



"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."

— **Dr. Dan Romanowski**,
Nutrition53 Founder & Four-Time Super Bowl Champion

NATURAL • COMPLETE • BALANCED

VEGAN Lean1™

NATURE'S PROTEIN SHAKE



CHOCOLATE
Naturally Flavored

20g
PLANT-BASED
PROTEIN

10
FRUITS &
VEGETABLES

22
VITAMINS &
MINERALS



PROBIOTICS
GLUTEN-FREE
NO DAIRY & SOY

NET WT. 1.5 LB (23.7 OZ) 672g DIETARY SUPPLEMENT

HOW TO USE VEGAN LEAN1™

- 1 Increase Protein Intake. Add 1-2 Shakes a Day
- 2 For Performance, Before and After Workouts
- 3 For an In-Between Meal Healthy Snack Option
- 4 For a Delicious, Vegan Dessert Option



Certified Vegan standards define vegan as: no animal or animal by-products to include flesh, bones, dairy, eggs, honey, fat, feathers, wool, down, feathers, and cosmetics or chemical products tested on animals.

*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.



100% ALL NATURAL*

100% naturally processed with stevia and organic cane sugar. There are no artificial flavors and sweeteners.



HEALTHY DIGESTION*

6 grams of dietary fiber, probiotic blend, and active enzymes helps digestion. This product contains Aminogen® protease enzymes and Bacillus Coagulans.



LONG-LASTING ENERGY*

20 grams of optimally-blended, plant-based protein per serving. Our blend is derived from peas, potatoes and chickpeas.



10 FRUITS & VEGETABLES*

Whole food complex blend with apricot, pineapple, mango, carrot, raspberry, broccoli, cabbage, beet, spinach and orange.



ANTIOXIDANT PROTECTION*

22 essential vitamins and minerals per serving with elevated levels of key nutrients for antioxidant protection.

Supplement Facts

Serving Size: 2 Scoops (40g)		
Servings Per Container: 14		
	Amount per serving	% Daily Value*
Calories	180	
Total Fat	8g	16%
Saturated Fat	1.5g	3%
Total Carbohydrate	15g	3%
Dietary Fiber	6g	24%
Soluble Fiber	4g	8%
Insoluble Fiber	2g	4%
Total Sugars	2g	4%
Includes 4g Added Sugars	10%	
Protein	20g	40%
Vitamin A (as Vitamin A Palmitate)	700 mcg	14%
Vitamin C (as Sodium Ascorbate)	30 mg	60%
Vitamin E (as Ergosterol)	15 mcg	30%
Vitamin D (as D-Alpha Tocopheryl Acetate)	10 mcg	20%
Threonine (as Threonine Hydrochloride)	0.75 mg	15%
Prothionine (as Prothionine)	0.05 mg	10%
Biotin (as Biotinamide)	10 mcg	20%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg	20%
Folate (as Folic Acid)	240 mcg DFE	60%
Vitamin B12 (as Cyanocobalamin)	6 mcg	120%
Biotin (as B-Biotin)	100 mcg	200%
Parathyroid Acid (as D-Calcium Parathyroid)	6 mcg	120%
Iron (as Ferrous Fumarate)	6 mg	120%
Iodine (as Potassium Iodide)	75 mcg	150%
Zinc (as Zinc Oxide)	7.5 mg	150%
Selenium (as Sodium Selenate)	55 mcg	110%
Copper (as Copper Gluconate)	1 mg	20%
Manganese (as Manganese Sulfate)	1 mg	20%
Chromium (as Chromium Chloride)	60 mcg	120%
Molybdenum (as Sodium Molybdate)	37.5 mcg	75%
Sodium	400 mg	80%
Potassium	180 mg	4%

* Percent Daily Values based on a diet of 2,000 calories a day.

** Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Pea Protein, Potato Protein, Chickpea Protein), Organic Cane Sugar, Cocoa Processed with Alkali, Fiber Blend (Chicory Inulin, Bamboo Fiber, Pea Fiber, Flax Seed Powder, Apple Fiber), Taurine, Sunflower Oil, Maltodextrin, Natural Flavors, Medium Chain Triglycerides, Sea Salt, Whole Food Complex (Raspberry, Carrot, Apricot, Mango, Orange Juice Powder, Pineapple, Broccoli, Cabbage, Beet, Spinach), Potassium Citrate, Sodium Citrate, Modified Food Starch, Stevia Extract, Green Coffee Bean Extract, Xanthan Gum, Aminogen® Proprietary Protease Enzyme Blend (Protease, Maltodextrin), Bacillus coagulans.

Aminogen® is a registered trademark of Innophos Nutrition, Inc.

Manufactured in a plant that processes milk, soy, wheat and eggs.

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

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

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

Manufactured by Nutrition53, Inc., Fairfield, CA 94504
For more product information, visit www.Nutrition53.com or call us at 1-888-4-Nutrition (686-4362).

