

HERBALIFE FORMULA 1 SHAKE

Everyone should have a healthy breakfast like a Herbalife Formula 1 Shake - A healthy meal

It's high in key vitamins and minerals to help you achieve your RDA's, including antioxidant vitamins A, C and E.

It contains less than 220 calories to help you control your caloric intake.

It's naturally high in fibre to support healthy digestion.

It's specially formulated with high quality soy protein to help you feel fuller for longer
It helps sustain your energy levels.

Available in six delicious flavours.

KEEP GOING FOR LONGER!

Herbalife Formula 1 nutritional shakes combine complexed carbohydrates with lean protein, which can keep you going for longer without feeling the need to snack!

HEART HEALTHY SOY PROTEIN

Research shows that 25 grams of soy protein per day as part of a diet low in saturated fats can help reduce blood cholesterol.

A single shake provides you with 22 g.

HIGH IN FIBRE

Dietary fibre can help speed the passage of food and assist with the removal of wastes and toxins. The high fibre content in Formula 1 may help support a healthy digestive system. To reach your daily recommended intake of 24 grams of fibre, supplement with other Herbalife fibre products like Fibre and Herb Tablets or foods such as cereals, grains, fruit and vegetables.

Published Date: **10 Oct 2013**