



Bill Romanowski

"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 Plant Based Fat Burning Meal Replacement. 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 Plant Based Fat Burning Meal Replacement is intended for individuals who are serious about having a lean, fit, defined body.

† 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.



HELPS BURN BODY FAT FASTER[†]

Powerful green coffee bean extract helps turn your body into a fat burning machine. Green coffee bean extract has beneficial ingredients for weight loss.



TONES AND DEFINES MUSCLES[†]

Nutrition53's plant based fat burning meal replacement formula is made up of really clean Pea Protein Isolate that is great for sculpting a lean, fit, defined athletic body.



CURBS HUNGER CRAVINGS[†]

Bioactive Nutrients like fiber and protein work together to help you lose weight and keep you feeling full, satisfied, and energized without feeling hungry.



ANTIOXIDANT PROTECTION[†]

Boost antioxidant power with 10 fruits and vegetables including raspberries, spinach and broccoli, along with 22 vitamins and minerals and 600 IU of Vitamin D2.



PROMOTES HEALTHY DIGESTION[†]

Lean1 promotes natural gut health with the combination of 10 grams of fiber, lactose free proteins and proteolytic enzymes that work synergistically for healthy digestion.



Lean1™

PLANT BASED

FAT BURNING MEAL REPLACEMENT

VANILLA
Naturally Flavored



20g
PLANT BASED
PROTEIN

10g
DIETARY
FIBER

10
FRUITS AND
VEGETABLES

22
VITAMINS AND
MINERALS

GLUTEN FREE
FORMULA

GREEN COFFEE
BEAN EXTRACT

Net Wt. 27.5 oz (780g) DIETARY SUPPLEMENT

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	170	
Calories from Fat	50	
Calories from Saturated Fat	5	
Total Fat	6 g	9%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Total Carbohydrate	19 g	6%*
Dietary Fiber	10 g	40%*
Sugars	1 g	**
Protein	20 g	
Vitamin A	2500 IU	50%
Vitamin C	30 mg	50%
Vitamin D	600 IU	150%
Vitamin E	15 IU	50%
Thiamin	0.75 mg	50%
Riboflavin	0.85 mg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%
Folate	200 mcg	50%
Vitamin B12	9 mcg	150%
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Iron	9 mg	50%
Iodine	75 mcg	50%
Zinc	7.5 mg	50%
Selenium	35 mcg	50%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	60 mcg	50%
Molybdenum	37.5 mcg	50%
Sodium	480 mg	20%
Potassium	150 mg	4%

* Percent Daily Values based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Protein Blend (Pea Protein Isolate, Potato Protein, Chlorella Protein), Fiber Blend (Isomaltotriose, Inulin, Cellulose, Fiber, Resistant Maltodextrin, Bamboo Fiber, Pea Fiber, Flax Seed, Apple Fiber), Natural Flavors, Canola Oil, Taurine, Sunflower Oil, Maltodextrin, Vitamin Mineral Blend (See Salt, Potassium Chloride, Sodium Bicarbonate, Sodium Ascorbate, Ferrous Fumarate, D-Alpha Tocopheryl Acetate, Sodium Selenate, Biotin, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Ergocalciferol, Calcium D-Pantothenate, Manganese Sulfate, Folic Acid, Potassium Iodide, Pyridoxine Hydrochloride, Cyanocobalamin, Riboflavin, Thiamine Hydrochloride, Sodium Molybdate, Chromium Chloride), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Whole Food Complex (Freeze-Dried Raspberry, Dehydrated Carrot Powder, Freeze-Dried Apricot, Freeze-Dried Mango, Freeze-Dried Pineapple, Orange Powder, Dehydrated Broccoli, Dehydrated Cabbage, Dehydrated Beet, Dehydrated Spinach), Stevia Extract, Modified Food Starch, Green Coffee Bean Extract, Monk Fruit Extract, Aminogen® Proprietary Protease Enzyme Blend (Protease, Maltodextrin), Bacillus coagulans.

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

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



Combine 2 scoops of Lean1™ Plant Based Fat Burning Meal Replacement with 8-10 ounces of cold water and 8 ice cubes. Blend for 1 minute. Enjoy!

SHAKER



Combine 2 scoops of Lean1™ Plant Based Fat Burning Meal Replacement with 8-10 ounces of cold water and 4 ice cubes. Shake for 1 minute. Enjoy!

GLASS



Combine 2 scoops of Lean1™ Plant Based Fat Burning Meal Replacement in a glass with 8 ounces of water. Stir vigorously. Then add 4 ice cubes and stir. Enjoy!

PROPOSITION 65 WARNING: This product can expose you to chemicals including lead which is known to the State of California to cause (cancer and) birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

Please visit our website at www.nutrition53.com to learn more about Prop 65 and how naturally occurring elements found in the ingredients of our products (plants, whey protein, etc.) affect testing results.



Made in USA

Manufactured for/distributed by
Nutrition53, Inc., Lafayette, CA 94549
For more product information, visit www.Nutrition53.com
or call us at 1-888-4-Team53 (888-483-2653)

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