium molybdate and chromium nicotinate. **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.

\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

Formulated exclusively for: **HERBALIFE INTERNATIONAL OF AMERICA, INC.**, Los Angeles, CA 90080-0210, U.S.A.  
PKT4490US-00

MADE IN U.S.A.  
©2007 HERBALIFE