

# LEANSHAKE

## MEAL REPLACEMENT FOR WEIGHT CONTROL



### HIGHLIGHTS REGARDING LEANSHAKE

LeanShake is a delicious and nutritious meal replacement for weight loss<sup>1</sup>. Use it to lose fat and build muscles<sup>2</sup>, and simultaneously balancing your microbiome, for gut health.

LeanShake is high in protein<sup>3</sup> and dietary fibers<sup>4</sup>, and contains vitamins, minerals and a range of other nutrients. It is free from gluten and soy, has an ultra low glycemic index/glycemic load and contains only natural flavours.

Choose between two delicious flavours - **Berry** and **Vanilla**.

**Content:** 16 x 30 g (Portion Packs)

### KEY BENEFITS

- ▶ **Lose weight<sup>1</sup>**
- ▶ **Build muscles<sup>2</sup>**
- ▶ **Balance your gut**
- ▶ **Vegetarian**
- ▶ **Ultra low glycemic index/glycemic load**
- ▶ **High in protein<sup>3</sup> with pea protein isolate and oat protein**
- ▶ **High in fiber<sup>4</sup> with the ZinoBiotic fiber blend**
- ▶ **Only 223 kcal per serving**
- ▶ **Sweeteners and flavours from natural sources**
- ▶ **Free from gluten**
- ▶ **Source of 25 vitamins and minerals**

## PRODUCT FACTS

**SUGGESTED USE:** Mix 2 x 30 g powder with 250 ml of water or 30 g powder with 250 ml, milk or almond milk and shake in a shake bottle for a few seconds.

**FOR WEIGHT REDUCTION:** Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss.

**FOR WEIGHT MAINTENANCE:** Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.

**NOTICE:** This product should be a part of an ongoing balanced nutrition plan and regular exercise for lasting results. It is important to maintain adequate fluid intake. It is important to follow the given directions.

Before using this product or any weight control program, it is advisable to consult with a physician. This product should not be used by children under the age of four years or women who are pregnant or nursing or persons with eating disorders. Persons with medical conditions should not use this product without consulting a physician.

**STORAGE:** Dry and cool with closed sachets.

**INGREDIENTS (BERRY):** Organic pea protein isolate, oat protein, coconut palm sap powder, safflower oil powder, digestion resistant starch, Natural aroma (strawberry and raspberry), flax seed oil, spinach powder, kale powder, potassium citrate, calcium phosphate, potassium phosphate, sodium citrate, magnesium citrate, ferric pyrophosphate, manganese sulfate, zinc sulfate, copper sulfate, potassium iodide, sodium selenite, chrome chloride, sodium molybdate, medium chain triglyceride (MCT) oil, psyllium husk powder, beta glucans from oat bran, inulin, maltodextrin, quinoa powder, honey powder, xanthan gum (E415), red beet powder (color), pineapple extract powder (bromelain), papaya extract powder (papain), ascorbic acid, nicotinamide, tocopherol, calcium pantothenate, riboflavin, thiamine, pyridoxine hydrochloride, retinol acetate, folic acid, biotin, cholecalciferol, cyanocobalamin, tricalcium phosphate, sweetener (steviol glycoside).

**INGREDIENTS (VANILLA):** Organic pea protein isolate, oat protein, coconut palm sap powder, safflower oil powder, digestion resistant starch, natural aroma (vanilla), flax seed oil, spinach powder, kale powder, potassium citrate, calcium phosphate, potassium phosphate, sodium citrate, magnesium citrate, ferric pyrophosphate, manganese sulfate, zinc sulfate, copper sulfate, potassium iodide, sodium selenite, chrome chloride, sodium molybdate, medium chain triglyceride (MCT) oil, psyllium husk powder, beta glucans from oat bran, inulin, maltodextrin, quinoa powder, honey powder, xanthan gum (E415), pineapple extract powder (bromelain), papaya extract powder (papain), ascorbic acid, nicotinamide, tocopherol, calcium pantothenate, riboflavin, thiamine, pyridoxine hydrochloride, retinol acetate, folic acid, biotin, cholecalciferol, cyanocobalamin, tricalcium phosphate, sweetener (steviol glycoside).

 Norwegian Formulation. Produced in Norway.

Nutrition values per	100 g	30 g		
Total Calories	371 kcal (1564 kJ)	111 kcal (469 kJ)		
Protein	27 g	8 g		
Carbohydrate	39 g	11 g		
of which sugars	12 g	3 g		
Total Fat	10 g	3 g		
of which Saturated Fat	3 g	0.9 g		
of which Monounsaturated Fat	3 g	0.9 g		
of which Polyunsaturated Fat	1 g	0.3 g		
Dietary Fiber	12 g	3.5 g		
Salt	1.3 g	0.4 g		
<b>Vitamins</b>	<b>(*)</b>	<b>(*)</b>		
Vitamin A	587 µg	84 176 µg	25	
Vitamin D	4 µg	73 1.1 µg	22	
Vitamin C	51 mg	114 15.4 mg	34	
Vitamin E	9 mg	88 2.6 mg	26.5	
Thiamin	1 mg	73 0.25 mg	22	
Riboflavin	1 mg	64 0.3 mg	19.5	
Niacin	12 mg	65 3.5 mg	19.5	
Pantothenic acid	3 mg	98 0.9 mg	30	
Vitamin B <sub>6</sub>	1 mg	68 0.3 mg	20.5	
Biotin	15 µg	98 4.4 µg	30	
Folic acid	147 µg	73 44 µg	22	
Vitamin B <sub>12</sub>	1 µg	105 0.3 µg	31.5	
<b>Minerals</b>				
Calcium	587 mg	84 176 mg	25	
Phosphorus	513 mg	93 154 mg	28	
Magnesium	147 mg	98 44 mg	30	
Iron	10 mg	64 3.1 mg	20	
Zinc	7 mg	77 2.1 mg	23	
Copper	1 mg	67 0.2 mg	20	
Iodine	110 µg	85 33 µg	25	
Manganese	1 mg	88 0.3 mg	22	
Chromium	29 µg	-	9 µg	-
Selenium	40 µg	73 12 µg	22	
Potassium	1507 mg	49 452 mg	15	
Molybdenum	37 µg	-	11 µg	-

