

# Start your day the right way with a.... Formula 1 Shake

Formulated by Herbalife's nutritional experts, Formula 1 is packed with vitamins and minerals, soy proteins, carbohydrates, dietary fibres and amino acids. It's a great way to start the day!



Order Details

## Fast Facts:

- A formulated meal replacement for balanced nutrition, rich in essential vitamins and minerals
- Just 205 calories per shake when mixed with 300ml of skim milk
- Contains 9 grams of soy proteins to help you feel full and satisfied
- Contains no saturated (trans) fats
- Contains 2.3 grams of fibre for digestive health
- Comes in five great flavours - French Vanilla, Dutch Chocolate, Berry Flavour, Tropical Fruit and Cookies n' Cream
- Nourishes your body with cellular nutrition

Did You Know?  
After 8-12 hours overnight without food, your body needs to re-fuel its glucose levels. Without breakfast, your brain and muscles will not have the energy they need to maintain activity throughout the day.

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