

# Formula 1 Instant Healthy Meal Nutritional Shake Mix

A NUTRITIOUS SHAKE FOR WEIGHT MANAGEMENT AND GOOD HEALTH—ON THE GO!

We've taken all of the goodness of your complete Formula 1 shake you blend at home—including 20g of protein, calcium and fruit—and put it all into one water-mixable shake. Formula 1 Instant Nutritional Shake Mix comes in two temptingly rich flavors. It's scientifically formulated to give you the nutrition of a meal, satisfying hunger and taste buds for easier, healthier weight management for life.

## KEY BENEFITS

- Two creamy, delicious flavors.
- Available in 12-serving canisters or convenient, take-anywhere packets.
- Calcium equal to one glass of milk, but lactose-free and dairy-free for customers with those dietary intolerances.
- Antioxidants equal to a serving of fruit.
- Zero trans fats.
- Cholesterol-free and wheat-free.
- 24 essential vitamins and minerals.
- Kosher.

## FAST FACTS

- No other nutritional beverage has ALL of the benefits of Formula 1 Instant.
- 45% of the RDA of calcium, but without any dairy or lactose.
- According to the FDA diets low in saturated fat and cholesterol that include as little as 25 grams of soy protein per day may reduce the risk of coronary heart disease.
- Formula 1 Instant helps you stay on track even when your life gets busy so you can easily fit a second shake in your day.

**DIRECTIONS:** Shake 2 scoops (52 g) of Formula 1 Instant with 8 fl. oz. of water.

**For Best Results:** Combine with ShapeWorks™ Formula 2 Multivitamin Complex and Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Instant Shake and eat one nutritious meal. 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 Instant 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 offer a **30-day money-back guarantee** to assure your complete satisfaction. This exclusively formulated product is only available through Herbalife Independent Distributors.

**Ingredients:** Soy Protein Isolate, Maltodextrin, Pea Protein Isolate, Cocoa Powder (processed with alkali), Non-Dairy Creamer (High Oleic Sunflower Oil, Maltodextrin, Modified Food Starch, Di-Potassium Phosphate, Tri-Calcium Phosphate, Tocopherols), Tri-Calcium Phosphate, Vitamin Mineral Premix (Magnesium Phosphate Dibasic, Dextrose, Beta Carotene, Ascorbic Acid, Vitamin E Acetate, Zinc Sulfate, Biotin, Nicotinamide, Copper Gluconate, Selenomethionine, Vitamin A Palmitate, d-Calcium Pantothenate, Ferric Orthophosphate, Vitamin K, Manganese Sulphate, Vitamin B2, Vitamin D3, Pyridoxine Hydrochloride, Thiamin Mononitrate, Potassium Iodide, Chromium Chloride, Folic Acid, Vitamin B12, Sodium Molybdate), Natural & Artificial Chocolate Fudge Flavor (Modified Corn Starch, Maltodextrin, Corn Syrup, Artificial Flavors, Caramel Color, Natural Flavors, Invert Sugar), Potassium Phosphate Dibasic, Salt, Soy Lecithin, Potassium Chloride, Xanthan Gum, Guar Gum, dl-Methionine, Apple Extract Powder, Sucralose (non-nutritive sweetener), Turmeric Oleoresin Color and Acesulfame Potassium (non-nutritive sweetener). **Contains 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.

**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 caloric intake, a balanced diet and regular physical activity.

## SUGGESTED USAGE

- Shake or stir 1 packet or 2 scoops of Formula 1 Instant Mix with 8 oz. cold water for a rich, creamy and delicious meal you can enjoy any time life gets too busy.

For weight management, replace one meal a day with a personalized Formula 1 shake, replace another meal with a Formula 1 Instant shake and have one colorful meal.

For weight maintenance and general good health, enjoy one shake a day as a healthy meal, or in addition to your regular meals as a fast, easy and healthy snack. Formula 1 Instant is a perfect solution when you don't have time to make your regular Formula 1 shake.

