

Plexus Lean™ Vegan

Eat healthy. Feel energized. Lose weight.ˆ

Give your weight lossˆ goals a fair shake with the all-new, Plexus Lean Vegan meal replacement. This delicious and nutritious shake offers 23 essential vitamins and minerals, and delivers added health benefits like weight lossˆ, energy, and muscle support—all with a creamy texture and an irresistible Natural Vanilla flavour!



Go Ahead, Fall in Love with Fast Food

Unhealthy food is everywhere we turn. Our supermarkets are overrun by cheaply-made foods that are loaded with extra salt, sugar, fat, and preservatives. Not to mention, common allergens that negatively impact our health. Still, our busy schedules don't always allow us to sit down for a well-balanced meal—making the drive thru look even more tempting. Isn't it time for a 100% vegan meal replacement option that's filling enough to be a complete meal, delicious enough to crave, and nutritious enough to help you lose weightˆ without sacrificing key nutrients?

Plexus Lean Vegan

Plexus Lean Vegan is fast food you can actually feel good about. This supercharged vegan meal replacement shake delivers nutrition, weight lossˆ benefits, and energy—all with a smooth, creamy texture and delicious Natural Vanilla flavour.

Power packed with 20 grams of vegan protein from pea, rice, and ancient grains, Plexus Lean Vegan will satisfy your hunger while helping to promote weight lossˆ. Add to that 23 essential vitamins and minerals (including Folate (L-methylfolate) Calcium, Vitamins A, C, E, and more), and you have all the nutrition of a healthy meal in a convenient, easy-to-prepare shake—without common allergens like dairy, gluten, and soy.

Plexus Lean Vegan includes 6 grams of dietary fiber per serving and contains plant-based Omega-3 fatty acids when mixed as directed.

With plenty of protein and fiber to help you feel satisfied, you're on your way to a healthier you! Plexus Lean Vegan can help you reach your weight lossˆ goals and fuel your body with the nutrients it needs to function at its best. And with delectably smooth texture and mouth watering Natural Vanilla flavour, Lean Vegan is about to become your new favourite vegan-friendly meal, or anytime snack.

What's Inside?

To create a better meal replacement shake, we knew we'd have to include ingredients that were healthy and high quality.

Here's what made the cut:

- 20 grams of vegan protein from pea, rice, and ancient grains
- Powered with 23 vitamins and minerals, like Folate (L-methylfolate) Calcium, Zinc, Vitamins A, C, E, and more
- Contains of plant-based Omega-3 fatty acids
- Contains protein and fiber
- 100% Vegan
- Delicious Natural Vanilla flavour

What's Not?

We also wanted to leave out the questionable “stuff” that's usually found in protein powders.

That's why Plexus Lean is:

- Free from soy, gluten, and dairy
- Non-GMO
- Free of artificial flavours, artificial colours, artificial sweeteners, and artificial preservatives

Nourish Yourself, Help Someone in Need

When you choose Plexus Lean™ Vegan, you're also helping people in need. That's because every member of the Lean Family is part of our Nourish One™ Initiative. Through Nourish One, Plexus® and Plexus Charities help provide meals to those who need them most. Each purchased serving of Plexus Lean contributes a monetary donation to our partner, Mary's Meals - a global movement responsible for school feeding projects in some of the world's most impoverished communities. A serving for you = a donation to Mary's Meals to help provide a meal** for a child in need. It's that simple.

Here's how it works:

For every serving of Plexus Lean you purchase Plexus and Plexus Charities gives a contribution to Mary's Meals. Mary's Meals feeds more than 1.5 million hungry children every school day across 5 continents and in 18 countries.

Advanced Formula

Most protein shakes are just that – protein with not much else. Sometimes they sprinkle in a few vitamins and minerals to spruce up their labels but even then, those nutrients are often in cheap forms that the body has a hard time absorbing, meaning they go to waste. Plexus Lean uses forms of key nutrients—including Folate (L-methylfolate) and Calcium—that are designed to be more advanced than standard vitamins, so they're easily assimilated and can deliver maximum benefit to the body.

Lean Vegan's Primary Benefits

- Delivers a complete, nutritious meal in the form of a delicious shake, when prepared as directed.
- Lose weight^ with a shake for breakfast, a shake for lunch, and a healthy dinner^^
- A nourishing snack that helps you avoid temptation between meals
- Promotes weight loss^ while providing healthy nutrition
- A convenient, healthy alternative to fast food
- Contains protein and fiber
- Protein to help support and maintain strong muscle
- Leaves you feeling energized and satisfied

The Lean Advantage

- Amazing taste (Natural Vanilla flavour)
- 6 grams dietary fiber per serving when mixed as directed
- Advanced forms of 23 vitamins and mineral
- 100% vegan (pea, rice and ancient grains protein)

- Non-GMO
- Free from soy, dairy, and gluten
- Free from artificial flavours, artificial colours, artificial sweeteners, and artificial preservatives

Who should use this product?

