Mix with 8oz. of Water!

LEAN BODY® for Her

HI-PROTEIN MEAL REPLACEMENT SHAKE

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

DELICIOUS SOFT CHOCOLATE ICE CREAM FLAVOR

LABRADA NUTRITION

Get Lean! BURN FAT!

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DELICIOUS SOFT CHOCOLATE ICE CREAM FLAVOR

LABRADA NUTRITION

NET WT 2.16 lb. 20 Packets – 1.7 oz. (49g) each

For internal use only: LB4Her_Choc_2012

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Let me help you get into great shape!

Lean Body® Coaching Club

FREE membership for the at Lean Body® Coaching Club. Simply enter your email address and password, confirmation and you're done.

It's that easy!

You'll immediately begin receiving your personal newsletter. It's chock-full of motivational, nutritional and supplementation wisdom just for you.

The Lean Body Coaching Club is an incredible resource for your success! Yours for a leaner, lovely, healthier, happier life!

Lisa Labrada
Fitness Expert, Nutrition Author, "Lean Body Promise"

Yours Free! Sign-up today at

www.leanbodycoach.com

Nutrition Facts

Serving Size: 1 Packet (49g)
Servings Per Container: 20

Amount Per Serving		% DV
Calories	180	
Calories from Fat	30	
Total Fat	3 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	390 mg	13%
Potassium	380 mg	10%
Total Carbohydrate	9 g	3%
Dietary Fiber	3 g	14%
Sugars	1 g	
Protein	30 g	60%

Vitamin A 20%	•	Vitamin C 20%	
Calcium 40%	•	Iron 30%	
Vitamin D 20%	•	Vitamin E 20%	
Thiamin 20%	•	Riboflavin 20%	
Niacin 20%	•	Vitamin B6 20%	
Folate 25%	•	Vitamin B12 20%	
Biotin 20%	•	Pantothenic Acid 20%	
Phosphorus 35%	•	Iodine 20%	
Magnesium 30%	•	Zinc 20%	
Copper 30%	•	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

Developed by and Manufactured for:

LABRADA NUTRITION
333 Northpark Central Drive
Houston, TX 77073, U.S.A.
©2012 LBN, Inc. 1.800.832.9946
www.labrada.com

Ingredients: LeanPro® (Cross Flow Micro Ultrafiltered Whey Protein Isolate, Cross Flow Micro Ultrafiltered Whey Protein Concentrate, Soy Protein Isolate (non-GMO), Cocoa processed with alkali), Natural & Artificial Flavors, **EFA Plus™** (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 Plus™** (Polydextrose, Fibersol 2 Fiber, Cellulose Gum, Oat Flour, Rice Bran), 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), Salt, Acesulfame Potassium, Sucralose.

Allergen Information: Contains Milk, Soy.

Easy-to-Follow Directions

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.

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

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 and blend for 20–30 seconds.

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Get In Shape!

Who should use Lean Body® for Her?

Women of all ages who desire to tone lean muscle, burn unwanted fat and reduce inches from their hips, thighs, and buttocks. Lean Body® for Her works best when used in conjunction with a low calorie diet and exercise.

What can Lean Body® for Her do for me?

Lean Body® for Her is a unique meal replacement powder formulated specifically for women's nutritional needs. It is high in the nutrients that an active woman needs to get into great shape and achieve optimum health. It contains the "nutritional insurance" you need when you are dieting and losing fat.

Is Lean Body® for Her easy to use?

Yes! Lean Body® for Her comes in convenient, serving size packets that fit easily into your purse, briefcase, or gym bag. Whenever you want a fast, delicious and nutritious meal or snack, just tear open the packet and mix with cold water, skim milk, or juice.

How should I use Lean Body® for Her?

Lean Body® for Her should be used daily as a meal replacement.
(See sample Meal Plan)

How does Lean Body® for Her work?

Lean Body® for Her contains a combination of healthy ingredients that work together synergistically to provide nutritional support for lean muscle tissue, fat loss, and increasing energy.

Here's what you get in every packet of Lean Body® for Her:

30 grams of high-quality protein. Protein is necessary for the maintenance and repair of lean muscle tissue, the very tissue responsible for helping you look fit, trim, and shapely.

