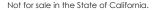
**Recommended Use:** As a dietary supplement, mix 36 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner. Lean Meal may be blended into a shake if desired and is not intended to be the sole source of calories, but rather to be used as part of an overall program of healthy eating. Best if consumed within 15 minutes.

TRAACS® and Creatine MagnaPower® are registered trademarks of Albion Laboratories, Inc. Creatine MagnaPower® is covered by U.S. Patent 6,114,379 and patents pending.



STORE AT ROOM TEMPERATURE.

WHMCHC-PL



# Lean Meal Grass-Fed Whey Protein Chocolate

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Dietary Supplement Professional Use Only Net Wt. 540 g (1.2 lbs)

### **Supplement Facts**

Serving Size 36 grams (approx. one scoop) Servings Per Container 15

Servings Per Container 15				
Amount Per Serving	% Da	ily Value	Amount Per Serving % Da	ily Valu
Calories	110		Biotin (as d-Biotin) 100 mcg	33%
Calories from Fat	15		Pantothenic Acid 100 mg	1000%
Total Fat	2 g	3%*	(as d-Calcium Pantothenate)	
Saturated Fat	1 g	4%	Calcium (from natural sources) 114 mg	11%
Cholesterol	15 mg	5%	Iron (from natural sources) 0.6 mg	4%
Total Carbohydrate	13 g	4%*	Magnesium 100 mg	25%
Dietary Fiber	8 g	32%*	(from Creatine MagnaPower®)	
Soluble Fiber	5 g	t	Zinc 5 mg	33%
Insoluble Fiber	3 g	†	(TRAACS <sup>®</sup> Zinc Bisglycinate Chelate)	
Sugars	2 g	†	Chromium 50 mcg	42%
Protein (from whey)	16 g	32%*	(TRAACS <sup>®</sup> Chromium Nicotinate	
Vitamin C (as Ascorbic Acid)	100 mg	167%	Glycinate Chelate)	
Vitamin E	17 IU	57%	Sodium (from natural sources) 90 mg	49
(as d-alpha tocopherol)			Creatine 562 mg	-
Thiamin (Vitamin B-1)	10 mg	667%	(from Creatine MagnaPower®)	
(as Thiamin Mononitrate)			Conjugated Linoleic Acid (CLA) 120 mg	
Riboflavin (Vitamin B-2)	10 mg	588%	High Gamma Mixed Tocopherols 100 mg	
Niacin (Vitamin B-3)	10 mg	50%	(as d-gamma, d-delta, d-alpha, d-beta	
(as Niacinamide)			Taurine 100 mg	
Vitamin B-6 (as Pyridoxine HC		500%	Inositol 50 mg	
Folate (NatureFolate <sup>™</sup> blend)	100 mcg	25%	Joing	
Vitamin B-12	50 mcg	833%	*Percent Daily Values are based on a 2,000 cal	orie diet
(as Methylcobalamin)			†Daily Value not established.	

Other Ingredients: Cocoa powder, vegetable fiber, creafill cellulose, natural flavor, glucomannan, inulin, vegetable cellulose, stevia leaf extract, silicon dioxide.

#### **Contains milk**



Distributed By: ADAPTOGEN RESEARCH 625 Barksdale Road, Suite 113 Newark, DE 19711 Report any adverse reactions to 302.213.0030

## Lean Meal: Highest Quality Ingredients and Formulation

When used with a balanced whole foods diet, Lean Meal is designed to help promote an optimal intake of protein, fats, carbohydrates, vitamins and minerals needed for overall wellness. Lean Meal is made with a proprietary native whey protein concentrate from grass fed dairy cows. This is done so in a way that maintains a full range of the fragile immune-boosting and regenerative components naturally present in fresh raw milk. It is produced using proprietary filtration and drving which involves minimal processing. This unique production method ensures that the whey is not subjected to temperatures that would destroy key health-promoting compounds. This superior protein comes from herds that araze vear-round on disease-free, pesticide-free, chemical-free, natural grass pastures. Milk from arass-fed cows has many times higher levels of CLA and contains a proper balance of essential fatty acids. The milking cows are never fed grain or subjected to any growth hormone treatment. chemicals. antibiotics, genetically modified organisms, hyper-immunization or injected pathogens. The result is the highest quality protein formulation available.

#### Better than Soy

Whey protein is nature's richest source of biologically active protein. Unlike soy protein, which is low in the amino acid methionine, whey protein contains all the amino acids the body needs in the proper balance.

Notice: This is a natural product that may exhibit color, taste, and density variations from lot to lot. It contains naturally occurring nutrients; therefore amounts may vary within the whey protein and flavor profiles.