

LeanMR™ Meal Replacement Shake Mix

Purpose & Rationale

The purpose of this product is to support weight/body-fat reduction and maintenance by delivering better, satisfying nutrition in fewer calories throughout the day by delivering energy and nutrients with low calories to help increase voluntary daily activities and increasing meal frequency within the necessary calorie allotment for weight/body-fat reduction or maintenance to support satiety, energy and activities. LeanMR also delivers accurate portion sizes to help correct the otherwise common underreporting of calorie intake that often sabotages weight control. The product incorporates a high whey protein and unique fiber formula to total calorie ratio to assist in maintaining lean body mass (LBM) and appetite control. Early studies demonstrated the use of meal replacements (MRs) to be an effective aid to weight reduction^{189,190,191,192} and, in almost all cases, are shown to be more effective than conventional methods of dietary restriction.^{193,194,195,196} Additionally, MRs were shown to be just as effective as dietary restriction combined with pharmacological therapy¹⁹⁷ and an important continuing protocol for maintaining weight loss.^{198,199,200} By 2009, meal replacements had risen to the “evidence-based” category as a weight loss and maintenance treatment.^{201,202}

Typical Use

- Generally used to replace one to two meals a day and allow freedom of choice from traditional foods for the remaining allotted meals and calories.
- For weight-loss maintenance, consume four to five meals/snacks daily that include two MRs for convenience and to help ensure overall diet quality while reducing food costs.^{203,204}

Unique Features

- Contains the highest quality whey protein isolate.
- Contains less than 1g of lactose per serving.

- Proprietary blend of carbohydrates, including functional fibers, delivers a “better lasting” energy and satiety to support aggressive weight loss goals.
- Contains no aspartame or sugar and relatively low sodium.
- 6-7g of fiber for satiety and health (including helping to maintain the integrity of the digestive track and bowel regularity).
- Healthy blend of essential fats.
- Does not contain unnecessary nutrients.

Contraindications

Contraindicated in those with allergies to milk or other ingredients contained in this product.

Supplement Facts		
Serving Size: 2 scoops (49.8g)		
Serving Per Container: 20		
	Amount Per Serving	% DV*
Calories	180	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Total Carbohydrate	24 g	8%
Dietary Fiber	7 g	28%
Sugars	0 g	**
Protein	21g	40%
Calcium	115 mg	12%
Iron	2 mg	11%
Sodium	140 mg	8%
Sustained Release Carbohydrates Blend	19.5 g	**
Rice Maltodextrin, Digestion Resistant Maltodextrin (Fibersol-2), Isomaltulose, Glucomanan		
Lean Fats Blend	2.5 g	**
Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid		

* Percent Daily Value based on a 2,000 Calorie Diet
 ** Daily Value Not Established