Contains a precise blend of heart-healthy soy protein and highly bio-available whey protein isolate – to help feed lean muscle tissue with the nutrients necessary to maintain a fast, fat-burning metabolism. If you are weight-training and doing cardio several times a week to get leaner, you will need to consume adequate amounts of protein to achieve your goals.

Only 9 grams of carbs. Controlling carbohydrate consumption can help you burn stubborn body fat by helping you keep insulin (a powerful fat storage hormone) levels low.

Bone Supporting Nutrients. Bone health is especially important for women, as osteoporosis is five times more common in women than in men.

Contains soy isoflavones, which are plant compounds with chemical structures similar to estrogen. These isoflavones have a positive effect on bone health and bone loss.[1,2] Contains 40% of the Daily Value (400mg) of calcium. The National Institutes of Health recommends women consume 1,000mg of calcium each day to help prevent osteoporosis.

Folic acid is a B vitamin that helps the body make healthy new cells. Folic acid has benefits for women of all ages. Studies show that folic acid may help in the prevention of heart disease, stroke, some cancers, and Alzheimer's disease.[3] One serving of Lean Body® for Her contains a third of the government recommended dose of folic acid.

Iron is essential to making healthy red blood cells and carrying oxygen to the body's tissues. Iron deficiency anemia is common in women. According to the Mayo Clinic, one in five women and half of all pregnant women are iron deficient. Lean Body® for Her contains 30% of the RDA for iron.[4]

Glutamine is an amino acid with a super-unique role: it can be utilized by the body as a fuel, used for a new body protein, and to make other important compounds and amino acids. The good news is that recent studies show that supplemental glutamine helps prevent muscle breakdown.[5] Lean Body® for Her contains over 7,500 mg of Glutamine and Glutamic Acid.

Antioxidants including Vitamins C and E to help protect your body against free radicals and B Vitamins for proper metabolism of protein and fat, and to help support nerve and brain function. (References listed on bottom of box)

Lean Body® for Her Sample Menu

Breakfast – 1 Egg White Omelet w/ Fruit & Coffee

10:00AM – Lean Body® for Her Shake Your Favorite Fruit

Lunch – 6oz. Chicken Breast Steamed Veggies Baked Potato

2:00PM – Lean Body® Bar Your Favorite Fruit

Dinner – 6oz. Grilled Fish Steamed Veggies Light Salad

Late Snack – Lean Body® for Her Shake 6oz Popped Popcorn

References

1. Alekel, D.L., A.S. Germain, et al. Isoflavone-rich soy protein isolate attenuates bone loss in the lumbar spine of perimenopausal women. Am J Clin Nutr, 2000;72(3):844-52.
2. Wangen, K. E., A. M. Duncan, et al. Effects of soy isoflavones on markers of bone turnover in premenopausal and postmenopausal women. *J Clin Endocrinol Metab*, 2000;85(9): 3043-8.
3. U.S. Dept. of Health and Human Services, Office on Women's Health; www.4woman.gov/faq/easyread/folic-ett.htm
4. Iron Deficiency Anemia; Mayo Clinic, www.mayoclinic.com/invoke.cfm?id=D500323
5. Ehrlich, N., Shabert, J. *The Ultimate Nutrient: Glutamine* 1994; 14, 15, 20, 58.
6. Welbourne, T.C. "Enteral Glutamine Spares Endogenous Glutamine in Chronic Acidosis." JPEN 17 1993: 23S.

* 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.

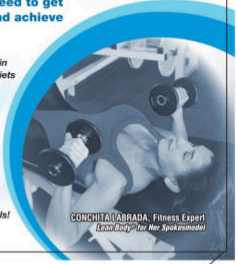
LEAN BODY® for Her

Lean Body® for Her is rich in the nutrients women need to get into great shape and achieve optimum health!

Lean Body® for Her is high in protein, ideal for low carb diets and is fortified with soy protein, folic acid, and essential vitamins and minerals.

Use daily as a meal replacement.

Lean Body® for Her is a delicious, nutritious shake that can help you achieve your self-improvement goals!



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