

lean

unsweetened meal replacement protein shake

Description

GIATrim's LEAN Protein Powder is formulated with a unique combination of yellow pea and brown rice protein. This premium meal replacement shake is designed to provide you with the optimal amount of protein, amino acids, carbohydrates and fiber to contribute to your lean lifestyle and healthy body. LEAN also contains Konjac Root, a low calorie, high fiber nutrient, known for creating a sense of fullness and aiding in digestive regularity. The addition of Garcinia Cambogia (HCA) offers tremendous weight loss support for anyone interested in "living lean".



Key Ingredients

- Yellow Pea Protein
 - High in essential Amino Acids most other proteins lack
 - High in iron content
 - Helps you feel full longer and curb your cravings
- Brown Rice Protein
 - Good source of complex carbohydrates, vitamin B, and fiber
 - Helps kidneys to flush out toxins that may inhibit weight loss
 - Known to provide comfortable sense of "fullness"
- Garcinia Cambogia
 - This small fruit's natural extract is called hydroxycitric acid (HCA). Researchers claim that HCA can significantly accelerate one's weight loss.
- Konjac Root
 - Near-zero-calorie, high-fiber nutrient creates a sense of fullness
 - Shown to support digestive regularity
 - US National Library of Medicine found Konjac Root significantly lowered bad cholesterol in obese patients.

Available In

- Single ("Unsweetened Vanilla")
- 4 pack ("Unsweetened Vanilla")
- Single ("Vanilla")
- 4 pack ("Vanilla")

Technology Used

- Single File Alignment (SFA)

How to Use

- Add 2 scoops of GIATrim LEAN with 8 oz of either GIA i-H2O (recommended), filtered water, or your favorite beverage
- Stir or blend until powder has dissolved completely
- Store in cool, dry place
- Tip: See our recipe suggestions!

Product Highlights

- Plant-based & Vegan
- Non-GMO
- No Artificial Flavors
- Hypo-allergenic
- Gluten Free
- Dairy & Soy Free
- Unsweetened
- Easily Digestible

lean - FAQ

Why should you include a protein shake in your diet?

One of the key topics explored over the past few decades has been the adequate intake of the proper sources and amounts of protein. Recently, the focus has shifted to not losing weight, but to decreasing the percentage of body fat, while maintaining lean body and muscle mass as well. Adding a Meal Replacement Protein Shake to your daily regimen can help you maintain a healthy weight and body fat.

What makes LEAN so unique?

LEAN is formulated with a plant-based protein blend, optimal to serve as a meal replacement. It is packed with essential amino acids and is an excellent source of fiber. At just 100 calories per shake, LEAN is highly effective for weight loss and management. Plus, the added extracts are designed to help you to feel full for longer and support your weight loss goals!

Most importantly, when you blend LEAN with i-H2O, GIA's proprietary Single-File Alignment (SFA) and ERT technologies are hard at work in your body, ensuring that nutrients are delivered quickly, directly, and in a highly absorbable fashion.

What should you add to your LEAN Protein Powder?

This "Unsweetened Vanilla" variety of GIATrim LEAN Protein Powder was created with a mild flavor profile so you can get creative! You choose whether you want to sweeten it, and with what sweetener. You choose whether you want to add your protein to a blended smoothie, oatmeal, or hot breakfast cereal. You are in control of being LEAN!

By the way, if you prefer a "shake-it-and-go" lightly sweetened (with natural Stevia plant-extract), the "Vanilla" variety of GIATrim LEAN is an alternative to the original "Unsweetened Vanilla" formula.

