



LEAN

Meal Replacement Protein Shake

UNSWEETENED VANILLA

NET WT. 2LB (921 G) • 30 SERVINGS

DIRECTIONS: Add 2 scoops of GIATrim LEAN with 8 oz of either GIA i-H2O (recommended), filtered water, or your favorite beverage. Stir or blend until powder has dissolved completely. **TIP:** Try the included recipe suggestions!

GET CREATIVE: LEAN was created with YOU in mind. You choose which flavors you want to add (fruit, berries, etc). You choose whether you want to sweeten it, and with what sweetener. You choose whether you want to add your protein to a blended smoothie, oatmeal, or hot breakfast cereal.

You are in control of being LEAN!

Store in a cool, dry place.

For use as a dietary supplement only.

Intended for healthy adults over the age of 18. Keep out of reach of children.

If you are taking prescription medication or have a medical condition, are pregnant or lactating, consult your physician before taking this product.

Nutrition Facts

Serving Size: 2 Scoops Full (30.7g)
Servings Per Container: 30

Amount Per Serving

Calories	100	Calories From Fat	10
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% Daily Value*

Total Fat	1g	2%
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Saturated Fat	0.5g	3%
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Cholesterol	<3mg	<1%
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Sodium	80mg	3%
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Total Carbohydrate	9g	3%
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Dietary Fiber	6g	24%
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Sugars	0.5g	
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Protein	18g	
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Calcium	99mg	10%
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Iron	3.75mg	21%
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* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Rice Protein, Pea Protein, Inulin, Konjac (Root), Natural Vanilla Flavor, Garcinia (Fruit), Guar Gum



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