Mix with 10oz. of Water!

Build Muscle! Burn Fat!

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

- Award-Winning Taste!
- 40g Protein
- 8g FiberPlex™ Fiber
- 8g Healthy EFAs
- No Maltodextrin
- 21 Vitamins & Minerals
- Aspartame-Free
- 0g Trans Fat

Vanilla Ice Cream Flavor

Build Muscle! Burn Fat!

40g PROTEIN

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

STIMULATE MUSCLE GROWTH!

GET STRONGER! 7000mg BCAA*

RECOVER FASTER! 7000mg GLUTAMINE*

GET LEANER! 8000mg EFA-PLEX EFAs*

Vanilla Ice Cream Flavor

NET WT 3.48 lb (1.58kg)
20 Packets-2.78 oz. (79g) each

LABRADA NUTRITION

Yours Free!

Join on the web @ www.leanbodycoach.com

LEAN BODY COACHING CLUB

Sign up right now for your **FREE** membership by logging onto www.leanbodycoach.com and entering your email address! It will be kept confidential and you're done. **It's that easy!**

You'll immediately begin receiving my weekly email where I will share with you the secrets I have learned, share my years of training, nutrition and supplementation wisdom insights, tips and making progress.

The Lean Body Coaching Club. It's a great deal, no-risk value. Join today!

Yours for a leaner body,

Lee Labrada

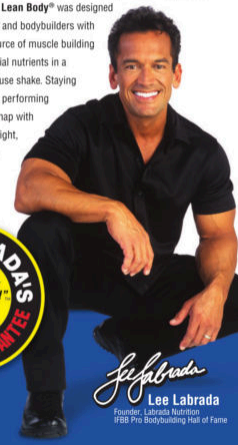
www.leanbodycoach.com

Build Muscle! Burn Fat!

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

"**Lean Body**® is the best tasting, most nutritionally complete hi-protein meal replacement drink ever made. **Lean Body**® takes the guesswork out of eating right. **Lean Body**® was designed to provide athletes and bodybuilders with a concentrated source of muscle building protein and essential nutrients in a delicious, easy-to-use shake. Staying in great shape and performing at your peak is a snap with **Lean Body**®. Eat right, exercise hard and use **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

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

Build Muscle! Burn Fat!

LEAN BODY®

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

Lean Body® will help you get leaner and stronger!

Lean Body® hi-protein meal replacement shake is the quick, convenient nutrition solution for hard training athletes who have little time to prepare meals. Forget other supplement pills and powders. **You get it all in Lean Body**®: concentrated muscle-building, fat burning nutrition in one delicious, easy-to-make shake.

Check out the "nutritional knock-out punch" you get in Lean Body® Hi-Protein Meal Replacement Shake:

- **Incredible taste! Lean Body®** is the best tasting 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.
- **50/30/20 (protein/carbohydrate/fat)** ratio of macronutrients consisting of highly bio-available, time-release proteins, 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.
- **24 grams of an advanced blend of high-fiber carbohydrates** to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.
- **8 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.
- **8 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!

LEAN BODY® SAMPLE MENU

BREAKFAST 6 Egg Whites • Oatmeal Fruit & Coffee

10:00AM Lean Body® Shake Your Favorite Fruit

LUNCH 8oz. Chicken Breast Steamed Veggies & Baked Potato

3:00PM Lean Body® Bar Your Favorite Fruit

DINNER 8oz. Grilled Fish Steamed Rice & Light Salad

LATE SNACK Lean Body® Shake Air-Popped Popcorn

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

Build Muscle! Burn Fat!

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

Nutrition Facts

Serving Size 1 Packet (79g)
Servings Per Container: 20

	Amount Per Serving	% DV
Calories	330	
Calories from Fat	70	
Total Fat	8 g	11%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	
Cholesterol	90 mg	30%
Sodium	390 mg	16%
Potassium	410 mg	12%
Total Carbohydrate	34 g	8%
Dietary Fiber	8 g	32%
Sugars	7 g	
Protein	40 g	80%

Vitamin A	45%	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		25g	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, 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.

*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 (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.

Typical Amino Acid Profile/BCAA's (Per Serving)			
Alanine	1790 mg	Lysine	2990 mg
Arginine	1230 mg	Methionine	850 mg
Aspartate	4800 mg	Phenylalanine	1410 mg
Cystine	960 mg	Proline	2120 mg
Glutamate	6750 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

233 Northpark Central Drive
Houston, TX 77073, U.S.A.
©2013 LBN, Inc. 1.800.832.9948
www.labrada.com

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