

Lean Food



Clinical Applications

- Supports Healthy Body Composition
- Supports Immune Health
- Supports Cardiovascular Health
- Supports Healthy Blood Insulin/Glucose Levels
- Supports Gastrointestinal Health
- Provides Foundation Macro-Nutrition

Lean Food is a delicious, soy and fructose-free functional food powder that features 21 grams/serving of bio-active, New Zealand-sourced, pure whey protein, a proprietary fiber blend containing a prebiotic for gastrointestinal and cardiovascular support, and additional amino acids to enhance and maintain lean body mass. To help ensure patient compliance, this formula is available in a variety of taste-tempting flavors.

Lean Food Meets or Exceeds cGMP quality Standards

6127 N. La Cholla Blvd. • Suite #175
Tucson, Arizona 85741
Ph / 520-547-2820

Lean Food

Nutrition Facts

Serving Size: 2 scoops (52 g)
Servings Per Container: 14

Amount Per Serving

Calories 190 **Calories From Fat 45**

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Cholesterol 55mg 18%

Sodium 320mg 13%

Total Carbohydrate 20g 7%

Dietary Fiber 7g 27%

Sugars 9g

Protein 21g

Immunoglobulins 2.1g

Vitamin A 0% • Calcium 0%

Vitamin C 10% • Iron 0%

* 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 | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: New Zealand Biosciences® Proprietary Whey Protein Blend (NZ Whey Protein Concentrate, L-Glutamine, Glycine, Taurine), Evaporated Cane Juice Solids, Fiber Blend (Inulin from Chicory, Beta Glucans, Oat Fiber, Corn Bran), Cocoa Powder, Sunflower Oil, Natural Flavors, Medium Chain Triglycerides, Sodium Chloride, Aminogen®, Potassium Citrate, Xanthan Gum, Guar Gum, Sodium Citrate, Stevia Leaf Extract.

Typical Amino Acid Profile:

| | |
|---------------|---------|
| Glycine | 391mg |
| Alanine | 999mg |
| Valine | 1,206mg |
| Leucine | 2,240mg |
| Isoleucine | 1,330mg |
| Serine | 999mg |
| Threonine | 1,412mg |
| Tyrosine | 606mg |
| Aspartic Acid | 2,219mg |
| Phenylalanine | 606mg |
| Tryptophan | 316mg |
| Proline | 1,226mg |
| Methionine | 420mg |
| Cystine | 482mg |
| Lysine | 1,826mg |
| Histidine | 296mg |
| Arginine | 461mg |
| Glutamine | 3,804mg |
| Taurine | 500mg |

Dosing

Mix 2 scoops (52g) in 8 - 12 oz. cold water. Adjust amount of water according to thickness desired.

Additional references available upon request

*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.

