

Formula 1 – Nutritional Shake Mix

ShapeWorks Core Essential

25 MILLION CUSTOMERS AND STILL GOING STRONG!
THE PHENOMENAL WEIGHT CONTROL LEGEND!

The body needs balanced nutrition to perform optimally. If you want to safely and comfortably control or maintain your weight, Formula 1, a meal replacement for weight control, can help you to reach your goals with long-lasting results. Created with advanced food technology, this specially formulated, unique blend of ingredients provides easily absorbed, high-quality soy proteins, carbohydrates, vitamins, minerals and dietary fibres. You can be confident that every serving delivers delicious, satisfying, balanced nutrition!

:



Label Information:

Nutritional Shake Mix
Meal Replacement for Weight Control

Vanilla Flavour¹
Serving Size: 26 g

Servings per Container: 21

	per 100 g	per 26 g portion with 250ml semi-skimmed milk	% EU RDA*
Energy	356 kcal (1502 kJ)	217 kcal (914 kJ)	
Protein	34,6 g	17,5 g	
Carbohydrates	34,6 g	22 g	
of which Sugar	32,7 g	21,5 g	
Fat	8,8 g	6,5 g	
saturated fatty acids	1,9 g	3,1 g	
unsaturated fatty acids	7,0 g	3,1 g	
Dietary Fibre	9,6 g	2,5 g	
Sodium	0,52 g	0,28 g	
VITAMINS			% EU RDA*
Vitamin A	1212 µg	370 µg	46 %
Vitamin D	9,6 µg	2,5 µg	50 %
Vitamin E	19,2 mg	5,0 mg	50 %
Vitamin C	57,7 mg	15,0 mg	25 %
Thiamin	1,08 mg	0,38 mg	27 %
Riboflavin	1,62 mg	0,88 mg	55 %
Niacin	20,8 mg	5,6 mg	31 %
Vitamin B6	1,92 mg	0,5 mg	25 %
Folic Acid	231 µg	60 µg	30 %
Vitamin B12	1,92 µg	1,5 µg	150 %
Biotin	96 µg	25 µg	17 %
Pantothenic Acid	6,5 mg	2,5 mg	42 %
MINERALS			
Calcium	385,0 mg	412 mg	52 %
Iron	20,0 mg	5,2 mg	37 %
Phosphorus	658 mg	416 mg	52 %
Magnesium	92,3 mg	53 mg	18 %
Zinc	14,2 mg	4,7 mg	31 %
Iodine	154 µg	40 µg	27 %
Potassium	500 mg	520 mg	
Copper	1,92 mg	0,5 mg	
Selenium	76,9 µg	20,0 µg	
Manganese	1,15 mg	0,30 mg	

**EU Recommended Daily Allowance per shake

INGREDIENTS: Soy protein isolate, fructose, soy lecithin, soy oil, thickeners (cellulose powder, guar gum powder, carrageenan, xanthan gum, citrus pectin), flavours, oat fibre, corn bran, calcium citrate, fructooligosaccharides, anti-caking agent (silicon dioxide), milk protein, dextrose, potassium phosphate, magnesium oxide, rapeseed oil, vitamin C, ferrous fumarate, honey powder, vitamin E, niacin, parsley powder, papaya powder, zinc oxide, copper gluconate, vitamin A, pantothenic acid, vitamin D, antioxidants (alpha-tocopherol, ascorbyl palmitate), vitamin B6, vitamin B12, manganese carbonate, riboflavin, thiamin, folic acid, potassium iodide, sodium selenite, biotin.

¹Nutritional Information may differ by flavour.

DIRECTIONS FOR USE: Mix two dessert (26g) of the powder with 250 ml of semi-skimmed milk (1,5% fat).

May be used in conjunction with ShapeWorks™ Formula 2 and 3: Multivitamin Complex and Personalised Protein Powder.

NOTICE: Before using this product as part of a weight control programme it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes.

Shop Herbalife Supplements Uk & Ireland
[Http://www.IrelandHerbal.com](http://www.IrelandHerbal.com)
info@irelandherbal.com

www.irelandherbal.com