

Manufacturer: Developed for (but not limited to): Grafiche MG Srl.
 ID: F.521 DIELINE 125x60x146
 Description: EMEA carton for F1 Cookie & Smooth Chocolate - 7x



Typical Nutritional Information

Serving Size: 26 g
 Servings per Carton: 7

	Per 100 g	Per 26 g	% NRV*	Per 26 g serving with 250 ml semi-skimmed milk (1.5 % fat)	% NRV*	Per 26 g serving with 250 ml fortified soya beverage	% NRV*
Energy	1664 kJ	433 kJ	**	1766 kJ	31%	895 kJ	**
Protein	34.9 g	9.1 g	16%	17.6 g	31%	15.8 g	28%
Glycaemic Carbohydrate	33 g	9 g	**	21 g	**	22 g	**
of which: total sugar	21.4 g	5.6 g	**	(12 g from milk) 18 g	**	(9 g from soya beverage) 15 g	**
Total Fat	9.7 g	2.5 g	**	6.6 g	**	6.3 g	**
of which:							
saturated fat	1.9 g	0.5 g	**	3.1 g	**	1 g	**
monounsaturated fat	2.1 g	0.5 g	**	1.6 g	**	1.5 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.9 g	**	2.6 g	**
Dietary Fibre***	18 g	4.7 g	**	4.7 g	**	5.2 g	**
Total Sodium	480 mg	125 mg	**	246 mg	**	246 mg	**
VITAMINS							
Biotin	73 µg	19 µg	63%	28 µg	93%	19 µg	63%
Folic Acid	250 µg	65 µg	16%	76 µg	19%	65 µg	16%
Niacin	24 mg	6.2 mg	39%	6.4 mg	40%	7.3 mg	46%
Pantothenic Acid	6.8 mg	1.8 mg	36%	2.7 mg	54%	2 mg	40%
Riboflavin	0.4 mg	0.1 mg	8%	0.6 mg	46%	0.6 mg	46%
Thiamin	1.2 mg	0.3 mg	25%	0.4 mg	33%	0.4 mg	33%
Vitamin A	1180 µg RE	307 µg RE	34%	343 µg RE	38%	448 µg RE	50%
Vitamin B6	1.7 mg	0.4 mg	25%	0.5 mg	29%	0.5 mg	29%
Vitamin C	119 mg	30.9 mg	31%	35.3 mg	35%	30.9 mg	31%
Vitamin D	8 µg	2 µg	13%	13 µg	13%	2 µg	33%
Vitamin E	19.2 mg α-TE	5 mg α-TE	33%	5.1 mg α-TE	34%	5.3 mg α-TE	35%
Vitamin K	118 µg	31 µg	26%	32 µg	26%	39 µg	33%
MINERALS							
Calcium	460 mg	119.6 mg	9%	423.5 mg	33%	435.4 mg	33%
Chromium	80 µg	21 µg	60%	21 µg	60%	21 µg	60%
Copper	1.7 mg	0.4 mg	44%	0.4 mg	44%	0.8 mg	89%
Iodine	230 µg	60 µg	40%	68 µg	45%	60 µg	40%
Iron	22 mg	5.7 mg	32%	5.8 mg	32%	6.8 mg	38%
Magnesium	431 mg	112.1 mg	27%	143 mg	34%	150.6 mg	36%
Manganese	3.3 mg	0.9 mg	39%	0.9 mg	39%	1.1 mg	48%
Molybdenum	77 µg	20 µg	44%	31 µg	69%	20 µg	44%
Phosphorus	890 mg	231.4 mg	19%	465.7 mg	37%	341.8 mg	27%
Potassium	1570 mg	408.2 mg	**	807.3 mg	**	721.5 mg	**
Selenium	79 µg	21 µg	38%	21 µg	38%	27 µg	49%
Zinc	11.5 mg	3 mg	27%	4 mg	36%	3.7 mg	34%

* Nutrient Reference Values (NRVs) for individuals 4 years and older
 ** NRV not established
 *** Fibre content calculation based on AOAC 2009.01 method

