

# Formula 1 Nutritional Shake Mix

## French Vanilla

### A NUTRITIOUS SHAKE FOR WEIGHT MANAGEMENT AND GOOD HEALTH.

#### KEY BENEFITS

- Five delicious flavors.
- Soy protein and healthy fiber to help you feel full.
- Up to 20 essential vitamins and minerals, plus herbs.

Managing your weight doesn't mean depriving yourself! Formula 1 Nutritional Shake Mix comes in five mouthwatering flavors. It's scientifically formulated to give you the nutrition of a meal, satisfying hunger and taste buds for easier, healthier weight management.

#### FAST FACTS

- Nine grams of healthy soy protein isolate with isoflavones per each serving of powder, up to 19 grams of protein when mixed with nonfat milk or soy milk.
- Includes the antioxidant vitamins C and E.
- Contains Aminogen<sup>®</sup>, plus bromelain and papain, to support protein digestion.
- Combine with fresh fruit and seasonings to create your own recipes.
- Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day may reduce the risk of heart disease.

#### SUGGESTED USAGE

As part of your ShapeWorks™ program, combine two scoops or two heaping tablespoons of Formula 1 Nutritional Shake Mix with 8 fl. oz. of nonfat milk or soy milk. Add the appropriate amount of Formula 3 Personalized Protein Powder, plus your choice of fresh or frozen fruit, and blend. For weight loss, replace two meals a day with a shake, and have one regular meal. For weight maintenance, replace just one meal a day. For general good health, enjoy one shake a day as a meal replacement, or in addition to your regular meals as a healthy snack.

This product is available in 2 sizes:

- 550g \$23.95  
 French Vanilla #0141  
 Dutch Chocolate #0142  
 Wild Berry #0143  
 Tropical Fruit #0144  
 Cookies 'n Cream #0146  
 Kosher #0145
- 750g \$32.75  
 French Vanilla #3106  
 Dutch Chocolate #3107  
 Wild Berry #3108  
 Tropical Fruit #3109  
 Cookies 'n Cream #3110



### French Vanilla NUTRITION FACTS

Serving size: 2 heaping Tablespoons (25 g)

Servings per 550g container: 22

Serving size: 2 scoops (25 g)

Servings per 750g container: 30

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		90	180
Calories from Fat		5	10
<b>% Daily Value**</b>			
Total Fat	0.5 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	0 mg	0%	1%
Sodium	135 mg	6%	10%
Potassium	210 mg	6%	18%
Total Carbohydrate	13 g	4%	8%
Dietary Fiber	3 g	12%	12%
Sugars	9 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		8%	40%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Selenium		15%	20%
Copper		25%	25%
Chromium		8%	8%
Molybdenum		15%	15%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

### ORDERING DETAILS

French Vanilla 550g #0141

French Vanilla 750g #3106

**DIRECTIONS:** Blend or stir 25g (2 scoops/2 heaping tablespoons) of Formula 1 with 8 fl. oz. of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formula 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, is effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

We offer a 30-day money-back guarantee to assure your complete satisfaction. This exclusively formulated product is only available through Herbalife Independent Distributors.

**Ingredients:** Isolated soy protein, fructose, corn bran fiber, powdered cellulose, artificial French vanilla flavor, guar gum, potassium chloride, calcium caseinate, casein, dicalcium phosphate, rice fiber, soy lecithin, canola oil, carrageenan, medium chain triglycerides, dl-methionine, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, licorice extract, natural vanilla flavor, bacterially-derived patented proteases (from Aminogen<sup>®</sup>†), citrus pectin, psyllium husk, honey powder, ginger root, ascorbic acid, vitamin E acetate, licorice root, hawthorne berry, gotu kola, dandelion root, biotin, parsley, papaya, ferrous fumarate, niacinamide, zinc oxide, sodium selenite, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, sodium molybdate and chromium nicotinate.

† Aminogen<sup>®</sup> contains protein enzymes to improve the assimilation of dietary proteins. Aminogen<sup>®</sup> is a registered trademark of Triarco Industries, Inc.

\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.

# Formula 1 Nutritional Shake Mix

## Dutch Chocolate NUTRITION FACTS

Serving size: 2 heaping Tablespoons (25 g)  
Servings per 550g container: 22  
Serving size: 2 scoops (25 g)  
Servings per 750g container: 30

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		90	180
Calories from Fat		5	10
<b>% Daily Value**</b>			
Total Fat	0.5 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	0 mg	0%	1%
Sodium	125 mg	5%	10%
Potassium	230 mg	7%	18%
Total Carbohydrate	13 g	4%	8%
Dietary Fiber	3 g	12%	12%
Sugars	9 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		8%	40%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Selenium		15%	20%
Copper		25%	25%
Chromium		8%	8%
Molybdenum		15%	15%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Isolated soy protein, fructose, dutch processed cocoa, corn bran fiber, powdered cellulose, guar gum, calcium caseinate, casein, canola oil, rice fiber, dicalcium phosphate, potassium chloride, natural and artificial vanilla flavor, carrageenan, medium chain triglycerides, dl-methionine, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, soy lecithin, bacterially-derived patented proteases (from Aminogen®†), citrus pectin, psyllium husk, honey powder, ginger root, ascorbic acid, vitamin E acetate, licorice root, hawthorne berry, gotu kola, dandelion root, biotin, parsley, papaya, ferrous fumarate, niacinamide, zinc oxide, sodium selenite, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, sodium molybdate and chromium nicotinate.

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\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

**DIRECTIONS:** Blend or stir 2 scoops/2 heaping tablespoons (25 grams) of Formula 1 with 8 fl. oz. of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily as meal replacements, are effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.

## ORDERING DETAILS

Dutch Chocolate 550g #0142  
Dutch Chocolate 750g #3107

## Wild Berry NUTRITION FACTS

Serving size: 2 heaping Tablespoons (25 g)  
Servings per 550g container: 22  
Serving size: 2 scoops (25 g)  
Servings per 750g container: 30

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		90	180
Calories from Fat		5	10
<b>% Daily Value**</b>			
Total Fat	0.5 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	0 mg	0%	1%
Sodium	135 mg	6%	11%
Potassium	210 mg	6%	18%
Total Carbohydrate	13 g	4%	8%
Dietary Fiber	3 g	12%	12%
Sugars	9 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		8%	45%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Selenium		15%	20%
Copper		25%	25%
Chromium		8%	8%
Molybdenum		15%	15%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Isolated soy protein, fructose, corn bran fiber, powdered cellulose, artificial strawberry flavor, guar gum, potassium chloride, calcium caseinate, casein, artificial raspberry flavor, rice fiber, dicalcium phosphate, canola oil, soy lecithin, medium chain triglycerides, carrageenan, dl-methionine, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, bacterially-derived patented proteases (from Aminogen®†), citrus pectin, psyllium husk, honey powder, ginger root, ascorbic acid, vitamin E acetate, FD&C Red No. 40, dandelion root, licorice root, licorice root, hawthorne berry, gotu kola, biotin, FD&C Red No. 3, FD&C Blue No. 1, FD&C Yellow No. 6, parsley, papaya, ferrous fumarate, niacinamide, zinc oxide, sodium selenite, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, sodium molybdate and chromium nicotinate.

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\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

**DIRECTIONS:** Blend or stir 2 scoops/2 heaping tablespoons (25 grams) of Formula 1 with 8 fl. oz. of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipes by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.

