



# TOP BENEFITS

- Fuels your body and feeds your gut
- Helps control calories and manage weight for a leaner, healthier body<sup>^</sup>
- Helps you feel full and satisfied

# FEATURES

- 7 grams of prebiotic dietary fiber per serving feed the beneficial bacteria in your gut to keep things in balance and support regularity
- 140 calories and 20 easy-to-absorb vitamins and minerals to help support bodily functions and keep the body working properly
- Protease enzyme blend helps avoid bloating and discomfort by breaking down proteins into amino acids, which are used for muscle growth and tissue repair
- 21 grams of plant-based protein per serving supports lean muscle and is more satisfying than simple carbohydrates
- Enjoy two delicious flavor options: chocolate or vanilla
- Help people experiencing food insecurity through the Plexus Nourish One<sup>®</sup> initiative, where every purchase of Lean triggers a monetary donation to Feeding America<sup>®</sup>



## CHOCOLATE

**Directions:** Blend or stir 2 scoops with 8 fl. oz. of water, unsweetened almond milk, or your favorite plant-based milk.

## Nutrition Facts

15 servings per bag		2 Scoops (about 40g*)	
Serving size			
Amount per serving		as prepared w/ 8 fl. oz. Water	as prepared w/ 8 fl. oz. Almond Milk
Calories		140	180
<b>Total Fat</b>	3.5g	4%	7g
Saturated Fat	0.5g	3%	1g
Trans Fat	0g		0g
Polysaturated Fat	0g		1g
Monounsaturated Fat	1g		3g
<b>Cholesterol</b>	0mg	0%	0mg
<b>Sodium</b>	210mg	9%	210mg
<b>Total Carbohydrate</b>	11g	4%	12g
Dietary Fiber	7g	25%	8g
Soluble Fiber	2g		1g
Total Sugars	2g		1g
Includes Added Sugars	1g	2%	1g
<b>Protein</b>	21g	36%	23g
Vitamin D	1mcg	0%	3mcg
Calcium	60mg	4%	510mg
Iron	7.2mg	40%	8mg
Potassium	210mg	4%	290mg
Vitamin A	90mcg	10%	197mcg
Vitamin C	13.5mg	15%	13.5mg
Vitamin E	2.5mg	15%	11mg
Thiamin	0.3mg	25%	0.3mg
Riboflavin	0.4mg	30%	0.5mg
Niacin	3.7mg	25%	4mg
Vitamin B6	0.3mg	20%	0.3mg
Folate	100mcg DFE	25%	100mcg DFE
Vitamin B12	0.25mcg	10%	1.1mcg
Biotin	7mcg	25%	9.7mcg
Pantothenic Acid	0.3mg	6%	0.3mg
Phosphorus	200mg	15%	280mg
Magnesium	64mg	15%	80mg
Zinc	3.7mg	35%	4.1mg
Copper	0.3mg	35%	0.3mg
Manganese	1mg	45%	1.2mg

\*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Plant-based protein blend (pea protein, almond protein), polydextrose, natural flavors, cocoa powder (processed with alkali), organic coconut palm sugar, sunflower oil, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), vitamin and mineral blend (magnesium (magnesium hydroxide), vitamin C (ascorbic acid), vitamin E (d-alpha tocopherol), iron (ferric orthophosphate), zinc (zinc citrate), manganese (manganese citrate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal-5-phosphate), pantothenic acid (calcium d-pantothenate), thiamin (thiamin mononitrate), vitamin A (retinyl palmitate), folate (L-methylfolate calcium), vitamin D3 (cholecalciferol), vitamin B12 (methylcobalamin), stevia, guar gum, and xanthan gum.

**CONTAINS: Tree nuts (almonds)**

Gluten free, vegan, and non-GMO

No artificial colors, flavors, sweeteners, or preservatives

**NOTICE:** For weight reduction, use only as directed in conjunction with a sensible diet and exercise program. Do not use in diets supplying less than 400 calories per day without medical supervision. Not recommended for use by individuals under 18. Consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

\*40 grams per 2 scoops is an average. Individual scooping technique may yield slightly more or slightly less than 40 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

**Distributed By:** Plexus Worldwide®  
Scottsdale, AZ 85258  
480-998-3490 plexusworldwide.com

## VANILLA

**Directions:** Blend or stir 2 scoops with 8 fl. oz. of water, unsweetened almond milk, or your favorite plant-based milk.

## Nutrition Facts

15 servings per bag		2 Scoops (about 40g*)	
Serving size			
Amount per serving		as prepared w/ 8 fl. oz. Water	as prepared w/ 8 fl. oz. Almond Milk
Calories		140	180
<b>Total Fat</b>	3g	4%	6g
Saturated Fat	0.5g	3%	1g
Trans Fat	0g		0g
Polysaturated Fat	0g		1g
Monounsaturated Fat	1g		3g
<b>Cholesterol</b>	0mg	0%	0mg
<b>Sodium</b>	220mg	16%	380mg
<b>Total Carbohydrate</b>	13g	4%	13g
Dietary Fiber	7g	25%	8g
Soluble Fiber	5g		5g
Total Sugars	1g		1g
Includes Added Sugars	1g	2%	1g
<b>Protein</b>	21g	36%	23g
Vitamin D	1mcg	0%	3mcg
Calcium	60mg	4%	510mg
Iron	8.8mg	40%	7.8mg
Potassium	145mg	4%	225mg
Vitamin A	90mcg	10%	197mcg
Vitamin C	13.5mg	15%	13.5mg
Vitamin E	2.5mg	15%	11mg
Thiamin	0.3mg	25%	0.3mg
Riboflavin	0.4mg	30%	0.5mg
Niacin	3.8mg	25%	4.1mg
Vitamin B6	0.3mg	20%	0.3mg
Folate	100mcg DFE	25%	100mcg DFE
Vitamin B12	0.25mcg	10%	1.1mcg
Biotin	7mcg	25%	9.7mcg
Pantothenic Acid	0.3mg	6%	0.3mg
Phosphorus	200mg	15%	280mg
Magnesium	56mg	15%	70mg
Zinc	3.7mg	35%	4mg
Copper	0.3mg	35%	0.3mg
Manganese	1mg	45%	1.2mg

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**CONTAINS: Tree nuts (almonds)**

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# HOW TO USE

Blend or stir 2 scoops with 8 fl. oz. of water, unsweetened almond milk, or your favorite plant-based milk.

# BETTER TOGETHER

- TriPlex: A simple 3-product system that is designed to support gut health, which leads to whole body health\*
- Slim Hunger Control: Helps you feel full longer with polydextrose, a calorie-smart prebiotic fiber that helps “feed” the beneficial bacteria in your gut to keep things in balance\*
- MetaBurn: Helps rev up your metabolism so you can burn more fat\*
- Reset: A 3-day nutritionally supported fast that helps reset your metabolism and jumpstart your weight management and wellness journey



VEGAN



GLUTEN  
FREE



NON-GMO



NO ARTIFICIAL  
COLORS, FLAVORS  
OR SWEETENERS



To shop or view the latest product information



Through the Nourish One® Initiative, Plexus Worldwide® will donate the equivalent of 10 meals\*\* for every bag of Lean sold in the U.S. to Feeding America®.

\*When combined with a reduced calorie weight loss diet plan. Individual results will vary.

**\*\*Every bag of Plexus Lean solid contributes a donation equivalent to 10 meals to Feeding America®, helping to provide at least 1.5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America® on behalf of local partner food banks.**

**\*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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