

FORMULA 1 Nutritional Shake Mix

FAQs



Disclaimer:

This product is not for parenteral use. The product is not to be used by pregnant, nursing and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease.

Formula 1 - Nutritional Shake Mix

THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. QUANTITY OF SUGAR ADDED 24 GM**/100 GM.
CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS

**Formula 1 Nutritional Shake Mix - Kulfi - Quantity of sugar added 17gm/100gm.



01. What is Formula 1 Nutritional Shake Mix?

- Formula 1 Nutritional Shake Mix is a powdered formula food recommended for use by adults as replacement of one or two daily meals/day. Formula 1 Nutritional Shake Mix may help provide an appreciable amount of essential macro and micronutrients that are important for maintaining health delivered in relatively few calories per serving.
- Formula 1 Nutritional Shake Mix is a meal replacement that provides nutritionally relevant amounts of macro and micronutrients in a single serving and is intended to support weight loss and management as part of an overall lifestyle program, which includes a healthy, balanced diet and physical activity.
- As a meal replacement, Formula 1 Nutritional Shake Mix provides a nutritionally balanced portion of the daily needs for protein, carbohydrates, including dietary fiber, and most vitamins and essential minerals per serving that are important for the maintenance of good health.

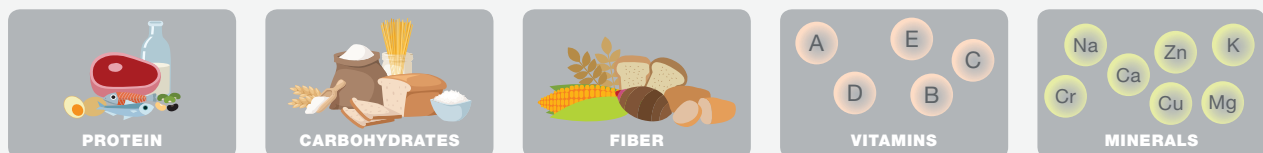


02. What is a Meal replacer¹?

- Meal replacer per FSSAI (Food Safety and Standards Authority of India) falls under category of “FOOD FOR SPECIAL DIETARY USES (FSDU)”, which are specially processed or formulated to satisfy particular dietary requirements which may exist or arise because of certain physiological or specific health conditions, namely:
 - a. low weight, obesity, diabetes, high blood pressure
 - b. Pregnant and lactating women; and
 - c. Geriatric population and celiac disease and other health conditions
- It is a formula food presented as a replacement of one or more meals of the daily diet and should comply with the following:
 - a. Provide energy not less than 200 kcal and not more than 400 kcal per meal.
 - b. Not less than 25% and not more than 50% of the energy available from food, when ready to serve shall be derived from its protein content.
- The quality of protein should have the protein digestibility corrected amino acid score (PDCAAS) of 1.0
- The formula food for special dietary use shall have adequate dietary fiber.
- Meal replacement for one or more daily meals, but it is not recommended as a total diet replacement.

03. What are the ingredients in Formula 1 Nutritional Shake Mix?

Formula 1 Nutritional Shake Mix comprises of dietary macronutrients, such as protein, carbohydrates, fiber, and micronutrients (i.e., vitamins and minerals).



04. What is the role of meal replacer in weight management?

- Cutting down on the calorie or burning calories helps in weight management. A decrease of 1000 kcal daily is required to lose about 1 kg a week and a reduction of 500 kcal daily will bring about a weight loss of nearly ½ kg a week.² This means that to lose ½ kg (one pound), either you will have to burn or save 500 calories every day.
- Meal replacer like Formula 1 Nutritional Shake Mix are low in calorie and packed with essential nutrients required in a meal. Including Formula 1 Nutritional Shake Mix in daily diet help to keep track of calorie consumed which may be difficult in regular meal and its easy and quick to make.

05. How can Formula 1 Nutritional Shake Mix help you in your day to day routine?

- Whether leading a busy and active lifestyle or trying to control your weight, it can be hard to ensure you give your body the required nutrition each day.
- By incorporating Formula 1 Nutritional Shake Mix in your daily diet provides a way to enjoy a healthy and great tasting shake helping you to get the nutritious meal (i.e., nutrition without overloading on calories).



