



"At Nutrition53, we collaborated with the top doctors, scientists and nutritionists in the world to deliver the highest quality nutritional products that perform for you. It is our promise and commitment to help you every step of the way towards achieving your active, healthy lifestyle."

Bill Romanowski

- **Bill Romanowski**, Nutrition53 Founder
& 4 Time Super Bowl Champion

Getting lean never tasted so good!

Get lean and balanced nutrition with the Lean1 Fat Burning Meal Replacement. You'll notice the Lean1 difference right away. The incredible taste, the energy, and the satisfaction of knowing that you're giving your body the right balance of nutrients to help you look and feel your best each and every day.

HOW TO USE *Lean1™*

- 1 For Weight Loss, Replace 1-2 Meals a Day
- 2 For Performance, Before and After Workouts
- 3 For an In-Between Meal Healthy Snack Option
- 4 For a Delicious Low-Calorie Dessert Option

WARNING:
Lean1 Fat Burning Meal Replacement is intended for individuals who are serious about having a lean, fit, defined body.

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.



ANTIOXIDANT PROTECTION

Boost antioxidant power with 17 fruits and vegetables including super fruits like acai, mangosteen and goji, along with 27 vitamins and minerals and 1000 IU of vitamin D³.



HEALTHY DIGESTION

Lean1 promotes natural gut health with the combination of 12 grams of fiber, lactose free proteins and proteolytic enzymes that work synergistically for healthy digestion.



HELPS BURN BODY FAT FASTER

Green coffee bean extract has two beneficial ingredients for weight loss which are caffeine and chlorogenic acid. Lean1 gives you both energy and healthy weight loss.



TONES AND DEFINES MUSCLES

Nutrition53's protein matrix made of whey isolate, milk isolate, pea isolate, micellar casein and sodium caseinate helps to define lean muscle.



CURBS HUNGER CRAVINGS

Bioactive nutrients like fiber, milk protein isolate and amino acids work together while losing weight to help you feel full, satisfied and energized without feeling hungry.



GET LEAN • STAY LEAN™

Lean1™

FAT BURNING MEAL REPLACEMENT

CHOCOLATE MINT

Naturally & Artificially Flavored



20g

LACTOSE FREE
PROTEIN

17

FRUITS AND
VEGETABLES

12g

DIETARY
FIBER

**GLUTEN
FREE
FORMULA**

**GREEN
COFFEE BEAN
EXTRACT**

NET WT 1.98 lbs. (900g) DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Scoops (60 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	220	
Calories from Fat	60	
Calories from Saturated Fat	10	
Total Fat	6 g	9%*
Saturated Fat	1 g	5%*
Cholesterol	5 mg	2%
Total Carbohydrate	27 g	9%*
Dietary Fiber	12 g	48%*
Soluble Fiber	10 g	**
Sugars	10 g	**
Protein	20 g	
Vitamin A (as vitamin A palmitate)	2500 IU	50%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as DL-alpha-tocopheryl acetate)	15 IU	50%
Vitamin K (as phytonadione)	40 mcg	50%
Thiamin (as thiamine hydrochloride)	0.75 mg	50%
Riboflavin	0.85 mg	50%
Niacin (as niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	50%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid (as D-calcium pantothenate)	5 mg	50%
Calcium	80 mg	8%
Iron (as ferrous fumarate)	9 mg	50%
Phosphorus	200 mg	20%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium	38 mg	10%
Zinc (as zinc oxide)	7.5 mg	50%
Selenium (as sodium selenate)	35 mcg	50%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese sulfate)	1 mg	50%
Chromium (as chromium chloride)	60 mcg	50%
Molybdenum (as sodium molybdate)	37.5 mcg	50%
Chloride	315 mg	9%
Sodium	270 mg	11%
Potassium	470 mg	13%

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

INGREDIENTS: N53 Protein Matrix (Milk Protein Isolate, Whey Protein Isolate, Pea Protein Isolate, Sodium Caseinate, Micellar Casein), Cane Juice Solids, Resistant Maltodextrin (Fiber), Alkalized Cocoa Powder, Sunflower Oil, Inulin Fiber (from Chicory), Natural & Artificial Flavors, Maltodextrin, Canola Oil, Taurine, Sea Salt, L-Glutamine, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Potassium Chloride, Soluble Dietary Fiber, N53 Fruit & Vegetable Blend (Drum-Dried Watermelon, Drum-Dried Cranberry, Dehydrated Broccoli, Dehydrated Carrot, Drum-Dried Pomegranate, Drum Dried Blueberry, Beet Powder, Dehydrated Spinach, Dehydrated Tomato, Dehydrated Parsley, Mangosteen Powder, Freeze-Dried Acai Powder, Goji Powder, Dehydrated Cabbage, Freeze-Dried Apricot Powder, Freeze-Dried Mango Powder, Freeze-Dried Pineapple Powder), Green Coffee Bean Extract, Sucralose, Digestive Performance Blend (Protease, Amylase, Lipase, Lactobacillus Acidophilus).

Contains ingredients derived from milk and soy.

Manufactured in a plant that processes milk, soy, wheat and eggs

Lean1 is made in a sport certified manufacturing facility. This means that every ingredient and every batch of Lean1 that is produced is tested to the highest standard so you can feel confident about what you're putting in your body.

BLENDER



Combine 2 scoops of *Lean1™* with 6 - 8 ounces of cold water and 8 ice cubes. Blend for 1 minute. Enjoy!

SHAKER



Combine 2 scoops of *Lean1™* with 8 - 10 ounces of cold water and 4 ice cubes. Shake for 1 minute. Enjoy!

GLASS



Combine 2 scoops of *Lean1™* in a glass with 8 ounces of water. Stir vigorously. Then add 4 ice cubes and stir. Enjoy!



Made in USA

Manufactured for distribution by:
Nutrition53, Inc., Lafayette, CA 94549
For more product information, visit www.Nutrition53.com
or call us at 1-888-4-Team53 (888-483-2653)

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