

LEAN PROTEIN VERY VANILLA PUDDING & SHAKE WITH FIBER

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With Fiber contains casein, an exceptional quality protein that provides a full range of amino acids to support energy, muscle building and recovery, tissue healing, and immune system function. Enjoying a daily serving of LEAN PROTEIN Pudding & Shake with Fiber as part of the LeanMD Program can help support muscle tissue that may otherwise be lost during periods of weight loss. In addition, LEAN PROTEIN Pudding & Shake with Fiber increases satiety and helps control hunger.*

Supplement Facts

Serving Size: 1 packet (27g)

Servings Per Container 7

| | |
|--------------------------|--------|
| Calories | 90 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Cholesterol | 5 mg |
| Sodium | 115 mg |
| Total Carbohydrates | 7 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes 1g Added Sugars | |
| Protein | 15 g |
| Vitamin D 0 mcg | 0% |
| Calcium 200 mg | 15% |
| Iron 0 mg | 0% |
| Potassium 100 mg | 2% |

Typical amino acid profile per serving***

| | | | |
|------------------|--------|---------------|--------|
| Alanine | 0.44 g | Lysine | 1.19 g |
| Arginine | 0.54 g | Methionine | 0.42 g |
| Aspartic Acid | 1.05 g | Phenylalanine | 0.77 g |
| Cysteine/cystine | 0.05 g | Proline | 1.50 g |
| Glutamic Acid | 3.20 g | Serine | 0.90 g |
| Glycine | 0.27 g | Threonine | 0.66 g |
| Histidine | 0.45 g | Tryptophan | 0.20 g |
| Isoleucine | 0.83 g | Tyrosine | 0.83 g |
| Leucine | 1.44 g | Valine | 1.06 g |

***Typical amino acid and protein values are an average representation of samples taken across the manufacturing process.

Suggested Use:

For a Shake

1. Place contents of one packet into a large glass (10 oz).
2. Add 8 oz of cold water.
3. Stir thoroughly and serve.

For a Pudding

1. Place contents of one packet into a small cup or bowl.
 2. Add 4 oz of cold water.
 3. Mix thoroughly with a spoon until smooth and serve.
- Pudding thickens upon standing.

Ingredients: Calcium Caseinate, Resistant Maltodextrin (Dietary Fiber), Natural and Artificial Flavors (Includes Walnuts), Corn Syrup Solids, Fructose, Sunflower Oil, Nonfat Milk, Sodium Caseinate, Dipotassium Phosphate, Guar Gum, Modified Cornstarch, Salt, Disodium Phosphate, Sucralose, Soy Lecithin, Sunflower Lecithin, Carrageenan, Tocopherols (To Preserve Freshness), Monoglycerides, Acesulfame-K, Yellow #5, Yellow #6.

Contains: Milk, Tree Nuts (Walnuts) and Soy Lecithin.

WARNING: If pregnant or nursing, consult your healthcare practitioner before taking this product.

WARNING: For weight reduction, use only as directed in the LeanMD Program. Do not use in diets supplying less than 800 calories per day without medical supervision. Not for use by infants, children, or pregnant or nursing women.

PROP 65 WARNING: This product contains lead, a chemical known to the State of California to cause birth defects or other reproductive harm.***

***Please see your LeanMD Mentor for additional information on Prop 65 labeling requirements.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF THE REACH OF CHILDREN.

**Distributed by
LeanMD**

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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