

Formula 1 Nutritional Shake Mix

Low GI Tested






Herbalife Formula 1 Nutritional Shake Mix is tested as a low GI*.

GI (Glycemic Index)

Glycemic Index (GI) is a measurement carried out on carbohydrate containing foods and their impact on our blood sugar. The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Low GI foods, by virtue of their slow digestion and absorption, produce gradual rises in blood sugar and insulin levels.

EXAMPLES OF LOW-HIGH GI FOODS

Low GI GI 0 - 55	Medium GI GI 56 - 69	High GI >70
Herbalife Formula 1 Nutritional Shake Mix 	Brown Rice 	Mashed Potato 

Formula 1 Nutritional Shake Mix

A nutritious meal replacement shake mix with protein, fibre, and essential vitamins and minerals.

For more information, please contact Herbalife Member Services on (08) 8154 0220 (AUS) or 0800 437 225 (NZ).

**GI value is for powder only and the values are - Vanilla 20, Chocolate 19, Berry Flavour 21 and Cookies n' Cream 15*