This product is available in two sizes and Kosher varieties:

<b>Canister, 12 servings</b>	<b>\$35.90</b>
Creamy Chocolate	#2794
Vanilla Dream	#2795
Kosher Creamy Chocolate	#2777
Kosher Vanilla Dream	#2776
<b>12 packets</b>	<b>\$39.95</b>
Creamy Chocolate	#2796
Vanilla Dream	#2797
Kosher Creamy Chocolate	#2779
Kosher Vanilla Dream	#2778



Vanilla Dream  
**NUTRITION FACTS**  
Serving Size: 2 Scoops (52 g)  
Servings Per Container: 12

Amount Per Serving		Powder	
Calories			200
Calories from Fat			30
			<b>%DV**</b>
<b>Total Fat</b> 3 g			5%
Saturated Fat 0.5 g			3%
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 420 mg			18%
<b>Potassium</b> 250 mg			7%
<b>Total Carbohydrate</b> 23 g			8%
Dietary Fiber 2 g			8%
Sugars 2 g			
<b>Protein</b> 20 g			40%
Vitamin A			35%
Vitamin C			35%
Calcium			45%
Iron			20%
Vitamin D			25%
Vitamin E			35%
Vitamin K			25%
Thiamin			30%
Riboflavin			30%
Niacin			35%
Vitamin B6			30%
Folate			35%
Vitamin B12			20%
Biotin			35%
Pantothenic Acid			30%
Phosphorus			35%
Iodine			30%
Magnesium			30%
Zinc			30%
Selenium			30%
Copper			40%
Manganese			35%
Chromium			30%
Molybdenum			90%

\*\* 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  
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# Formula 1 Instant Healthy Meal Nutritional Shake Mix

Creamy Chocolate

## NUTRITION FACTS

Serving Size: 2 Scoops (50 g)

Servings Per Container: 12 SO

Amount Per Serving	Powder	
Calories		190
Calories from Fat		30
<b>%DV**</b>		
<b>Total Fat</b> 3 g		5%
Saturated Fat 1 g		5%
Trans Fat 0 g		
<b>Cholesterol</b> 0 mg		0%
<b>Sodium</b> 410 mg		17%
<b>Potassium</b> 640 mg		18%
<b>Total Carbohydrate</b> 20 g		7%
Dietary Fiber 2 g		8%
Sugars 2 g		
<b>Protein</b> 20 g		40%
Vitamin A		35%
Vitamin C		35%
Calcium		45%
Iron		20%
Vitamin D		25%
Vitamin E		35%
Vitamin K		25%
Thiamin		30%
Riboflavin		30%
Niacin		35%
Vitamin B6		30%
Folate		35%
Vitamin B12		20%
Biotin		35%
Pantothenic Acid		30%
Phosphorus		40%
Iodine		30%
Magnesium		30%
Zinc		30%
Selenium		30%
Copper		40%
Manganese		35%
Chromium		30%
Molybdenum		60%

\*\* Percent Daily Values are based on a diet of 2,000 calories. 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:** Maltodextrin, Soy Protein Isolate, Pea Protein Isolate, Non-Dairy Creamer (High Oleic Sunflower Oil, Maltodextrin, Modified Food Starch, Di-Potassium Phosphate, Tri-Calcium Phosphate, Tocopherols), Tri-Calcium Phosphate, Vitamin Mineral Premix (Magnesium Phosphate Dibasic, Dextrose, Beta Carotene, Ascorbic Acid, Vitamin E Acetate, Zinc Sulfate, Biotin, Niacinamide, Copper Gluconate, Selenomethionine, Vitamin A Palmitate, d-Calcium Pantothenate, Ferric Orthophosphate, Vitamin K, Manganese Sulphate, Vitamin B2, Vitamin D3, Pyridoxine Hydrochloride, Potassium Iodide, Thiamin Mononitrate, Chromium Chloride, Folic Acid, Vitamin B12, Sodium Molybdate), Artificial Butter Flavor (Dextrose, Corn Starch, Artificial Flavors, Silicon Dioxide, Dextrin, Modified Food Starch), Salt, Potassium Phosphate Dibasic, Xanthan Gum, Guar Gum, Soy Lecithin, dl-Methionine, Apple Extract Powder, Sucralose (non-nutritive sweetener), Turmeric Oleoresin Color and Acesulfame Potassium (non-nutritive sweetener).

### CONTAINS SOYBEAN INGREDIENTS.

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

**DIRECTIONS:** Stir 2 scoops (52 g) of Formula 1 Instant with 8 fl. oz. of water. Just shake and go!

**INSTRUCCIONES:** Mezcle 2 cucharadas (52 g) de Formula 1 Instant con 8 oz liq. de agua. Revuelva bien y listo!

**For Best Results:** Combine with ShapeWorks™ Formula 2 Multivitamin Complex and Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Instant Shake and eat one nutritious meal. 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.

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**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 caloric intake, a 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 habitual actividad física.

CONTIENE INGREDIENTES DE SOYA.