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L1626US-00 SKU1626

Prepare as a Daily Meal or Snack

Formula 1 Select is a delicious high protein, healthy meal crafted with high-quality ingredients that provides an ideal balance of protein and other key nutrients. Clinical studies have shown that daily usage of a meal replacement shake is effective for managing weight, along with moderate exercise.†

† Based upon published studies of non-Herbalife products

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 rounded scoops (27g) of Formula 1 Select with 8 fl oz of your favorite protein beverage.

PRODUCT	MEAL	MEAL	SNACK
Formula 1 Select	2 scoops	2 scoops	2 scoops
Protein Drink Mix Select (PDM)	2 scoops		1 scoop
8 fl oz	Water	Milk	Water
Protein	25g	18g	17g
Calories	200	170	150

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out Herbalife.com for additional shake recipes.

Herbalife Nutrition Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

For Weight Loss: Replace two meals daily with a Formula 1 Select shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal. **30-day money-back guarantee.** This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.



2D AREA

† On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.



Vegetarian/ Non Dairy / Non Soy Option



FORMULA 1 — Select — Nutritional Shake Mix

Natural Vanilla Flavor
with other natural flavors

PEA, QUINOA AND RICE PROTEIN

- Nutrient dense healthy meal or snack
- Sustains energy & satisfies hunger
- High protein
- No artificial flavors or sweeteners



5g Fiber | 21 Vitamins & Minerals

NET WT: 28.6 OZ (810g)

Images of fruits are only serving recommendations. Product does not contain these fruits.

Nutrition Facts

Serving Size: 2 scoops (27g)
Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops of PDM Select
Calories	90	170	200
Calories from Fat	10	10	40
	% DV**	% DV**	% DV**
Total Fat 1g*	2%	2%	5%
Saturated Fat 0g	0%	1%	3%
Trans Fat 0g			
Cholesterol 0mg	0%	2%	0%
Sodium 150mg	6%	11%	20%
Potassium 170mg	5%	16%	6%
Total Carbohydrate 13g	4%	8%	6%
Dietary Fiber 5g	20%	20%	29%
Sugars 6g			
Protein 10g	20%	37%	50%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	20%
Iron	10%	10%	45%
Vitamin D	150%	180%	190%
Vitamin E	25%	25%	60%
Thiamin	25%	35%	60%
Riboflavin	20%	50%	60%
Niacin	25%	25%	60%

	% DV**	% DV**	% DV**
Vitamin B6	25%	30%	60%
Folic Acid	20%	25%	60%
Vitamin B12	25%	45%	50%
Biotin	20%	20%	60%
Pantothenic Acid	30%	35%	60%
Phosphorus	15%	35%	35%
Magnesium	10%	15%	45%
Zinc	20%	25%	50%
Selenium	15%	25%	50%
Copper	25%	25%	60%
Chromium	8%	8%	40%
Molybdenum	15%	15%	50%
Calories	2,000	2,500	
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Proprietary Protein Blend (Pea Protein Isolate, Quinoa Seed Powder, Whole Grain Brown Rice Protein Concentrate), Fructose, oat Fiber, Inulin, Natural Vanilla Flavors, Guar Gum, Rice Fiber, Canola Oil, DL-Methionine, Stevia Leaf Extract, Ginger Root Powder, Honey Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), and Blueberry Fruit Powder.

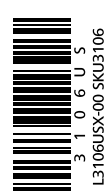
VITAMINS AND MINERALS: Potassium (Potassium Chloride), Calcium (Calcium Phosphate), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (DL-Alpha Tocopheryl Acetate), Vitamin D (Cholecalciferol), Biotin, Vitamin B3 (Niacinamide), Vitamin A (Beta Carotene), Iron (Ferrous Fumarate), Zinc (Zinc Oxide), Copper (Copper Gluconate), Vitamin B5 (Calcium D-Pantothenate), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Chromium (Chromium Chloride), Molybdenum (Sodium Molybdate), and Selenium (Sodium Selenite).

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Made in USA with US and imported ingredients

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1 6 2 6 U S
L1626US-00 SKU1626



Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants¹. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E

heart smart 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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes¹. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitaminas A (como Beta Caroteno), C y E

heart smart Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias con batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva sólo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



Formula 1 Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso



french vanilla
vainilla

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV**	% VD**
Amount Per Serving	Powder		
Cantidad por Porción	Polvo		
Calories • Calorías	90	170	
Calories from Fat • Calorías de Grasa	5	5	
		% DV**	% VD**
Total Fat • Grasa Total 1g*	1%	1%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g			
Cholesterol • Colesterol 0mg	0%	2%	
Sodium • Sodio 95mg	4%	8%	
Potassium • Potasio 190mg	5%	16%	
Total Carbohydrate • Carbohidrato Total 13g	4%	8%	
Dietary Fiber • Fibra Dietética 3g	11%	11%	
Sugars • Azúcares 9g			
Protein • Proteína 9g	19%	35%	
Vitamin A • Vitamina A	25%	35%	
Vitamin C • Vitamina C	25%	25%	
Calcium • Calcio	8%	35%	
Iron • Hierro	15%	15%	
Vitamin D • Vitamina D	25%	50%	
Vitamin E • Vitamina E	25%	25%	
Thiamin • Tiamina	25%	35%	
Riboflavin • Riboflavina	20%	50%	
Niacin • Niacina	25%	25%	
Vitamin B6 • Vitamina B6	25%	30%	
Folic Acid • Ácido Fólico	20%	25%	
Vitamin B12 • Vitamina B12	25%	45%	
Biotin • Biotina	20%	20%	

		Calories • Calorías	2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g	
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g	
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg	
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg	
Potassium • Potasio		3,500mg	3,500mg	
Total Carbohydrate • Carbohidrato Total		300g	375g	
Dietary Fiber • Fibra Dietética		25g	30g	
Protein • Proteína		50g	65g	
Calories per gram • Calorías por gramo:				
Fat • Grasa 9	Carbohydrates • Carbohidratos 4	Protein • Proteína 4		

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Artificial French Vanilla Flavor, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Soy Lecithin, Canola Oil, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Licorice Flavor, Natural Vanilla Flavor, Ginger Root Powder, Psyllium Husk Powder, Citrus Pectin, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Honey Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Papaya Fruit Powder, Blueberry Powder, Pomegranate Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maíz, Sabor Artificial de Vainilla, Goma de Guar, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Fibra de Arroz, Lecitina de Soya, Aceite de Canola, Triglicéridos de Cadena Media, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Sabor de Regaliz, Sabor Natural de Vainilla, Polvo de Raíz de Jengibre, Polvo de Psilio, Pectina Cítrica, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Polvo de Miel, Ácido Ascórbico, Acetato de DL-Alfa Tocoferol, Polvo de Fruta de Papaya, Polvo de Arándanos, Polvo de Granada, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Zinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Ácido Fólico, Colecalciferol, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito Sodio.

CONTIENE LECHE Y SOYA.
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*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.


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Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants¹. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E

 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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator, to complete the Herbalife® Core Cellular Nutrition program.

