LEANSHAKE

MEAL REPLACEMENT FOR WEIGHT CONTROL – VANILLA FLAVOR

INFORMED SPORT · PRODUCT OF · VEGETARIAN

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**
- **Vegetarian**
- **High in protein[3] with pea protein isolate and oat protein**
- **High in fiber[4] with the ZinoBiotic+ fiber blend**
- **209 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	387 kcal (1619 kJ)	232 kcal (971 kJ)	209 kcal (873 kJ)
Protein	29.1 g	17.5 g	17.5 g
Carbohydrate	32.2 g	19.3 g	20.9 g
of which sugars	15.8 g	9.5 g	16.0 g
Total Fat	12.2 g	7.3 g	4.9 g
of which Saturated Fat	3.5 g	2.1 g	1.8 g
Dietary Fiber	11.8 g	7.1 g	3.5 g
Salt	2.9 g	1.7 g	1.1 g
Vitamins			
Vitamin A	636 µg (79%*)	382 µg (48%*)	191 µg (24%*)
Vitamin D	4.0 µg (79%*)	2.4 µg (48%*)	1.2 µg (24%*)
Vitamin C	142.5 mg (178%*)	85.5 mg (107%*)	42.7 mg (53%*)
Vitamin E	11.3 mg (94%*)	6.8 mg (56%*)	3.4 mg (28%*)
Thiamine	0.9 mg (79%*)	0.5 mg (48%*)	0.4 mg (35%*)
Riboflavin	1.1 mg (79%*)	0.7 mg (48%*)	0.7 mg (51%*)
Niacin	12.7 mg (79%*)	7.6 mg (48%*)	3.8 mg (24%*)
Pantothenic acid	4.8 mg (79%*)	2.9mg (48%*)	1.4 mg (24%*)
Vitamin B_6	1.1 mg (79%*)	0.7 mg (48%*)	0.4 mg (31%*)
Biotin	39.7 µg (79%*)	23.8 µg (48%*)	11.9 µg (24%*)
Folic acid	159 µg (79%*)	95.2 µg (48%*)	57.6 µg (29%*)
Vitamin B_{12}	2.0 µg (79%*)	1.2 µg (48%*)	2.1 µg (84%*)
Vitamin K	37.5 µg (50%*)	22.5 µg (30%*)	11.3 µg (15%*)
Minerals			
Calcium	653 mg (82%*)	392 mg (49%*)	509 mg (64%*)
Phosphorus	947 mg (135%*)	568 mg (81%*)	572 mg (82%*)
Magnesium	298 mg (80%*)	179 mg (48%*)	114 mg (31%*)
Iron	12.8 mg (91%*)	7.7 mg (55%*)	3.8 mg (27%*)
Zinc	7.9 mg (79%*)	4.8 mg (48%*)	3.4 mg (34%*)
Copper	0.8 mg (79%*)	0.5 mg (48%*)	0.3 mg (26%*)
Iodine	119 µg (79%*)	71.4 µg (48%*)	75.7 µg (50%*)
Manganese	1.6 mg (79%*)	1.0 mg (48%*)	0.5 mg (24%*)
Chromium	31.7 µg (79%*)	19.0 µg (48%*)	9.5 µg (24%*)
Selenium	43.6 µg (79%*)	26.2 µg (48%*)	15.6 µg (28%*)
Potassium	1,605 mg (80%*)	963 mg (48%*)	897 mg (45%*)
Molybdenum	39.7 µg (79%*)	23.8 µg (48%*)	11.9 µg (24%*)

(*) % 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: Pea protein isolate*, 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)*, coconut palm sap powder, **oat** protein*, safflower oil powder*, natural flavoring, medium chain triglyceride powder, psyllium husk*, resistant corn fiber*, spinach and kale powder*, vegetable oil powder (flax seed)*, maltodextrin, gluten free beta glucans from **oats***, inulin*, quinoa powder*, honey powder, bulking agent (xanthan gum), 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 209 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.*