06. What are the unique features and health benefits of Formula 1 Nutritional Shake Mix?

- Formula 1 Nutritional Shake Mix is a nutritious meal option, low in calories.
- Formula 1 Nutritional Shake Mix is a delicious meal, packed with high quality protein, dietary fiber, vitamins and minerals.
- Formula 1 Nutritional Shake Mix is tested for Low GI and proved to be a Low GI food*.
- Research suggests that low glycemic index (GI) foods tend to minimize the large fluctuations in blood glucose levels and also observed to reduce subsequent food intake.³
- **One product multiple combination:**
With Formula 1 Nutritional Shake Mix you can enjoy 2 options of meals (as per your requirements):
 - o HPMPR⁴ - High Protein Meal Replacement – gives you an option to have a high protein meal; recommended basis our clinical study on Formula 1 and PPP.
 - » 25g F1 + 300ml skimmed milk + 2 scoop PPP
 - o Meal³ - recommended basis the Nutraceutical regulation.
 - » 25g F1 + 300 ml skimmed milk
- Consumption of High Protein Meal Replacement (HPMR) along with calorie restricted diet and moderate physical activity daily, showed reduction in body weight and body fat percentage along with improvement/healthy maintenance of blood lipid profile.³⁻⁴

**Formula 1 Nutritional Shake Mix is tested for GI . The testing was conducted according to the Internationally recognized methodology (ISO 26642) at an Australian University*

07. What is the science and quality behind Formula 1 Nutritional shake mix?

Formula 1 Nutritional shake mix along with PPP has been clinically tested for the effect of High Protein Meal Replacement (HPMR) on weight loss and cardio metabolic profile in overweight/obese subjects and this HPMPR found to be effective.

F1 and PPP when consumed (2 servings each) along with calorie restricted diet and moderate physical activity daily, showed:

- Reduction in body weight
- Reduction in waist, hip and mid-arm circumference
- Reduction in body fat percentage and fat mass
- Improvement in blood lipid profile (reduction in total cholesterol and serum triglycerides*)

**Serum triglycerides - the most common type of fat in the body, normal triglyceride levels vary by age and sex*

QUALITY ASSURANCE

Product integrity, safety and efficacy have always been Herbalife's top priorities. The Raw materials used in Formula 1 are globally and locally sourced from reputable suppliers and its manufactured in accordance with established quality standards. Product quality is verified at our in-house laboratory with state-of-the-art testing equipment's. We conduct regular audits and inspections of suppliers and contract manufacturers to ensure compliance.

08. What are the key highlights of Formula 1 Nutritional Shake Mix?

Each serving of Formula 1 Nutritional Shake Mix powder (25g)

- 9g of high-quality Protein
- 3g Dietary Fiber
- 18 vitamins and minerals
- Formula 1 Nutritional Shake Mix is tested for Low GI*

**Formula 1 Nutritional Shake Mix is tested for GI . The testing was conducted according to the Internationally recognized methodology (ISO 26642) at an Australian University*

09. Is Formula 1 Nutritional Shake Mix tested for Glycemic index?

Yes, all Formula 1 Nutritional Shake Mix variants are tested for Glycemic index and found to be low GI. The testing was conducted according to the Internationally recognized methodology (ISO 26642) at an Australian University.



10. What is Glycemic Index (GI) and why it is important?

- Glycemic Index (GI) is a measure of how quickly a carbohydrate containing food causes blood sugar to rise in reference to a standard food. In other words, GI reflects the blood glucose raising ability of digestible carbohydrates in a given food.
- Low-GI foods contain carbohydrates that are more slowly digested and therefore, produce a less pronounced rise in blood glucose levels post meal.

11. Is a low GI diet suitable for vegetarians?

- A low GI diet is likely suitable for vegetarians as long as they continue to eat a healthy well-balanced diet.
- If an individual is concerned about the suitability of a diet, they should contact their personal healthcare provider to determine whether the diet is appropriate for their individual health goals.

