

HIGH PROTEIN SUPPLEMENT



Nutritional information, average serving:

	Per 100 g	Per 1 T (6 g)
Energy	383,3 kcal 1604 kJ	23 kcal 96,2 kJ
Protein	83 g	4,99 g
Carbohydrates	3,67 g	0,22 g
Fats	4,3 g	0,26 g

Ingredients:

Soy protein isolate (75%), milk whey protein concentrate (24,5%), vanilla flavour, anti-caking agent (silicon dioxide).

For up to date ingredient & nutritional values please refer to the label on the product.

EXCLUSIVELY AVAILABLE
THROUGH YOUR
**HERBALIFE
INDEPENDENT
DISTRIBUTOR**

Weight Management

Formula 3 Personalised Protein Powder is a rich source of soy and whey protein, which can help you feel fuller for longer and can help build muscle mass as part of a fitness programme.

KEY BENEFITS

Formula 3 is an easy way to personalise your protein intake to suit your weight management or fitness needs.

Formula 3 is a rich source of soy and whey protein which:

- Provides energy
- Keeps you feeling fuller for longer to help you reach your weight management goals
- Helps to build lean muscle mass when used as part of a fitness programme
- Aids muscle recovery after exercise
- Contributes to better bone health.



ALSO TRY

Why not combine Formula 3 Personalised Protein Powder with your favourite flavour of Formula 1 shake to help keep you fuller for longer and allowing you to personalise your protein intake.

WHY DO YOU NEED IT?

Unhealthy snacking in-between meals is often what ruins weight management programmes. Foods rich in protein can help reduce this temptation because protein promotes a feeling of fullness. Diets high in protein are also essential for those active in sport and fitness as protein builds lean muscle mass and aids muscle recovery, minimising post-exercise muscle fatigue.

USAGE

One level teaspoon of powder (6g) supplies 5g of protein. Take one to four servings daily.

Formula 3 can be added to your Herbalife Formula 1 shake or stirred into other foods such as sauces, soups and gravies.

Your Herbalife Independent Distributor is: