

## FAQ

**Q: What are the benefits of Lean™?**

- A:
- Reduces cravings to support weight loss\*
  - Aids in lean muscle development\*
  - Supports muscle recovery\*

**Q: How do you recommend using Lean?**

A: Add one level scoop to a shaker bottle or blender and mix with 8 fl oz of water.

**Q: What makes Lean different from other protein products?**

A: Lean offers a full-spectrum protein with the added benefits of vitamins, minerals, digestive enzymes, and all 9 essential amino acids.\*

**Q: What are the key ingredients in Lean?**

A: The key ingredients in Lean are soy protein, whey protein, folate, digestive enzymes, and a collection of vitamins.

**Q: What amino acids can be found in Lean?**

A: Lean contains a blend of 9 grams total of the following amino acids: alanine, arginine, aspartic acid, cystine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine.

**Q: What is the difference between Lean Vanilla and Lean Chocolate?**

A: Apart from the delicious flavors, the cocoa in Lean Chocolate takes up additional space which increases scoop size and nutrient levels. Outlined below are the nutrient differences.

	Lean Vanilla	Lean Chocolate
Scoop Size	16 g	21.5 g
Calories	60	90
Total Fat	1 g	2 g
Total Carbohydrates	2 g	5 g
Amino Acids	10 g	9 g

**Q: Where is Lean made?**

A: Lean is made in the United States in a GMP (Good Manufacturing Practices)-compliant facility.

**Q: Does Lean contain fish or shellfish?**

A: No, Lean does not contain any fish or shellfish products.

**Q: Does Lean contain soy?**

A: Yes, Lean contains soy protein isolate and soy milk powder.

**Q: Does Lean contain nuts?**

A: No, Lean is nut-free.

**Q: Does Lean contain dairy?**

A: Yes, Lean contains milk powder. For this reason, do not let Lean shakes sit for more than 30 minutes at room temperature.

**Q: Does Lean contain gluten?**

A: No, Lean is gluten-free.

**Q: Does Lean contain caffeine?**

A: No, Lean is caffeine-free.

**Q: Is Lean vegan-friendly?**

A: No, Lean is not vegan-friendly.

**Q: Can you use Lean if you are pregnant or nursing?**

A: We recommend consulting with your physician about any supplement if you are pregnant or nursing.

\*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.