LEANSHAKE

MEAL REPLACEMENT FOR WEIGHT CONTROL – STRAWBERRY FLAVOR

INFORMED SPORT

PRODUCT HIGHLIGHTS

LeanShake is designed to support weight management[1] and everyday nutrition.

It provides high-quality protein, dietary fiber, and 25 essential vitamins and minerals, making it an easy choice for busy lifestyles.

Protein contributes to the growth and maintenance of muscle mass.[2]

LeanShake is ideal for on-the-go occasions, it is free from soy and comes in several great-tasting flavors.

Content: 16 × 30 g (Portion Packs)

KEY BENEFITS

- **Weight loss support[1]**
- **Build muscles[2]**
- **Gut-friendly formulation with dietary fiber**
- **High in protein[3] with milk protein concentrate, whey protein isolate and collagen peptides**
- **High in fiber[4] with the ZinoBiotic+ fiber blend**
- **206 kcal per serving**
- **Sweeteners and flavors from natural sources**
- **Source of 25 vitamins and minerals**

SUPPLEMENT FACTS

Nutrition values per:	100 g	60 g	30 g + 250 ml skimmed milk
Total Calories	378 kcal (1584 kJ)	227 kcal (951 kJ)	206 kcal (863 kJ)
Protein	36.4 g	21.9 g	19.7 g
Carbohydrate	29.6 g	17.8 g	20.1 g
of which sugars	10.5 g	6.3 g	14.4 g
Total Fat	9.8 g	5.9 g	4.2 g
of which Saturated Fat	3.9 g	2.3 g	1.9 g
Dietary Fiber	9.9 g	5.9 g	3.0 g
Salt	1.5 g	0.9 g	0.7 g
Vitamins			
Vitamin A	588 µg (73%)*	353 µg (44%*)	176 µg (22%*)
Vitamin D	3.7 µg (73%*)	2.2 µg (44%*)	1.1 µg (22%*)
Vitamin C	131.5 mg (164%*)	78.9 mg (97%*)	39.5 mg (49%*)
Vitamin E	10.4 mg (87%*)	6.3 mg (52%*)	3.1 mg (26%*)
Thiamine	0.8 mg (73%*)	0.5 mg (44%*)	0.4 mg (33%*)
Riboflavin	1.0 mg (73%*)	0.6 mg (44%*)	0.7 mg (49%*)
Niacin	11.8 mg (73%*)	7.1 mg (44%*)	3.5 mg (22%*)
Pantothenic acid	4.4 mg (73%*)	2.6 mg (44%*)	1.3 mg (22%*)
Vitamin B_6	1.0 mg (73%*)	0.6 mg (44%*)	0.4 mg (29%*)
Biotin	36.7 µg (73%*)	22.0 µg (44%*)	11.0 µg (22%*)
Folic acid	147 µg (73%*)	88.1 µg (44%*)	54.1 µg (27%*)
Vitamin B_{12}	2.7 µg (110%*)	1.6 µg (66%*)	2.3 µg (93%*)
Vitamin K	37.5 µg (50%*)	22.5 µg (30%*)	11.3 µg (15%*)
Minerals			
Calcium	694 mg (87%*)	417 mg (52%*)	521 mg (65%*)
Phosphorus	876 mg (125%*)	526 mg (75%*)	550 mg (79%*)
Magnesium	276 mg (74%*)	166 mg (44%*)	108 mg (29%*)
Iron	10.6 mg (76%*)	6.4 mg (45%*)	3.2 mg (23%*)
Zinc	7.3 mg (75%*)	4.4 mg (44%*)	3.2 mg (32%*)
Copper	0.7 mg (73%*)	0.4 mg (44%*)	0.2 mg (25%*)
Iodine	110 µg (73%*)	66.1 µg (44%*)	73.0 µg (49%*)
Manganese	1.5 mg (73%*)	0.9 mg (44%*)	0.4 mg (22%*)
Chromium	29.4 µg (73%*)	17.6 µg (44%*)	8.8 µg (22%*)
Selenium	40.4 µg (73%*)	24.2 µg (44%*)	14.6 µg (27%*)
Potassium	1,468 mg (73%*)	881 mg (44%*)	868 mg (43%*)
Molybdenum	36.7 µg (73%*)	22.0 µg (44%*)	11.0 µg (22%*)

(*) % Nutrient reference values

RECOMMENDED DAILY DOSAGE: Mix 2 × 30 g powder with 250 ml of water and shake in a shake bottle for a few seconds to use as a meal replacement. Alternatively, mix 1 × 30 g powder with 250 ml of skimmed milk for a nutritious snack.

