Nutrition Facts

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

	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	80 mg	27%
Sodium	460 mg	19%
Potassium	660 mg	19%
Total Carbohydrate	24 g	8%
Dietary Fiber	8 g	32%
Sugars	6 g	
Protein	40 g	80%

Vitamin A 35%	•	Vitamin C 35%
Calcium 60%	•	Iron 60%
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 50%	•	Zinc 40%
Copper 60%	•	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 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), Fructose, Salt, Sucralose, Acesulfame Potassium.

Allergen Information: Contains Milk, Soy.

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.

*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.

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