

# F1 Free From Shake



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Ingredients:

Pea protein (43.5 %), fructose, safflower oil, fructooligosaccharides, thickening agents (guar gum, xanthan gum, carrageenan, pectin), calcium citrate, potassium phosphate, flavours, cellulose powder, corn bran, sunflower lecithin, L-methionine, rapeseed oil, magnesium oxide, sodium chloride, L-ascorbic acid, beta-carotene, DL-alpha-tocopheryl acetate, blueberry juice powder (0.04 %), pomegranate juice powder (0.04 %), sweetener (sucralose), ferrous fumarate, nicotinamide, parsley powder, papaya powder, zinc oxide, calcium D-pantothenate, manganese carbonate, cupric citrate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium selenite, D-biotin.

## Nutritional information:

Serving size: 26 g

Servings per container: 21

	Per 100 g	Per 26 g portion with 250 ml semi- skimmed milk	% EU RDA*	Per 26 g portion with 250 ml soya milk	% EU RDA*
Energy	356 kcal (1500 kJ)	216 kcal (905 kJ)	-	228 kcal (958 kJ)	-
Protein	36.7 g	18.0 g	-	17.8 g	-
Carbohydrates	27.2 g	19.4 g	-	21.9 g	-
of which: Sugar	25.6 g	19.0 g	-	17.7 g	-
Fat	7.52 g	6.08 g	-	6.69 g	-
of which					
saturated fatty acids	1.58 g	2.75 g	-	1.07 g	-
mono-unsaturated fatty acids	1.30 g	1.39 g	-	1.57 g	-
poly-unsaturated fatty acids	4.64 g	1.31 g	-	3.97 g	-
linoleic acid	4.58 g	1.26 g	-	3.79 g	-
Cholesterol	0.50 mg	13.5 mg	-	0.13 mg	-
Dietary Fibre	11.9 g	3.09 g	-	3.69 g	-
Sodium	0.99 g	0.38 g	-	0.27 g	-
<b>VITAMINS</b>					
Vitamin A	962 µg	285 µg	36 %	250 µg	31 %
Vitamin D	5.77 µg	1.57 µg	31 %	1.50 µg	30 %
Vitamin E	13.9 mg	3.7 mg	31 %	3.6 mg	30 %
Vitamin C	92.3 mg	28.4 mg	35 %	24.0 mg	30 %
Thiamin	1.27 mg	0.43 mg	39 %	0.64 mg	58 %
Riboflavin	1.62 mg	0.88 mg	63 %	0.53 mg	38 %
Niacin	20.8 mg	5.6 mg	35 %	6.0 mg	38 %
Vitamin B6	1.78 mg	0.58 mg	42 %	0.62 mg	44 %
Folic Acid	231 µg	72 µg	36 %	63 µg	31 %
Vitamin B12	2.88 µg	1.83 µg	73 %	0.75 µg	30 %
Biotin	39 µg	19 µg	38 %	10 µg	20 %
Pantothenic Acid	6.19 mg	2.51 mg	42 %	1.81 mg	30 %
<b>MINERALS</b>					
Calcium	894 mg	536 mg	67 %	240 mg	30 %
Phosphorus	1048 mg	507 mg	72 %	272 mg	39 %
Potassium	1601 mg	815 mg	41 %	908 mg	45 %
Iron	18.5 mg	4.9 mg	35 %	6.9 mg	49 %
Zinc	11.0 mg	3.8 mg	38 %	3.9 mg	39 %
Copper	1.27 mg	0.36 mg	36 %	0.59 mg	59 %
Iodine	179 µg	55 µg	37 %	47 µg	31 %
Selenium	70 µg	18 µg	33 %	18 µg	33 %
Magnesium	199 mg	83 mg	22 %	124 mg	33 %
Manganese	1.92 mg	0.51 mg	25 %	1.01 mg	51 %

\* Recommended daily allowance per shake

## Core Nutrition

Introducing the new F1 Free From shake – made free from soy, lactose and gluten so you no longer have to miss out on Herbalife's most popular product range. Get all the nutrients you need in a delicious Vanilla flavour.

### KEY BENEFITS

- Provides a delicious, healthy meal with an excellent balance of protein and key nutrients for sustained energy
- Provides health-protecting antioxidants, fibre and herbs and Pisane® a vegetable protein sourced from pea
- Contains blueberry and pomegranate

### HOW CAN IT HELP YOU?

Scientific studies show that daily use of meal replacement shakes, along with moderate exercise, is proven effective for managing weight. F1 Free From is a delicious healthy meal with an excellent balance of protein and key nutrients for sustained energy. It provides health-protecting antioxidants, fibre and herbs and Pisane® a vegetable protein sourced from pea. F1 Free From also contains blueberry and pomegranate.

### USAGE

- For a soy free and gluten free shake:
  - Mix two tablespoons (26g) of powder with 250 ml of semi-skimmed cow's milk (1.5% fat)
- For a lactose free and gluten free shake:
  - Mix two tablespoons (26g) of powder with 250 ml of soy milk

Your Herbalife Independent Distributor is: