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SKU# F045

**Formula 1** This great-tasting shake provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Packed with 19 vitamins and minerals, plus health-protecting herbs, antioxidants and fiber, Formula 1 powder has only 90 calories and 1 gram of fat per serving. When mixed with 8 fl. oz. of nonfat milk, Formula 1 Shake has only 180 calories. Enjoy as part of your ShapeWorks™ Weight-Loss Program for good health and effective weight management.



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 25g (2 heaping tablespoons) of Formula 1 with 8 fl. oz. of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by adding fresh fruit and ice.

**INSTRUCCIONES:** Mezcle o revuelva 25 gramos (2 cucharadas colmadas) de Fórmula 1 con 8 onzas líq. de leche descremada o leche de soya ¡y disfrútelo! Usted puede crear sus propias recetas Fórmula 1 agregando fruta fresca y hielo.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 and 3: 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 Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. 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.**



# Nutritional Shake Mix

For Weight Management & Healthy Nutrition

wild berry

Artificially Flavored

NET WT 19.4 OZ (1 LB 3.4 OZ) / 550 g



FORMULA



## Nutrition Facts

Serving Size: 25g (2 heaping tablespoons)  
Servings Per Container: 22

Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
<b>Calories</b>	90	180
Calories from Fat	10	15

	% Daily Value**	
<b>Total Fat</b> 1 g*	2%	2%
Saturated Fat 0 g	0%	2%
Trans Fat 0 g		
<b>Cholesterol</b> 0 mg	0%	1%
<b>Sodium</b> 140 mg	6%	11%
<b>Potassium</b> 210 mg	6%	18%
<b>Total Carbohydrate</b> 13 g	4%	8%
Dietary Fiber 3 g	12%	12%
Sugars 9 g		
<b>Protein</b> 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, vitamin E 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.

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