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


For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

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† Vitaminas A (como Beta Caroteno), C y E

 Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

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2D AREA



Formula 1 Healthy Meal Comida Saludable

Nutritional Shake Mix For healthy nutrition and weight management

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso



cookies
'n cream
galletas
con crema

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV** • % VD**	
Amount Per Serving	Powder		
Cantidad por Porción	Polvo		
Calories • Calorías	90	170	
Calories from Fat • Calorías de Grasa	10	10	
		% DV** • % VD**	
Total Fat • Grasa Total 1g*	2%	2%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g			
Cholesterol • Colesterol 0mg	0%	2%	
Sodium • Sodio 125mg	5%	10%	
Potassium • Potasio 190mg	5%	16%	
Total Carbohydrate • Carbohidrato Total 11g	4%	8%	
Dietary Fiber • Fibra Dietética 5g	20%	20%	
Sugars • Azúcares 5g			
Protein • Proteína 9g	18%	35%	
Vitamin A • Vitamina A	25%	35%	
Vitamin C • Vitamina C	25%	25%	
Calcium • Calcio	8%	35%	
Iron • Hierro	15%	15%	
Vitamin D • Vitamina D	25%	50%	
Vitamin E • Vitamina E	25%	25%	
Thiamin • Tiamina	25%	35%	
Riboflavin • Riboflavina	20%	50%	
Niacin • Niacina	25%	25%	
Vitamin B6 • Vitamina B6	25%	30%	
Folic Acid • Ácido Fólico	20%	25%	
Vitamin B12 • Vitamina B12	25%	45%	
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio		3,500mg	3,500mg
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Dietary Fiber • Fibra Dietética		25g	30g
Protein • Proteína		50g	65g
Calories per gram • Calorías por gramo:			
Fat • Grasa 9	Carbohydrates • Carbohidratos 4	Protein • Proteína 4	

INGREDIENTS: Soy Protein Isolate, Fructose, Oat Fiber, Inulin***, Wheat Flour, Polydextrose Powder, Guar Gum, Sugar, Canola Oil, Potassium Chloride, Natural and Artificial Cream Flavor, Calcium Phosphate, Whey Protein Concentrate, Calcium Caseinate, Soy Lecithin, Cocoa Powder (Processed with Alkali), Natural and Artificial Cookie Dough Flavor, Xanthan Gum, Medium Chain Triglycerides, Carrageenan, Magnesium Oxide, Silicon Dioxide, Sucralose, Honey Powder, Ginger Root Powder, Citrus Pectin, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Salt, Baking Soda, Pomegranate Powder, Papaya Fruit Powder, Blueberry Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK, SOY AND WHEAT.**

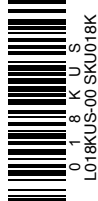
INGREDIENTES: Proteína Aislada de Soya, Fructosa, Fibra de Avena, Inulina***, Harina de Trigo, Polvo de Polidextrosa, Goma de Guar, Azúcar, Aceite de Canola, Cloruro de Potasio, Sabor Natural y Artificial de Crema, Fosfato de Calcio, Proteína de Suero Concentrado, Caseinato de Calcio, Lecitina de Soya, Polvo de Cacao (Procesada con Alkali), Sabor Natural y Artificial de Masa de Galletas, Goma de Xantana, Triglicéridos de Cadena Media, Carragenano, Óxido de Magnesio, Dióxido de Silicio, Sucralosa, Polvo de Miel, Polvo de Raíz de Jengibre, Pectina Cítrica, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Acetato de DL-Alfa Tocoferol, Ácido Ascórbico, Sal, Bicarbonato de Sodio, Polvo de Granada, Polvo de Fruta de Papaya, Polvo de Arándanos, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Zinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Colecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molidbato de Sodio y Selenito de Sodio. **CONTIENE LECHE, SOYA Y TRIGO.**

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*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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Prepare as a Daily Meal or Snack

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study) and on similar products show that Formula 1 shakes taken twice a day as part of a reduced-calorie diet help people lose weight.

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy!

PRODUCT	MEAL	MEAL	SNACK
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
Protein	24g	17g	17g
Calories	200	170	145

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out Herbalife.com for additional shake recipes.

Herbalife Nutrition Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife Nutrition® Core Cellular Nutrition program.

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Litho 2D barcode placeholder for MPS printer only



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.



Formula 1 Healthy Meal

Nutritional Shake Mix For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
- Good source of fiber
- 21 vitamins & minerals

strawberry
cheesecake
natural and artificial flavor



NET WT: 26.4 OZ (750g)



Nutrition Facts

Serving Size: 2 scoops (25g)
Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops (28g) of PDM Vanilla
Calories	90	170	200
Calories from Fat	10	10	35
	% DV**	% DV**	% DV**
Total Fat 1g*	1%	1%	7%
Saturated Fat 0g	0%	0%	4%
Trans Fat 0g			
Cholesterol 0mg	0%	2%	0%
Sodium 100mg	4%	8%	19%
Potassium 180mg	5%	16%	13%
Total Carbohydrate 13g	4%	8%	6%
Dietary Fiber 3g	12%	12%	16%
Sugars 9g			
Protein 9g	18%	35%	48%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	25%
Iron	15%	15%	50%
Vitamin D	25%	50%	60%
Vitamin E	25%	25%	70%
Thiamin	25%	35%	70%
Riboflavin	20%	50%	70%
Niacin	25%	25%	70%
Vitamin B6	25%	30%	60%
Folic Acid	20%	25%	60%
Vitamin B12	25%	45%	50%
Biotin	20%	20%	60%
Pantothenic Acid	30%	35%	60%
Phosphorus	10%	35%	50%
Magnesium	10%	15%	45%
Zinc	25%	30%	60%
Selenium	20%	30%	60%
Copper	25%	25%	70%
Chromium	10%	10%	40%
Molybdenum	20%	20%	60%
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.
** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Potassium Chloride, Calcium Caseinate, Casein, Calcium Phosphate, Rice Fiber, Soy Lecithin, Canola Oil, Natural and Artificial Cheesecake Flavor, Natural and Artificial Strawberry Flavor, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin, Magnesium Oxide, Stevia Leaf Extract, Silicon Dioxide, Natural Cream Cheese Flavor, Beet Powder (Color), DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogenes), Citrus Pectin, Ginger Root Powder, Honey Powder, Psyllium Husk Powder, Biotin, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Sodium Selenite, Sodium Molybdate, Beta Carotene, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Chromium Chloride, Pyridoxine Hydrochloride, Thiamine Mononitrate and Riboflavin. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Triarco Industries, Inc.

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HERBALIFE INTERNATIONAL OF AMERICA, INC.
800 W. Olympic Blvd., Suite 406, Los Angeles, CA 90015, USA
Made in USA with US and imported ingredients

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Prepare as a Daily Meal or Snack

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study) and on similar products show that Formula 1 shakes taken twice a day as part of a reduced-calorie diet help people lose weight.

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy!

PRODUCT	MEAL	MEAL	SNACK
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
Protein	24g	17g	17g
Calories	200	170	150

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out Herbalife.com for additional shake recipes.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

For Weight Loss: Replace two meals daily with a Formula 1 shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal. **30-day money-back guarantee.** This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.



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.

