

inspire

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Today

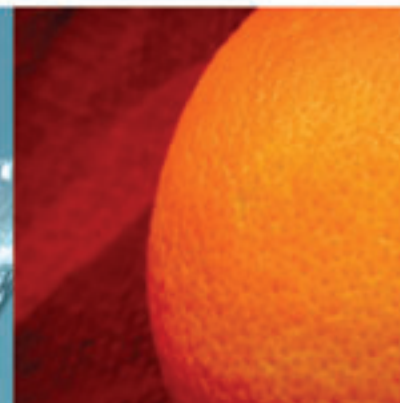
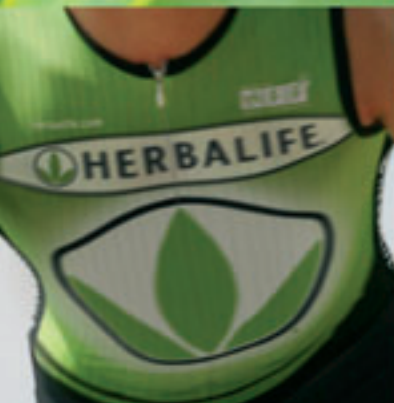


Fabulous Formula 1 Nutritional Shake Mix!

There are some foods you would never want to be without... Formula 1 Nutritional Shake Mix is on that list of 'must-haves'.

It's an anytime-anywhere meal.
Versatile, easy to prepare and delicious.

But more than this, it's also highly nutritious. Find out what Formula 1 Nutritional Shake Mix can do for you...



The classic must-have!

Perfectly portable

Not all foods are easily portable. Formula 1 Nutritional Shake Mix is 100 per cent portable! It comes in a sturdy canister, which preserves the contents perfectly. Take it to work, take it on holiday with you, and, enjoy a shake at any time of day to help keep hunger at bay, or as a healthy meal.

Quick, healthy and easy to prepare

No fuss, just add milk and shake or stir till smooth and creamy. If you fancy a smoothie, just add fruit and blend in a liquidiser for a healthy snack. You can create endless wonderful, mouth-watering recipes and become an expert smoothie-maker!

Have you ever had one of those moments when your stomach is talking to you, but you can't fathom what it's asking for? If you keep a can of Formula 1 Nutritional Shake Mix handy, you will always be able to appease your stomach because it contains such a broad range of nutrients. What about those times when you feel hungry but can't spare the time to eat? When you eventually eat, you grab anything you can, with no thought for how nutritious it is. For emergencies and for speed, a Formula 1 shake is the ultimate quick meal; you can't go wrong! So keep it in your kitchen cupboard and at work, but remember, it won't last long – once you get used to the great taste and convenience, the contents of that canister will vanish fast!

Versatile

Everyone can enjoy the benefits of Formula 1 Nutritional Shake Mix; it's a versatile product which can serve different purposes:

Weight control: simply replace two meals a day with two shakes, prepared with semi-skimmed milk.

Healthy nutrition: once you've achieved your ideal weight, replace one meal a day with a shake. Incorporate a Formula 1 shake into your daily regime and feel confident that you are giving your body the best!

Sports nutrition: sports men and women all over the world rely on the rich nutrient content in Formula 1 Nutritional Shake Mix to power their active lives.

Fits into a busy lifestyle

Busy mums and dads, hard-working students, high-flying executives – what do they all do? Forget to eat! The mind is elsewhere. A hectic lifestyle needs a regular supply of good quality 'fuel' to keep blood sugars level and provide essential nutrients and energy throughout the day. Irregular meals and poor food choice can result in fatigue and weight gain, so regularly-spaced healthy meals are a must. The solution is simple – Formula 1 shake – it's a 'NOW' meal, immediate, satisfying and nutritious!

An excellent source of protein

Protein provides the 'building blocks' of life – amino acids – every cell in the body needs amino acids. Protein is useful to the body for a multitude of tasks, such as maintaining muscle mass, repairing damage to tissues and producing hormones and enzymes. The average adult needs between 70-100g of protein on a daily basis; each Formula 1 Nutritional Shake Mix shake provides 17.5g of protein which includes 5.8g of heart-healthy soy protein.

Even more health benefits:

If you are concerned about cholesterol levels or have been told by your GP that you need to lower cholesterol, Formula 1 Nutritional Shake Mix can help. The main source of protein used in Formula 1 Nutritional Shake Mix is soy protein (5.8g per serving – when mixed with 250ml of semi-skimmed milk), according to research, the inclusion of at least 5g soy protein in a diet low in saturated fat can help reduce blood cholesterol.

How do you feel after eating a big meal? Big meals put stress on the digestive system – there's a lot of work involved in breaking-down, absorbing and assimilating the contents of a meal. Your body works far more efficiently when you eat smaller, nutrient-rich meals. We can help our digestive system work more efficiently by choosing smaller, highly nutritious portions that are easily digested, and Formula 1 Nutritional Shake Mix falls into this category perfectly. Each shake contains six grams of beneficial fibre, that's approximately 20 per cent of your daily requirement. As you probably know, fibre is key to the health of your digestion system, so give your digestive system a little less stress and replace one meal a day with a healthy Formula 1 shake!

Snacks such as burgers and sandwiches will provide a whopping 400-800 calories, accompanied by just a few worthwhile vitamins and minerals. A Formula 1 shake, as you've seen above, supplies excellent levels of valuable nutrients and only 217 calories when mixed with semi-skimmed milk.

Finally, at the end of a long list of positive benefits, you can enjoy this marvellous product in five fabulous flavours: Vanilla, Strawberry, Chocolate, Tropical Fruit and Cappuccino. Which one will you try first?



