



HERBALIFE®



Healthy Meal

Nutritional Shake Mix

For Healthy Nutrition & Weight Management

cookies 'n cream

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 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. **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 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%
Trans Fat 0 g		
Cholesterol 0 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%
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: 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. **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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