2D
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Formula 1 Healthy Meal

Nutritional Shake Mix For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
- Good source of fiber
- 21 vitamins & minerals

pralines
and cream
natural and artificial flavors



NET WT: 26.4 OZ (750g)



Nutrition Facts

Serving Size: 2 scoops (25g) Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops (28g) of PDM Vanilla
Calories	90	170	200
Calories from Fat	10	10	35
	% DV**	% DV**	% DV**
Total Fat 1g*	1%	1%	7%
Saturated Fat 0g	0%	0%	4%
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	2%	0%
Sodium 95mg	4%	8%	19%
Potassium 190mg	5%	16%	14%
Total Carbohydrate 13g	4%	8%	6%
Dietary Fiber 3g	12%	12%	16%
Sugars 9g			
Protein 9g	18%	35%	48%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	25%
Iron	15%	15%	50%
Vitamin D	25%	50%	60%
Vitamin E	25%	25%	70%
Thiamin	25%	35%	70%
Riboflavin	20%	50%	70%
Niacin	25%	25%	70%
Vitamin B6	25%	30%	60%
Folic Acid	20%	25%	60%
Vitamin B12	25%	45%	50%
Biotin	20%	20%	60%
Pantothenic Acid	30%	35%	60%
Phosphorus	15%	35%	50%
Magnesium	10%	15%	45%
Zinc	30%	35%	60%
Selenium	20%	30%	60%
Copper	25%	25%	70%
Chromium	10%	10%	40%
Molybdenum	20%	20%	60%

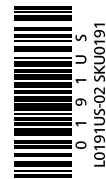
* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

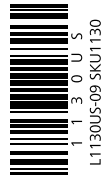
** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Calories per gram:	Fat 9	Carbohydrates 4
		Protein 4

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Natural and Artificial Butter Pecan Flavor, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin, Magnesium Oxide, Silicon Dioxide, Stevia Leaf Extract, Salt, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogens), Citrus Pectin, Ginger Root Powder, Honey Powder, Psyllium Husk Powder, Ascorbic Acid, DL-Alpha Tocopherol Acetate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Biotin, Beta Carotene, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Triarco Industries, Inc.

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Formula 1 is a great way to spice up your holiday season with this delicious limited edition pumpkin spice flavor. It is a healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants[‡]. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

‡ Vitamins A (as Beta Carotene), C & E

heart smart 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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice. **Herbalife Also Recommends:** Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

For Weight Loss: Replace two meals daily with a Formula 1 shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una gran manera de llenar tus fiestas con este delicioso sabor a canela y especias de edición limitada. Es una comida saludable que proporciona el balance ideal de proteína y nutrición para ayudarte a satisfacer el hambre y darte energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes[‡]. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

‡ Vitamins A (como Beta Caroteno), C y E

heart smart Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea tu propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomendamos: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator®, para completar el programa básico Herbalife® de Nutrición Celular.

Para Bajar de Peso: Sustituye dos comidas diarias con un batido Fórmula 1 y haz una comida saludable. Incorpora bocadillos nutritivos para cubrir tus metas diarias de ingesta calórica.

Para una Nutrición Saludable: Disfruta un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva solo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
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 **HERBALIFE®**

Formula 1 Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

pumpkin spice
canela y especias

natural flavors
sabores naturales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV** • % VD**
Amount Per Serving Cantidad por Porción	Powder Polvo	de leche sin grasa
Calories • Calorías	90	170
Calories from Fat • Calorías de Grasa	5	5
	% DV** • % VD**	% DV** • % VD**
Total Fat • Grasa Total 1g*	1%	1%
Saturated Fat • Grasa Saturada 0g	0%	0%
<i>Trans Fat • Grasa Trans 0g</i>		
Cholesterol • Colesterol 0mg	0%	2%
Sodium • Sodio 190mg	8%	12%
Potassium • Potasio 190mg	5%	16%
Total Carbohydrate • Carbohidrato Total 13g	4%	8%
Dietary Fiber • Fibra Dietética 3g	11%	11%
Sugars • Azúcares 9g		
Protein • Proteína 9g	19%	35%
Vitamin A • Vitamina A	25%	35%
Vitamin C • Vitamina C	25%	25%
Calcium • Calcio	8%	35%
Iron • Hierro	15%	15%
Vitamin D • Vitamina D	25%	50%
Vitamin E • Vitamina E	25%	25%
Thiamin • Tiamina	25%	35%
Riboflavin • Riboflavina	20%	50%
Niacin • Niacina	25%	25%
Vitamin B6 • Vitamina B6	25%	30%
Folic Acid • Ácido Fólico	20%	25%
Vitamin B12 • Vitamina B12	25%	45%
Biotin • Biotina	20%	20%

Calories • Calorías		2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio		3,500mg	3,500mg
Total Carbohydrate • Carbohidrato Total		300g	375g
Dietary Fiber • Fibra Dietética		25g	30g
Protein • Proteína		50g	65g

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

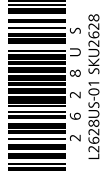
INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Natural Cinnamon and Spice Flavor, Potassium Chloride, Calcium Phosphate, Casein, Calcium Caseinate, Salt, Rice Fiber, Canola Oil, Soy Lecithin, Natural Pumpkin Spice Flavor, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Natural Flavor, Silicon Dioxide, Citrus Pectin, Sucralose, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogeno), Honey Powder, Ginger Root Powder, Psyllium Husk Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Papaya Fruit Powder, Blueberry Powder, Pomegranate Powder, Biotin, Niacinamide, Beta Carotene, Ferrus Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maiz, Goma de Guar, Sabor Natural de Canela y Especias, Cloruro de Potasio, Fosfato de Calcio, Caseína, Caseinato de Calcio, Sal, Fibra de Arroz, Aceite de Canola, Lecitina de Soya, Sabor Natural de Calabaza y Especias, Triglicéridos de Cadena Media, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Sabor Natural, Dióxido de Silicio, Pectina Cítrica, Sucralosa, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogeno), Polvo de Miel, Polvo de Raíz de Jengibre, Polvo de Psilio, Ácido Ascórbico, Acetato de DL-Alfa Tocoferol, Polvo de Fruta de Papaya, Polvo de Arándanos, Polvo de Granada, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantotato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Colecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants†. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E



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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes†. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitamins A (como Beta Caroteno), C y E



Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator®, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias por batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva solo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



Formula 1

Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

banana
caramel
banana y
caramelo

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimentales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV** • % VD**
Amount Per Serving Cantidad por Porción	Powder Polvo	
Calories • Calorías	90 170	
Calories from Fat • Calorías de Grasa	10 10	
		% DV** • % VD**
Total Fat • Grasa Total 1g*	1%	1%
Saturated Fat • Grasa Saturada 0g	0%	0%
Trans Fat • Grasa Trans 0g		
Cholesterol • Colesterol 0mg	0%	2%
Sodium • Sodio 95mg	4%	8%
Potassium • Potasio 190mg	5%	16%
Total Carbohydrate • Carbohidrato Total 13g	4%	8%
Dietary Fiber • Fibra Dietética 3g	13%	13%
Sugars • Azúcares 9g		
Protein • Proteína 9g	18%	35%
<hr/>		
Vitamin A • Vitamina A	25%	35%
Vitamin C • Vitamina C	25%	25%
Calcium • Calcio	8%	35%
Iron • Hierro	15%	15%
Vitamin D • Vitamina D	25%	50%
Vitamin E • Vitamina E	25%	25%
Thiamin • Tiamina	25%	35%
Riboflavin • Riboflavina	20%	50%
Niacin • Niacina	25%	25%
Vitamin B6 • Vitamina B6	25%	30%
Folic Acid • Ácido Fólico	20%	25%
Vitamin B12 • Vitamina B12	25%	45%
Biotin • Biotina	20%	20%

