

FORMULA 1 EXPRESS BAR

Nutritional information: 1 portion = 1 bar (56g)

	per 100 g	per bar (56g)	% EU RDA*
Energy	370 kcal (1550 kJ)	207 kcal (868 kJ)	-
Protein	23,9 g	13,4 g	-
Carbohydrates	37,5 g	21,0 g	-
of which: Sugar	25,4 g	14,2 g	-
Fat	10,6 g	5,9 g	-
of which:			
saturated fatty acids	3,5 g	1,9 g	-
mono-unsaturated fatty acids	3,2 g	1,8 g	-
poly-unsaturated fatty acids	3,8 g	2,1 g	-
Linoleic acid	2,7 g	1,5 g	-
Dietary Fibre	14,5 g	8,1 g	-
Sodium	0,39 g	0,22 g	-
VITAMINS			
Vitamin A	433 µg	242 µg	30%
Vitamin D	2,8 µg	1,5 µg	30%
Vitamin E	6,6 mg	3,7 mg	31%
Vitamin C	43,4 mg	24,3 mg	30%
Thiamin	0,61 mg	0,34 mg	31%
Riboflavin	0,9 mg	0,5 mg	36%
Niacin	10,2 mg	5,7 mg	36%
Vitamin B6	0,82 mg	0,46 mg	33%
Folic Acid	108,4 µg	60,7 µg	30%
Vitamin B12	1,35 µg	0,75 µg	30%
Biotin	27,1 µg	15,2 µg	30%
Pantothenic Acid	3,25 mg	1,8 mg	30%
MINERALS			
Calcium	428 mg	239 mg	30%
Phosphorous	604 mg	338 mg	48%
Iron	11,1 mg	6,2 mg	44%
Magnesium	98,0 mg	54,9 mg	15%
Zinc	6,21 mg	3,48 mg	35%
Iodine	82,5 µg	46,2 µg	31%
Potassium	928 mg	519 mg	26%
Copper	0,83 mg	0,46 mg	46%
Selenium	29,9 µg	16,7 µg	30%
Manganese	1,08 mg	0,61 mg	30%



Ingredients:

Soy granules, fructose-glucose syrup, soy crisps (soy protein, tapioca starch, salt), milk chocolate 8,9% (sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier: soy lecithin; flavours), glukose syrup, polydextrose, soy protein, oligofructose, choco extruded cornflakes (corn flour, wheat flour, low fat cocoa, sugar, wheat malt, salt, flavours), fructose, minerals (dipotassium phosphate, tricalcium phosphate, magnesium oxide, ferric(III)diphosphate, zinc oxide, manganese sulphate, copper sulphate, potassium iodide, sodium selenite), chocolate drops 1,8% (sugar, cocoa mass, cocoa butter, emulsifier: soy lecithin; vanilla), vegetable fibres: acacia gum; sunflower oil, flavours, salt, acidulant: citric acid; emulsifier (soy lecithin), vitamins [vitamin C (ascorbic acid), nicotinamide, vitamin E (tocopheryl acetate), calcium pantothenate, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamine hydrochloride), vitamin A (retinyl acetate), folic acid, biotin, vitamin D (cholecalciferol), vitamin B12 (cyanocobalamin)]. Contains milk, soya and gluten. May contain traces of carrot, nuts, peanuts and sesame seeds.

For up-to-date ingredient list & nutritional values please refer to the label on the product.

* RDA = Recommended Daily Allowance per Bar

Core Nutrition

When you're out and about, you'll never have to worry about missing a healthy and tasty meal. The convenient and portable Formula 1 Healthy Meal Bar is nutritionally balanced and tasty. The Formula 1 Healthy Meal Bar provides you with the essential nutrients needed for a healthy meal* on the go.

KEY BENEFITS

- **Calorie controlled with only 207 calories per bar**
- **High in fibre and soy protein for sustained energy levels and to help keep you feeling fuller for longer**
- **Low glycaemic index (GI)**
- **Contains soy: the inclusion of at least 25g of soy protein a day, as part of a diet low in saturated fat can help you maintain healthy cholesterol levels**
- **Contains essential vitamins and minerals to help you reach your Recommended Daily Allowance (RDA)**
- **Suitable for vegetarians**
- **Available in chocolate and red fruits & yoghurt flavour**
- **Nutritionally balanced and tasty meal in a convenient and portable bar**

WHY DO YOU NEED IT?

When trying to lose or manage your weight, it's important to maintain a nutritionally balanced diet which can be difficult if convenient and tasty solutions are out of reach. A healthy meal like Herbalife Formula 1 Shake or Formula 1 Healthy Meal Bar keep your caloric intake down to avoid putting on extra weight, while also providing you essential vitamins and minerals, long lasting carbohydrate and protein for energy to help feel fuller for longer.

USAGE

Enjoy Formula 1 Shake or Healthy Meal Bar everyday as a healthy meal option.

Want a personalised weight management programme?

Formula 1 Shakes is already the preferred healthy meal solution for millions of people everyday helping them achieve weight management results they feel proud of. Make it a tasty meal everyday by adding your favourite fruits to personalise the flavour even more. Your Formula 1 comes in a cannister or single serving sachets.

Need a convenient healthy meal when on the go?

NEW - Formula 1 Healthy Meal Bar is handy to keep with you when you are on the go, and when consumed with a generous drink of water, you never have to miss out on a nutritious meal. Available in a delicious chocolate and crunchy flavour, it is the tempting meal replacement to avoid excess-calorie options when on the go.

**This product is intended for use as part of an energy restricted diet and with other foodstuffs, in conjunction with regular physical activity.*