50% Lower Carbs than Original Lean Body®

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

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

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).

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

- **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.
- **4.5 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

42 count VALUE PACK

Get Lean! Burn Fat!

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Nutrition Facts

Serving Size 1 Packet (65g)
Servings Per Container 42

	Amount Per Serving	% DV
Calories	240	
Calories from Fat	30	
Total Fat	4.5 g	7%
Saturated Fat	1 g	6%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	360 mg	15%
Potassium	560 mg	16%
Total Carbohydrate	12 g	4%
Dietary Fiber	4 g	14%
Sugars	2 g	
Protein	40 g	80%

Vitamin A	25%	Vitamin C	25%
Calcium	50%	Iron	50%
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	40%	Iodine	25%
Magnesium	30%	Zinc	25%
Copper	30%	Chromite	4%

*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	Less than	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), Natural & Artificial Flavors, **EFA Plex™** (Sunflower Oil, Creamer (High Oleic Sunflower Oil, Corn), Corsa Solids, Sodium Caseinate, Whey- and Soy-Lecithin, Dipotassium Phosphate, Mono- and Diglycerides, Mixed Tocopherols), MCT Oil, Flaxseed Oil, Borage Oil), **FiberPlex™** (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), Vitamin & Mineral Blend (Di-Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Electrolyte Iron, Zinc Oxide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Vitamin A Acetate, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Cyanocobalamin), Salt, Sucralose, Acesulfame Potassium.

Allergy 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.

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

Alanine	1780 mg	Lysine	2990 mg
Arginine	1230 mg	Methionine	850 mg
Aspartate	4800 mg	Phenylalanine	1410 mg
Cystine	960 mg	Proline	2120 mg
Glutamate	8750 mg	Serine	1850 mg
Glycine	830 mg	Threonine	2330 mg
Histidine	710 mg	Tryptophan	780 mg
Isoleucine	2170 mg	Tyrosine	1150 mg
Leucine	3640 mg	Valine	2050 mg

LABRADA NUTRITION
503 Northpark Central Drive
Houston, TX 77073, U.S.A.
©2011 LBN, Inc. 1.800.832.9944
www.labrada.com

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Mix with 10oz. of Water!

42 count VALUE PACK

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

42 Count Value Pack

50% LESS CARBS THAN ORIGINAL LEAN BODY

Get Lean! Burn Fat!

CarbWatchers®

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

STIMULATE LEAN MUSCLE! 40g PROTEIN*

GET STRONGER! 7000mg BCAA*

RECOVER FASTER! 7000mg GLUTAMINE*

GET LEANER! 4500mg EFA-PLEX EFAs*

NET WT 6.01 lb. (2.73kg) 42 Packets-2.29 oz. (65g) each

LABRADA NUTRITION

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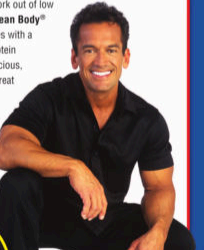
LEAN BODY

"**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!"



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