		Calories • Calorías	2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g	
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g	
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg	
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg	
Potassium • Potasio		3,500mg	3,500mg	
Total Carbohydrate • Carbohidrato Total		300g	375g	
Dietary Fiber • Fibra Dietética		25g	30g	
Protein • Proteína		50g	65g	

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Natural and Artificial Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin***, Magnesium Oxide, Stevia Leaf Extract, Silicon Dioxide, Citrus Pectin, Ginger Root Powder, Honey Powder, Psyllium Husk Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from AminoGen®), Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Biotin, Beta Carotene, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Papain Powder, Bromelain, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maíz, Goma de Guar, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Sabor Natural y Artificial, Fibra de Arroz, Aceite de Canola, Lecitina de Soya, Carragenano, Triglicéridos de Cadena Media, DL-Metionina, Inulina***, Óxido de Magnesio, Extracto de Hojas de Stevia, Dióxido de Silicio, Pectina Cítrica, Polvo de Raíz de Jengibre, Polvo de Miel, Polvo de Psilio, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de AminoGen®), Ácido Ascórbico, Acetato de DL-Álfa Tocoferol, Polvo de Fruta de Arándanos, Polvo de Fruta de Papaya, Polvo de Fruta de Granada, Biotina, Beta Caroteno, Niacinamida, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantotenato de Calcio, Polvo de Papaina, Bromelina, Cianocobalamina, Ácido Fólico, Colecalciferol, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Calcio, Molibdato de Sodio y Selenito Sodio.

CONTIENE LECHE Y SOYA.
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*** Inulin is known as a prebiotic that helps promote the growth of flora.

*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants[†]. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E



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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (26g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes[†]. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitamins A (como Beta Caroteno), C y E



Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (26g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator®, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias con batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva solo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



Formula 1 Healthy Meal Comida Saludable

Nutritional Shake Mix For healthy nutrition and weight management

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

café latte

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
27.5 OZ (780g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (26g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk		% DV** • % VD**	
Amount Per Serving	Powder	de leche sin grasa	
Cantidad por Porción	Polvos	con 8 oz fl	
Calories • Calorías	90	170	
Calories from fat • Calorías de Grasa	5	5	
	% DV** • % VD**		
Total Fat • Grasa Total 1g*	1%	1%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g			
Cholesterol • Colesterol 0mg	0%	2%	
Sodium • Sodio 95mg	4%	8%	
Potassium • Potasio 190mg	5%	16%	
Total Carbohydrate • Carbohidrato Total 13g	4%	8%	
Dietary Fiber • Fibra Dietética 3g	11%	11%	
Sugars • Azúcares 9g			
Protein • Proteína 9g	19%	35%	
Vitamin A • Vitamina A	50%	60%	
Vitamin C • Vitamina C	25%	25%	
Calcium • Calcio	8%	35%	
Iron • Hierro	15%	15%	
Vitamin D • Vitamina D	25%	50%	
Vitamin E • Vitamina E	25%	25%	
Thiamin • Tiamina	25%	35%	
Riboflavin • Riboflavina	20%	50%	
Niacin • Niacina	25%	25%	
Vitamin B6 • Vitamina B6	25%	30%	
Folic Acid • Ácido Fólico	20%	25%	
Vitamin B12 • Vitamina B12	25%	45%	

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.
* Cantidad en Polvo. Una taza de leche sin grasa fortificada con Vitamina A y D aporta 80 calorías adicionales, 0 calorías de grasa, 0g de grasa, 0g de grasa saturada, 5mg de colesterol, 103mg de sodio, 382mg de potasio, 12g de carbohidrato total (12g de azúcares) y 8g de proteína.
** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** El Porcentaje de Valores Diarios (% VD) está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser más altos o más bajos dependiendo de sus necesidades calóricas.

	Calories • Calorías	2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio		3,500mg	3,500mg
Total Carbohydrate • Carbohidrato Total		300g	375g
Dietary Fiber • Fibra Dietética		25g	30g
Protein • Proteína		50g	65g

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Cocoa Powder (Processed with Alkali), Guar Gum, Coffee Powder, Potassium Chloride, Calcium Phosphate, Casein, Calcium Caseinate, Natural and Artificial Cocoa Flavor, Rice Fiber, Natural and Artificial Espresso Flavor, Soy Lecithin, Canola Oil, Beta Carotene, Medium Chain Triglycerides, Maltodextrin, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Gum Arabic, Psyllium Husk Powder, Ginger Root Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from AminoGen®), Honey Powder, Citrus Pectin, Ascorbic Acid, DL-Alpha Tocopherol Acetate, Proylene Glycol, Pomegranate Fruit Powder, Papaya Fruit Powder, Blueberry Fruit Powder, Biotin, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Natural Flavor, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maíz, Polvo de Cacao (Procesada con Alkali), Goma de Guar, Polvo de Café, Cloruro de Potasio, Fosfato de Calcio, Caseína, Caseinato de Calcio, Sabor Natural y Artificial de Cacao, Salvado de Arroz, Sabor Natural y Artificial de Espresso, Leciína de Soya, Aceite de Canola, Beta Caroteno, Triglicéridos de Cadena Media, Maltodextrina, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Goma Arábiga, Polvo de Psilio, Polvo de Raíz de Jengibre, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de AminoGen®), Polvo de Miel, Pectina Cítrica, Ácido Ascórbico, Acetato de DL-Alfa Tocoferol, Propilenglicol, Polvo de Fruta de Granada, Polvo de Fruta de Papaya, Polvo de Fruta de Arándanos, Biotina, Niacinamida, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantoténato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Sabor Natural, Colecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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Prepare as a Daily Meal or Snack

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and other key nutrients. Clinical studies on U.S. Formula 1 (1 study) and on similar products show that Formula 1 shakes taken twice a day as part of a reduced-calorie diet help people lose weight.

DIRECTIONS: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy!

PRODUCT	MEAL	MEAL	SNACK
Formula 1	2 scoops	2 scoops	2 scoops
Protein Drink Mix (PDM)	2 scoops		1 scoop
8 fl oz Water			
8 fl oz Nonfat Milk			
Protein	24g	17g	17g
Calories	200	170	150

Quick & Easy to Prepare



BLEND

- 4 – 5 ice cubes
- Add fresh fruits and vegetables (optional)
- Blend on low until you achieve desired thickness

Check out Herbalife.com for additional shake recipes.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

For Weight Loss: Replace two meals daily with a Formula 1 shake and eat one healthy meal. Incorporate nutritious snacks to meet your daily caloric goals.

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

2D AREA



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.