Vanilla #0141 Chocolate #0142 Strawberry #0143
Tropical Fruit #0144 Cappuccino #1171

Formula 1 Nutritional Shake Mix, key nutrition facts (based on a shake prepared with 250ml semi-skimmed milk):

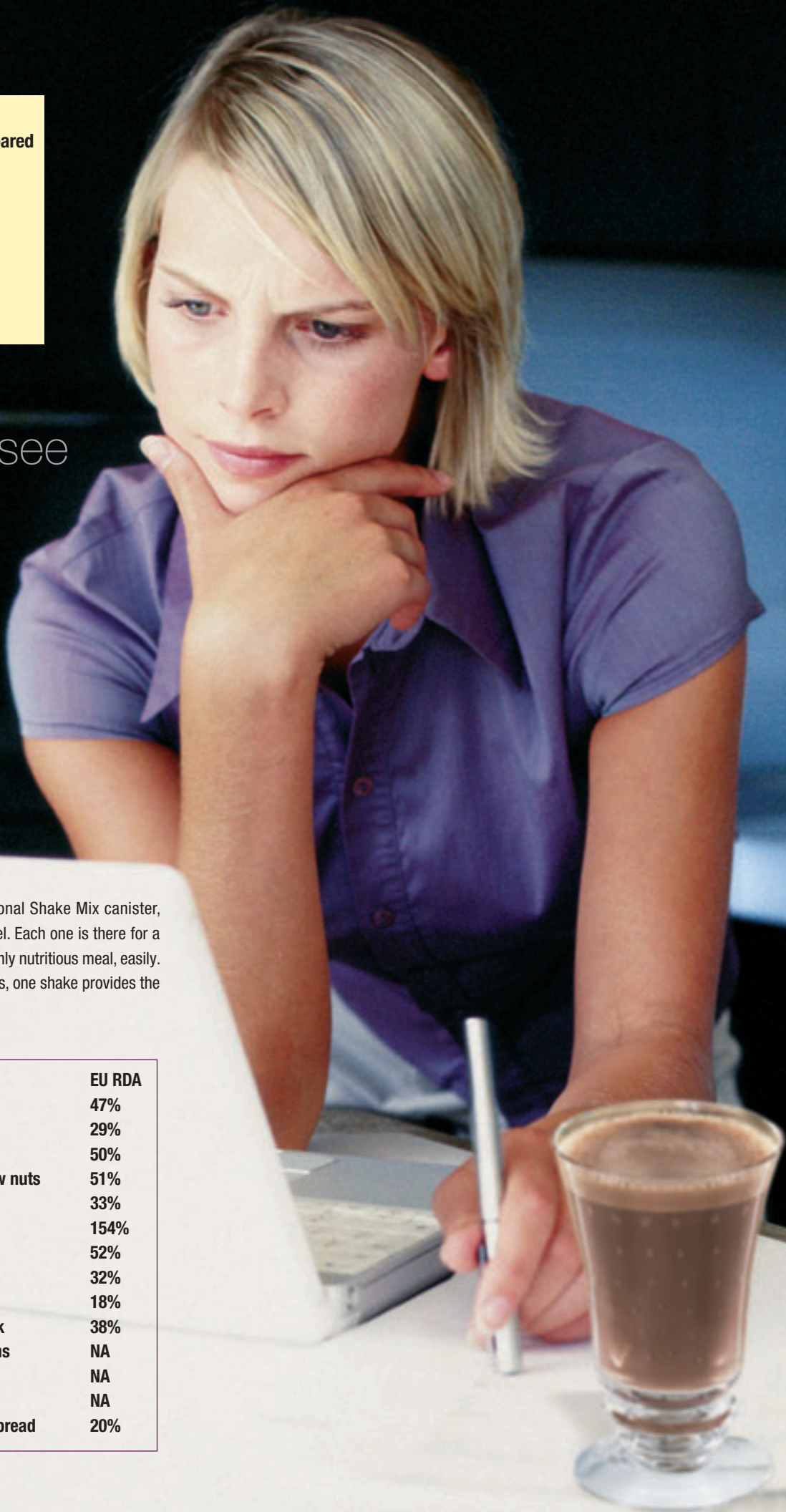
- 5.8 grams of heart-healthy soy protein
- Packed full of key vitamins and minerals
- Contains beneficial fibre
- Low in saturated fat
- Only 217 calories*

* Dependent on flavour

Now you can see why Formula 1 Nutritional Shake Mix is a classic must-have!

If you take a look at the Formula 1 Nutritional Shake Mix canister, you'll find a long list of nutrients on the label. Each one is there for a good reason; to help you get a balanced, highly nutritious meal, easily. To give you an idea of just how nutritious it is, one shake provides the following approximate nutrient levels:

	Equivalent to	EU RDA
Vitamin A	120g cheddar cheese	47%
Vitamin C	100g boiled cabbage	29%
Vitamin D	50g tinned tuna	50%
Vitamin E	50g dry roasted cashew nuts	51%
Vitamin B6	100g cooked lentils	33%
Vitamin B12	two raw eggs	154%
Calcium	80g Tofu	52%
Zinc	85g cooked crab	32%
Magnesium	248ml carrot juice	18%
Iron	155g cooked beef steak	38%
Potassium	100g cooked soya beans	NA
Copper	one avocado	NA
Selenium	90g cooked liver	NA
Dietary fibre	four slices wholemeal bread	20%



And there's more!...

Formula 1 Nutritional Shake Mix comes from a range of equally excellent products, including:



Formula 2 - Multivitamin Complex

Keep your body in top condition by taking essential nutrients. Formula 2 supplies an even broader range of vitamins and minerals, plus select herbs, that complement the nutrition found in Formula 1 Nutritional Shake Mix.

#3115



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