

Formula 1 Nutritional Shake Mix

A **Unique Blend**

of soy protein combined with carbohydrates, healthy fibre, vitamins, minerals and herbs, Formula 1 Nutritional Shake Mix is a healthy meal replacement that supports weight management and overall good health.



Benefits:

- Keeps you feel full, satisfied and energetic
- Supports your weight management programme while consuming up to 21 essential vitamins for balanced nutrition
- Provides 9g of protein and 2.5g of healthy fibre
- Dietetic Formula for Weight Management

Directions for Use:

Simply blend 2 tablespoons (26 grams) of Formula 1 Nutritional Shake Mix with 250ml of non-fat milk, juice or favourite beverage.



After 7-10 hours of overnight sleep without food, the body needs to re-fuel and eating a healthy breakfast kick-starts the metabolism for the day.

Frequently Asked Questions:

What are the key ingredients?

The key ingredients are 9g of protein (isolated soy protein) and 21 essential vitamins and minerals.

Why is isolated protein important?

Soy is the only plant source of complete protein, and the quality of soy protein is as good as animal sources of protein. Isolated soy protein is a great alternative in providing high quality protein without fat, saturated fat or cholesterol.

Can I make Formula 1 shake and drink it later?

No, we don't recommend it. After a while, the colour will change and vitamins will degrade due to contact with air.

Can I make Formula 1 with hot water?

It is not recommended to make Formula 1 with hot water as it may destroy the heat-sensitive vitamins such as Vitamin C.

Is Formula 1 certified Halal?

Yes, it is certified Halal and thus, suitable to be consumed by Muslims.



Formula 1 Nutritional Shake Mix

是一种有 **益于健康** 的膳食替代品，配方独特，融合大豆蛋白、碳水化合物、健康纤维、维生素、矿物质和草本植物，有助于体重管理并促进整体健康。

效果:

- 使您获得饱腹感、满足感和充沛的精力
- 支持您的体重控制计划，并同时利用多达21种必需的维生素来提供均衡的营养
- 含有9克蛋白质和2.5克健康纤维素
- 帮助控制体重的营养配方

使用说明:

只需将两大匙（26克）Formula 1 Nutritional Shake Mix 倒入250毫升脱脂牛奶、果汁或喜欢的饮料中，混合搅拌均匀即可。

常见问题:

每份产品的主要成分和数量是什么？

9克蛋白质（离析大豆蛋白）和21种基本维生素与矿物质。

为何离析蛋白质如此重要？

大豆是完全蛋白质的唯一植物来源，大豆蛋白质品质与动物蛋白来源拥有同样的优良品质。离析大豆蛋白是经过检验的高品质蛋白最佳替代品，不含脂肪、饱和脂肪和胆固醇。

我可以把Formula 1做成混合饮料之后，过段时间再饮用吗？

不能，我们不推荐这样做。接触空气不久，产品颜色便会改变，维生素也会降解。

我可以用热水冲兑Formula 1吗？

不推荐热水冲饮，因为这样会破坏热敏性维生素。

您知道吗？

夜间睡眠7-10小时不进食后，人体便需要重新补充能量，食用健康早餐有助于一天的新陈代谢。

Formula 1是认证清真食品吗？

是的，它是认证清真食品，所以适合穆斯林服用。