

# FORMULA 1 SHAKE MIX, RASPBERRY AND BLUEBERRY FLAVOUR



## Typical Nutritional Information Serving Size: 26 g, Servings per Container: 21

	Per 100 g	Per 26 g	% NRV*	Per 26 g portion with 250 ml semi-skimmed milk	% NRV*
Energy	1630 kJ	424 kJ	**	939 kJ	**
Protein	34.8 g	9 g	16 %	17.5 g	31 %
Glycaemic Carbohydrate	32 g	8 g	**	21 g	**
of which: total sugar	27.3 g	7.1 g	**	19.5 g	**
Total Fat	10 g	2.6 g	**	6.7 g	**
of which:					
saturated fat	1.6 g	0.4 g	**	2.8 g	**
monounsaturated fat	1.9 g	0.5 g	**	1.6 g	**
polyunsaturated fat	5.4 g	1.4 g	**	1.5 g	**
Dietary Fibre***	15.1 g	3.9 g	**	3.9 g	**
Total Sodium	488 mg	127 mg	**	248 mg	**
<b>VITAMINS</b>					
Biotin	38 µg	10 µg	33 %	19 µg	63 %
Folic Acid	250 µg	65 µg	16 %	77 µg	19 %
Niacin	23.4 mg	6.1 mg	38 %	6.3 mg	39 %
Pantothenic Acid	6.1 mg	1.6 mg	32 %	2.5 mg	50 %
Riboflavin	0.3 mg	0.1 mg	8 %	0.5 mg	39 %
Thiamin	1.3 mg	0.3 mg	25 %	0.4 mg	33 %
Vitamin A	1039 µg	270 µg	30 %	305 µg	34 %
Vitamin B6	1.7 mg	0.4 mg	24 %	0.6 mg	35 %
Vitamin C	125 mg	32.5 mg	33 %	36.9 mg	37 %
Vitamin D	8 µg	2 µg	13 %	2 µg	13 %
Vitamin E	17.3 mg	4.5 mg	30 %	4.6 mg	31 %
<b>MINERALS</b>					
Calcium	394.5 mg	102.6 mg	8 %	406.6 mg	31 %
Chromium	69 µg	18 µg	51 %	33 µg	94 %
Copper	1.4 mg	0.4 mg	44 %	0.4 mg	44 %
Iodine	200 µg	52 µg	35 %	60 µg	40 %
Iron	25.6 mg	6.7 mg	37 %	6.8 mg	38 %
Magnesium	430.8 mg	112 mg	27 %	142.9 mg	34 %
Manganese	2.6 mg	0.7 mg	30 %	0.7 mg	30 %
Molybdenum	77 µg	20 µg	44 %	31 µg	69 %
Phosphorus	916.7 mg	238.3 mg	19 %	472.3 mg	38 %
Potassium	1390.4 mg	361.5 mg	**	760.5 mg	**
Selenium	88 µg	23 µg	42 %	23 µg	42 %
Zinc	11.2 mg	2.9 mg	26 %	3.9 mg	36 %

\* 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 (39 %), fructose, inulin, oat fibre (**gluten**), **soya** oil, flavourings, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium chloride, potassium iodide, copper citrate), potassium phosphate, emulsifier (soya lecithin), thickeners (xanthan gum, carrageenan, guar gum, pectin), colour (beetroot red), vitamins mixture (L-ascorbic acid, DL-alpha-tocopheryl acetate, beta-carotene, nicotinamide, calcium D-pantothenate, D-biotin, cholecalciferol, pyridoxine hydrochloride, thiamine hydrochloride, cyanocobalamin, folic acid, riboflavin), sodium chloride, anti-caking agent (silicon dioxide), papaya powder, parsley powder, blueberry juice powder, pomegranate juice powder. **CONTAINS GLUTEN AND SOYA.**

## Core Nutrition

**Delicious shake that provides protein from milk and soy, fibre, essential micronutrients and added botanicals and herbs.**

### KEY BENEFITS

- The number 1 meal-replacement shake in the world.\* Formula 1 Shakes have helped people all across the globe reach their weight-loss goals. Reach yours today!
- Underpinned by science: Clinical studies show that daily use of meal replacement shakes as part of a kilojoule restricted diet is proven effective for managing weight, along with moderate exercise.\*\*
- Kilojoule-controlled: Approximately 939 kJ per serving when made according to directions.
- High in protein from dairy and soy (18 g per serving).
- Quick to whip up, a Formula 1 Shake is a convenient alternative to a high-kilojoule breakfast, lunch or dinner.
- Soy protein: providing essential amino acids.
- Provides 23 vitamins and minerals.

### USAGE

Enjoy a Formula 1 Shake every day.

Mix two tablespoons of powder (26 g) with 250 ml of semi-skimmed milk (low fat).

- **For weight control:** Substituting two daily meals of an energy restricted diet with Formula 1 Shakes contribute to weight loss. Replace two meals per day with a delicious Formula 1 Shake and take a nutritious meal.\*\*\*
- **For healthy nutrition and weight maintenance:** Substituting one daily meal of an energy restricted diet with a Formula 1 Shake contributes to the maintenance of weight after weight loss. Replace one meal per day with a delicious Formula 1 Shake and eat two nutritious meals.\*\*\*

To find out more, contact me today.

\*Source Euromonitor International Limited; per Consumer Health 2016ed, meal replacement category definition; % RSP share GBO, 2015 data.

\*\*Flechtnr-Mors, M., B. O. Boehm, et al. (2010). "Enhanced weight loss with protein-enriched meal replacements in subjects with the metabolic syndrome." Diabetes/metabolism research and reviews 26(5): 393-405.

\*\*\*Commission Regulation (EU) 432/2012