## ORDERING DETAILS

Wild Berry 550g #0143  
Wild Berry 750g #3108

# Formula 1 Nutritional Shake Mix

## Tropical Fruit

### NUTRITION FACTS

Serving size: 3 heaping Tablespoons (27 g)  
Servings per 550g container: 22

Serving size: 2 scoops (27 g)  
Servings per 750g container: 30

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		100	190
Calories from Fat		5	10
<b>% Daily Value**</b>			
Total Fat	0.5 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	0 mg	0%	1%
Sodium	60 mg	3%	8%
Potassium	210 mg	6%	18%
Total Carbohydrate	15 g	5%	9%
Dietary Fiber	3 g	12%	12%
Sugars	11 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		15%	45%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Selenium		15%	20%
Copper		25%	25%
Chromium		8%	8%
Molybdenum		15%	15%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Fructose, calcium caseinate, nonfat dry milk, isolated soy protein, corn bran fiber, powdered cellulose, natural and artificial banana flavor, guar gum, casein, sodium caseinate, rice fiber, canola oil, soy lecithin, carrageenan, natural and artificial peach flavor, potassium chloride, artificial vanilla flavor, medium chain triglycerides, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, licorice extract, bacterially-derived patented proteases (from Aminogen†), citrus pectin, psyllium husk, ginger root, ascorbic acid, vitamin E acetate, licorice root, hawthorne berry, gotu kola, dandelion root, biotin, parsley, papaya, ferrous fumarate, FD&C Yellow No. 5, FD&C Yellow No. 6, niacinamide, sodium selenite, zinc oxide, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, honey powder, sodium molybdate and chromium nicotinate.

† Aminogen™ contains protein enzymes to improve the assimilation of dietary proteins. Aminogen™ is a registered trademark of Triarco Industries, Inc.

\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

**DIRECTIONS:** Blend or stir 2 scoops/3 heaping tablespoons (27 grams) of Formula 1 with 8 fl. oz. of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipe by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.

## ORDERING DETAILS

Tropical Fruit 550g #0144	\$23.95	23.95	VP
Tropical Fruit 750g #3109	\$32.75	32.75	VP

## Cookies 'n Cream

### NUTRITION FACTS

Serving size: 2 heaping Tablespoons (25 g)  
Servings per 550g container: 22

Serving size: 2 scoops (25 g)  
Servings per 750g container: 30

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		90	180
Calories from Fat		10	20
<b>% Daily Value**</b>			
Total Fat	1 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	<1 mg	0%	1%
Sodium	165 mg	6%	11%
Potassium	200 mg	6%	18%
Total Carbohydrate	11 g	4%	8%
Dietary Fiber	4 g	16%	16%
Sugars	5 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		8%	40%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Selenium		15%	20%
Copper		25%	25%
Chromium		8%	8%
Molybdenum		15%	15%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Isolated soy protein, fructose, cookie crumbs (wheat flour, sugar, canola oil, cocoa powder, salt and sodium bicarbonate), oat fiber, inulin, polydextrose, guar gum, artificial flavors, potassium chloride, calcium caseinate, whey protein, dicalcium phosphate, soy lecithin, vegetable oil, xanthan gum, medium chain triglycerides, carrageenan, magnesium oxide, silicon dioxide, sucralose (non-nutritive sweetener), bacterially-derived patented proteases (Aminogen™), citrus pectin, ginger root, ascorbic acid, dl-alpha tocopheryl acetate, licorice root, dandelion root, hawthorne berry, gotu kola, biotin, papaya, sodium molybdate, niacinamide, ferrous fumarate, sodium selenite, zinc oxide, copper gluconate, vitamin A palmitate, d-calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, chromium amino acid chelate, riboflavin, thiamine mononitrate, vitamin D, cyanocobalamin and folic acid.

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**DIRECTIONS:** Blend or stir 2 scoops/2 heaping tablespoons (25 grams) of Formula 1 with 8 fl. oz. of nonfat milk or soy milk and enjoy! Create your own Formula 1 recipe by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

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## ORDERING DETAILS

Cookies 'n Cream 550g #0146	\$23.95	23.95	VP
Cookies 'n Cream 750g #3110	\$32.75	32.75	VP

# Formula 1 Nutritional Shake Mix

Kosher

## NUTRITION FACTS

Serving size: 2 heaping Tablespoons (25 g)

