

Build Muscle!
Burn Fat!

40g
PROTEIN

LEAN BODY

HI-PROTEIN MEAL REPLACEMENT SHAKE

STIMULATE MUSCLE GROWTH!

GET STRONGER! 7000mg BCAA*

RECOVER FASTER! 7000mg GLUTAMINE*

GET LEANER! 8000mg EFA-PLEX EFAs*

Chocolate
Peanut Butter
Flavor

NET WT 3.48 lb (1.58kg)
20 Packets-2.78 oz. (79g) each

LABRADA
NUTRITION

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HI-PROTEIN MEAL REPLACEMENT SHAKE

"Lean Body® is the best tasting, most nutritionally complete hi-protein meal replacement drink ever made. Lean Body® takes the guesswork out of eating right. Lean Body® was designed to provide athletes and bodybuilders with a concentrated source of muscle building protein and essential nutrients in a delicious, easy-to-use shake. Staying in great shape and performing at your peak is a snap with Lean Body®. Eat right, exercise hard and use Lean Body® every day!"



Lee Labrada
Founder, Labrada Nutrition
IFBB Pro Bodybuilding Hall of Fame

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LEAN BODY



Lean Body® will help you get leaner and stronger!

Lean Body® hi-protein meal replacement shake is the quick, convenient 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.

Check out the "nutritional knock-out punch" you get in Lean Body® Hi-Protein Meal Replacement 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!

● **40g of LeanPro®** proprietary blend of fast-release and slow-release proteins, to give you a sustained flow of vital amino acids (see Amino Acid chart on side panel). Amino acids support intracellular nitrogen retention levels for faster muscle growth and strength increases.

● **Over 7,000mg of BCAA's** (Branched Chain Amino Acids) per serving. BCAA's have an anti-catabolic effect (prevents muscle tissue breakdown).



● **Over 8,000 mg of Glutamine & Glutamic Acid.** Studies show that supplemental glutamine can also prevent muscle breakdown.

● **24 grams of an advanced blend of high-fiber carbohydrates** to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.

● **8 grams of FiberPlex™** dietary fiber per serving, from Fibersol-2™, providing 33% of the RDA for fiber to support superior intestinal health and cardiovascular health.

● **8 grams EFA-Plex™** containing natural-source omega-3 and -6 fatty acids, medium-chain triglycerides, flaxseed oil, and borage oil.

● **Contains 21 vitamins and minerals.**

● **No Maltodextrin**

● **No Aspartame**

● **No Trans Fat**

● **No Artificial Colors or Preservatives**

Just stir a packet of Lean Body® into 10 oz. of cold water or skim milk and enjoy!

LEAN BODY® SAMPLE MENU



BREAKFAST
1 Cup Whole Milk • 1 Egg
Lean Body® Shake
Fruit & Coffee



MIDDAY
Lean Body® Shake
Your Favorite Fruit



LUNCH
Lean Body® Shake
Steamed Chicken Breast
Steamed Vegetables & Baked Potato



3:00PM
Lean Body® Shake
Your Favorite Fruit



DINNER
Lean Body® Shake
Steamed Rice & Light Salad



LATE SNACK
Lean Body® Shake
Air-Popped Popcorn

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Nutrition Facts

	Amount Per Serving	% DV
Serving Size: 1 Packet (79g)		
Servings Per Container: 20		
Calories	330	
Calories from Fat	80	
Total Fat	8g	12%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	85mg	29%
Sodium	450mg	18%
Potassium	640mg	15%
Total Carbohydrate	22g	7%
Dietary Fiber	7g	29%
Sugars	4g	
Protein	40g	80%
Vitamin A 40%	• Vitamin C 35%	
Calcium 70%	• Iron 50%	
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 40%	• Zinc 40%	
Copper 45%	• Chloride 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 Lecithin, Tocopherols], MCT Oil, Flaxseed Oil, Borage Oil), Cocoa (processed with Alkali), Fiber Plex™ (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Natural and Artificial Flavors, Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium 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, Salt, Acesulfame Potassium, Sucralose).

Allergen Information: Contains Milk, Soy, Peanuts.

Easy-to-Follow Directions

Glass - Fill glass with **10oz.** of water or your favorite beverage. Add 1 packet (79g) of Lean Body®, and mix with a spoon.

Shaker - Fill shaker with **10oz.** of water or your favorite beverage. Add 1 packet (79g) of Lean Body®. Cover and shake.

Blender - Fill blender with **10oz.** of water or your favorite beverage. For a creamy ice cream flavor, add a handful of ice cubes. Add 1 packet (79g) of Lean Body®. Cover & blend for 20-30 seconds.

Typical Amino Acid Profile/BCAA's (Per Serving)

Alanine 1780 mg	Lysine 2910 mg
Arginine 1370 mg	Methionine 820 mg
Aspartate 4760 mg	Phenylalanine 1410 mg
Cystine 920 mg	Proline 2100 mg
Glutamate 6790 mg	Serine 1870 mg
Glycine 900 mg	Threonine 2250 mg
Histidine 720 mg	Tryptophan 750 mg
Isoleucine 2130 mg	Tyrosine 1180 mg
Leucine 3570 mg	Valine 2050 mg

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