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	90 mg	30%
Sodium	390 mg	16%
Potassium	410 mg	12%
Total Carbohydrate	24 g	8%
Dietary Fiber	8 g	32%
Sugars	7 g	
Protein	40 g	80%

Vitamin A 40%	•	Vitamin C 35%
Calcium 70%	•	Iron 45%
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 50%	•	Iodine 35%
Magnesium 40%	•	Zinc 35%
Copper 40%	•	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	2,500
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), **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.

LABRADA NUTRITION

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