

The Herbalife® Guide to Cellular Nutrition Cellular Nutrition



Set your goals and nourish your needs. Our Core Products deliver a Cellular Nutrition regimen that is essential to any health, fitness or weight-management program.

Formula 1 Healthy Meal Replacement Shake gives your body essential vitamins, minerals, high quality protein, botanicals and herbs for a delicious, balanced meal that's quick and easy to make.

Formula 2 Multivitamin Mineral Complex is a daily tablet with 15 essential vitamins and minerals including Vitamin A to support your immune system.

With these products at the core of your program, you can also add in other products that address your specific health goals.



Having balanced meals with proper nutrients is absolutely essential to any plan for health, fitness or weight management. Herbalife® Formula 1 Healthy Meal Replacement Shake comes in a variety of delicious flavours. It gives your body essential vitamins, minerals, protein and fibre for a balanced & delicious meal that's quick & easy to make.

Key benefits

- The number 1 meal-replacement shake in the world.* F1 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 calorie restricted diet is proven effective for managing weight, along with moderate exercise.
- Calorie-controlled: Approximately 220 kcal per serving
- Rich in protein from dairy and soy (18g per serving), Formula 1 shakes are a great option if you are looking to build lean muscle mass along with exercise
- Quick to whip up, a F1 shake is a convenient healthy alternative to a high-calorie breakfast, lunch or dinner.
- Soy protein: a complete protein providing all essential amino acids.
- Provides essential vitamins and minerals.
- Available in nine delicious flavours and also available: F1 Free From – free from lactose, soy and gluten when made according to instructions and suitable for vegetarians.

How can it help you?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet. A healthy meal like Formula 1 helps you to control your calorie intake whilst also providing essential vitamins and minerals, with carbohydrate and protein.

Usage

Enjoy Formula 1 shake every day as a healthy meal option. Mix two tablespoons of powder (26 grams) with 250ml of semi-skimmed milk (low fat).

- When used for weight control: Replace two meals per day with this delicious shake and eat one nutritionally balanced meal.
- For healthy nutrition: Replace one meal per day with Formula 1 shake and eat two nutritionally balanced meals.

*Source Euromonitor International Limited; per meal replacement category definitions, 31.2% GBO market share, all retail channels; Packaged Food 15ed; retail value sales at rsp



Regular vitamin intake helps maintain a healthy body, supplementing food intake with important micronutrients.

Formula 2 Multivitamin, your daily multivitamin with over 15 vitamins and minerals to help you reach your RDA.

Key benefits

Helps you reach your daily vitamin and mineral needs, as part of a healthy, well balanced diet.

1. Vitamin A, folate, B6, B12 and zinc to help maintain the normal function of the immune system
2. Calcium and phosphorous for the maintenance of normal bone health and teeth
3. Vitamin C and E to help protect cells from oxidative stress

How can it help you?

It's important to include varied and balanced meals as part of your daily diet. However, when your lifestyle is hectic and your finding it hard to get the balance right, support your body with F2 Multivitamin Complex to provide the essential vitamins and minerals your body needs.

Usage

One tablet three times daily with meals. This product can be used in conjunction with Herbalife Formula 1 Nutritional Shake Mix.