



Recommended by Australia's leading weight loss clinicians.

When patients need to lose weight, an increasing number of doctors and dietitians are providing the same advice: use Formulite.

And with a range of delicious shakes and bars, Recovery Protein and lupin soups, there are plenty of options to satisfy whatever mood you're in. Losing weight has never tasted so good.

Who does it help?

Formulite was developed with healthcare professionals to help people lose weight. Weight loss can aid in the management of:

- Type 2 diabetes
- Sleep apnoea
- Heart disease
- or preparing for surgery
- Fertility issues
- Osteoarthritis
- Fatty liver disease

Weight Loss Meal Plan

Breakfast

1 Formulite Shake or Bar
& piece of fruit



Morning Snack

Healthy Snack
200g Greek yoghurt

Lunch

1 Formulite Shake or Bar



Afternoon Snack

Healthy Snack
2 Kiwi fruit, 30g raw almonds

Dinner

Thai Chicken Patties with
Asian Salad



Formulite products should be used
under medical supervision.

One day sample meal plan only. See your bariatric surgeon or dietitian for a diet plan that is right for you.

Formulite is a Victorian-based business committed to helping Australians through premium high protein weight loss solutions.



Scan here to visit [formulite.com.au](https://www.formulite.com.au)

Need to lose weight?

Formulite could be just what the doctor ordered.



FORMULITE®

Meal Replacement Shakes

WHEY PROTEIN, PROBIOTICS *and* DIGESTIVE ENZYMES



HIGH PROTEIN - 33.9g* per serve



LOW CARB



LOW SUGAR + no artificial sweeteners!



GLUTEN FREE + only 2.4g of lactose



GUT FRIENDLY - pre and probiotics

*Average across all 5 flavours of shakes



Available in 5 delicious flavours:

- Choc Hazelnut
- Creamy Vanilla
- Coffee
- Honeycomb
- Banana

Tips & Tricks

Chill your shake in the fridge for 20 minutes to thicken it up

Always keep a meal replacement bar handy - in your bag or car

Meal Replacement Bars

WHEY PROTEIN, VITAMINS *and* MINERALS



HIGH PROTEIN - 20 g per serve



NO PROTEIN AFTERTASTE



CONVENIENT - Perfect for on-the-go



GLUTEN FREE + only 2.1 g of lactose



APPEALING TEXTURE



Available in 2 irresistible flavours:

- Choc Crisp with milk chocolate
- Lemon Coconut with white chocolate

Recovery Protein

REGENERATIVE COLLAGEN *and* AMINO ACIDS



HIGH PROTEIN - 15 g collagen per serve



REFRESHING FLAVOURS - not sweet



Supports tissue repair & maintains muscle mass



Available in 4 refreshing flavours:

- Mango Passion
- Apple Berry
- Lemon Lime
- Flavour Free

Lupin Soup

HYDROLYSED COLLAGEN *and* PREBIOTIC FIBRE

Available in 3 tasty flavours: Beef, Chicken & Vegetable



HIGH PROTEIN - 12-22g per serve



LOW CARB - only 2g



GLUTEN + LACTOSE FREE

Remember to scoop your lupin soup from the bottom of the bowl to enjoy all the goodness.

Use your Formulite blender bottle to prepare your Recovery Protein