

HEALTHY MEAL



EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**

Core Nutrition

Delicious healthy meal that provides an excellent balance of high quality protein from milk and soy, essential micronutrients and added botanicals and herbs.

KEY BENEFITS

- The number 1 meal-replacement shake in the world.* F1 shakes have helped people all across the globe reach their weight-loss goals. Reach yours today!
- Underpinned by science: Clinical studies show that daily use of meal replacement shakes as part of a calorie restricted diet is proven effective for managing weight, along with moderate exercise.
- Calorie-controlled: Approximately 220 kcal per serving
- Rich in protein from dairy and soy (18g per serving), Formula 1 shakes are a great option if you are looking to build lean muscle mass along with exercise
- Quick to whip up, a F1 shake is a convenient healthy alternative to a high-calorie breakfast, lunch or dinner.
- Soy protein: a complete protein providing all essential amino acids.
- Provides essential vitamins and minerals.
- Available in six delicious flavours and also available: F1 Free From – free from lactose, soy and gluten when made according to instructions and suitable for vegetarians.

HOW CAN IT HELP YOU?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet. A healthy meal like Formula 1 helps you to control your calorie intake whilst also providing essential vitamins and minerals, with carbohydrate and protein.

USAGE

Enjoy Formula 1 shake every day as a healthy meal option.

Mix two tablespoons of powder (26 grams) with 250ml of semi-skimmed milk (low fat).

- When used for weight control: Replace two meals per day with this delicious shake and eat one nutritionally balanced meal.
- For healthy nutrition: Replace one meal per day with Formula 1 shake and eat two nutritionally balanced meals.

Your Herbalife Independent Distributor is:

*33% share of Global Weight Management Category. Euromonitor 2012.