



"At Nutrition53, we collaborated with the top doctors, scientists and nutritionists in the world to deliver the highest quality nutritional products that perform for you. It is our promise and commitment to help you every step of the way towards achieving your active, healthy lifestyle."

— **Bill Romanowski**,
Nutrition53 Founder & 4-Time Super Bowl Champion

GETTING LEAN AND FIT NEVER TASTED SO GOOD!

Get lean and balanced nutrition with the **Lean1™** Fat-Burning Protein Shake. You'll notice the **Lean1™** difference right away. The incredible taste, the energy, and the satisfaction of knowing that you're giving your body the right balance of nutrients to help you look and feel your best each and every day.

HOW TO USE LEAN1™

- 1 For Weight Loss, Replace 1-2 Meals a Day
- 2 For Performance, Before and After Workouts
- 3 For an In-Between Meal Healthy Snack Option
- 4 For a Delicious Low-Calorie Dessert Option

WARNING: Lean1 Fat-Burning Protein Shake is intended for individuals who are serious about having a lean, fit, defined body.



ANTIOXIDANT PROTECTION†

Boost antioxidant power with 18 fruits and vegetables including super fruits like acai, mangosteen and goji, along with 24 vitamins and minerals and 200 IU of vitamin D3.



HEALTHY DIGESTION†

Lean1™ promotes natural gut health with the combination of 9 grams of fiber, lactose free proteins and proteolytic enzymes that work synergistically for healthy digestion.



HELPS BURN BODY FAT FASTER†

Green coffee bean extract has two beneficial ingredients for weight loss which are caffeine and chlorogenic acid. **Lean1™** gives you both energy and healthy weight loss.



TONES AND DEFINES MUSCLES†

Nutrition53's protein matrix made up of soy protein, milk protein isolate, whey protein isolate, pea protein and micellar casein helps to define lean muscle.



CURBS HUNGER CRAVINGS†

Bioactive nutrients like fiber, milk protein isolate and amino acids work together while losing weight to help you feel full, satisfied and energized without feeling hungry.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Get **LEAN** • Stay **LEAN**

ORIGINAL

Lean1™

FAT-BURNING PROTEIN SHAKE



BIRTHDAY CAKE

Natural & Artificial Flavors

20g
LACTOSE FREE
PROTEIN

9g
DIETARY
FIBER

18
FRUITS &
VEGETABLES

GLUTEN FREE
NON-GMO
PROTEINS

NET WT. 27.5 OZ (780G)

Nutrition Facts

Serving Size: 2 Scoops (52g)
Servings Per Container: 15

Amount per serving

Calories 190 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 440mg 18%

Potassium 240mg 7%

Total Carbohydrate 22g 7%

Dietary Fiber 9g 36%

Sugars 10g

Protein 20g 40%

Vitamin A 50% Vitamin C 50%

Calcium 20% Iron 50%

Vitamin D 50% Vitamin E 50%

Vitamin K 50% Thiamin 50%

Riboflavin 50% Niacin 50%

Vitamin B6 50% Folate 50%

Vitamin B12 50% Biotin 50%

Pantothenic Acid 50% Iodine 50%

Zinc 50% Selenium 50%

Copper 50% Manganese 50%

Chromium 50% Molybdenum 50%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: N53 Lean1 Performance Blend (Milk Protein Isolate, Whey Protein Isolate, Taurine, Pea Protein, Glutamine, Micellar Casein), **Lean1 Fiber + Fruit and Vegetable Blend** (Soluble Vegetable Fiber, Green Coffee Bean Extract, Mango Powder, Watermelon Powder, Cranberry Powder, Broccoli Powder, Carrot Powder, Pomegranate Powder, Blueberry Powder, Beet Powder, Spinach Powder, Tomato Powder, Parsley Powder, Mangosteen Powder, Acai Powder, Goji Berry Powder, Cabbage Powder, Apricot Powder, Pineapple Powder, Banana Powder), Soy Protein, Cane Sugar, Natural and Artificial Flavors, Sunflower Oil, Maltodextrin, **Vitamin Mineral Blend** (Sea Salt, Potassium Citrate, Sodium Bicarbonate, Dicalcium Phosphate, Ascorbic Acid, Ferrous Fumarate, DL-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Calcium Carbonate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Selenate, Potassium Iodide, Sodium Molybdate, Phytanadione, Cholecalciferol, Cyanocobalamin), Canola Oil, Sprinkles (Sugar, Corn Starch, Vegetable Oil [Palm and Palm Kernel], Dextrin, Soy Lecithin, Confectioner's Glaze, Red 40 Lake, Yellow 5 Lake, Natural and Artificial Flavor, Yellow 6 Lake, Carnauba Wax, Blue 1 Lake, Red 3, Blue 1, Red 40), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sodium Caseinate, Sucralose, Soy Lecithin, Silicon Dioxide, Modified Food Starch, **Digestive Performance Blend** (Protease, Amylase, Lipase, Lactobacillus acidophilus).

Allergens: Contains Milk, Soy.

Lean1 is made in a sport certified manufacturing facility. This means that every ingredient and every batch of Lean1 that is produced is tested to the highest standard so you can feel confident about what you're putting in your body.

BLENDER

SHAKER

GLASS



Combine 2 scoops of **Lean1™** with 6 - 8 ounces of cold water and 8 ice cubes. Blend for 1 minute. Enjoy!



Combine 2 scoops of **Lean1™** with 8 - 10 ounces of cold water and 4 ice cubes. Shake for 1 minute. Enjoy!



Combine 2 scoops of **Lean1™** in a glass with 8 ounces of water. Stir vigorously. Then add 4 ice cubes and stir. Enjoy!



Manufactured for and distributed by:
Nutrition53, Inc., Benicia, CA 94510
For more product information, visit www.Nutrition53.com
or call us at **1-888-4-Team53** (888-483-2653)

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