INGREDIENTS: Soya protein isolate, fructose, inulin, gluten-free oat fibre, soya oil, cocoa powder, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium (III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (soya lecithin), flaxseed powder, thickeners (xanthan gum, guar gum), flavouring, colour (caramel), sodium chloride, vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Nicotin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmethylglutamic acid (Folic acid), phytylquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), non-nutritive sweeteners: steviol extracts, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). **CONTAINS SOYA.**

Imported and Distributed in South Africa by: HERBALIFE INTERNATIONAL SOUTH AFRICA, LTD.
 Building 32 (Ground floor) The Woodlands, Woodlands Drive, Woodmead, Sandton, South Africa, 2191
 Manufactured in Italy by: Fine Foods NIM S.p.A.
 Via Berlino 39, 24040 Zingonia-Verdellino, Bergamo, Italy ©2022 HERBALIFE NUTRITION

Quick and Easy to Prepare

DIRECTIONS FOR USE: Enjoy a Formula 1 Shake Mix every day. To prepare a delicious shake, mix one sachet (26 g) with 250 ml of cold, semi-skimmed milk (1.5 % fat) or for a vegan friendly and naturally lactose free shake, with 250 ml of fortified soya beverage. Looking for a Formula 1 Shake without using milk or soya beverage? Try Formula 1 with Protein Drink Mix and water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

STORE IN A COOL, DRY PLACE.
30-day money-back guarantee. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors. This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

NOTICE: Before using this product, it is advisable to consult a physician. A healthy active lifestyle should include a balanced diet and regular physical activity. The units contained in this pack are not intended for individual retail sale. If you wish to use for sampling, then product ingredients and nutritional information can be found via the QR code on the sachet or on www.herbalife.com/emea/labels

Legend:
 V = Suitable for vegans
 LF = Naturally lactose free

HERBALIFE NUTRITION

Formula 1 Shake Mix

- 24 Vitamins and minerals
- High protein

smooth chocolate
 artificial colourant free

GF **V**

SOURCE OF FIBRE

Best Before and Lot Number:
 See bottom of carton
NET WEIGHT: 182 g (7 x 26 g)

Delicious Shake Mix

Formula 1 Shake Mix is a delicious and convenient shake that is high in soya protein. Source of fibre and vitamins and minerals.

Enjoy Formula 1 Shake Mix as breakfast, lunch or dinner.

Formula 1 Shake Mix with 24 vitamins and minerals, including B-vitamins (thiamin, niacin, biotin, B6, folic acid and pantothenic acid), vitamins A, C, D & E.

Formula 1 Shake Mix is made of ingredients that are suitable for vegans, gluten free and artificial colourant and artificial flavouring free.

For convenience - the Formula 1 Shake Mix is quick and easy to prepare!

NOTE to Artist:
 Please set Lot./Exp. and Price to match - Helvetica Neue 55 Roman 8/10.5 pt.

LPM01821 W: 125.5 mm x H: 147.5 mm x L: 60.5 mm

HERBALIFE 3200 Temple School Rd, Winston Salem, NC 27107 336 970 6400

FOOD

NAME: **CUT229KSF-00**
 DESC: **F1 Chocolate**
 DIE: **LPM 01821** 04.14.22
 DIELINE: AGILE SERVER NONE
 W:125.5mm H:147.5mm L:60.5mm
 PROGRAM: InDesign CC 2020

COLORS:
 C M Y K
 PMS 368 C PMS 000 PMS 000 PMS 000

EC091877
PROOF: FA1
 OPERATOR: **Byron**
 DATE: **04.14.22**

VARNISH

Smallest Type Size: 6/6.5 Side panel tracking: 0 Side panel scaling: 80% Agamik 4.44: 03.10.22

LEGEND Originator: Maggie

- Glue Area / No Varnish
- No Varnish
- Print Area
- Outside Bleed
- Cuts
- Fold / Crease
- 1/8 1/16 Perf

LOT NUMBER

Flavor color: Chocolate PMS 1405 C
 Use Pantone Bridge CMYK values for process build
5 COLORS ONLY ON LITHO