

LEANSHAKE



STRAWBERRY

CHOCOLATE

Zinzino LeanShake is a delicious and nutritious meal replacement for weight loss¹. Use it to lose fat and build muscles³, and simultaneously balancing your microbiome, for gut health.

Leanshake is high in protein⁴ and dietary fibers⁵, 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 - Chocolate and Strawberry.

- ▶ **Lose weight¹**
- ▶ **Build muscles³**
- ▶ **Balance your gut**
- ▶ **Ultra low glycemic index/glycemic load**
- ▶ **High in protein⁴ with milk protein concentrate, whey protein isolate and collagen peptides**
- ▶ **High in fiber⁵ with the Zinobiotic fiber blend**
- ▶ **231 kcal per serving**
- ▶ **Sweeteners and flavours from natural sources**
- ▶ **Free from gluten**
- ▶ **Source of 25 vitamins and minerals**

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 losing¹ or maintaining² 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 training³. LeanShake is formulated with the best available proteins on the market. Several of the minerals⁶ and also some of the vitamins have health claims related to a normal muscle function⁷. 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.

DIRECTIONS

Gently shake the box a few times before opening. Mix 60 g (2 scoops) of powder with 2-2,5 dl of water or 30 g powder with 2,5 dl milk or almond milk and shake in a shake bottle for a few seconds. Enjoy.

WEIGHT LOSS

Substituting two of the main daily meals of an energy restricted diet with a meal replacement contributes to weight loss.

MAINTENANCE WEIGHT

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.

It is also important to maintain an adequate daily fluid intake. A meal replacement is only useful for its intended use as part of an energy-restricted diet and other foodstuff are a necessary part of such diet. The diet should be varied and combined with a healthy life style

NOTICE! 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.

Chocolate flavour ingredients: **Whey** protein isolate, **milk** protein concentrate, coconut palm sap powder, collagen peptide (bovine), safflower oil, cocoa powder, resistant, flax seed oil, 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, maltodextrin, inulin, natural chocolate flavor, quinoa powder, coconut oil powder, honey powder, xanthan gum, pineapple extract powder (bromelain), papaya extract powder (papain), ascorbic acid, nicotinamide, tocopherol, calcium pan-tothenate, riboavin, thiamine, pyridoxine hydrochloride, retinol, folic acid, biotin, cholecalciferol, cyanocobalamin, tricalcium phosphate, stevia rebaudioside A extract. Contains **milk**.

Strawberry flavour ingredients: **Whey** protein isolate, **milk** protein concentrate, coconut palm sap powder, collagen peptide (bovine), safflower oil, digestion resistant starch, natural aroma (strawberry), flax seed oil, 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, maltodextrin, inulin, quinoa powder, coconut oil powder, honey powder, xanthan gum, pineapple extract powder (bromelain), papaya extract powder (papain), ascorbic acid, nicotinamide, tocopherol, calcium pantothenate, riboflavin, thiamine, pyridoxine hydrochloride, retinol, folic acid, biotin, cholecalciferol, cyanocobalamin, tricalcium phosphate, red beet powder (color), sweetener (stevia glycoside). Contains **milk**.

Nutrient declaration	Per 100 g	Per 60 g
Energi	385 kcal (1623 kJ)	231 kcal (974 kJ)
Protein	37 g	22 g
Carbohydrate	30 g	18 g
of which is sugars	11 g	6 g
Fat	10 g	6 g
of which is saturated fat	5 g	3 g
of which is linoleic acid	3 g	1,5 g
of which is alpha-linolenic acid	1 g	0,5 g
Dietry fibre	12 g	7 g
Salt	1,3 g	0,8 g
Vitamins	(*)	(*)
Vitamin A	587 µg 84	352 µg 50
Vitamin D	4 µg 73	2,2 µg 44
Vitamin C	51 mg 114	30,8 mg 68
Vitamin E	9 mg 88	5,3 mg 53
Thiamine	1 mg 73	0,5 mg 44
Riboflavin	1 mg 64	0,6 mg 39
Niacin	12 mg 65	7 mg 39
Pantothenic acid	3 mg 98	1,8 mg 59
Vitamin B6	1 mg 68	0,6 mg 41
Biotin	15 µg 98	8,8 µg 59
Folic acid	147 µg 73	88 µg 44
Vitamin B12	1 µg 105	0,9 µg 63
Minerals		
Calcium	587 mg 84	352 mg 50
Phosphorus	513 mg 93	308 mg 56
Magnesium	147 mg 98	88 mg 59
Iron	10 mg 64	6,2 mg 39
Zinc	7 mg 77	4,4 mg 46
Copper	1 mg 67	0,4 mg 40
Iodine	110 µg 85	66 µg 51
Manganese	1 mg 88	0,5 mg 53
Chromium	29 µg -	18 µg -
Selenium	40 µg 73	24 µg 44
Potassium	1540 mg 50	924 mg 30
Molybdenum	37 µg -	22 µg -

FAQ LEANSHAKE

What is whey protein isolate and what are the benefits?

Whey protein isolate is a very rich source of protein, with a content of around 90 % and it also provides a high content of essential amino acids. Proteins contribute to growth and maintenance of muscle mass³ and the maintenance of normal bones⁹.