Formula 1 Healthy Meal

Nutritional Shake Mix For healthy nutrition and weight management

- Nutrient dense meal or snack
- High-quality protein to satisfy hunger
- Good source of fiber
- 21 vitamins & minerals

caramel apple

naturally and artificially flavored



NET WT: 26.4 OZ (750g)



Nutrition Facts

Serving Size: 2 scoops (25g)
Servings Per Container: 30

Amount Per Serving	Powder	Powder with 8 fl oz of nonfat milk	Powder with 2 scoops (28g) of PDM Vanilla
Calories	90	170	200
Calories from Fat	10	10	35
	% DV**	% DV**	% DV**
Total Fat 1g*	1%	1%	7%
Saturated Fat 0g	0%	0%	4%
Trans Fat 0g			
Cholesterol 0mg	0%	2%	0%
Sodium 95mg	4%	8%	19%
Potassium 190mg	5%	16%	14%
Total Carbohydrate 13g	4%	8%	6%
Dietary Fiber 3g	12%	12%	16%
Sugars 9g			
Protein 9g	18%	35%	48%
Vitamin A	25%	35%	60%
Vitamin C	25%	25%	60%
Calcium	8%	35%	25%
Iron	15%	15%	50%
Vitamin D	25%	50%	60%
Vitamin E	25%	25%	70%
Thiamin	25%	35%	70%
Riboflavin	20%	50%	70%
Niacin	25%	25%	70%
Vitamin B6	25%	30%	60%
Folic Acid	20%	25%	60%
Vitamin B12	25%	45%	50%
Biotin	20%	20%	60%
Pantothenic Acid	30%	35%	60%
Phosphorus	15%	35%	50%
Magnesium	10%	15%	45%
Zinc	30%	35%	60%
Selenium	20%	30%	60%
Copper	25%	25%	70%
Chromium	10%	10%	40%
Molybdenum	20%	20%	60%
Calories	2,000	2,500	2,500
Total Fat	Less Than 65g	85g	80g
Saturated Fat	Less Than 20g	25g	25g
Cholesterol	Less Than 300mg	300mg	300mg
Sodium	Less Than 2,400mg	2,400mg	2,400mg
Potassium	3,500mg	3,500mg	3,500mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g
Protein	50g	65g	65g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Natural and Artificial Baked Apple Flavor, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Natural and Artificial Caramel Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Cinnamon Powder, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin***, Salt, Magnesium Oxide, Natural and Artificial Cinnamon Flavor, Silicon Dioxide, Stevia Leaf Extract, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Citrus Pectin, Ginger Root Powder, Honey Powder, Psyllium Husk Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Apple Fruit Powder, Blueberry Fruit Powder, Papaya Fruit Powder, Pomegranate Fruit Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.** Aminogen® is a registered trademark of Triarco Industries, Inc.

*** Inulin is known as a prebiotic that helps promote the growth of flora.

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2674US 12674US-04 SKU2674

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants¹. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E

 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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

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


For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes¹. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitaminas A (como Beta Caroteno), C y E

 Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator®, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias por batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva solo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D AREA



HERBALIFE®

Formula 1

Healthy Meal

Comida Saludable

Nutritional Shake Mix
For healthy nutrition and weight management

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

dulce de leche

naturally and artificially flavored
sabores naturales y artificialesNET WT | PESO NETO:
26.4 OZ (750g)

Nutrition Facts • Datos Nutrimentales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk		% DV** • % VD**	
Amount Per Serving	Powder	Polvo con 8 oz fl de leche	sin grasa
Calories • Calorías	90	170	
Calories from Fat • Calorías de Grasa	10	10	
		% DV** • % VD**	
Total Fat • Grasa Total 1g*	1%	1%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g			
Cholesterol • Colesterol 0mg	0%	2%	
Sodium • Sodio 95mg	4%	8%	
Potassium • Potasio 190mg	5%	16%	
Total Carbohydrate • Carbohidrato Total 13g	4%	8%	
Dietary Fiber • Fibra Dietética 3g	11%	11%	
Sugars • Azúcares 9g			
Protein • Proteína 9g	18%	35%	
Vitamin A • Vitamina A	25%	35%	
Vitamin C • Vitamina C	25%	25%	
Calcium • Calcio	8%	35%	
Iron • Hierro	15%	15%	
Vitamin D • Vitamina D	25%	50%	
Vitamin E • Vitamina E	25%	25%	
Thiamin • Tiamina	25%	35%	
Riboflavin • Riboflavina	20%	50%	
Niacin • Niacina	25%	25%	
Vitamin B6 • Vitamina B6	25%	30%	
Folic Acid • Ácido Fólico	20%	25%	
Vitamin B12 • Vitamina B12	25%	45%	

	Calories • Calorías	2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio		3,500mg	3,500mg
Total Carbohydrate • Carbohidrato Total		300g	375g
Dietary Fiber • Fibra Dietética		25g	30g
Protein • Proteína		50g	65g

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

INGREDIENTS: Soy Protein Isolate, Fructose, Corn Bran, Cellulose Powder, Guar Gum, Potassium Chloride, Calcium Phosphate, Natural and Artificial Cajeta Flavor, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Caramel Color, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Citrus Pectin, Psyllium Husk Powder, Ginger Root Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogens), Honey Powder, DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Sucralose, Blueberry Fruit Powder, Pomegranate Fruit Powder, Papaya Fruit Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Salvado de Maíz, Polvo de Celulosa, Goma de Guar, Cloruro de Potasio, Fosfato de Calcio, Sabor Natural y Artificial de Cajeta, Caseinato de Calcio, Caseína, Fibra de Arroz, Aceite de Canola, Lecitina de Soya, Color Caramelo, Triglicéridos de Cadena Media, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Pectina Cítrica, Polvo de Psilio, Polvo de Raíz de Jengibre, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminógenos), Polvo de Miel, Acetato de DL-Alfa Tocoferol, Ácido Ascórbico, Sucralosa, Polvo de Fruta de Arándanos, Polvo de Fruta de Granada, Polvo de Fruta de Papaya, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Zinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Cholecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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Aminogeno es una marca registrada de Triarco Industries, Inc.
*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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2674US 12674US-04 SKU2674



Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants[†]. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E



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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (26g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice. **Herbalife Also Recommends:** Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes[†]. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitaminas A (como Beta Caroteno), C y E



Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (26g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias con batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva sólo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



HERBALIFE®

Formula 1

Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

mint chocolate
menta con
chocolate

naturally flavored
sabores naturales



NET WT | PESO NETO:
27.5 OZ (780g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (26g)
Servings Per Container • Porciones por Envase: 30

		Powder with 8 fl oz of nonfat milk		% DV** • % VD**	
Amount Per Serving	Powder	Powder	Polvo con 8 oz fl de leche sin grasa		
Calories • Calorías	90	170			
Calories from Fat • Calorías de Grasa	10	10			
		% DV** • % VD**			
Total Fat • Grasa Total 1g*	1%	1%			
Saturated Fat • Grasa Saturada 0g	0%	0%			
Trans Fat • Grasa Trans 0g					
Cholesterol • Colesterol 0mg	0%	2%			
Sodium • Sodio 95mg	4%	8%			
Potassium • Potasio 190mg	5%	16%			
Total Carbohydrate • Carbohidrato Total 13g	4%	8%			
Dietary Fiber • Fibra Dietética 3g	11%	11%			
Sugars • Azúcares 9g					
Protein • Proteína 9g	19%	35%			
Vitamin A • Vitamina A	25%	35%			
Vitamin C • Vitamina C	25%	25%			
Calcium • Calcio	8%	35%			
Iron • Hierro	15%	15%			
Vitamin D • Vitamina D	25%	50%			
Vitamin E • Vitamina E	25%	25%			
Thiamin • Tiamina	25%	35%			
Riboflavin • Riboflavina	20%	50%			
Niacin • Niacina	25%	25%			
Vitamin B6 • Vitamina B6	25%	30%			
Folic Acid • Ácido Fólico	20%	25%			
Vitamin B12 • Vitamina B12	25%	45%			
Biotin • Biotina	20%	20%			

