

# FORMULA 1

## SALTED CARAMEL

### LIMITED EDITION



SKU: 336K

#### Ingredients:

**Soy** protein isolate, fructose, inulin, gluten-free **oat** fibre, **soy** oil, minerals mixture (calcium citrate, magnesium oxide, ferrous fumarate, sodium selenite, zinc oxide, manganese carbonate, chromium(III) chloride, potassium iodide, cupric citrate), potassium phosphate, emulsifier (**soy** lecithin), thickeners (xanthan gum, guar gum), sodium chloride, caramelised sugar, natural flavoring, vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Biotin (D-biotin), Pantothenic acid (calcium D-pantothenate), Vitamin D (cholecalciferol), Folic acid (pteroylmonoglutamic acid), Vitamin K (phylloquinone), Thiamin (thiamin hydrochloride), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Riboflavin), sweetener (steviol glycosides from stevia), papaya fruit powder, parsley herb powder, blueberry fruit powder, pomegranate fruit powder, anti-caking agent (silicon dioxide). Sweetener from natural source.

Allergy advice: for allergens see ingredients in **bold**.

#### Nutritional Information

Serving size: 26 g (2 scoops) Servings per container: 21						
	Per 100 g		Per 26 g serving with 250 ml semi-skimmed milk (1.5% fat)		Per 26 g serving with 2 scoops of PDM Vegan and 300 ml water	
Energy	1574 kJ 375 kcal	-	929 kJ 221 kcal	-	866 kJ 206 kcal	-
Fat	10 g	-	7 g	-	5 g	-
of which:	-	-	-	-	-	-
saturates	1.6 g	-	3.0 g	-	0.7 g	-
mono-unsaturates	1.9 g	-	1.6 g	-	0.5 g	-
polyunsaturates	5.5 g	-	1.5 g	-	1.4 g	-
Carbohydrate	28 g	-	20 g	-	13 g	-
of which: sugars	21 g	-	18 g (12 g from milk)	-	6 g	-
Fibre	15 g	-	4 g	-	5 g	-
Protein	35 g	-	18 g	-	24 g	-
Salt	2.1 g	-	0.8 g	-	1.1 g	-
<b>VITAMINS</b>						
		%RI*		%RI*		%RI*
Vitamin A	1180 µg RE	148%	343 µg RE	43%	524 µg RE	66%
Vitamin D	7.9 µg	158%	2.1 µg	42%	4.0 µg	79%
Vitamin E	19 mg α-TE	158%	5.1 mg α-TE	43%	9.6 mg α-TE	80%
Vitamin K	118 µg	157%	31 µg	41%	31 µg	41%
Vitamin C	119 mg	149%	35 mg	44%	61 mg	77%
Thiamin	1.2 mg	109%	0.42 mg	38%	0.74 mg	67%
Riboflavin	0.35 mg	25%	0.55 mg	39%	0.64 mg	46%
Niacin	24 mg NE	150%	6.5 mg NE	41%	12 mg NE	77%
Vitamin B6	1.7 mg	121%	0.56 mg	40%	0.97 mg	69%
Folic Acid	250 µg	125%	75.8 µg	38%	141 µg	71%
Vitamin B12	1.0 µg	40%	1.3 µg	52%	1.3 µg	51%
Biotin	73 µg	146%	28 µg	56%	38 µg	76%
Pantothenic Acid	6.8 mg	113%	2.7 mg	45%	4.0 mg	67%
<b>MINERALS</b>						
Potassium	1420 mg	71%	768 mg	38%	979 mg	49%
Chloride	620 mg	78%	421 mg	53%	497 mg	62%
Calcium	460 mg	58%	423 mg	53%	445 mg	56%
Phosphorus	890 mg	127%	466 mg	67%	497 mg	71%
Magnesium	431 mg	115%	143 mg	38%	112 mg	30%
Iron	20 mg	143%	5.3 mg	38%	5.2 mg	37%
Zinc	12 mg	120%	4.1 mg	41%	5.0 mg	50%
Copper	1.7 mg	170%	0.47 mg	47%	0.82 mg	82%
Manganese	3.3 mg	165%	0.86 mg	43%	1.8 mg	90%
Selenium	120 µg	218%	31 µg	56%	56 µg	103%
Chromium	80 µg	200%	21 µg	53%	21 µg	52%
Molybdenum	77 µg	154%	31 µg	62%	56 µg	113%
Iodine	230 µg	153%	68.3 µg	46%	117 µg	78%

\*Reference intake

Formula 1 Salted Caramel limited edition is a new delicious addition to the Formula 1 family.

Our Formula 1 Shake is a healthy meal replacement you can have at breakfast, lunch or dinner, it's high in protein that supports the maintenance and growth of muscle mass, and it's balanced with key vitamins and minerals plus fats.

#### KEY BENEFITS AND FEATURES

- High in protein
- Made of ingredients that are vegan sourced, gluten and dairy free\*\*
- Formula 1 Salted Caramel shake delivers at least 30% of your daily recommended intake of 26 vitamins and minerals.
- Get the nutrients your body needs, while staying committed to your preferences or diet requirements.
- Contains no artificial colours or flavours.

#### USAGE

Enjoy Formula 1 Salted Caramel Limited Edition shake every day as a nutritious meal. Gently shake the canister prior to each use as content may settle. To prepare a delicious shake, mix two scoops of powder (26 g) with 250 ml of cold, semi-skimmed milk (1.5% fat). Or for a vegan friendly and naturally lactose free shake, mix two scoops of Formula 1 (26 g) with two scoops of PDM Vegan (28 g) and 300 ml water. Enjoy this product within a balanced and varied diet, as part of a healthy, active lifestyle.

**For weight loss**, replace two meals per day with a delicious Formula 1 shake and take a balanced meal.

**For nutrition support and weight maintenance**, replace one meal per day with a delicious Formula 1 shake and eat two balanced meals.

Meet your daily caloric goals by also consuming nutritious snacks.

\*\*when mixed with PDM Vegan and 300 ml water.