PROTEIN

NUTRACORE NUTRITION

LEAN ACTIVE 7

7 Sources of Protein*
30 Grams Protein/Serving*
Full Serving Vitamin Mineral*
Contains Fat Incinerating CLA*
Award Winning Taste*

MILK & COOKIES

Net Weight:
5.0 lbs
2270 Grams

WHAT IS LEAN ACTIVE 7™?

LEAN ACTIVE 7™ is a specific blend of 7 high quality natural proteins from Whey Isolate, Whey Concentrate, Whey Peptides, Egg Protein, Casein Protein (Calcium & Potassium) and Milk Protein providing an "extended release" protein profile. The different absorption rates for the proteins allow for a more extended "feeding time" and a more complete amino acid pool for the working muscles.†

WHAT DOES LEAN ACTIVE 7™ CONTAIN?

LEAN ACTIVE 7™ is High in Dietary Fiber from the trademark Fibersol® -2. LEAN ACTIVE 7™ also contains a full spectrum vitamin mineral blend to aid in muscle nourishment as well as a digestive enzyme complex to ensure maximum digestion and alleviate bloating, commonly associated with protein. LEAN ACTIVE 7™ is high in branch chain amino acids and contains several grams of L-Glutamine and L-Taurine for maximum recovery.†

WHY IS CLA ADDED?

Conjugated Linoleic Acid (CLA) works to block certain enzymes that let fat cells swell. This process helps control our bodies weight.†

IMPORTANT FACTS:

To build lean muscle mass take in 1 gram of protein per pound of lean body mass. Lean body mass formula: Body weight - (body weight X body fat %).

For a delicious low-glycemic alternative, try blending 1 scoop of LEAN ACTIVE 7™ and 10-12 oz. of nonfat milk (adding 8 grams of whole milk proteins to your daily diet).

It is important to drink an additional 12 - 20 oz. of water within 1 hour after ingesting a protein drink to aid in digestion.

Warnings: KEEP OUT OF REACH OF CHILDREN. Always consult a physician prior to using any dietary supplement. Do not use or combine with other dietary supplements. Do not use if you have or are being treated for prostate hypertrophy or cancer, heart, liver, cardiovascular, kidney or thyroid disease, high blood pressure, low hdl, taking antidepressants, MAO inhibitors, prescription drugs or any over the counter prescription drugs containing ephedrine or pseudoephedrine. Do not exceed suggested serving. Do not use if pregnant or nursing. Discontinue use and contact your health care provider if you experience rapid heartbeat, dizziness, sever headache, shortness of breath, or similar symptoms. Protect from heat, light and moisture. Store at 15-30˚C (59-86˚F). Do not use if seal is broken. Keep out of the reach of children.

***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.**

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Manufactured For:
Nutracore Nutrition
53 East Merrick Road, Suite 190
Freeport, NY 11520

Typical Amino Acid Profile per Serving (1 Scoop)

L-Aspartate 1.30g	L-Glycine 0.40g
L-Serine 1.02g	L-Arginine 1.51g
L-Histidine 1.43g	L-Alanine 1.05g
L-Threonine* 1.39g	L-Leucine* (BCAA) 3.47g
L-Proline 1.19g	L-Phenylalanine* 0.74g
L-Tyrosine 0.65g	L-Tryptophan* 0.39g
L-Valine* (BCAA) 2.44g	L-Lysine* 1.39g
L-Methionine* 1.45g	L-Isoleucine* (BCAA) 2.50g
L-Cysteine 0.54g	*Essential Amino Acid
L-Glutamic Acid 7.14g	

Suggested Use : Take 1-2 scoops daily with 10-12 ounces of cold water or your favorite beverage.

Breakfast: LEAN ACTIVE 7™ provides the essential nutrients to spike your metabolism early in the morning and keep it going throughout the day. Several sources of protein that digest at different rates and feed your body all day.

After workout: LEAN ACTIVE 7™ will help you with muscle endurance and optimal recovery with an abundance of BCAA's as well as L-Glutamine and L-Taurine, amino acids that are the principal nutrients in fueling your overworked muscles.

Bedtime: When your body is at complete rest is when most muscle growth takes place. LEAN ACTIVE 7™ will help you burn fat with CLA and increase lean muscle growth all night long.

Contains Milk, Egg & Soy Ingredients.

SUPPLEMENT FACTS

Serving Size: 1 Scoop (40g)
Servings per container: Approx. 57

Amount Per Serving		
Calories 145	Calories from fat 9	
		% Daily Value*
Total Fat	1g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrates	4g	2%
Sugars	1g	
Dietary Fiber	3g	
Protein	30g	

ADDITIONAL INGREDIENTS: Instantized Whey Protein Isolate, Micro Filtered Whey Protein Concentrate, Whey Protein Peptides, Egg Albumin, Casein Protein (Calcium & Potassium), Milk Protein, Soy Lecithin, Natural and Artificial Flavors, Natural Cream Flavor, Cane Sugar, Crème Filled Chocolate Cookie Crumbs, Cellulose Gum, Xanthan Gum, Carrageenan Gum, Sucralose.

Antioxidant PH-Balancing Blend 500g
Trans Resveratrol, Acai Berry, Alpha Lipoic Acid, Quercitin, Green Tea Extract, N Actyl Cysteine, Grape Seed Extract, Vitamin A (beta carotene), Vitamin C (ascorbic acid), Vitamin D (calciferol), Vitaimin E (d-a-tocopheryl-acetate), Biotin, Folic Acid, Calcium (Carbonate/Oxide), Magnesium (Citrate/Oxide), Zin(Aspartate/Oxide), Potassium (Chloride/Phosphate), Copper (Chelate), Molybdenum (Sodium Molybdate), Selenium (as selenium Yeast), Iron (Ferrous Sulfate), Phosphorus (Oxide), Kelp (Natural source of Iodine), Chromium (Picolinate), Manganese (Gluconate)

Muscle Preservation Blend 15g
L-Taurine, L-Glutamine††, L-Leucine††, L-Isoleucine††, L-Valine††, HICA (DL-Alpha-Hydroxyisocaproic Acid)

Nitrogen Retention Blend 500mg
Lactase (Milk Enzyme), Bromein, Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 Panthothetic Acid (Calcium Pantothenate), Vitamin B6 (Pyridoxine HCL), Vitamin B12 (Cyanocobalamin)

Fat Incinerating/ Cortisol-Suppressing Blend 4g
CLA (Conjugated Linoleic Acid), Fibersol® - 2 (Maltodextrin), PhosphatidylSerine

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Values not established.
†† Naturally occurring from protein

www.nutracorenutrition.com