12. What is the difference between glycemic index and glycemic load?

- GI is a rating of a food's influence on post-meal glucose levels in comparison to a standard reference food that has a very high glycemic index (typically white bread). Therefore, a food's GI value is directly related to the food's effect on blood glucose levels compared to that of the reference food.
- For example, foods that have less effect on the rise of post-meal glucose levels compared to the reference food have lower GI values.
- Glycemic Load (GL) of a food is measured by the amount of carbohydrate that is in a food and the GI value of the food
$$GL = GI/100 \times \text{Net Carbohydrates}^*$$

(Net Carbs are equal to the Total Carbohydrates minus total Dietary Fiber)
- Because fluctuations in post-meal blood glucose levels also depend on the amount of carbohydrate (and servings) consumed, GL is an important predictor for potential post-meal glucose effects.

13. Does the GI increase with serving size? If I consume 2 servings of Formula 1 Nutritional Shake Mix, does the GI double?

- No, serving size does not impact GI of a given food.
- GI in Formula 1 Nutritional Shake Mix remains the same when the serving size is increased from 1 to 2 servings

14. Will adding Personalized Protein Powder to my shake affect the GI index and how will it affect?

- The effect of adding PPP to Formula 1 Nutritional Shake Mix was not tested.
- However, Personalized Protein Powder (PPP) is comprised of Soy Protein Isolate and Whey Protein Concentrate which are low GI food⁵ with little to no carbohydrate thus, addition of PPP to Formula 1 Nutritional Shake Mix won't have much of an impact on GI.

15. How does the GI index affect the consumer? Is it lower the better? Will there be any difference in the way body absorb nutrients?

- The GI of a food is not necessarily indicative of the overall nutritional value of a food. Individuals should look at the complete nutritional composition of a food to determine if it is suitable as a part of a healthy well-balanced diet which is specific to their personal dietary goals.
- For example: Whole Milk has a GI value of 31 and a GL value of 4 for 1 cup (250mL). However, whole milk is high in saturated fat and it may not be the best choice for an individual on a weight management plan or who has been directed by their health care provider to avoid saturated fat.
- On the other hand, watermelon has a high GI, but is a low-calorie option when consumed in moderation due to its high-water content.

16. Is it healthy to consume only low GI food?

- GI is a rating of a food's carbohydrate property in terms of its ability to elicit a change to glucose levels after consumption. However, there are important qualities of foods other than their immediate impact on glucose levels, such as vitamins and minerals, dietary fiber, phytonutrients, etc., that impact their healthfulness and should be taken into consideration. For this reason, one should not rely on the GI and GL values as the sole factor for determining dietary choices.
- Individuals should consume a healthy well-balanced diet which consists of a variety of food choices from complex carbohydrates, colorful fruits and vegetables, lean proteins and healthy fats.
- That said, there are many healthy food choices rich in nutrients which may not be low in GI. A healthy and balanced diet may include a variety of food choices which may combine low GI foods and high GI foods for complete nutrition, however this will depend on an individual's personal dietary goals or other health-related factors.
- Please remember it is always advisable to consult your physician about any questions you may have regarding your diet.

17. Can you use low GI food while you are trying to lose weight?

- Yes, many low GI foods are suitable in weight management.⁶⁻⁸ However, there are few things one should keep in mind when using low GI foods while trying to lose weight.
- For instance, it is still important to watch portion sizes and overall caloric intake when consuming a low GI food. Additionally, incorporating regular physical activity is also important in weight management.
- In other words, low GI does not mean low calorie and optimal weight management may best be achieved through a healthy active lifestyle. In addition, it is important that individuals with health conditions consult their healthcare provider prior to changing their diet or engaging in physical activity.

18. How to take Formula 1 Nutritional Shake Mix?

You can take/consume Formula 1 Nutritional Shake Mix as recommended on the label:

- Gently shake the canister prior to each use as contents may settle.
- Simply blend, shake or stir 25g Formula 1 Nutritional Shake Mix powder (3 scoops) with 300 ml of skim milk.
- Enjoy 1-2 servings per day.