What is milk protein concentrate and what are the benefits?

Milk protein concentrate is a good source of native micellar casein and whey proteins in the same ratio as found naturally in milk. It has a good content of essential amino acids. Proteins contribute to growth and maintenance of muscle mass³ and the maintenance of normal bones⁹.

What are the effects of the Collagen peptide protein and what are the benefits?

Collagen peptides are the most abundant protein naturally found in our body. It is the primary structure and most important protein of conjunctive tissue. The collagen peptide added to LeanShake have shown in numerous studies to provide growth in muscle mass³ and decreasing fat mass. It may also have an effect on skin elasticity.

Why is the fiber content in LeanShake unique? LeanShake has a high content of dietary fiber⁵. The dietary fiber include both soluble and insoluble types. Soluble fiber is fermented by the colon's microorganisms while the insoluble fiber passes through the colon unfermented. Both soluble and insoluble fibers are called dietary fibers meaning that they stimulate the growth and maintenance of the beneficial gut microbiota. The gut microbiota has many important protective and metabolic functions, and should be stimulated in the right way, for instance, adding the right types and amounts of dietary fibers.

Are there any fatty acids added to LeanShake? Since LeanShake is under the directive meal replacement for weight control, it is mandatory to add some linoleic acid to the shake. Since Zinzino's focus is the balance between omega-6 and omega-3 fatty acids, we have added alpha-linolenic acid to LeanShake to have a beneficial omega-6/omega-3 balance in the shake. Remember, LeanShake is not a product used for Balance. For Balance, use BalanceOil.

Are natural flavors and sweeteners used in LeanShake?

Yes, the flavors and sweeteners in both LeanShakes are natural. Coconut palm sap powder and stevia are used as sweeteners. In addition, honey powder is used for a good and balanced sweet flavor.

What is quinoa and why has Zinzino chosen this for the shake? Quinoa is described as a superfood. It is a native grain that have been grown in South America for thousands of years. Quinoa is known for its high nutrient content of protein, fiber, iron, copper, thiamin and B6. In LeanShake, it provides a creamy and smooth texture.

Are there any other beneficial ingredients in LeanShake that is not mentioned above? Yes, 25 different vitamins and minerals, papaya and pineapple extract which provides papain and bromelain enzymes.

What health claims can we use on LeanShake?

- High protein: Proteins contribute to growth and maintenance of muscle mass³ and the maintenance of normal bones⁹.
- High fiber: Fiber contributes to an increase in fecal bulk.
- Beta glucans from oat: contributes to maintenance of normal blood cholesterol levels¹²
- High ALA contributes to maintenance of normal blood cholesterol levels
- High PUFA contributes to maintenance of normal blood cholesterol levels
- Vitamin and mineral claims for the following¹³: Vitamin A, vitamin C, vitamin E, vitamin D, vitamin B1 to B12, calcium, potassium, phosphorous, iron, zinc, copper, iodine, selenium, sodium, magnesium, manganese and chromium.

Any other relevant information about LeanShake?

LeanShake is: low in calories, low on the glycemic index, free from soy, free from gluten.

What are the dosage of LeanShake per day? Mix 60 g LeanShake with 2-2,5 dl water, or mix 30 g LeanShake with 2,5 dl milk.

Other relevant information about the whey protein isolate in LeanShake? As a result of the special microfiltration production method, whey protein isolate is very high in natural proteins, low in fat and lactose reduced. The whey protein isolate is rapidly digested due to the composition and the high biological value of the amino acids. Concentration of protein fractions in whey protein isolate: Beta Lactoglobulin 43-48%, Alpha Lactalbumin 14-18%, Bovine serum albumin 1-2%, Immunoglobulin G 1-3% Lactoferrin <1% Glycomacropeptide 24-28% Typical amino acid profile of whey protein isolate (% of protein).

- Alanine 5.0 • Arginine 2.1 • Aspartic acid 11.0 • Cystine 2.2
- Glutamic Acid 18.1 • Glycine 1.4 • Histidine 1.7 • Isoleucine 6.4
- Leucine 10.6 • Lysine 9.6 • Methionine 2.2 • Phenylalanine 3.0
- Proline 5.5 • Serine 4.6 • Threonine 6.7 • Tryptophan 1.4
- Tyrosine 2.6 • Valine 5.9

What is Glycemic Index and Glycemic load? The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels.

Glycemic load (GL) estimates the impact of carbohydrate consumption using the glycemic index while taking into account the amount of carbohydrate that is consumed. GL is a GI-weighted measure of carbohydrate content.

LEANSHAKE NUTRITION CLAIMS (EFSA)

¹Substituting 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.

²Substituting 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.

³Protein 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.

⁴A 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.

⁵A 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.

⁶Magnesium 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.

⁷Vitamin 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.

⁸Manganese 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.

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 MANGANESE as listed in the Annex to Regulation (EC) No 1924/2006.

⁹Protein 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.

¹⁰ALA 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.

¹¹Replacing 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.

¹²Beta-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.

¹³Other 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 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 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] AND/OR [NAME OF MINERAL] 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.

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 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.