

BURN FAT!

HI-PROTEIN MEAL REPLACEMENT SHAKE



NET WT 1.73 oz. (49g)

- **Increase Energy***
- **Beat Hunger***
- **Use as a Meal or Snack**
- **All-In-One Nutrition**

LABRADA
NUTRITION



www.labrada.com

LABRADA NUTRITION

* 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.

Blender – Fill blender with **8oz.** of water or your favorite beverage. For a creamy ice cream flavor, add a handful of ice cubes. Add 1 packet (49g) of Lean Body® for Her. Cover & blend for 20-30 seconds.



Shaker – Fill shaker with **8oz.** of water or your favorite beverage. Add 1 packet (49g) of Lean Body® for Her. Cover and shake.



Glass – Fill glass with **8oz.** of water or your favorite beverage. Add 1 packet (49g) of Lean Body® for Her, and mix with a spoon.



Easy-to-Follow Directions

Allergen Information: Contains Milk, Soy.

Ingredients: LeanPro™ (Cross Flow Micro Ultrafiltered Protein Concentrate, Soy Protein Isolate (non-GMO), Natural Whey Protein Concentrate, Soy Protein Isolate (non-GMO), Natural High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Tricaseinate Phosphate, Soy Lecithin, Tocopherols, MCT Oil, Flaxseed Oil, Borage Oil), **Fiber Plex™** (Polydextrose, FiberSol 2 Fiber, Cellulose Gum, oat Flour, Rice Bran), Vitamin & Mineral Blend (D-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), Salt, Sucralose, Acesulfame Potassium.

Nutrition Facts

Serving Size: 1 Packet (49g)
Servings Per Container: 1

Calories		Amount Per Serving		% DV
Calories	190			
Calories from Fat	30			
Total Fat	3.5 g			5%
Saturated Fat	1 g			4%
Trans Fat	0 g			
Cholesterol	20 mg			7%
Sodium	270 mg			11%
Potassium	270 mg			8%
Total Carbohydrate	9 g			3%
Dietary Fiber	3 g			11%
Sugars	2 g			60%
Protein	30 g			
Vitamin A 20%	●			
Vitamin C 20%	●			
Iron 25%	●			
Vitamin D 20%	●			
Thiamin 20%	●			
Riboflavin 20%	●			
Vitamin B6 20%	●			
Vitamin B12 20%	●			
Pantothenic Acid 20%	●			
Biotin 20%	●			
Phosphorus 30%	●			
Magnesium 25%	●			
Copper 20%	●			
Chloride 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 65g 80g

Saturated Fat 20g 25g

Cholesterol 300mg 300mg

Sodium 2,400mg 3,500mg

Potassium 3,500mg 3,75g

Total Carbohydrates 300g 30g

Dietary Fiber

Calories per gram:

Fat 9 ●

Carbohydrate 4 ●

Protein 4