

FORMULA 1 VANILLA CREAM FLAVOURED



SKU #4466

INGREDIENTS: Soya protein isolate, fructose, inulin, gluten-free oat fibre, soya oil, 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), organic flaxseed powder, thickeners (xanthan gum, guar gum), flavourings, vitamins mixture (L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), nicotinamide (Niacin), retinyl acetate (Vit. A), D-biotin (Biotin), calcium D-pantothenate (Pantothenic acid), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), phyloquinone (Vit. K), pyridoxine hydrochloride (Vit. B6), thiamin hydrochloride (Vit. B1), cyanocobalamin (Vit. B12), riboflavin (Vit. B2)), sodium chloride, colourant (beta-carotene), non-nutritive sweetener: steviol extracts, papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). **CONTAINS SOYA.**

¹ 2% of the agricultural ingredients derive from organic agriculture

NL-BIO-01

Typical Nutritional Information

Serving Size: 26 g Servings per Container: 21							
	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	**	953 kJ	**	897 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	**	21 g	**
of which: total sugar	23.4 g	6.1 g	**	(12.4 g from milk) 18.5 g	**	(9.4 g from soy beverage) 15.5 g	**
Total Fat	9.7 g	2.5 g	**	6.6 g	**	6.3 g	**
of which:							
saturated fat	1.6 g	0.4 g	**	3 g	**	0.9 g	**
monounsaturated fat	2.1 g	0.5 g	**	1.6 g	**	1.5 g	**
polyunsaturated fat	5.5 g	1.4 g	**	1.5 g	**	3.6 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 %	6.5 mg	41 %	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	1060 µg RE	276 µg RE	31 %	312 µg RE	35 %	417 µg RE	46 %
Vitamin B6	1.7 mg	0.4 mg	24 %	0.6 mg	35 %	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 %	2 µg	13 %	5 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 %	31 µg	26 %	38 µg	32 %
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 %	0.5 mg	56 %	0.9 mg	100 %
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 %	150.5 mg	36 %
Manganese	3.3 mg	0.9 mg	39 %	0.9 mg	39 %	1 mg	43 %
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	1420 mg	369.2 mg	**	768.3 mg	**	682.5 mg	**
Selenium	120 µg	31 µg	56 %	31 µg	56 %	37 µg	67 %
Zinc	11.5 mg	3 mg	27 %	3.9 mg	35 %	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

Core Nutrition

Formula 1 offers both convenience and taste all in one shake.

Formula 1 Vanilla Cream Flavoured Shake Mix is suitable for lacto-vegetarians. Featuring a blend of protein, fibre, and vitamins & minerals. You no longer have to choose between healthy meals and convenience – Formula 1 Shake Mix is quick and easy to prepare!

- Get the nutrients your body needs, while staying committed to your preferences or diet requirements. Formula 1 Vanilla Cream Flavoured is made of ingredients that are vegan sourced, gluten and dairy-free, is artificial flavourings free and artificial colourant free.
- It contains 24 vitamins and minerals, including B-vitamins (thiamin, niacin, biotin, B6, folic acid and pantothenic acid), vitamins A, C, D & E
- Enjoy Formula 1 for breakfast, lunch or dinner.

KEY BENEFITS:

- 953 Kilojoules per serving
- 17.6 g protein per serving.**
- 24 vitamin and minerals per serving
- 4.7 g of fibre
- Formula 1 Vanilla Cream Flavoured is a vegan-friendly and dairy-free shake whenever you prepare it with fortified soy beverage.

**When mixed with 250 ml of semi-skimmed milk (1.5% fat)

USAGE

- Enjoy a Formula 1 Vanilla Cream Flavoured shake every day for breakfast, lunch or dinner. Gently shake the canister prior to each use as the content may settle. Mix two scoops (26 g) of powder with 250 ml of cold, semi-skimmed milk (1.5% fat). Alternatively, for a vegan-friendly and naturally lactose free shake, mix with 250 ml of fortified soy beverage.
- Looking for a Formula 1 Shake Mix without using milk or soy beverage? Try 2 scoops of Formula 1 Vanilla Cream Flavoured + 2 scoops of Protein Drink Mix + 300 ml of water, only 886 kJ and 24 g of protein.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out myherbalifeshake.com for additional shake recipes and serving suggestions.

To find out more, contact me today: