

## What is Lean?

Improve your weight-loss results with Lean™ Vanilla, a gluten-free protein shake with a diverse blend of amino acids, vitamins, minerals, and digestive enzymes.\* Shake it up and get Lean results!\*

## Benefits and Features

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

## Key Ingredients

- Whey protein
- Soy protein
- Bromelain (from pineapple stems)

## FAQ

**Question:** Does Lean contain dairy?

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

**Question:** What are the differences between Lean Vanilla and Lean Chocolate?

**Answer:** The cocoa in Lean Chocolate takes up additional space which increases scoop size, calories, and some nutrient levels.

**Question:** Does Lean contain hormones or steroids?

**Answer:** No, Lean does not contain any hormones or steroids.

## Directions

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

## Complementary Products



Axiom™



Xyngular  
Complete  
Collagen™



Resist™



## Supplement Facts

Serving Size: 1 Scoop (21.5 g)  
Servings Per Container: 30

	Amount Per Serving	% DV
Calories	90	
Total Fat	2 g	1%
Saturated Fat	1 g	5%
Cholesterol	8 mg	3%
Total Carbohydrate	5 g	2%
Dietary Fiber	3 g	11%
Total Sugars	<1 g	†
Protein	10 g	15%
Vitamin A (as retinyl palmitate)	900 mcg	100%
Vitamin C (as ascorbic acid)	30 mg	33%
Vitamin D (as cholecalciferol)	6.8 mcg	34%
Vitamin E (as d-alpha-tocopherol)	10 mg	67%
Vitamin K (as phylloupinone)	50 mcg	42%
Thiamin (as thiamin mononitrate)	0.9 mg	75%
Riboflavin	1.1 mg	85%
Vitamin B6 (as pyridoxine HCl)	1.1 mg	65%
Folate	650 mcg DFE (390 mcg folic acid)	163%
Vitamin B12 (as cyanocobalamin)	4 mcg	167%
Biotin	150 mcg	500%
Pantothenic acid (as D-calcium pantothenate)	3.3 mg	66%
Calcium	150 mg	12%
Iron	4 mg	22%
Phosphorus	100 mg	8%
Iodine (from kelp)	40 mcg	27%
Magnesium (as magnesium oxide)	108 mg	26%
Zinc (as zinc bisglycinate chelate)	4.2 mg	38%
Selenium (as selenomethionine)	40 mcg	73%
Manganese (as manganese amino acid chelate)	1 mg	43%
Chromium (as chromium amino acid chelate)	360 mcg	1,029%
Molybdenum (as molybdenum amino acid chelate)	40 mcg	89%
Sodium	190 mg	8%
Potassium	370 mg	8%
Boron (as boron citrate)	100 mcg	†
Bromelain (Ananas comosus) (stem)	50 mg	†
Papain (Carica papaya) (fruit)	25 mg	†
Taurine	25 mg	†

Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Values (DV) not established.

Other Ingredients: Soy protein isolate, whey protein concentrate, soy milk powder, whey protein isolate, natural and artificial flavors, guar gum, calcium carbonate, chicory root inulin, silica, acesulfame potassium, sucralose, soy lecithin and glucosylated steviol glycosides.

Contains: Milk and soy.

\* 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.

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