



Lean Complex 8 is the latest evolution of the Lean Complex formula. Building on the advanced time released protein blend established with the original Lean Complex, the newest generation adds 4 more protein species for a proprietary time-release formula that allows both dieters and the bodybuilders to maximize their results—reducing body fat and building lean muscle mass.



The most effective time release formula on the market
Sustained time release maximizes protein absorption for effective workout recovery
Low carb formula helps suppresses hunger to facilitate weight reduction
Available in four delicious flavors Vanilla, Chocolate, Strawberry & Banana

Lean Complex 8 is produced using the highest quality ingredients and formulated with a proprietary time-release formula that allows both dieters and the bodybuilders to maximize their results—reducing body fat and building lean muscle mass.

Don't be fooled. Not all Whey-based products are the same. Whey protein concentrate (WPC) is graded by the government according to its protein content (usdec.org). Even some of the top-named brands use Sweet Whey, which only has 11-14% protein or WHP 30, which has only 30%. These products will give you an instant sugar high with a limited time frame of protein absorption because they have a high concentrate of lactose. They will not help you achieve your goal of long-term weight control or build lean muscle mass.

Lean Complex 8 uses Whey with the highest protein content called WPC 80, which contains 80 to 82% protein and WPI, which has 90 to 92% protein. These protein concentrates are low lactose, low carb, low fat and are the purest and most effective concentrates available.

Supplements Facts

Serving Size: 1 scoop (40g)
Servings Per Container: Approx. 45

Calories 150	Calories From Fat 9	
	Amount Per Serving	%DV*
Total Fat	1g	1.5%*
Saturated Fat	0g	0%*
Cholesterol	5mg	2%*
Sodium	35mg	1.5%*
Total Carbohydrates	2g	1.7%*
Sugars	1g	†
Fiber	0g	0%*
Protein	32g	
Vitamin A	10mg	<2%*
Calcium	100mg	10%*
Digestive Enzyme	25mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Percent Daily Values not established.

It's this high quality Whey in **Lean Complex 8** combines with Egg Albumin that gives its successful "time release" formula. Why is a staggered time release so important? Remember it is not how much protein one takes in but how much the body absorbs. The more protein your body absorbs over a longer period of time, the more calories your body burns. To further facilitate protein absorption, a digestive enzyme panel has been added. By spreading out absorption over multiple hours as opposed to over a limited time of only one hour, **Lean Complex 8** enables a steady and gradual weight loss. We

specifically added Potassium Caseinate because of its slow-acting properties that increases amino acid levels that build hard muscle tissue, giving users the maximum benefit from each dosage. Thus **Lean Complex 8**'s formula is a perfect supplement to a weight control regimen. As a total workout recovery program, longer protein absorption aids in the growth of lean muscle tissue.

Only formulas with staggered time-release features like **Lean Complex 8** allow your body to attain maximum absorption of proteins. You get what you pay for—accept only the best quality when it comes to your body. By using **Lean Complex 8**, your body will know the difference; your friends will see the difference.

SUGGESTED USE:

Mix 1 scoop per 6 oz. of cold water, or your favorite beverage, two to three times a day. For best results, consume your shakes in the morning upon rising, after your workout, and again at bedtime.

JEM guarantees the potency and freshness of this product. JEM products are formulated utilizing sound nutritional science in the field of strength and conditioning performance. All ingredients are of the highest quality.

It is important to drink an additional 12 – 20 oz. of water within one hour after ingesting a protein drink to aid in digestion.

Consult a physician before beginning an exercise and weight loss program.