



**HERBALIFE®**



# Healthy Meal

## Nutritional Shake Mix

For Healthy Nutrition & Weight Management

*pina colada*

Artificially Flavored

NET WT 0.88 OZ (25 g)



ShapeWorks®

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 soymilk. For a complete meal, add 1 oz of fresh fruit and enjoy!

**INSTRUCCIONES:** Mezcle o revuelva 1 paquete (25 gramos) de Fórmula 1 con 8 oz líquidas de leche descremada o leche de soya. Para una comida completa, agregue una onza de fruta y disfrute!

**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 moderate 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. **CONTIENE INGREDIENTES DE LECHE, TRIGO Y SOYA.**

## Nutrition Facts

Serving Size: 1 Packet (25 g)

Servings Per Packet: 1

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

	% Daily Value**	
Total Fat 1 g*	2%	2%
Saturated Fat 0 g	0%	2%
Trans Fat 0 g		

Cholesterol 0 mg	0%	1%
Sodium 100 mg	4%	11%
Potassium 250 mg	7%	19%
Total Carb. 13 g	4%	8%
Dietary Fiber 3 g	12%	12%
Sugars 9 g		

Protein 9 g	18%	34%
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%
Niacin	25%	25%

	% Daily Value**	
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:** Soy protein isolate, fructose, powdered cellulose, corn bran, guar gum, potassium chloride, artificial pineapple flavor, calcium caseinate, casein, di-calcium phosphate, rice fiber, soy lecithin, non-dairy creamer (sunflower oil, maltodextrin, modified corn starch, di-potassium phosphate, tri-calcium phosphate and tocopherols), carrageenan, medium chain triglycerides, dl-methionine, fructooligosaccharides, magnesium oxide, artificial coconut flavor, psyllium husk powder, honey powder, bacterially-derived patented proteases (Aminogen®), citrus pectin, ginger root, ascorbic acid, dl-alpha tocopherol acetate, licorice root, dandelion root, hawthorne berry, gotu kola, biotin, papaya fruit, ferrous fumarate, niacinamide, sodium selenite, zinc oxide, copper gluconate, vitamin A palmitate, d-calcium pantothenate, papain, bromelain, folic acid, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, cholecalciferol (vitamin D), cyanocobalamin, chromium amino acid chelate, chromium aspartate, sodium molybdate and chromium nicotinate. **CONTAINS MILK, WHEAT AND SOYBEAN INGREDIENTS.**

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

Formulated exclusively for: **HERBALIFE INTERNATIONAL OF AMERICA, INC.**, Los Angeles, CA 90080-0210, U.S.A.  
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