- Not to exceed the stated recommended daily usage. There are no added benefits to exceeding the recommended serving.
- Enjoy Formula 1 Nutritional Shake Mix by itself or in conjunction with other Herbalife nutritional products like Active Fiber Complex or PPP or Niteworks, etc.
- Create your own Formula 1 Nutritional Shake Mix recipes by mixing with fresh fruits and ice (as preferred).
 - **For Weight loss:** Replace 2 meals daily with a Formula 1 Nutritional Shake Mix and eat one nutritious meal
 - **For Weight management/Calorie control:** Replace 1 meal with Formula 1 Nutritional Shake Mix per day.
 - Also, Incorporate nutritious snacks to meet your caloric goals.

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Before using this product as a part of a weight control programme it is advisable to consult a physician.

19. Can Formula 1 Nutritional Shake Mix be mixed with fruit and vegetables? What impact does this have on the nutritional value?

- Yes, different fruits can be added to Formula 1 Nutritional Shake Mix while preparing the shake.
- Fruits & vegetables tend to be high in certain essential vitamins and minerals and can contain a moderate amount of calories depending on the amount used.
- Adding fruit and vegetables can increase the vitamin and mineral and total calorie content of the finished product.

20. Can I call the Formula 1 Nutritional Shake Mix shake prepared with water a meal replacement?

No, Formula 1 Nutritional Shake Mix prepared with just water can't be called as a meal replacement as it does not meet the requirements of Meal replacement in terms of calorie, nutritional values. Hence, we suggest preparing the Formula 1 as directed on label.

21. Can this product be taken directly?

No. This product is in powder form, and it should be consumed as recommended on the label (i.e., mixed with milk/water).

22. Are there any negative effects of consuming Formula 1 Nutritional Shake Mix?

- Formula 1 Nutritional Shake Mix has been tested clinically for its safety and efficacy.⁴
- Thus, Formula 1 Nutritional Shake Mix is safe and healthy when consumed as recommended on the product label.
- Consumers around the country have consumed varieties of Formula 1 Nutritional Shake, Herbalife Nutrition's #1 selling product for 20 years.
- Formula 1 Nutritional Shake Mix is an excellent combination of macro- and micronutrients and contain no medicine, hormones or diuretics. As nourishment, healthy adults can drink them, but children, pregnant women, nursing mothers or elderly and people with any health issues should check with doctor before making any changes to their diet.

23. Does a Formula 1 Nutritional Shake Mix substitute for a balanced diet?

- Formula 1 Nutritional Shake Mix is composed of the nutrients you need for a healthy and balanced meal. They are important tools for those who have limited healthy nutritional choices available or occasionally have no time to eat well.
- Thus, Formula 1 Nutritional Shake Mix is a part of a balanced diet.

24. How many servings of Formula 1 Nutritional Shake Mix are available per canister?

- There are 20 servings of Formula 1 Nutritional Shake Mix in the 500g canister.
- Each serving is 25 g or 3 scoops (scoop is provided inside the canister).

25. Can Formula 1 Nutritional Shake Mix be prepared as a cold or hot beverage?

Formula 1 Nutritional Shake Mix is formulated to be prepared and consumed using cold or room temperature skimmed milk.

26. What are the sources of protein in Formula 1 Nutritional Shake Mix?

Formula 1 Nutritional Shake Mix contains a proprietary blend of Soy, Casein and Whey Protein.



27. What are the sources of dietary fiber in Formula 1 Nutritional Shake Mix?

Formula 1 Nutritional Shake Mix has a good combination of both soluble and insoluble dietary fiber sources. Inulin, oat fiber, psyllium husk and cellulose powder are the sources of fiber in Formula 1 Nutritional Shake Mix.



28. Does Formula 1 Nutritional Shake Mix contain any added flavors?

Formula 1 Nutritional Shake Mix contains added flavors (please see the product label).

29. Does Formula 1 Nutritional Shake Mix contain any sweeteners?

Formula 1 Nutritional Shake Mix contains Sucralose (an artificial sweetener, for calorie conscious).

