

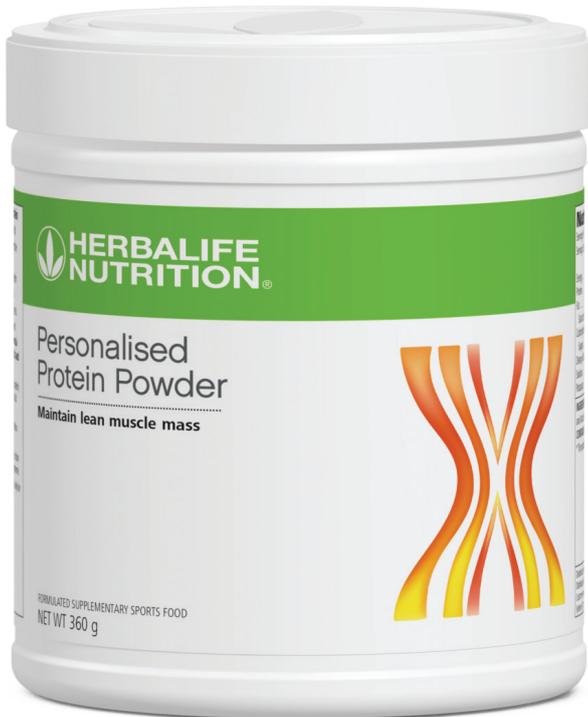
# Personalised Protein Powder

Besides being low in carbohydrates and calories, Personalised Protein Powder is also formulated with a blend of good quality soy and fast absorbing whey protein to support lean body mass while keeping you feeling full longer when mixed with Formula 1 Nutritional Shake Mix.



**Looking for guidance, tips or healthy recipes?**

Talk to your Herbalife Nutrition Independent Member



**Soy and Whey Protein**

**Healthy Weight Management**

**Muscle development**

## What are the key ingredients?

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

## How does it benefit you?

- Helps to supplement your protein intake.
- Contains approximately 5g of protein per level dessert spoon.
- Contains Soy and Whey protein.
- Contains no artificial colours.
- Mixes easily in any beverage, hot or cold, is unflavoured and can be sprinkled onto food.
- Adding Personalised Protein Powder to a Formula 1 shake increases your protein intake without adding extra carbohydrate calories.

## How do I take it?

One dessert spoon (one serving) supplies 5g of protein. Take 1 to 4 servings daily.

## Who is it suitable for?

- Those who want to boost and optimise their protein intake.
- Those who are practising weight management as it supports a feeling of fullness longer when combined with Formula 1 Nutritional Shake Mix.
- Those who want support in building lean body mass.
- Those who want to enjoy a healthy, low-calorie protein snack or meal.
- Those whose diet may lack protein.

## You might also want to try

Formula 1 Nutritional Shake Mix, Herbal Aloe Concentrate, Instant Herbal Beverage, Active Fibre Complex and Formula 2 Multivitamin Complex.

**Always read the label - use only as directed.  
Contains milk and soybean ingredients.**

**To learn more, visit [Herbalife.com.au](http://Herbalife.com.au)**

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