		Calories • Calorías	
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio	Less Than • Menos de	3,500mg	3,500mg
Total Carbohydrate • Carbohidrato Total		300g	375g
Dietary Fiber • Fibra Dietética		25g	30g
Protein • Proteína		50g	65g

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

INGREDIENTS: Soy Protein Isolate, Fructose, Wheat Flour, Cellulose Powder, Corn Bran, Sugar, Canola Oil, Guar Gum, Natural Chocolate Mint Flavor, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Soy Lecithin, Cocoa Powder (Processed with Alkali), Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Psyllium Husk Powder, Ginger Root Powder, Citrus Pectin, Honey Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from *Aminogen*), DL-Alpha Tocopherol Acetate, Ascorbic Acid, Sucralose, Salt, Baking Soda, Papaya Fruit Powder, Pomegranate Powder, Blueberry Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Yellow 5, Cyanocobalamin, Cholecalciferol, Folic Acid, Blue 1, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK, WHEAT AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Harina de Trigo, Polvo de Celulosa, Salvado de Maíz, Azúcar, Aceite de Canola, Goma de Guar, Sabor Natural de Menta con Chocolate, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Fibra de Arroz, Lecitina de Soya, Polvo de Cacao (Procesada con Alkali), Carragenano, Triglicéridos de Cadena Media, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Polvo de Psilio, Polvo de Raíz de Jengibre, Pectina Cítrica, Polvo de Miel, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de *Aminogen*), Acetato de DL-Alfa Tocoferol, Ácido Ascórbico, Sucralosa, Sal, Bicarbonato de Sodio, Polvo de Fruta de Papaya, Polvo de Granada, Polvo de Arándanos, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Amarillo 5, Cianocobalamina, Colecalciferol, Ácido Fólico, Azul 1, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE, TRIGO Y SOYA.**

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Aminogen® es una marca registrada de Triarco Industries, Inc.
*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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313805 313805 SKU3138



Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants†. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise. † Vitamins A (as Beta Carotene), C & E

heart smart 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.

DIRECCIONES: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal. **30-day money-back guarantee.** This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes†. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso. † Vitaminas A (como Beta Caroteno), C y E

heart smart Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias por batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva sólo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D AREA



Formula 1 Healthy Meal Comida Saludable

Nutritional Shake Mix For healthy nutrition and weight management

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

orange cream
naranja y vainilla
naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimentales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

		Powder with 8 fl oz of nonfat milk		% DV** • % VD**	
		Polvo con 8 oz fl			
Amount Per Serving	Powder	de leche			
Cantidad por Porción	Polvo	sin grasa			
Calories • Calorías	90	170			
Calories from Fat • Calorías de Grasa	10	10			
		% DV** • % VD**			
Total Fat • Grasa Total 1g*	1%	2%			
Saturated Fat • Grasa Saturada 0g	0%	0%			
Trans Fat • Grasa Trans 0g					
Cholesterol • Colesterol 0mg	0%	2%			
Sodium • Sodio 95mg	4%	8%			
Potassium • Potasio 190mg	5%	16%			
Total Carbohydrate • Carbohidrato Total 13g	4%	8%			
Dietary Fiber • Fibra Dietética 3g	11%	11%			
Sugars • Azúcares 9g					
Protein • Proteína 9g	18%	35%			
Vitamin A • Vitamina A	70%	80%			
Vitamin C • Vitamina C	25%	25%			
Calcium • Calcio	8%	35%			
Iron • Hierro	15%	15%			
Vitamin D • Vitamina D	25%	50%			
Vitamin E • Vitamina E	25%	25%			
Thiamin • Tiamina	25%	35%			
Riboflavin • Riboflavina	20%	50%			
Niacin • Niacina	25%	25%			
Vitamin B6 • Vitamina B6	25%	30%			
Folic Acid • Ácido Fólico	20%	25%			
Vitamin B12 • Vitamina B12	25%	45%			
Biotin • Biotina	20%	20%			
		Calories • Calorías		2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g		
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g		
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg		
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg		
Potassium • Potasio		3,500mg	3,500mg		
Total Carbohydrate • Carbohidrato Total		300g	375g		
Dietary Fiber • Fibra Dietética		25g	30g		
Protein • Proteína		50g	65g		
Calories per gram • Calorías por gramo:					
Fat • Grasa 9	Carbohydrates • Carbohidratos 4	Protein • Proteína 4			

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Guar Gum, Natural and Artificial Orange Cream Flavor, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Beta Carotene, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin**, Magnesium Oxide, Silicon Dioxide, Honey Powder, Ginger Root Powder, Psyllium Husk Powder, Citrus Pectin, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), DL-Alpha Tocopheryl Acetate, Ascorbic Acid, Sucralose, Blueberry Powder, Pomegranate Powder, Papaya Fruit Powder, Biotin, Niacinamide, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Papain Powder, Bromelain, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maíz, Goma de Guar, Sabor Natural y Artificial de Crema de Naranja, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Fibra de Arroz, Aceite de Canola, Lecitina de Soya, Beta Caroteno, Carragenano, Triglicéridos de Cadena Media, DL-Metionina, Inulina**, Óxido de Magnesio, Dioxido de Silicio, Polvo de Miel, Polvo de Raíz de Jengibre, Polvo de Psilio, Pectina Cítrica, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Acetato de DL-Alfa Tocoferol, Ácido Ascórbico, Sucralosa, Polvo de Arándanos, Polvo de Granada, Polvo de Fruta de Papaya, Biotina, Niacinamida, Fumarato Ferroso, Óxido de Zinc, Gluconato de Cobre, D-Pantotenato de Calcio, Polvo de Papaina, Bromelina, Cianocobalamina, Ácido Fólico, Colecalciferol, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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*** Inulin is known as a prebiotic that helps promote the growth of flora.
*** La inulina es conocida como un prebiótico que promueve el desarrollo de la flora.

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3141US-10 SKU3141

Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants¹. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E



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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator, to complete the Herbalife® Core Cellular Nutrition program.

