



**Formula 1 Instant** All of the protein, calcium, and antioxidants you get from the shakes you blend at home now available in a water-mixable, on-the-go powder. Each serving has a nutritious blend of protein and essential nutrients – formulated to mix easily with water to become a rich, creamy, delicious shake. It provides all of the goodness of a Formula 1 shake in a convenient, on-the-go healthy meal. Lactose free, wheat free, cholesterol free, dairy free and kosher.



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 Instant Creamy Chocolate provides 15 grams of soy protein.

Each delicious serving of Formula 1 Instant contains • Cada deliciosa porción de Formula 1 Instant contiene:



Just add water, stir and enjoy!

=



1 Serving of F1

+



Protein of 2 tablespoons of PPP

+



Calcium of an 8 oz. glass of milk

+



Antioxidant equivalent of a serving of fruit

**DIRECTIONS:** Stir 2 scoops (50 g) of Formula 1 Instant with 8 fl. oz. of water. Just shake and go!  
**INSTRUCCIONES:** Mezcle 2 cucharadas (50 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.

**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.

**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.**



**HERBALIFE®**



Naturally & Artificially Flavored



# Instant Healthy Meal Nutritional Shake Mix

For Healthy Nutrition & Weight Management

*creamy chocolate*

NET WT 21.1 OZ (1 LB 5.1 OZ) / 600 g

just add water

INSTANT

1

FORMULA

## Nutrition Facts

Serving Size: 2 Scoops (50 g)  
Servings Per Container: 12

Amount Per Serving Powder

Calories 190

Calories from Fat 30

% Daily Value\*\*

Total Fat 3 g 5%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 410 mg 17%

Potassium 640 mg 18%

Total Carbohydrate 20 g 7%

Dietary Fiber 2 g 8%

Sugars 2 g

Protein 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%

	% Daily Value**
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 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:** 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, Niacinamide, 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 sweetener), Potassium (non-nutritive sweetener).

**CONTAINS SOYBEAN INGREDIENTS.**



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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