FOR WEIGHT REDUCTION: Substituting two daily meals as part of an energy restricted diet with meal replacements contributes to weight loss.[1]

FOR WEIGHT MAINTENANCE: Substituting one daily meal as part of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.[5]

CAUTION: 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.

CAUTION: 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: Store in a dry and cool place, with sachets closed.

Norwegian Formulation

INGREDIENTS: Whey protein isolate (**milk**)*, **milk** protein concentrate*, vitamin / mineral mix (potassium phosphate, sodium citrate, magnesium citrate, calcium phosphate, L-ascorbic acid, ferric pyrophosphate, DL-alpha tocopheryl acetate, zinc sulphate, folic acid, potassium iodide, nicotinamide, sodium selenite, retinol acetate, calcium D-pantothenate, manganese sulphate, D-biotin, chromium (III) chloride, cupric sulphate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, phylloquinone, riboflavin, thiamine mononitrate, sodium molybdate)*, collagen peptides (bovine)*, natural flavoring, coconut palm sap powder, safflower oil powder*, medium chain triglyceride powder, psyllium husk*, resistant corn fiber*, quinoa powder*, vegetable oil powder (flax seed)*, maltodextrin, gluten free beta glucans from **oats***, inulin*, coconut oil powder*, honey powder, bulking agent (xanthan gum), colour (red beet powder), pineapple extract powder (bromelain)*, papaya extract powder (papain)*, sweetener (steviol glycosides from stevia). **EU-origin and Non-EU origin*

QUALITY + SYNERGY = RESULTS

LeanShake is formulated with high-quality proteins, fibers, fatty acids, vitamins, and minerals to support your daily nutrition, whether your focus is weight management or an active lifestyle.

WEIGHT MANAGEMENT

LeanShake is a meal replacement product designed to substitute one or two meals per day as part of an energy-restricted diet for weight control. Substituting two daily meals with meal replacements contributes to weight loss[1], while substituting one daily meal contributes to the maintenance of weight after weight loss[5]. It is a nutritious meal formulated with carefully selected ingredients, including high-quality protein, five dietary fibers, essential fatty acids, and 25 different vitamins and minerals.

LeanShake provides approximately 206 kcal per serving and is intended to be used as part of a balanced and varied diet.

MUSCLE SUPPORT

LeanShake is formulated with carefully selected protein sources. Calcium[6], magnesium[7], potassium[8] and vitamin D[9] contribute to normal muscle function.

LeanShake can be consumed as a complementary meal before or after physical exercise.

Protein contributes to the growth and maintenance of muscle mass[2].

FIBER BLEND

The dietary fiber blend in LeanShake is the same as in ZinoBiotic+ and is included as part of a balanced formulation. These fibers are fermented in the colon by various bacteria. Dietary fiber is a naturally occurring component of a balanced diet and is commonly included in everyday nutrition. LeanShake can be included as part of a varied and balanced diet and a healthy lifestyle.

HEALTH CLAIMS (EU)

[1] *Substituting two daily meals of an energy-restricted diet with meal replacements contributes to weight loss.*

[2] *Protein contributes to a growth in muscle mass. Protein contributes to the maintenance of muscle mass.*

[3] *A food may be described as "high in protein" when at least 20% of its energy value is provided by protein.*

[4] *A food may be described as "high in fiber" when it contains at least 6 g of fiber per 100 g (or 3 g per 100 kcal).*

[5] *Substituting one daily meal of an energy-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.*

[6] *Calcium contributes to normal muscle function.*

[7] *Magnesium contributes to normal muscle function.*

[8] *Potassium contributes to normal muscle function.*

[9] *Vitamin D contributes to the maintenance of normal muscle function.*