Check Out the "NUTRITIONAL KNOCK-OUT PUNCH" You Get in Lean Body® Hi-Protein Meal Replacement Shake!

Lean Body® hi-protein meal replacement shake is the quick 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.

- **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!
- **35g of LeanPro®** proprietary blend of fast-release and slow-release proteins, to give you a sustained flow of vital amino acids to support intracellular nitrogen retention levels for faster muscle growth and strength increases.
- **Over 6,000mg of BCAA's** (Branched Chain Amino Acids) per serving. BCAA's have an anti-catabolic effect (prevents muscle tissue breakdown.)
- **Over 7,000 mg of Glutamine & Glutamic Acid.** Studies show that supplemental glutamine can also prevent muscle breakdown.
- **21 grams of an advanced blend of complex carbohydrates** to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.
- **7 grams of FiberPlex™ dietary fiber** per serving, from Fibersol-2™, providing 28% of the RDA for fiber to support superior intestinal and cardiovascular health.
- **7 grams EFA-Plex™** containing natural-source omega-3 and -6 fatty acids, medium-chain triglycerides, flaxseed oil, and borage oil.
- ***No Maltodextrin***
- ***No Aspartame***
- ***No Trans Fat***
- ***No Artificial Colors or Preservatives***

Contains 21 Vitamins & Minerals

Build Muscle! Burn Fat!

GLUTEN-FREE

35g PROTEIN

LEAN BODY®

HI-PROTEIN MEAL REPLACEMENT SHAKE

STIMULATE MUSCLE GROWTH!*

GET STRONGER! 6000mg BCAA*

RECOVER FASTER! 7000mg GLUTAMINE*

GET LEANER! 7000mg EFA-PLEX EFAs*

Vanilla Ice Cream Flavor

NET WT 2.47 lb. (1,120g)

LABRADA NUTRITION

LEAN BODY®

Hi-Protein Nutrition Shake

Nutrition Facts

Serving Size: 2 Scoops(70g)
Servings Per Container: 16

	Amount Per Serving	% DV
Calories	290	
Calories from Fat	60	
Total Fat	7 g	9%
Saturated Fat	2 g	12%
Trans Fat	0 g	
Cholesterol	80 mg	30%
Sodium	350 mg	16%
Potassium	360mg	9%
Total Carbohydrate	21 g	7%
Dietary Fiber	7 g	28%
Sugars	6 g	
Protein	35 g	70%

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 35%	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, Milk Protein Isolate, Cross Flow Micro Ultrafiltered Whey 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 10 oz. of water or your favorite beverage. Add 2 scoops (70g) of Lean Body®, and mix with a spoon.

Shaker – Fill shaker with 10 oz. of water or your favorite beverage. Add 2 scoops (70g) of Lean Body®. Cover and shake.

Blender – Fill blender with 10 oz. of water or your favorite beverage (for a creamy ice cream flavor add a handful of ice cubes.) Add 2 scoops of Lean Body®, cover and blend for 20-30 seconds.

How Should I Use Lean Body® Hi-Protein Meal Replacement Shake?

Before Workouts – Take **Lean Body®** 1-1/2 hours prior to working out to keep muscles supplied with nitrogen-promoting amino acids and provide nutritional support to prevent muscle breakdown.*

After Workouts – Take **Lean Body®** within 30 minutes of your workout to jumpstart muscle repair, growth, and increase muscle glycogen (fuel) stores.*

Before Bedtime – Take **Lean Body®** 1 hour prior to bedtime to ensure a steady supply of muscle-building nutrients all night long.*

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