"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.

†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.

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 7 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.

Get LEAN • Stay LEAN

ORIGINAL

Lean1™

FAT-BURNING PROTEIN SHAKE

COOKIES & CREAM

Natural & Artificial Flavors

20g	7g	18	GLUTEN FREE
LACTOSE FREE PROTEIN	DIETARY FIBER	FRUITS & VEGETABLES	NON-GMO PROTEINS

NET WT. 31.7 OZ (900G)

Nutrition Facts

Serving Size: 2 Scoops (60g)
Servings Per Container: 15

Amount per serving	
Calories 240	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 410mg	**17%**
Potassium 170mg	**5%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 7g	**28%**
Sugars 11g	
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: NS3 Lean1 Performance Blend (Whey Protein Isolate, Milk Protein Isolate, Taurine, Pea Protein, Glutamine, Micellar Casein), Soy Protein, Cane Sugar, Sunflower Oil, **Lean1 Fiber + Fruit and Vegetable Blend** (Soluble Vegetable Fiber, Green Coffee Bean Extract, Mango Powder, Water-Imbiston 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), Maltodextrin, Cocoa Processed with Alkali, Natural and Artificial Flavors, Canola Oil, **Vitamin Mineral Blend** (Sodium Bicarbonate, Sea Salt, Disodium Phosphate, 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, Phytonadione, Cholecalciferol, Cyanocobalamin), Chocolate Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa processed with alkali, Corn Starch, Salt, Chocolate Liquor, Natural Flavor, Sodium Bicarbonate, Soy Lecithin), Buttermilk, L-Leucine, 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 ice cubes and stir. Enjoy!

Made in USA

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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