

# lean meal FAQ

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

A: We recommend replacing one meal per day with one serving of Lean Meal for long term weight management and weight loss success. Please see the Lean Meal Nutrition Facts for nutritional information. If you'd like more information about Lean Meal, please reach out to [products@xyngular.com](mailto:products@xyngular.com).

**Q: Is there any soy protein in Lean Meal?**

A: Lean Meal contains soy lecithin, which is used as a flow agent during manufacturing. Soy lecithin does not contain soy protein or phytoestrogens, and it should not trigger an allergic reaction in people with soy sensitivities.

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

A: With a full serving of protein, healthy fats, fiber, fruits, greens, adaptogens, and probiotics, Lean Meal provides power packed nutrition in a delicious meal replacement shake.

**Q: I am lactose intolerant. Can I still use Lean Meal?**

A: We recommend you do not use Lean Meal if you are lactose intolerant.

**Q: How much water or almond milk should I drink Lean Meal with?**

A: We recommend mixing Lean Meal with 12-16 fl. oz. of the drink of your choice.

**Q: What kind of chocolate is in Lean Meal?**

A: The chocolate flavor in Lean Meal comes from pure cocoa.

**Q: How long can I wait to drink Lean Meal after mixing it?**

A: To prevent spoiling, to preserve the nutritional value, and to receive maximum benefit, we recommend consuming Lean Meal within 30 minutes after mixing with your drink of choice.

**Q: When should I take Lean Meal in conjunction with exercise?**

A: It is best to take Lean Meal 30 minutes after your workout.

**Q: What other products should or can Lean Meal be taken with?**

A: All Xyngular products work great with Lean Meal! If you are looking for an ideal combination of products for long term weight loss, use Xyng, Lean Meal, and Trimstix.

**Q: Where is Lean Meal made?**

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

**Q: Can I use Lean Meal if I am pregnant or breast feeding?**

A: Please consult your physician before taking Lean Meal.

**Q: How much does Lean Meal cost and what is the PV?**

A: The retail price of Lean Meal is \$90.00 (USD) and the wholesale price is \$75.00 (USD), and the PV is 52.

**Q: Is Lean Meal available in Canada?**

A: At this time, Lean Meal is available for individual sale by phone through Member Service.

**Q: Can Lean Meal aid me in a weight gain regimen?**

A: Lean Meal could be used as a weight gain tool when used in conjunction with proper diet and exercise.

