

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*

Strawberry
Ice Cream
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
Lee Labrada
Founder, Labrada Nutrition
IFBB Pro Bodybuilding Hall of Fame

Build Muscle!
Burn Fat!

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**

LEAN BODY® SAMPLE MENU



10:00AM
Lean Body® Shake
Your Favorite Fruit



LUNCH
1 packet of Lean Body® Shake
1 cup of Chicken Breast
1 cup of Steamed Vegetables & Baked Potato



DINNER
1 packet of Lean Body® Shake
1 cup of Beef
1 cup of Steamed Vegetables & Light Salad



LATE SNACK
1 packet of Lean Body® Shake
1 cup of Chicken Breast
1 cup of Steamed Vegetables

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Nutrition Facts

Serving Size: 1 Packet (79g)
Servings Per Container: 20

	Amount Per Serving	% DV
Calories	330	
Calories from Fat	70	
Total Fat	8 g	12%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	
Cholesterol	100 mg	34%
Sodium	250 mg	10%
Potassium	440 mg	13%
Total Carbohydrate	24 g	8%
Dietary Fiber	8 g	32%
Sugars	6 g	
Protein	40 g	80%

Vitamin A 40%	Vitamin C 35%
Calcium 70%	Iron 40%
Vitamin D 35%	Vitamin E 35%
Thiamine 35%	Riboflavin 40%
Niacin 35%	Vitamin B6 35%
Folate 35%	Vitamin B12 35%
Biotin 35%	Pantothenic Acid 35%
Phosphorus 50%	Iodine 35%
Magnesium 40%	Zinc 35%
Copper 35%	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.

	Calories 2,000	2,000
Total Fat	65g	80g
Saturated Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	35g

Calories 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, Cracker [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), 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, Nicotinamide, 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, Acesulfame Potassium.

Allergen Information: Contains Milk, Soy.

*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.

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/BCAAs (Per Serving)

Alanine 1860 mg	Lysine 3130 mg
Arginine 1060 mg	Methionine 910 mg
Aspartate 4960 mg	Phenylalanine 1310 mg
Cystine 1030 mg	Proline 2190 mg
Glutamate 6850 mg	Serine 1880 mg
Glycine 760 mg	Threonine 2490 mg
Histidine 690 mg	Tryptophan 830 mg
Isoleucine 2260 mg	Tyrosine 1140 mg
Leucine 3780 mg	Valine 2120 mg

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NUTRITION
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