



"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 & Four-Time Super Bowl Champion

100% VEGAN, NUTRITIOUS WITH AMAZING TASTE!

Get balanced nutrition to look and feel your best with the **Vegan Lean1™** Nature's Protein Shake. You'll love the incredible taste, the energy, and the convenience of getting the nutrients and protein your body needs in a convenient 100% Vegan shake.

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, fur, leather, 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.

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NATURAL • COMPLETE • BALANCED

VEGAN Lean1™

NATURE'S PROTEIN SHAKE



VANILLA
Naturally Flavored

20g
PLANT-BASED
PROTEIN

10
FRUITS &
VEGETABLES

22
VITAMINS &
MINERALS



PROBIOTICS
GLUTEN-FREE
NO DAIRY & SOY

NET WT. 1.4 LB (22.2 OZ) 630g DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Scoops (45 g)
Servings Per Container: 14

	Amount per serving	% Daily Value
Calories	180	
Total Fat	6 g	8%*
Saturated Fat	1.5 g	8%*
Total Carbohydrate	14 g	5%*
Dietary Fiber	4 g	14%
Soluble Fiber	3 g	**
Insoluble Fiber	1 g	**
Total Sugars	6 g	**
Includes 6g Added Sugars	12%	
Protein	20 g	30%*
Vitamin A (as Vitamin A Palmitate)	750 mcg	83%
Vitamin C (as Sodium Ascorbate)	30 mg	33%
Vitamin D (as Ergocalciferol)	15 mcg	75%
Vitamin E (as D-Alpha Tocopheryl Acetate)	10 mg	67%
Thiamin (as Thiamine Hydrochloride)	0.75 mg	63%
Riboflavin (as Riboflavin)	0.85 mg	65%
Niacin (as Nicotinamide)	10 mg	63%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg	59%
Folate (as Folic Acid)	340 mcg DFE	85%
Vitamin B12 (from Cyanocobalamin)	9 mcg	375%
Biotin (as D-Biotin)	150 mcg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg	100%
Iron (as Ferrous Fumarate)	9 mg	50%
Iodine (from Potassium Iodide)	75 mcg	50%
Zinc (as Zinc Oxide)	7.5 mg	68%
Selenium (as Sodium Selenate)	35 mcg	64%
Copper (as Copper Gluconate)	1 mg	111%
Manganese (as Manganese Sulfate)	1 mg	43%
Chromium (as Chromium Chloride)	60 mcg	171%
Molybdenum (as Sodium Molybdate)	37.5 mcg	83%
Sodium	460 mg	20%
Potassium	110 mg	2%

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

** Daily Value not established.

OTHER INGREDIENTS: Protein Blend (Pea Protein, Potato Protein, Chlorella Protein), Organic Cane Sugar, Fiber Blend (Chicory Inulin, Bamboo Fiber, Pea Fiber, Flax Seed Powder, Apple Fiber), Sunflower Oil, Taurine, Natural Flavors, Maltodextrin, Medium Chain Triglycerides, Whole Food Complex (Raspberry, Carrot, Apricot, Mango, Orange Juice Powder, Pineapple, Broccoli, Cabbage, Beet, Spinach), Potassium Citrate, Sodium Citrate, Sea Salt, Modified Food Starch, Green Coffee Bean Extract, Stevia 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 8 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 for and distributed by:
Nutrition53, Inc., Fairfield, CA 94534
For more product information, visit www.Nutrition53.com or call us at 1-888-4-Team53 (588-483-2853)

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