

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.

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Not for sale in the State of California.

STORE AT ROOM TEMPERATURE.

WHMCHC-PL



Lean Meal

Grass-Fed Whey Protein Chocolate

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

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Biotin (as d-Biotin)	100 mcg 33%
Calories from Fat	15	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%
Total Fat	2 g 3%*	Calcium (from natural sources)	114 mg 11%
Saturated Fat	1 g 4%	Iron (from natural sources)	0.6 mg 4%
Cholesterol	15 mg 5%	Magnesium (from Creatine MagnaPower®)	100 mg 25%
Total Carbohydrate	13 g 4%*	Zinc (TRAACS® Zinc Bisglycinate Chelate)	5 mg 33%
Dietary Fiber	8 g 32%*	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg 42%
Soluble Fiber	5 g †	Sodium (from natural sources)	90 mg 4%
Insoluble Fiber	3 g †	Creatine (from Creatine MagnaPower®)	562 mg †
Sugars	2 g †	Conjugated Linoleic Acid (CLA)	120 mg †
Protein (from whey)	16 g 32%*	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg †
Vitamin C (as Ascorbic Acid)	100 mg 167%	Taurine	100 mg †
Vitamin E (as d-alpha tocopherol)	17 IU 57%	Inositol	50 mg †
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg 667%		
Riboflavin (Vitamin B-2) (as Niacinamide)	10 mg 588%		
Niacin (Vitamin B-3) (as Niacinamide)	10 mg 50%		
Vitamin B-6 (as Pyridoxine HCl)	10 mg 500%		
Folate (NatureFolate™ blend)	100 mcg 25%		
Vitamin B-12 (as Methylcobalamin)	50 mcg 833%		

*Percent Daily Values are based on a 2,000 calorie diet. †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:
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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 drying 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 graze year-round on disease-free, pesticide-free, chemical-free, natural grass pastures. Milk from grass-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.