30. What is the shelf life of Formula 1 Nutritional Shake Mix?

This product is best before 24 months or 2 years from the date of manufacture, when kept un-opened.

31. How should the product be stored?

Please follow the below instructions:

- Store with lid tightly closed in a cool, dry place and away from sunlight.
- Keep out of reach of children.
- This product absorbs moisture quickly.
- Do not keep the canister in open condition.
- Close the lid immediately after use.
- Refrigerate after opening, along with any unused portion.
- Recommended to consume the product within 30 days once the canister is opened.

32. Can protein shakes be consumed every day?

- Yes. Formula 1 Nutritional Shake Mix is a great tool for those who just want to have more healthy and convenient meal options.
- One of Formula 1 Nutritional Shake Mix's biggest advantage is its practicality, serving as a healthy option for busy people. In modern life, people often don't have time or opportunity to eat a planned or healthy meal. If you are running late for work in the morning, or too tired to cook at night, a protein shake could be a very appropriate solution since it is easy, nutritious and quick to prepare.

33. How long you can consume this product?

Consume at your own discretion and as per label recommendation of use

34. Is Formula 1 Nutritional Shake Mix only for people trying to lose weight?

- No. Formula 1 Nutritional Shake Mix work as an excellent complement to other healthy diet elements, and they can also be an effective weight management tool.
- To lose weight, you should replace two out of three meals a day with a shake. Keep on doing this until you reach your weight target. Then, to maintain your weight, you should replace one meal a day with a shake.

35. Does Formula 1 Nutritional Shake Mix contain any common allergens?

Formula 1 Nutritional Shake Mix contains MILK and SOY ingredients. This information can be found on the product label. If you have food sensitivities or allergies, please review the ingredient list to determine if the product is ok. If uncertain about product suitability, please consult your Medical practitioner.

36. Does Formula 1 Nutritional Shake Mix contain any GMO ingredients?

No, Formula 1 Nutritional Shake Mix is formulated with non-GMO ingredients.

37. Is Formula 1 Nutritional Shake Mix suitable for vegetarians?

Yes, Formula 1 Nutritional Shake Mix is suitable for vegetarians.

38. Can this product be taken if you are under medication for any existing medical condition/health problem?

Kindly discuss with your Medical practitioner before using this product in case you are under medication for any existing medical condition/health problem.

39. Can this product be consumed by children/pregnant/lactating women?

- The product is not to be used by pregnant, nursing and lactating women or by infants, children, adolescents and elderly, except medically advised.
- Herbalife products are designed for use by healthy adults as a part of a healthy well-balanced diet. Our products are formulated for adults and are labelled based on the adult Recommended Dietary Allowances (RDA).
- Before using this product as a part of a weight control programme it is advisable to consult a physician.
- Herbalife does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife products for weight loss, especially during their formative years.

40. What is the SKU numbers, net content of this product?

- SKU: 1247, 1248, 1249, 1239, 1269, 4114, 154K
- Net content: 500g

41. Is this product a medicine?

No, this product is not a medicine. This product is not for medicinal use & it is not intended to diagnose, treat, cure or prevent any disease.

42. How will Formula 1 Nutritional Shake Mix be categorized in the existing product range?

Formula 1 Nutritional Shake Mix will be categorized as "FOOD FOR SPECIAL DIETARY USE (FOR WEIGHT CONTROL AND WEIGHT MANAGEMENT)"

Disclaimer

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- Before using this product as part of a weight control programme it is also advisable to consult a physician. Herbalife does not recommend (except under the supervision of a physician) that children/adolescents consume Herbalife products for weight loss, especially during their formative years.
Formula 1 - Nutritional Shake Mix - THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. QUANTITY OF SUGAR ADDED 24gm/100gm**. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS
ALLERGEN: CONTAINS MILK & SOY.
- Results are not typical, individual results will vary.
- This product is not intended to diagnose, treat, prevent or cure any disease.
- This document is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan, in case of a health problem consults a medical practitioner of your choice.

**Formula 1 Nutritional Shake Mix – Kulfi - Quantity of sugar added 17gm/100gm.

References

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