

# FORMULA 1 BERRY BAR



EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**

## Ingredients:

soy granules, fructose-glucose syrup, soy crisps (soy protein, tapioca starch, salt), yoghurt-flavoured coating 8.9 % [sugar, cocoa butter, skimmed yoghurt powder (10 %), lactose, emulsifier (soy lecithin), flavours, citric acid], polydextrose, soy protein, glucose syrup, oligofructose, fruit-flavoured flakes 3.6 % (fructose glucose syrup, humectant (glycerol), sugar, wheat fibre, fruit concentrates 8 % (concentrated pomegranate juice, concentrated acai puree, concentrated blueberry puree), gelling agent (pectin), vegetable fat, acidulant (malic acid, citric acid), flavouring), extruded corn flakes (corn flour, wheat flour, sugar, wheat malt, salt, flavours), fructose, minerals (dipotassium phosphate, tricalcium phosphate, magnesium oxide, ferric diphosphate, zinc oxide, manganese sulphate, copper sulphate, potassium iodide, sodium selenite), sunflower oil, vegetable fibre (acacia gum), flavours, acidulant (citric acid), salt, emulsifier (soy lecithin), vitamins (L-ascorbic acid, nicotinamide, DL-alpha-tocopheryl acetate, calcium-D-pantothenate, riboflavin, pyridoxine hydrochloride, thiamin hydrochloride, retinyl acetate, peroylmonoglutamic acid, D-biotin, cholecalciferol, cyanocobalamin).  
Contains milk, soya and gluten. May contain traces of nuts, peanuts and sesame seeds.

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

	per 100 g	per bar (56g)	% EU RDA*
Energy	369 kcal (1547 kJ)	206 kcal (866 kJ)	-
Protein	23,7 g	13,2 g	-
Carbohydrates	37,1 g	20,8 g	-
of which: Sugar	25,5 g	14,3 g	-
Fat	10,7 g	6,0 g	-
of which:			
saturated fatty acids	3,3 g	1,8 g	-
mono-unsaturated fatty acids	3,4 g	1,9 g	-
poly-unsaturated fatty acids	3,8 g	2,1 g	-
Linoleic acid	2,7 g	1,5 g	-
Dietary Fibre	14,7 g	8,2 g	-
Sodium	0,39 g	0,22 g	-
<b>VITAMINS</b>			
Vitamin A	459 µg	257 µg	32%
Vitamin D	2,9 µg	1,6 µg	32%
Vitamin E	7,0 mg	3,9 mg	33%
Vitamin C	45,9 mg	25,7 mg	32%
Thiamin	0,64 mg	0,36 mg	33%
Riboflavin	0,95 mg	0,55 mg	39%
Niacin	10,8 mg	6,0 mg	38%
Vitamin B6	0,87 mg	0,48 mg	34%
Folic Acid	115 µg	64,3 µg	32%
Vitamin B12	1,43 µg	0,8 µg	32%
Biotin	28,7 µg	16,1 µg	32%
Pantothenic Acid	3,45 mg	1,95 mg	33%
<b>MINERALS</b>			
Calcium	414 mg	232 mg	29%
Phosphorous	594 mg	332 mg	47%
Iron	11,6 mg	6,5 mg	46%
Magnesium	101 mg	56,3 mg	15%
Zinc	6,47 mg	3,62 mg	36%
Iodine	87,0 µg	48,7 µg	32%
Potassium	909 mg	509 mg	25%
Copper	0,87 mg	0,48 mg	48%
Selenium	31,7 µg	17,7 µg	32%
Manganese	1,15 mg	0,64 mg	32%

\* 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 207 calories per bar**
- **High in fibre and 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 flavours**
- **Nutritionally balanced and tasty meal in a convenient and portable bar**

### HOW CAN IT HELP YOU?

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 helps you to control your calorie intake and so helps you to manage your weight. They also provide essential vitamins and minerals, carbohydrates and protein for energy and to help you to feel fuller for longer.

### USAGE

Enjoy 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?

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.