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

For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarle a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes¹. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitaminas A (como Beta Caroteno), C y E



Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias por batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva sólo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



HERBALIFE®

Formula 1

Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

piña colada

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimientales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

		Powder with 8 fl oz of nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV** • % VD**
Amount Per Serving Cantidad por Porción		Powder Polvo	de leche sin grasa	
Calories • Calorías		90	170	
Calories from Fat • Calorías de Grasa		5	5	
		% DV** • % VD**		
Total Fat • Grasa Total 1g*		1%	1%	
Saturated Fat • Grasa Saturada 0g		0%	0%	
Trans Fat • Grasa Trans 0g				
Cholesterol • Colesterol 0mg		0%	2%	
Sodium • Sodio 95mg		4%	8%	
Potassium • Potasio 190mg		5%	16%	
Total Carbohydrate • Carbohidrato Total 13g		4%	8%	
Dietary Fiber • Fibra Dietética 3g		11%	11%	
Sugars • Azúcares 9g				
Protein • Proteína 9g		19%	35%	
Vitamin A • Vitamina A		25%	35%	
Vitamin C • Vitamina C		25%	25%	
Calcium • Calcio		8%	35%	
Iron • Hierro		15%	15%	
Vitamin D • Vitamina D		25%	50%	
Vitamin E • Vitamina E		25%	25%	
Thiamin • Tiamina		25%	35%	
Riboflavin • Riboflavina		20%	50%	
Niacin • Niacina		25%	25%	
Vitamin B6 • Vitamina B6		25%	30%	
Folic Acid • Ácido Fólico		20%	25%	
Vitamin B12 • Vitamina B12		25%	45%	
Biotin • Biotina		20%	20%	

		Calories • Calorías	2,000	2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g	
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g	
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg	
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg	
Potassium • Potasio		3,500mg	3,500mg	
Total Carbohydrate • Carbohidrato Total		300g	375g	
Dietary Fiber • Fibra Dietética		25g	30g	
Protein • Proteína		50g	65g	

Calories per gram • Calorías por gramo:
Fat • Grasa 9 Carbohydrates • Carbohidratos 4 Protein • Proteína 4

INGREDIENTS: Soy Protein Isolate, Fructose, Corn Bran, Cellulose Powder, Guar Gum, Potassium Chloride, Artificial Pineapple Flavor, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Soy Lecithin, Canola Oil, Carrageenan, Medium Chain Triglycerides, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Natural and Artificial Coconut Flavor, Ginger Root Powder, Psyllium Husk Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Citrus Pectin, Honey Powder, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Blueberry Powder, Pomegranate Powder, Papaya Fruit Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Salvado de Maíz, Polvo de Celulosa, Goma de Guar, Cloruro de Potasio, Sabor Artificial de Piña, Fosfato de Calcio, Caseinato de Calcio, Caseína, Fibra de Arroz, Lecitina de Soya, Aceite de Canola, Carragenano, Triglicéridos de Cadena Media, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Sabor Natural y Artificial de Coco, Polvo de Raíz de Jengibre, Polvo de Psilio, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Pectina Cítrica, Polvo de Miel, Ácido Ascórbico, Acetato de DL-Alfa Tocoferol, Polvo de Arándanos, Polvo de Granada, Polvo de Fruta de Papaya, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Ácido Fólico, Colecalciferol, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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Made in USA with US and imported ingredients • Hecho en EUA con ingredientes estadounidenses e importados

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3141US-10 SKU3141

Formula 1: Dutch Chocolate

Nutrition Facts • Datos Nutrimentales

Serving Size • Porción: 2 scoops • medidas (26g)
 Servings Per Container • Porciones por Envase: 30

Powder with 8 fl oz of nonfat milk Polvo con 8 oz fl de leche sin grasa		% DV** • % VD**	
Amount Per Serving Cantidad por Porción	Powder Polvo		
Calories • Calorías	90		170
Calories from Fat • Calorías de Grasa	5		5
		% DV** • % VD**	
Total Fat • Grasa Total 1g*	1%	1%	
Saturated Fat • Grasa Saturada 0g	0%	0%	
Trans Fat • Grasa Trans 0g			
Cholesterol • Colesterol 0mg	0%	2%	
Sodium • Sodio 100mg	4%	8%	
Potassium • Potasio 300mg	9%	19%	
Total Carbohydrate • Carbohidrato Total 13g	4%	8%	
Dietary Fiber • Fibra Dietética 3g	13%	13%	
Sugars • Azúcares 9g			
Protein • Proteína 9g	18%	35%	
Vitamin A • Vitamina A	25%	35%	
Vitamin C • Vitamina C	25%	25%	
Calcium • Calcio	8%	35%	
Iron • Hierro	15%	15%	
Vitamin D • Vitamina D	25%	50%	
Vitamin E • Vitamina E	25%	25%	
Thiamin • Tiamina	25%	35%	
Riboflavin • Riboflavina	20%	50%	
Niacin • Niacina	25%	25%	
		Calories • Calorías	2,000 2,500
Total Fat • Grasa Total	Less Than • Menos de	65g	80g
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg
Potassium • Potasio		3,500mg	3,500mg
Total Carbohydrate • Carbohidrato Total		300g	375g

* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 80 calories, 0 calories from fat, 0g fat, 0g saturated fat, 5mg cholesterol, 103mg sodium, 382mg potassium, 12g total carbohydrate (12g sugars), and 8g protein.

* Cantidad en Polvo. Una taza de leche sin grasa fortificada con Vitamina A y D aporta 80 calorías adicionales, 0 calorías de grasa, 0g de grasa, 0g de grasa saturada, 5mg de colesterol, 103mg de sodio, 382mg de potasio, 12g de carbohidrato total (12g de azúcares) y 8g de proteína.

** Percent Daily Values (% DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** El Porcentaje de Valores Diarios (% VD) está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser más altos o más bajos dependiendo de sus necesidades calóricas.

INGREDIENTS: Soy Protein Isolate, Fructose, Cocoa Powder (Processed with Alkali), Cellulose Powder, Corn Bran, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Rice Fiber, Canola Oil, Soy Lecithin, Natural and Artificial Vanilla Flavors, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Psyllium Husk Powder, Ginger Root Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Honey Powder, Citrus Pectin, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Pomegranate Fruit Powder, Papaya Fruit Powder, Blueberry Fruit Powder, Biotin, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Cacao (Procesada con Alkali), Polvo de Celulosa, Salvado de Maíz, Goma de Guar, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Salvado de Arroz, Aceite de Canola, Lecitina de Soya, Sabor Natural y Artificial de Vainilla, Triglicéridos de Cadena Media, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Dióxido de Silicio, Polvo de Psilio, Polvo de Raíz de Jengibre, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Polvo de Miel, Pectina Citrica, Ácido Ascórbico, Acetato de DL-Alfa Tocoferol, Polvo de Fruta de Granada, Polvo de Fruta de Papaya, Polvo de Fruta de Arándanos, Biotina, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Cinc, Gluconato de Cobre, D-Pantotenato de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Colecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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Formula 1 is a delicious healthy meal that provides an ideal balance of protein and nutrition to help satisfy your hunger and give you lasting energy. Each shake is packed with 21 vitamins and minerals, herbs, fiber, and is an excellent source of antioxidants[†]. Clinical studies have shown that daily usage of meal replacement shakes is proven effective for managing weight, along with moderate exercise.

† Vitamins A (as Beta Carotene), C & E

 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: Gently shake the canister prior to each use as contents may settle. Blend or stir 2 scoops (25g) of Formula 1 with 8 fl oz of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by mixing with fresh fruit and ice.

Herbalife Also Recommends: Use with Formula 2 Multivitamin Complex and Formula 3 Cell Activator®, to complete the Herbalife® Core Cellular Nutrition program.

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


For Healthy Nutrition: Enjoy a Formula 1 shake every day as a healthy meal.

30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Independent Distributors.

NOTICE: Before beginning any weight management program, it is advisable to consult a physician. A healthy weight loss program should include modest calorie intake, balanced diet and regular physical activity.

