

Formula 1—Protein Drink Mix

The legendary weight-control shake that started it all!

Herbalife's very first product was the original Formula 1 Protein Drink Mix. This is the phenomenal formula that started a revolution in the weight-loss industry.

Made from a unique blend of soy proteins, carbohydrates, vitamins, minerals and herbs, Formula 1 Protein Drink Mix provides all the essential amino acids needed for sound nutrition and good health. And this is what sets Formula 1 apart from the weight-loss pack: It is nutritious and good for you, unlike a few fad diets on the market these days. By drinking two Formula 1 shakes a day, in conjunction with eating one balanced, low-calorie meal and following a careful, Herbalife-based dietary regimen, you can reach your weight goal quickly and safely.

Formula 1 shakes are very easy to make: Just drop three or four ice cubes into your blender along with a two tablespoons of Formula 1 and 8 fluid ounces of fruit juice or non-fat milk and mix well. The result is a rich-looking, creamy shake drink that you'd swear came from your local soda fountain. Better still is the taste—a Formula 1 shake is so delicious you almost end up thinking you should feel guilty! Dieting never tasted this good.

Discussion Points

- **A Formula 1-based diet is a safe diet:** Forget all those liquid-based diets that have received so much bad press over the years. Formula 1 Protein Drink Mix is in a different class altogether. It is a scientifically researched, herbal-based protein drink that provides essential nutrients and works best when used as part of an overall balanced, controlled-calorie diet.
- **With a Formula 1 shake, you know what you're putting into your body:** Certainty about what's in your diet enhances your self-confidence while losing weight. Here's what Dr. David B. Katzin has to say in the Thermojetics® Advanced Energy Guide—"[Formula 1] shakes give you absolute certainty about the nutrition you receive in each meal as well as the precise number of calories and fat grams. An Herbalife shake made with skim milk has 170 calories, 1 gram of fat per serving, and only 9% of calories are from fat. Herbalife shakes are powerful tools in helping you reduce unwanted calories and fat in your diet."
- **Formula 1 makes use of patented Aminogen® technology:** And what this means is that a Formula 1 shake uses specially selected protein enzymes that help improve your body's assimilation of dietary proteins.
- **All of Herbalife's Thermojetics® weight-management products are designed to work synergistically.** And once you reach your goal, you will discover your overall eating habits have improved for the better.

Fast Facts

- Drink a Formula 1 shake, and you'll feel full and satisfied and energetic.
- Each serving packs nine grams of protein.
- Rich in dietary fiber.
- Loaded with vitamins and minerals, including the antioxidant vitamins A, C and E (these protect against cellular damage).
- Provides dietary amino acids the body cannot produce on its own.
- Helps reduce blood-serum cholesterol when used as part of a reduced-calorie, low-fat diet.
- Available in four delicious flavors: French Vanilla, Dutch Chocolate, Wild Berry and Tropical Fruit.



SUPPLEMENT FACTS

Serving Size: 2 tablespoons (25 g)
Servings per container: 22

	Amount Per Serving	Powder	Powder with 8 fl. oz. of nonfat milk	% Daily Value*
Calories:		90	180	
Calories from Fat:		5	10	
Total Fat:	0.5**	1%	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%	34%	
Vitamin A	25%	25%	35%	
Vitamin C	25%	25%	30%	
Calcium	8%	8%	40%	
Iron	10%	10%	10%	
Vitamin D	25%	25%	50%	
Vitamin E	25%	25%	25%	
Thiamin	25%	25%	30%	
Riboflavin	25%	25%	45%	
Niacin	25%	25%	25%	
Vitamin B6	25%	25%	30%	
Folic Acid	25%	25%	30%	
Vitamin B12	25%	25%	40%	
Biotin	25%	25%	25%	
Pantothenic Acid	25%	25%	35%	
Phosphorus	15%	15%	40%	
Magnesium	10%	10%	20%	
Zinc	25%	25%	30%	
Selenium	15%	15%	15%	
Copper	25%	25%	25%	
Chromium	8%	8%	8%	
Molybdenum	15%	15%	15%	

Ingredients

Isolated soy protein, fructose, corn bran fiber, powdered cellulose, natural and artificial guar gum, potassium chloride, calcium caseinate, dicalcium phosphate, rice fiber, soy lecithin, canola oil, carrageenan, medium chain triglycerides, dl-methionine, fructooligosaccharides*, magnesium oxide, licorice extract, Aminogen® enzyme blend, citrus pectin, psyllium husk, honey powder, ginger root, ascorbic acid, vitamin E acetate, licorice root, hawthorne berry, gotu kola, dandelion root, parsley, papaya, ferrous fumarate, niacinamide, zinc oxide, copper gluconate, vitamin A palmitate, calcium pantothenate, papain, bromelain, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin D3, folic acid, biotin, chromium amino acid chelate, chromium aspartate, sodium molybdate, chromium nicotinate, sodium selenite and cyanocobalamin.

*Fructooligosaccharides (FOS, which are known as a probiotic and helps promote the growth of positive flora.)

Recommended Use

Blend or stir two tablespoons (25 grams) of Thermojetics® Formula 1 with eight fluid ounces of nonfat milk, juice or your favorite beverage. For losing weight, replace two meals a day with a Formula 1 shake and eating one well-balanced, low-calorie meal. To maintain optimal health, replace one meal a day with a delicious Formula 1 shake.

Ordering Details:

Dutch Chocolate #0142
Tropical Fruit #0144
French Vanilla #0141
Wild Berry #0143
Kosher #0145
\$23.95