

# Smooth, Nutritious and Delicious!



## Formula 1 Nutritional Shake Mix

- Nourishes your body with Cellular Nutrition
- A healthy meal with up to 19 vitamins, minerals and essential nutrients\*.
- 0 Trans fats
- 9g of protein and 2.3g of healthy fibre help support weight management.
- Five delicious flavours: Dutch Chocolate, Berry, French Vanilla, Tropical Fruit and Cookies 'n Cream.

\*Contains milk, oat and soybean ingredients

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### DID YOU KNOW?

Breakfast helps you reach and maintain your weight-management goals. Research shows that 78% of people on the National Weight Control Registry who have lost at least 60 pounds and kept it off for an average of six years have breakfast every day.

Source: Obesity Research Journal