

Formula 1 – Nutritional Shake Mix

ShapeWorks™ Core Essential

The body needs balanced nutrition to perform optimally. If you want to safely and comfortably control or maintain your weight, Formula 1 can help you to reach your goals with long-lasting results. Created with advanced food technology, this specially formulated, unique blend of ingredients provides easily absorbed, high-quality soy proteins, carbohydrates, vitamins, minerals and dietary fibres. You can be confident that every serving delivers delicious, satisfying, balanced nutrition!

Key Features

- Protein-rich formula, derived from Soy Protein Isolate.
- Each serving (made with milk) provides approximately 17 grams of protein helping to keep the body's protein requirements balanced thus minimising muscle wastage during periods of weight control.
- Low in calories, only 217 kcal per serving (including 250ml semi-skimmed milk).
- Low in saturated and unsaturated fat.
- Formula 1 has been developed with advanced food technology, providing a scientifically balanced and easily absorbed source of quality nutrition.

- Provides a combination of slow-release and quick-release carbohydrates to help regulate blood sugar highs and lows while maintaining energy levels.
- Provides high quality dietary fibre.
- Rich in minerals and vitamins, including the antioxidant Vitamins A, C and E, that can help fight 'free radical' oxygen molecules and so help protect your body.
- Serving size – 26g. (21 servings per can).
- Provides meal variety with five great tasting flavours to choose from – Vanilla, Chocolate, Strawberry, Tropical Fruit and Cappuccino.
- Easy to prepare, either shake by hand in a sealed flask, use a mini-blender, or an upright blender. The final product froths up readily, and has a smooth, creamy consistency.
- New recyclable canister with twist-top lid – allows you to close the canister securely.
- Totally portable, take it to work, on holiday, to the gym.
- Can help you drop centimetres as well as kilos.



Formula 1 Nutritional Shake Mix
for Weight-Control.

Over 25 million customers worldwide
and still going strong!

The phenomenal weight control legend!

Order Formula 1 from your Distributor now!

Available in five delicious flavours:

Vanilla #0141 Chocolate #0142 Strawberry #0143
Tropical Fruit #0144 Cappuccino #1171

 **ShapeWorks™**
Personalised weight management for healthy results.

Herbalife is a global leader with 25 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

Ask your Distributor for more product sheets and collect the set!

Your ShapeWorks Coach is:

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