

# PRODUCT CLAIMS SHEET

## FORMULA 1 SPORT

Made with milk protein

Vanilla Cream Flavoured

### KEY CLAIMS



**19 g of protein per serving**



**4.7 g of fibre per serving**



**24 vitamins and minerals**



**Gluten-free**



**Suitable for lacto-vegetarians**



**Artificial colourant free**



SKU #4461

- Formula 1 Sport is a delicious Shake Mix, specially created for fitness enthusiasts.
- It has been developed by experts in sports nutrition, vigorously tested and accredited by Informed-Sports quality assurance to contain no banned substances.<sup>1</sup>
- Formula 1 Sport is a delicious Shake Mix for fit and active individuals who want a better balance between their fitness goals and a busy lifestyle.
- Contains a blend of milk protein, fibre, vitamins and minerals. Enjoy Formula 1 Sport shake every day. Mix two scoops (26 g) of powder with 250 ml of cold semi-skimmed milk (1.5% fat).
- Enjoy Formula 1 Sport at any time, for breakfast, lunch or dinner.
- Formula 1 Sport contains essential amino acids, including leucine which is one of the BCAAs.

Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle. Check out [myherbalifeshake.com](http://myherbalifeshake.com) for additional shake recipes and serving suggestions.

This product is intended for use as part of an energy-restricted diet and with other foodstuffs, in conjunction with regular physical activity. It is important to maintain adequate fluid intake. It is important to follow these directions as indicated.

<sup>1</sup> **Banned substance tested:** The Informed-Sport quality assurance programme certifies that a sample of the batch (from which this product was created) has been tested by LGC's world-class sports anti-doping lab and found to contain no banned substances in its anti-doping screen. More details at [www.informed-sport.com](http://www.informed-sport.com)

# INDIVIDUAL VITAMIN AND MINERAL CLAIMS

## **CALCIUM CONTRIBUTES TO:**

- Normal muscle function
- The maintenance of normal bones

## **CHROMIUM CONTRIBUTES TO:**

- Maintenance of normal blood glucose levels
- Normal macronutrient metabolism

## **FOLATE CONTRIBUTES TO:**

- Normal amino acid synthesis
- Normal blood formation
- Normal function of the immune system
- Reduction of tiredness and fatigue

## **MAGNESIUM CONTRIBUTES TO:**

- Normal energy-yielding metabolism
- The maintenance of normal bones
- Normal muscle function
- Normal protein synthesis

## **MANGANESE CONTRIBUTES TO:**

- Normal energy-yielding metabolism
- The maintenance of normal bones
- Normal muscle function
- Normal protein synthesis

## **PHOSPHORUS CONTRIBUTES TO:**

- Normal energy-yielding metabolism
- The maintenance of normal bones

## **POTASSIUM CONTRIBUTES TO:**

- Normal functioning of the nervous system
- Normal muscle function
- Maintenance of normal blood pressure

## **SELENIUM CONTRIBUTES TO:**

- Normal function of the immune system
- Protection of cells from oxidative stress

## **VITAMIN A CONTRIBUTES TO:**

- Maintenance of normal skin
- Maintenance of normal vision
- Normal function of the immune system

## **VITAMIN B12 CONTRIBUTES TO:**

- Normal energy-yielding metabolism
- Normal function of the immune system
- Reduction of tiredness and fatigue

## **VITAMIN C CONTRIBUTES TO:**

- Normal collagen formation for the normal function of cartilage, bones and skin
- Normal energy-yielding metabolism
- Normal function of the immune system
- Protection of cells from oxidative stress
- Reduction of tiredness and fatigue
- Vitamin C increases iron absorption

## **VITAMIN D CONTRIBUTES TO:**

- Maintenance of normal bones and teeth
- Maintenance of normal muscle function
- Normal function of the immune system

## **VITAMIN E CONTRIBUTES TO:**

- Protection of cells from oxidative stress

## **ZINC CONTRIBUTES TO:**

- Normal protein synthesis
- Normal carbohydrate and macronutrient metabolism
- Maintenance of normal testosterone levels in the blood
- Normal cognitive function
- Normal metabolism of fatty acids
- Normal function of the immune system
- Protection of cells from oxidative stress

## **VITAMIN K CONTRIBUTES TO:**

- Normal blood clotting

## **THIAMINE CONTRIBUTES TO:**

- Normal function of the heart

## **RIBOFLAVIN CONTRIBUTES TO:**

- The protection of cells from oxidative stress

## **IODINE CONTRIBUTES TO:**

- Normal production of thyroid hormones and normal thyroid function

## **BIOTIN CONTRIBUTES TO:**

- Maintenance of normal mucous membranes