

LEANSHAKE



STRAWBERRY

CHOCOLATE

Zinzino LeanShake is a delicious and nutritious meal replacement. Use it to lose weight in a healthy way, as a healthy meal or before and after exercise.

Leanshake is high in protein, dietary fibers and contains vitamins, minerals and other nutritious ingredients. It is free from gluten, soybean and contains only natural flavours. Choose between two delicious flavours; Chocolate and Strawberry

- ▶ **Lose weight**
- ▶ **Build muscles**
- ▶ **Gut health**
- ▶ **231 kcal per serving**
- ▶ **High in fiber and protein**
- ▶ **Sweeteners and flavours from natural sources**
- ▶ **Free from Gluten**
- ▶ **Source of 25 vitamins and minerals**

DIRECTIONS

Gently shake the box a few times before opening. Mix 60 g (2 scoops) of powder with 7 fl oz of water or 30 g powder with 9 fl oz of 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.

MAINTAIN 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.

STORAGE

Dry and cool with the lid on.

INGREDIENTS

Whey protein isolate, milk protein concentrate, coconut palm sap powder, collagen peptide ((bovine)(Peptiplus® XB)), safflower oil powder, cacao powder*, natural strawberry flavor**, resistance starch (tapioca maltodextrin), flax seed oil powder, minerals (potassium citrate, calcium phosphate, potassium phosphate, sodium citrate, magnesium citrate, ferric pyrophosphate, manganese sulphate, zinc sulphate, copper sulphate, potassium iodide, sodium selenite, chrome chloride, sodium molybdate), medium chain triglyceride (MCT) oil powder, psyllium husk powder, oat beta glucan powder, stabilizer (maltodextrin), thickener ((xanthan gum (E415)), inulin, natural chocolate flavour, quinoa powder, coconut oil powder, honey powder, pineapple extract powder, papaya extract powder, vitamins (ascorbic acid, nicotinamide, tocopherol, calcium pantothenate, riboflavin, thiamine, pyridoxine hydrochloride, retinol, folic acid, biotin, cholecalciferol, cyanocobalamin) sweetener ((steviol glycoside (E960)) Contains milk

* Chocolate flavor ** Strawberry flavor

Nutrition Facts

Serving Size 2 Scoops (60 g)
Servings Per Container 16

Amount Per Serving

Calories 230 Calories from Fat 50

% Daily Value*

Total Fat 6 g 9 %

Saturated Fat 3 g 15 %

Trans Fat 0 g

Polyunsaturated Fat 2.5 g

Monounsaturated Fat 0.5 g

Cholesterol 0 mg 0 %

Sodium 320 mg 13 %

Potassium 920 mg 26 %

Total Carbohydrate 18 g 6 %

Dietary Fiber 7 g 28 %

Sugars 6 g

Protein 22 g 44 %

Vitamin A 20 % ● Vitamin C 50 %

Calcium 35 % ● Iron 35 %

Vitamin D 20 % ● Vitamin E 15 %

Thiamin 35 % ● Riboflavin 35 %

Niacin 35 % ● Vitamin B6 30 %

Folate 20 % ● Vitamin B12 15 %

Biotin 2 % ● Pantothenic acid 20 %

Phosphorus 30 % ● Iodine 45 %

Magnesium 20 % ● Zinc 30 %

Selenium 35 % ● Copper 20 %

Manganese 25 % ● Chromium 15 %

Molybdenum 30 % ●

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

FREQUENTLY ASKED QUESTIONS

WHAT IS LEANSHAKE?

LeanShake is a complete meal that gives you optimal nutrition. It can be used as a delicious meal replacement or as a replacement for two meals for weight loss.

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 mass and the maintenance of normal bones.

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 connective tissue. The collagen peptide added to LeanShake has been 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 fiber. The dietary fibers 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 prebiotic 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?

Yes. 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 has 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 ARE NOT MENTIONED BEFORE?

Yes, 25 different vitamins and minerals, spinach and kale (LeanShake Berry), papaya and pineapple extract which provides papain and bromelain enzymes.

ANY OTHER RELEVANT INFORMATION ABOUT LEANSHAKE?

LeanShake is: low in calories, low on the glycemic index, free from soy, free from gluten. LeanShake Berry is dairy and lactose free. LeanShake Chocolate contains milk.

WHAT ARE THE DOSAGE OF LEANSHAKE PER DAY?

Mix 60 g (2 scoops) of powder with 7 oz of water or 30 g powder with 9 oz of milk substitutes and shake in a shake bottle for a few seconds. Enjoy. FOR WEIGHT REDUCTION: Replace two meals per day with LeanShake and eat one nutritious balanced meal.

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. 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