



# Formula 1 for Healthy Nutrition



Add fruit  
for even more  
vitamins,  
minerals  
and fibre

Formula 1 shake + semi-skimmed milk = 220 calories



More **VITAMIN A**  
than a mango



More **FIBRE**  
than 50g broccoli



More **VITAMIN C**  
than a banana



More **CALCIUM**  
than a 200g yogurt



More **PROTEIN**  
than a 62g chicken thigh



More **IRON**  
than 115g beans