Fórmula 1 es una comida saludable y deliciosa que proporciona el balance ideal de proteína y nutrición para ayudarlo a satisfacer el hambre y darle energía duradera. Cada batido contiene 21 vitaminas y minerales, hierbas, fibra y es una excelente fuente de antioxidantes[†]. Los estudios clínicos comprueban que el consumo diario de batidos que reemplazan una comida, en combinación con ejercicio moderado, es eficaz para el control de peso.

† Vitamins A (como Beta Caroteno), C y E

 Tomar 25 gramos de proteína de soya diariamente, como parte de una dieta baja en grasas saturadas y colesterol, puede reducir el riesgo de enfermedades cardíacas. Una porción de Fórmula 1 provee 9 gramos de proteína de soya.

INSTRUCCIONES: Agite suavemente el envase antes de cada uso ya que el contenido podría asentarse. Mezcle o revuelva 2 medidas (25g) de Fórmula 1 con 8 oz fl de leche sin grasa o leche de soya ¡y disfrute! Crea su propia receta de Fórmula 1 mezclándole fruta fresca y hielo.

Herbalife También Recomienda: Use con Fórmula 2 Multivitamin Complex y Fórmula 3 Cell Activator®, para completar el programa básico Herbalife® de Nutrición Celular.

Para Perder Peso: Reemplace dos comidas diarias con batidos Fórmula 1 y coma una comida balanceada.

Para una Nutrición Saludable: Disfrute un batido Fórmula 1 diariamente como una comida saludable.

Garantía de reembolso por 30 días. Este producto de formulación exclusiva solo está disponible a través de los Distribuidores Independientes de Herbalife.

AVISO: Antes de comenzar cualquier programa de control de peso, es recomendable consultar con un médico. Un programa saludable de pérdida de peso debe incluir una ingestión moderada de calorías, una dieta balanceada, y actividad física regular.

2D
AREA



Formula 1

Healthy Meal Comida Saludable

**Nutritional Shake Mix
For healthy nutrition and weight management**

Mezcla Nutricional para Batido
Para una nutrición saludable y el control de peso

wild berry
mora
silvestre

naturally and artificially flavored
sabores naturales y artificiales



NET WT | PESO NETO:
26.4 OZ (750g)



Nutrition Facts • Datos Nutrimentales

Serving Size • Porción: 2 scoops • medidas (25g)
Servings Per Container • Porciones por Envase: 30

		Powder with 8 fl oz of nonfat milk		% DV** • % VD**	
Amount Per Serving		Powder	Polvo con 8 oz fl de leche sin grasa		
Calories • Calorías		90	170		
Calories from Fat • Calorías de Grasa		5	5		
		% DV** • % VD**			
Total Fat • Grasa Total 1g*		1%	1%		
Saturated Fat • Grasa Saturada 0g		0%	0%		
Trans Fat • Grasa Trans 0g					
Cholesterol • Colesterol 0mg		0%	2%		
Sodium • Sodio 95mg		4%	8%		
Potassium • Potasio 230mg		7%	17%		
Total Carbohydrate • Carbohidrato Total 13g		4%	8%		
Dietary Fiber • Fibra Dietética 3g		11%	11%		
Sugars • Azúcares 9g					
Protein • Proteína 9g		19%	35%		
Vitamins • Vitaminas					
Vitamin A • Vitamina A		25%	35%		
Vitamin C • Vitamina C		25%	25%		
Calcium • Calcio		8%	35%		
Iron • Hierro		15%	15%		
Vitamin D • Vitamina D		25%	50%		
Vitamin E • Vitamina E		25%	25%		
Thiamin • Tiamina		25%	35%		
Riboflavin • Riboflavina		20%	50%		
Niacin • Niacina		25%	25%		
Vitamin B6 • Vitamina B6		25%	30%		
Folic Acid • Ácido Fólico		20%	25%		
Vitamin B12 • Vitamina B12		25%	45%		
Calories • Calorías					
Total Fat • Grasa Total	Less Than • Menos de	65g	80g		
Saturated Fat • Grasa Saturada	Less Than • Menos de	20g	25g		
Cholesterol • Colesterol	Less Than • Menos de	300mg	300mg		
Sodium • Sodio	Less Than • Menos de	2,400mg	2,400mg		
Potassium • Potasio		3,500mg	3,500mg		
Total Carbohydrate • Carbohidrato Total		300g	375g		
Dietary Fiber • Fibra Dietética		25g	30g		
Protein • Proteína		50g	65g		
Calories per gram • Calorías por gramo:					
Fat • Grasa 9	Carbohydrates • Carbohidratos 4	Protein • Proteína 4			

INGREDIENTS: Soy Protein Isolate, Fructose, Cellulose Powder, Corn Bran, Natural and Artificial Strawberry Flavor, Guar Gum, Potassium Chloride, Calcium Phosphate, Calcium Caseinate, Casein, Natural and Artificial Raspberry Flavor, Rice Fiber, Canola Oil, Soy Lecithin, Medium Chain Triglycerides, Carrageenan, DL-Methionine, Inulin***, Magnesium Oxide, Silicon Dioxide, Psyllium Husk Powder, Ginger Root Powder, Proteases Derived from *Aspergillus niger* and *Aspergillus oryzae* (from Aminogen®), Honey Powder, Citrus Pectin, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Red 40 Lake, Pomegranate Fruit Powder, Papaya Fruit Powder, Blueberry Fruit Powder, Biotin, Stevia Leaf Extract, Niacinamide, Beta Carotene, Ferrous Fumarate, Zinc Oxide, Red 7215, Copper Gluconate, Calcium D-Pantothenate, Bromelain, Papain Powder, Cyanocobalamin, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Sodium Molybdate and Sodium Selenite. **CONTAINS MILK AND SOY.**

INGREDIENTES: Proteína Aislada de Soya, Fructosa, Polvo de Celulosa, Salvado de Maíz, Sabor Natural y Artificial de Fresa, Goma de Guar, Cloruro de Potasio, Fosfato de Calcio, Caseinato de Calcio, Caseína, Sabor Natural y Artificial de Frambuesa, Salvado de Arroz, Aceite de Canola, Lecitina de Soya, Triglicéridos de Cadena Media, Carragenano, DL-Metionina, Inulina***, Óxido de Magnesio, Óxido de Silicio, Polvo de Psilio, Polvo de Raíz de Jengibre, Proteasas Derivadas de *Aspergillus niger* y *Aspergillus oryzae* (de Aminogen®), Polvo de Miel, Pectina Cítrica, Ácido Ascórbico, Acetato de DL-Álfa Tocoferol, Rojo 40, Polvo de Fruta de Granada, Polvo de Fruta de Papaya, Polvo de Fruta de Papaya, Polvo de Fruta de Arándanos, Biotina, Extracto de Hojas de Stevia, Niacinamida, Beta Caroteno, Fumarato Ferroso, Óxido de Zinc, Rojo 7215, Gluconato de Cobre, D-Pantenoteno de Calcio, Bromelina, Polvo de Papaina, Cianocobalamina, Colecalciferol, Ácido Fólico, Clorhidrato de Piridoxina, Mononitrato de Tiamina, Riboflavina, Cloruro de Cromo, Molibdato de Sodio y Selenito de Sodio. **CONTIENE LECHE Y SOYA.**

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