

# Formula 3 Personalized Protein Powder

## A PROTEIN SUPPLEMENT FOR HUNGER CONTROL AND ENERGY.

### KEY BENEFITS

- Helps to maintain lean muscle mass.
- Proprietary blend of high-quality soy and whey proteins.
- Provides the flexibility to customize your protein intake to help fight hunger.

Your body needs the right amount of protein daily for hunger control, lean muscle support and healthy weight management. Unfortunately, many dietary protein sources—such as meat, cheese and nuts—are also high in unwanted fat and calories. Formula 3 Personalized Protein Powder (PPP) is a convenient fat-free way to help ensure you get all the daily protein you need for weight management and hunger control between meals.

### FAST FACTS

- Proprietary blend of soy and whey protein.
- Helps support a better lean-to-fat body composition ratio.
- A complete protein, includes all nine essential amino acids.
- When added to your Formula 1 shakes helps you feel fuller longer, making weight loss easier.
- 5 grams of protein per tablespoon.
- Contains no fat, carbohydrates, cholesterol, salt, sugar or sweeteners.
- Can be added to a variety of foods, including Formula 1 shakes, soups, yogurt and applesauce, to boost daily protein intake.

### SUGGESTED USAGE

Use with Formula 1 Nutritional Shake Mix and Formula 2 Multivitamin Complex on your ShapeWorks™ program. Your Herbalife Distributor will help you meet your personal protein needs by calculating the number of daily servings/grams of protein your body needs.



### NUTRITION FACTS

Serving size: 1 Tablespoon (6 g)  
Servings per container: 60

	Amount per serving	%DV**
Calories	20	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	44 mg	2%
Potassium	39 mg	1%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
Protein	5 g	10%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

**Ingredients:** Soy protein isolate, whey protein concentrate, natural flavor and silicon dioxide.

**Directions:** One tablespoon (one serving) supplies 5 grams of protein. Take 1 to 4 servings daily. This plain, unsweetened formula can be added to your Formula 1 Shake or stirred into other foods and beverages, including cereal, yogurt, sauces and soups.

**For Best Results:** Women should add 1 to 2 tablespoons (10 grams of protein) of Personalized Protein Powder to each ShapeWorks™ Formula 1 Shake, and men should add 1 to 3 tablespoons (15 grams of protein) to further support weight loss.

### ORDERING DETAILS

#0194 \$28.50  
60 servings per container