



TOP THREE BENEFITS

- Fuels your body and feeds your gut
- Helps control calories and manage weight for a leaner, healthier body¹
- Helps you feel full and satisfied

FEATURES

- 5 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 21 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 protein per serving supports lean muscle and is more satisfying than simple carbohydrates
- Enjoy two delicious flavor options: chocolate or vanilla
- Help to feed people experiencing food insecurity through the Plexus Nourish One® initiative, where every purchase of Lean triggers a monetary donation to Feeding America®



CHOCOLATE

Directions: Blend or stir 2 scoops with 8 fl. oz. of nonfat milk.

Nutrition Facts

15 servings per bag		2 Scoops (about 40g*)	
Serving size		as prepared	
Amount per serving		w/ 8 fl. oz. Nonfat Milk	
Calories		140	230
		% DV*	% DV*
Total Fat	3g	4%	4%
Saturated Fat	1.5g	8%	8%
Trans Fat	0g		
Polysaturated Fat	0g		
Monounsaturated Fat	1g		
Cholesterol	50mg	17%	20%
Sodium	130mg	6%	10%
Total Carbohydrate	12g	4%	9%
Dietary Fiber	5g	18%	18%
Soluble Fiber	5g		
Total Sugars	5g		
Includes Added Sugars	1g	2%	2%
Protein	21g	42%	60%
Vitamin D	1mg	20%	20%
Calcium	155mg	10%	35%
Iron	4mg	20%	25%
Potassium	305mg	6%	15%
Vitamin A	90mcg	10%	25%
Vitamin C	13.5mg	15%	15%
Vitamin E	2.5mg	15%	15%
Thiamin	0.25mg	20%	35%
Riboflavin	0.4mg	30%	50%
Niacin	7mg	45%	45%
Vitamin B6	0.3mg	20%	25%
Folate	91mcg DFE	25%	25%
Vitamin B12	0.25mcg	10%	70%
Pantothenic Acid	0.35mg	6%	6%
Phosphorus	110mg	8%	30%
Iodine	47mcg	30%	90%
Magnesium	57mg	15%	20%
Zinc	2.2mg	20%	30%
Selenium	18mcg	35%	40%
Manganese	1mg	45%	45%
Molybdenum	35mcg	80%	80%
Choline	0mg	0%	8%

*% 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: Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, cocoa powder (processed with alkali), natural flavors, organic coconut palm sugar, sunflower lecithin, guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), 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)], and stevia.

Contains: Milk

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.

Gluten free and non-GMO
No artificial colors, flavors, sweeteners, or preservatives

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

VANILLA

Directions: Blend or stir 2 scoops with 8 fl. oz. of nonfat milk.

Nutrition Facts

15 servings per bag		2 Scoops (about 39g*)	
Serving size		as prepared	
Amount per serving		w/ 8 fl. oz. Nonfat Milk	
Calories		140	230
		% DV*	% DV*
Total Fat	3.5g	4%	4%
Saturated Fat	1g	5%	8%
Trans Fat	0g		
Polysaturated Fat	0g		
Monounsaturated Fat	1.5g		
Cholesterol	55mg	18%	20%
Sodium	120mg	5%	10%
Total Carbohydrate	11g	4%	8%
Dietary Fiber	5g	18%	18%
Soluble Fiber	5g		
Total Sugars	5g		
Includes Added Sugars	1g	2%	2%
Protein	21g	42%	60%
Vitamin D	1mg	20%	20%
Calcium	155mg	10%	35%
Iron	2.6mg	15%	15%
Potassium	165mg	4%	10%
Vitamin A	90mcg	10%	25%
Vitamin C	13.5mg	15%	15%
Vitamin E	2.5mg	15%	15%
Thiamin	0.25mg	20%	35%
Riboflavin	0.4mg	30%	50%
Niacin	7mg	45%	45%
Vitamin B6	0.3mg	20%	25%
Folate	91mcg DFE	25%	25%
Vitamin B12	0.25mcg	10%	70%
Pantothenic Acid	0.35mg	6%	6%
Phosphorus	110mg	8%	30%
Iodine	48mcg	30%	90%
Magnesium	34mg	8%	15%
Zinc	2.2mg	20%	30%
Selenium	18mcg	35%	40%
Manganese	1mg	45%	45%
Molybdenum	35mcg	80%	80%
Choline	0mg	0%	8%

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Ingredients: Protein blend (whey protein concentrate, milk protein isolate, whey protein isolate), polydextrose, natural flavors, sunflower oil, organic coconut palm sugar, sunflower lecithin, guar gum, xanthan gum, protease enzyme blend (from *Aspergillus niger* and *Aspergillus oryzae*), sea salt, vitamin and mineral blend [magnesium (magnesium hydroxide), vitamin C (ascorbyl palmitate), 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)], and stevia.

CONTAINS: Milk

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HOW TO USE

- Blend or stir 2 scoops with 8 fl. oz. of nonfat 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



GLUTEN FREE



NON-GMO



NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



To shop or view the latest product information



SCAN OR TAP HERE!

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 sold 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.**