



Nutritional Shake Mix

For Weight Management & Healthy Nutrition

cookies 'n cream

Artificially Flavored

NET WT 0.88 OZ (25 g)

 HERBALIFE.

FORMULA

1



25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Formula 1 provides 9 grams of soy protein.

DIRECTIONS: Blend or stir 1 packet (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.

INSTRUCCIONES: Mezcle o revuelva 1 paquete (25 gramos) de Fórmula 1 con 8 onzas líqu. de leche descremada o leche de soya y disfrútelo! Usted puede crear sus propias recetas Fórmula 1 agregando fruta fresca y hielo.

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.

AVISO: Es recomendable consultar a su médico antes de usar este producto o cualquier otro programa de control de peso. Lo anterior es importante especialmente para individuos con problemas renales crónicos o diabetes insulina dependiente. Un programa saludable de perder peso debe incluir una ingesta de calorías modesta, una dieta balanceada y actividad física habitual.

Nutrition Facts

Serving Size: 1 Packet (25 g)

Servings Per Packet: 1

| Amount Per Serving | Powder w/ 8 fl. oz nonfat milk | Powder nonfat milk |
|--------------------|--------------------------------|--------------------|
| Calories | 90 | 180 |
| Fat cal | 10 | 15 |

| | % Daily Value** | |
|--------------------------------|-----------------|-----|
| Total Fat 1 g* | 2% | 2% |
| Saturated Fat 0 g | 0% | 2% |
| Cholest. less than 1 mg | 0% | 1% |
| Sodium 165 mg | 6% | 11% |
| Potassium 200 mg | 6% | 18% |
| Total Carb. 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% | 25% |
| Calcium | 8% | 30% |
| Iron | 10% | 15% |
| Vitamin D | 25% | 50% |
| Vitamin E | 25% | 25% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 50% |

| | % Daily Value** | |
|------------------|-----------------|-----|
| Niacin | 25% | 25% |
| Vitamin B6 | 25% | 30% |
| Folate | 25% | 30% |
| Vitamin B12 | 25% | 45% |
| Biotin | 25% | 25% |
| Pantothenic Acid | 25% | 35% |
| Phosphorus | 15% | 35% |
| Magnesium | 10% | 15% |
| Zinc | 25% | 40% |
| Selenium | 15% | 25% |
| 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 2,000 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: 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.

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