Mix with 10oz. of Water!

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

- Award-Winning Taste!
- 40g Protein
- 5g FiberPlex™ Fiber
- 21 Vitamins & Minerals
- No Maltodextrin
- Healthy EFAs
- Aspartame-Free
- 0g Trans Fat

Chocolate Ice Cream Flavor

Yours Free!

Join on the web @ www.leanbodycoach.com

Lee Labrada's LEAN BODY COACHING CLUB

Sign up right now for your FREE new coaching by logging onto www.leanbodycoach.com. Simply enter your email address and we kept confidential and you're done. It's that easy!

You'll immediately begin receiving my weekly email newsletter, "The Lean Body Coach." Every week, I'll deliver to you my latest training, nutrition, and motivation wisdom with you. I'll keep you informed and making progress.

The Lean Body Coaching Club is an incredible free service. Sign up today!

Yours for a leaner, happier, healthier life,

Lee Labrada

www.leanbodycoach.com

Get Lean! Burn Fat!

CarbWatchers®

50% LESS CARBS THAN ORIGINAL LEAN BODY

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

STIMULATE LEAN MUSCLE! 40g PROTEIN*

GET STRONGER! 7000mg BCAA*

RECOVER FASTER! 7000mg GLUTAMINE*

GET LEANER! 4000mg EFA-PLEX EFAs*

Chocolate Ice Cream Flavor

NET WT 2.87 lb. (1.3kg)
20 Packets-2.29 oz. (65g) each

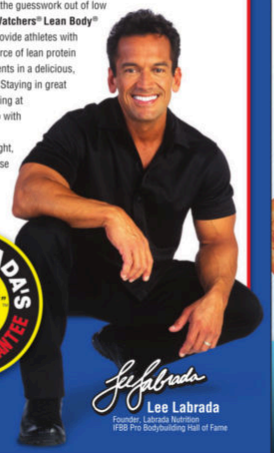
LABRADA NUTRITION

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

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



LEE LABRADA'S QUALITY GUARANTEE "If it's on the label, its in the product!" This product is independent lab assayed for purity.

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

50% Lower Carbs than Original Lean Body®

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

CarbWatchers® Lean Body® hi-protein meal replacement shake is the convenient reduced carb nutrition solution for athletes who want to accelerate fat burning while supporting lean muscle tissue. If you have little time to prepare meals, **CarbWatchers® Lean Body®** is for you.

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

Check out the low carb, muscle building nutrition you get in CarbWatchers® Lean Body® Hi-Protein Meal Replacement Shake:

- **Incredible taste! CarbWatchers® Lean Body®** is the best tasting reduced carbohydrate 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.
- **65/20/15 (protein/carbohydrate/fat)** ratio of macronutrients consisting of highly bio-available, time-release proteins plus a controlled amount of 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).

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

LEE LABRADA'S QUALITY GUARANTEE "If it's on the label, its in the product!" This product is independent lab assayed for purity.

- **Over 8,000 mg of Glutamine & Glutamic Acid.** Studies show that supplemental glutamine can also prevent muscle breakdown.
- **12 grams of an advanced blend of low-glycemic, high-fiber carbohydrates** to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.
- **4 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.
- **4 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***

CarbWatchers® LEAN BODY® Sample Menu

Also Available in 17 oz. & 14 oz. Ready-to-Drink Shakes!

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

Nutrition Facts

Serving Size: 1 Packet (65g)
Servings Per Container: 20

	Amount Per Serving	% DV
Calories	240	
Calories from Fat	40	
Total Fat	4 g	6%
Saturated Fat	1.5 g	7%
Trans Fat	0 g	
Cholesterol	25 mg	9%
Sodium	400 mg	17%
Potassium	480 mg	14%
Total Carbohydrate	12 g	4%
Dietary Fiber	5 g	18%
Sugars	1 g	
Protein	40 g	80%

Vitamin A 25%	•	Vitamin C 25%	
Calcium 50%	•	Iron 40%	
Vitamin D 25%	•	Vitamin E 25%	
Thiamin 25%	•	Riboflavin 25%	
Niacin 25%	•	Vitamin B6 25%	
Folate 25%	•	Vitamin B12 25%	
Biotin 25%	•	Pantothenic Acid 25%	
Phosphorus 45%	•	Iodine 25%	
Magnesium 35%	•	Zinc 30%	
Copper 40%	•	Chloride 8%	

*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	2,500
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	30g

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

Ingredients: LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate), Cocoa (processed with alkali), Natural & Artificial Flavors, **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), **Fiber Plex™** (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), 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.

*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 (65g) of CarbWatchers® Lean Body®, and mix with a spoon.

Shaker – Fill shaker with **10oz.** of water or your favorite beverage. Add 1 packet (65g) of CarbWatchers® 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 (65g) of CarbWatchers® 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

LABRADA NUTRITION

333 Northpark Central Drive
Houston, TX 77073, U.S.A.

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www.labrada.com

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