50% Lower Carbs than Original Lean Body®

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

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

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 muscle-leaning, 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).

- **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***

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

CarbWatchers® LEAN BODY® Sample Menu

Breakfast 6 Egg Whites ● Oatmeal Fruit & Coffee

10:00am CarbWatchers® Lean Bod® Shake Your Favorite Fruit

Lunch 8oz. Grilled Breast Steamed Veggies & Baked Potato

3:00pm CarbWatchers® Lean Bod® Bar Your Favorite Fruit

Dinner 8oz. Grilled Fish Steamed Rice & Light Salad

Late Snack CarbWatchers® Lean Bod® Shake Air Popped Popcorn

YOURS FREE

Lee Labrada's LEAN BODY COOKBOOK FOR CARB CLUB

www.leelabradaproducts.com

Lee Labrada

"Yours truly, Lee Labrada"

Congratulations! You have just purchased Lee Labrada's Lean Body® Cookbook for Carb Watchers®. Lean Body® is the best tasting, reduced carbohydrate, hi-protein meal replacement powder ever made. That's why the American Culinary Institute awarded Lean Body® its Gold Medal Taste Award for five years in a row.

Lean Body® contains a blend of fast-release and slow-release proteins, to give you a sustained flow of vital amino acids. Amino acids support intracellular nitrogen retention levels for faster muscle growth and strength increases. Lean Body® also contains a blend of high-fiber complex carbohydrates and essential fatty acids, to support lean muscle growth, strength, and higher energy all day long!

Lean Body® is a great way to lose fat and build lean muscle. Lean Body® is a great way to lose fat and build lean muscle. Lean Body® is a great way to lose fat and build lean muscle.