

LEAN

Meal Replacement Protein Shake

UNSWEETENED VANILLA



18G
UNDENATURED
PROTEIN

6G
DIETARY FIBER

0.5G
OF SUGAR

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." With LEAN, you can enjoy the benefit of HCA in your meal or shake, without having to purchase it separately!*

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



By single-file aligning (SFA) and energetically entraining its world class nutritional formulations with the proprietary GIAPlex™ technology, GIA Wellness has revolutionized the way nutritional products are recognized, absorbed, and utilized by your body. GIAPlex has been designed to optimize the natural potency, vitality, and absorbability of every single nutrient, so that you get to enjoy the benefits of truly unparalleled product performance.*



KEY INGREDIENTS & BENEFITS*

Yellow Pea Protein

- High in Essential Amino Acids most other proteins lack
- Helps you to feel full longer and curb your cravings
- Studies show may aid in reducing hypertension and kidney ailments
- High in iron content

Brown Rice Protein

- A good source of complex carbohydrates, vitamin B, and fiber
- Helps kidneys to flush out toxins that may inhibit weight loss
- Known to provide a comfortable sense of “fullness”

Garcinia Cambogia

- This small fruit’s natural extract is called hydroxycitric acid (HCA). Researchers claim HCA can significantly accelerate one’s weight loss
- Aids in weight loss by doing two things: It has been shown to inhibit or block fat storage, and it suppresses your appetite

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

For more information contact:

FREQUENTLY ASKED QUESTIONS*

WHY SHOULD I INCLUDE A PROTEIN SHAKE IN MY 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 to 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 help you to feel full for longer and lose weight faster!

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 I ADD TO MY LEAN PROTEIN POWDER?

LEAN was created with a mild flavor profile so you can get creative! You choose which flavors you want to add (fruit, berries, etc). 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!

