# Check Out the "NUTRITIONAL KNOCK-OUT PUNCH" You Get in Lean Body® Hi-Protein Meal Replacement Shake!

Lean Body® hi-protein meal replacement shake is the quick nutrition solution for hard training athletes who have little time to prepare meals. Forget other supplement pills and powders.

You get it all in Lean Body®: Concentrated muscle-building, fat-burning nutrition in one delicious, easy-to-make shake.

- Incredible taste! Lean Body® is the best tasting meal replacement powder (MRP) ever made. That's why the American Culinary Institute awarded Lean Body® its Gold Medal Taste Award for five years in a row.
- 50/30/20 (protein/carbohydrate/fat) ratio of macronutrients consisting of highly bio-available, time-release proteins, high-fiber complex carbohydrates, and essential fatty acids, to support lean muscle growth, strength, and higher energy, all day long!
- 35g of LeanPro® proprietary blend of fasta sustained flow of vital amino acids to support intracellular nitrogen retention levels for faster muscle growth and strength increases.

Over 7,000 mg of Glutamine & Glutamic Acid. Studies show that supplemental glutamine can also prevent muscle breakdown.

- 21 grams of an advanced blend of complex carbohydrates to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.
- 7 grams of FiberPlex™ dietary fiber per serving, from Fibersol-2™, providing 28% of the RDA for fiber to support superior intestinal and cardiovascular health.
- 7 grams EFA-Plex™ containing natural-source omega-3 and -6 fatty acids, medium-chain triglycerides, flaxseed oil, and borage oil.
- No Maltodextrin
- No Aspartame
- No Trans Fat
- No Artificial Colors or Preservatives







## **Nutrition Facts**

Serving Size: 2 Scoops(70g) Servings Per Container: 16

Amount Per Serving % DV Calories from Fat Total Fat 13% Saturated Fat Trans Fat 90 mg 310 mg Cholesterol 14% Sodium 390mg 21 g 10% Total Carbohydrate Dietary Fiber

Sugars		5 g		
Protein		35 g	70%	
Vitamin A 35%	•	Vitamin C 35%		
Calcium 60%	•	Iron 60%		
Vitamin D 35%	•	Vitamin E 35%		
Thiamin 40%	•	Riboflavin 40%		
Niacin 35%	•	Vitamin B6 35%		
Folate 40%	•	Vitamin B12 35%		
Biotin 35%	•	Pantothenic Acid 35%		
Phosphorus 60%	•	Iodine 35%		
Magnesium 50%	•	Zinc 40%		
Copper 60%	•	Chloride 8%		
* Percent Daily Values are walues may be higher or lo	based on a 2, wer dependin	000 calorie diet. g on your calori	Your daily e needs.	
	Calories	2.000	2.500	

80g 25g 300mg 65g 20g 300mg Saturated Fat Cholesterol 2,400mg 2,400mg 3.500mg 3.500mg 375g 30g otal Carbohydrates 300g Dietary Fiber 25g

alories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Soy Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Isolate, Milk Protein Isolate, Glutamine Peptides), EFA Plex™ (Sunflower Oil, Creamer [High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Ledithin, Tocopherols), MCT Oil, Flaxseed Oil, Borage Cellulose Gum, Oat Flour, Rice Bran), Natural and Artificial Flavors, Vitamin & Mineral Blend (Di-Calcium Phosphate Mannesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolytic Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide Cyanocobalamin), Beet Juice Powder, Salt, Sucralose,

Allergen Information: Contains Milk, Soy.

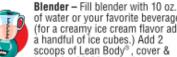
Acesulfame Potassium.



Glass - Fill glass with 10 oz. of water or your favorite beverage. Add 2 scoops (70g) of Lean Body®, and mix with a spoon.



Shaker - Fill shaker with 10 oz. of water or your favorite beverage. Add 2 scoops (70g) of Lean Body®. Cover and shake.



of water or your favorite beverage (for a creamy ice cream flavor add à handful of ice cubes.) Add 2 scoops of Lean Body®, cover & blend for 20-30 seconds.

### How Should I Use Lean Body® Hi-Protein Meal Replacement Shake?

### Before Workouts – Take Lean Body®

1-1/2 hours prior to working out to keep muscles supplied with nitrogen-promoting amino acids and provide nutritional support to prevent muscle breakdown.\*

After Workouts - Take Lean Body® within 30 minutes of your workout to jumpstart muscle repair, growth, and increase muscle glycogen (fuel) stores.\*

Before Bedtime - Take Lean Body® 1 hour prior to bedtime to ensure a steady supply of muscle- building nutrients all night long.\*



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