(\*) % of reference value /

## QUALITY + SYNERGY = RESULTS

LeanShake is formulated with the best available proteins, fibers, fatty acids, vitamin and minerals to provide optimal effects during weight loss and sports.

## LOSE WEIGHT

LeanShake is a meal replacement product specifically designed to substitute one or more meals per day for losing<sup>1</sup> or maintaining<sup>6</sup> weight. It is a nutritious meal formulated with the best available ingredients; high quality proteins, five dietary fibers, various fatty acids and 25 different vitamins and minerals. It provides you with all nutrition your body needs while containing less calories than your normal meal.

## BUILD MUSCLES

Proteins contribute to growth in muscle mass during training<sup>2</sup>. LeanShake is formulated with the best available proteins on the market. Several of the minerals<sup>7</sup> and also some of the vitamins have health claims related to a normal muscle function<sup>5</sup>. LeanShake could also be consumed as a complimentary meal before or after physical exercise.

## BALANCE YOUR GUT

The dietary fibers in LeanShake are the same as in ZinoBiotic and stimulate the growth of the good bacteria in all parts of the colon. The good bacteria need dietary fibers as food to stay healthy and to outgrow the less wanted bacteria. The good bacteria contribute in many important body functions, such as fermenting undigested foods, producing vitamins and educating our immune system. A healthy gut is essential for a healthy body.

**ZINZINO**

## LEANSHAKE HEALTH CLAIMS (EFSA)

<sup>1</sup>Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss. In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.

<sup>2</sup>Protein contributes to a growth in muscle mass. Protein contributes to the maintenance of muscle mass. The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>3</sup>A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20% of the energy value of the food is provided by protein.

<sup>4</sup>A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.

<sup>5</sup>Vitamin D contributes to the maintenance of normal muscle function. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF VITAMIN D as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>6</sup>Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, one meal should be substituted with meal replacements daily.

<sup>7</sup>Magnesium contributes to normal muscle function. The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF MAGNESIUM as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>8</sup>Manganese contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF MANGANESE as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>9</sup>Protein contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>10</sup>ALA contributes to the maintenance of normal blood cholesterol levels. The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.

<sup>11</sup>Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]. The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006.

<sup>12</sup>Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

<sup>13</sup>Other vitamins and minerals

Vitamin A contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE vitamin A as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin C contributes to normal collagen formation for the normal function of bones. The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF vitamin C as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin C contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF vitamin C as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D contributes to the normal function of the immune system in children. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin E contributes to the protection of cells from oxidative stress The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.

Thiamine contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE Thiamine as listed in the Annex to Regulation (EC) No 1924/2006.

Riboflavin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF Riboflavin as listed in the Annex to Regulation (EC) No 1924/2006.

Niacin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF Niacin as listed in the Annex to Regulation (EC) No 1924/2006.

Pantothenic acid contributes to normal energy-yielding metabolism. The claim may be used

only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE Pantothenic acid as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin B6 contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE Vitamin B6 as listed in the Annex to Regulation (EC) No 1924/2006.

Biotin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE Biotin as listed in the Annex to Regulation (EC) No 1924/2006.

Folate contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF Folate as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin B12 contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF Vitamin B12 as listed in the Annex to Regulation (EC) No 1924/2006.

Calcium contributes to normal muscle function The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF Calcium as listed in the Annex to Regulation (EC) No 1924/2006.

Phosphorus contributes to normal energy-yielding metabolism The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF Phosphorus as listed in the Annex to Regulation (EC) No 1924/2006.

Magnesium contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE Magnesium as listed in the Annex to Regulation (EC) No 1924/2006.

Iron contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE Iron as listed in the Annex to Regulation (EC) No 1924/2006.

Iron contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF Iron as listed in the Annex to Regulation (EC) No 1924/2006.

Zinc contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF Zinc as listed in the Annex to Regulation (EC) No 1924/2006.

Zinc contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE Zinc as listed in the Annex to Regulation (EC) No 1924/2006.

Copper contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006

Copper contributes to maintenance of normal connective tissues. The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE Copper as listed in the Annex to Regulation (EC) No 1924/2006.

Iodine contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE Iodine as listed in the Annex to Regulation (EC) No 1924/2006.

Manganese contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF Copper as listed in the Annex to Regulation (EC) No 1924/2006.

Manganese contributes to the normal formation of connective tissue. The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF Manganese as listed in the Annex to Regulation (EC) No 1924/2006.

Chromium contributes to the maintenance of normal blood glucose levels The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE Chromium as listed in the Annex to Regulation (EC) No 1924/2006.

Selenium contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF Selenium as listed in the Annex to Regulation (EC) No 1924/2006.

Potassium contributes to normal muscle function The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF Potassium as listed in the Annex to Regulation (EC) No 1924/2006.

Molybdenum contributes to normal sulphur amino acid metabolism The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE Molybdenum as listed in the Annex to Regulation (EC) No 1924/2006.