Servings per container: 22

	Amount Per Serving	Powder	Powder with 8 fl. oz. nonfat milk
Calories		90	180
Calories from Fat		5	10
<b>% Daily Value**</b>			
Total Fat	0.5 g*	1%	1%
Saturated Fat	0 g	0%	2%
Cholesterol	0 mg	0%	1%
Sodium	140 mg	6%	11%
Potassium	210 mg	6%	18%
Total Carbohydrate	13 g	4%	8%
Dietary Fiber	3 g	12%	12%
Sugars	9 g		
Protein	9 g	18%	35%
Vitamin A		25%	35%
Vitamin C		25%	30%
Calcium		10%	40%
Iron		10%	10%
Vitamin D		25%	50%
Vitamin E		25%	25%
Thiamin		25%	30%
Riboflavin		25%	45%
Niacin		25%	25%
Vitamin B6		25%	30%
Folate		25%	30%
Vitamin B12		25%	40%
Biotin		25%	25%
Pantothenic Acid		25%	35%
Phosphorus		15%	40%
Magnesium		10%	15%
Zinc		25%	30%
Copper		25%	25%

\* Amount in Powder. One cup of Vitamin A & D fortified nonfat milk contributes an additional 90 calories, 5 calories from fat, 0.4 g fat, 0.3 g saturated fat, 4 mg cholesterol, 126 mg sodium, 406 mg potassium, 12 g total carbohydrate (12 g sugars), and 8 g protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Fructose, calcium caseinate, nonfat dry milk, isolated soy protein, corn bran fiber, powdered cellulose, natural and artificial banana flavor, guar gum, casein, sodium caseinate, rice fiber, canola oil, soy lecithin, carrageenan, natural and artificial peach flavor, potassium chloride, artificial vanilla flavor, medium chain triglycerides, fructooligosaccharides\*\*\*, magnesium oxide, silicon dioxide, licorice extract, bacterially-derived patented proteases (from Aminogen®), citrus pectin, psyllium husk, ginger root, ascorbic acid, vitamin E acetate, licorice root, hawthorne berry, gutu kola, dandelion root, biotin, parsley, papaya, ferrous fumarate, FD&C Yellow No. 5, FD&C Yellow No. 6, niacinamide, sodium selenite, zinc oxide, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cholecalciferol (vitamin D), cyanocobalamin, folic acid, chromium amino acid chelate, chromium aspartate, honey powder, sodium molybdate and chromium nicotinate.

† Aminogen® contains protein enzymes to improve the assimilation of dietary proteins. Aminogen® is a registered trademark of Triarco Industries, Inc.

\*\*\*Fructooligosaccharides (FOS) are known as prebiotics and help promote the growth of positive flora.

**DIRECTIONS:** Blend or stir 2 heaping tablespoons (25 grams) of Formula 1 with 8 fl. oz. of nonfat milk or soymilk and enjoy! Create your own Formula 1 recipes by adding fresh fruit and ice.

**For Best Results:** Combine with ShapeWorks™ Formulas 2 Multivitamin Complex and Formula 3 Personalized Protein Powder.

**For Weight Loss:** Replace two meals daily with a Formula 1 Shake and eat one nutritious meal. To further support weight loss and control hunger, women should add up to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each shake, and men should add up to 3 tablespoons (15 grams of protein). Optimizing your daily protein intake can assist with feeling full and help maintain and build your lean muscle mass. Published research on meal-replacement shakes indicates that taking two shakes daily, as meal replacements, are effective for weight loss.

**For Weight Maintenance/General Well-Being:** Enjoy a Formula 1 Shake every day as a meal replacement or healthy snack alternative. Published research on meal-replacement shakes indicates that taking one shake daily, as a meal replacement, helps maintain long-term weight loss. We recommend adding Formula 3 Personalized Protein Powder to optimize your protein intake.

**NOTICE:** Before using this product, or beginning any weight-control program, it is advisable to consult a physician. This is especially important for individuals with chronic kidney problems or insulin-dependent diabetes. A healthy weight-loss program should include modest calorie intake, balanced diet, and regular physical activity.

## ORDERING DETAILS

Kosher 550g #0145

\$23.95

23.95 VP