

# lean

A COMPLETE PROTEIN SHAKE



## What is Lean?

Lean is a component of the Core4 Weight Management System. Lean is a gluten-free, non-GMO vanilla protein smoothie. No matter your diet, proteins are essential for the normal development and function of every cell in your body. A lack of protein can lead to a weak immune system and slow muscle recovery.

## What does Lean do?

Lean contains digestive enzymes that provide vitamins and minerals and increase the absorption of protein, which aids in the recovery and growth of lean muscle. Proteins like the non-GMO soy found in Lean slow digestion and help you feel full longer, and also provide a steady supply of vital amino acids. Unlike other protein drinks, Lean tastes as incredible as it makes you feel. Lean may help:

- Slow digestion
- Increase satiety (feeling of being full)
- Increase recovery and growth of lean muscle
- Aid in weight loss
- Support fat metabolism

Unlike other protein drinks, Lean truly is the favorite protein drink of anyone who tries it because of its incredible nutritional support and it's amazing flavor.

## Nutrition Facts

Serving Size: 1 scoop (16g)  
Servings Per Container: 30

Amount Per Serving		
Calories	44	Calories from Fat 4
		<b>% Daily Value*</b>
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	20mg	<1%
Total Carbohydrate	1.3g	1%
Dietary Fiber	1.3g	5%
Sugars	0g	0%
Protein	10g	20%
Amount Per Serving		% Daily Value*
Vitamin A (as vitamin A palmitate)	3000IU	60%
Vitamin C (as ascorbic acid)	30mg	50%
Vitamin D (as cholecalciferol)	270IU	68%
Vitamin E (as dl alpha tocopherol acetate)	15IU	50%
Vitamin K (as phytonadione)	50mcg	63%
Vitamin B1 (as thiamine mononitrate)	1mg	67%
Vitamin B2 (as riboflavin)	1.13mg	67%
Vitamin B6 (as pyridoxine HCl)	1.3 mg	65%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	4.0mcg	67%
Biotin	150mcg	50%
Pantothenic acid (as calcium d pantothenate)	3.33mg	34%
Calcium (as calcium carbonate)	100mg	10%
Iodine (from kelp)	40mcg	27%
Magnesium (as magnesium oxide)	100mg	25%
Zinc (as zinc chelate)	4mg	27%
Selenium (as selenomethionine)	40mcg	58%
Manganese (as manganese chelate)	1mg	50%
Chromium (as chromium chelate)	60mcg	50%
Molybdenum (as molybdenum chelate)	40mcg	54%
Boron (as boron citrate)	100mcg	**
Bromelain (from pineapple) 80qdu/120mcu	50mg	**
Lecithin	550mg	**
Papain (from papaya)	25mg	**
Amino Acid Proprietary Blend:	10g	**
Alanine, Arginine, Aspartic Acid, Cystine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Taurine, Tryptophan, Tyrosine & Valine		
LEAN Proprietary Protein Blend:	13.4g	**
Soy isolates, soy milk, whey isolates, whey concentrates		

\* Percent Daily Values are based on a 2,000 calorie per day diet. Your daily values may vary depending on your calorie needs.  
\*\* Daily Values not yet established.

*Lean, sure to be your new favorite protein drink!*



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## What makes Lean different from other Protein drinks?

One of the most unique aspects of Lean is the vitamin, mineral, and enzyme content. Similar to the bi-layer benefits of Axion, Lean provides the body with essential

vitamins and minerals, keeping the body nourished throughout the day, while providing a steady flow of nutrients when the body needs them most.

Additionally, the enzyme blend truly takes Lean to the next level. Lean provides the body with enzymes that are essential for the breakdown and absorption of various nutrients, leading to a gentler and more complete digestion of Lean itself.

## Key Ingredients

**SOY PROTEIN** – Increases the feeling of satiety (feeling full) and provides a steady stream of amino acids to the body.

**WHEY PROTEIN** – Promotes faster recovery and increased muscle growth.

**AMINO ACID BLEND** – Essential for the breakdown and absorption of various nutrients, leading to a gentler and more complete digestion of Lean.

**VITAMINS AND MINERALS** – Similar to the bi-layer benefits of Axion, Lean provides the body with essential vitamins and minerals, keeping the body nourished throughout the day, while providing a steady flow of nutrients when the body needs them most.

**BROMELAIN AND PAPAIN** – Digestive enzymes with strong anti-inflammatory properties. They aid in digestion, and may help with bloating, constipation and indigestion.

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