Plexus Lean Vegan is the convenient meal replacement solution that delivers optimal nutrition and weight loss^ benefits, all with an incredible taste. It's perfect for anyone looking for a healthy and convenient meal replacement or satisfying snack, and who also prefers a 100% vegan option. Lean Vegan is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

The Importance of Protein

Getting enough protein can be a challenge, especially when you're on a calorie-restricted diet. But protein is key to losing weight^ because it helps to build strong muscle—and it's more satisfying than simple carbohydrates. Lean Vegan provides 20 grams of protein from pea, rice, and ancient grains. These ingredients fuel your body with what it needs to function at its best every single day.

Frequently Asked Questions

What is Plexus Lean Vegan?

Plexus Lean Vegan is a better-for-you choice that completely changes the meal replacement game. Lean Vegan is better in every way—with complete nutrition from dietary fiber, high-quality protein, and 23 essential vitamins and minerals including Folate (L-methylfolate) Vitamins A, C, E, and more. With Lean Vegan, you're not only getting a healthy on-the-go meal, you're getting the added benefits of energy and weight loss^, high quality ingredients, and an incredibly smooth shake with a delicious taste. It's the perfect, satisfying snack or nutritious meal, for anyone who wants to fulfill a healthier lifestyle, lose weight^, or reach their fitness goals without sacrificing taste or convenience.

When is the best time to take Plexus Lean Vegan?

Anytime! Plexus Lean Vegan is the easy, tasty way to satisfy hunger, packed with protein and fiber to sustain energy and help you power through your day. Lean Vegan is perfect for a satisfying meal on the go or a tempting between-meal snack.

Use Plexus Lean Vegan as a meal replacement twice a day for weight loss^, or whenever as a delectably delicious snack. See

^As part of an energy-reduced diet.

^^See our meal plans in your Virtual Office for suggestions on how to incorporate Lean Vegan into your daily routine.

**Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Mary's Meals. 1.00 USD helps provide at least 10 meals to children in impoverished countries around the world.

Frequently Asked Questions

our meal plans in your Virtual Office for suggestions on how to incorporate Lean Vegan into your daily routine.

Many people like to have a serving of Plexus Lean Vegan™ as their breakfast since it is quick and convenient. Two scoops in a shaker bottle with some almond milk makes for a perfectly satisfying morning commute. Lean Vegan can be a meal at lunch or can be taken as a snack between lunch and dinner. Packed with protein and fiber, Plexus Lean Vegan helps you feel satisfied and energized.

How do I mix Plexus Lean Vegan?

Blend or stir 2 scoops with 240 mL of almond milk. If you prefer to add ice and fruit, you can also use a blender. Check out some of our favourite Lean recipes! www.plexusworldwide.ca/sunnysshare/recipes

Should Plexus Lean Vegan be added to hot or cold water?

Lean Vegan is meant to be a refreshing meal replacement and it's best added to cold almond milk.

Do I have to add almond milk to Plexus Lean Vegan or can I add another beverage?

Feel free to use your plant-based milk of choice with Plexus Lean Vegan. Please note that this will affect your caloric intake.

How many servings of Plexus Lean can I take per day?

Use Plexus Lean Vegan as a meal replacement twice a day for weight loss[^], or whenever as a delectably-delicious snack. See our meal plans in your Virtual Office for suggestions on how to incorporate Lean Vegan into your daily routine as well as for healthy recipe ideas.

What protein is used for Plexus Lean Vegan?

We use an ultra-pure, non-GMO pea, rice, and ancient grain protein blend.

How does Plexus Lean Vegan help support muscle?

Protein is essential for building strong muscle and Plexus Lean Vegan provides 20 grams of plant-based protein when mixed as directed.

Will I experience any side effects when I start taking Plexus Lean Vegan?

Experiencing side effects with Plexus Lean Vegan is unusual. However, certain people who are not used to products rich in protein or fiber may experience temporary gas and bloating. One way to avoid this is to start with a smaller amount – like one scoop per day – and then gradually increase your intake over 1 to 3 weeks. Your body should adjust to the additional fiber and protein over time.

Can Plexus Lean Vegan help me lose weight?

When combined with a healthy diet and regular exercise, Plexus Lean Vegan is a great addition to a weight-loss[^] plan. If you are trying to lose weight[^], it is recommended to replace two meals per day with Plexus Lean Vegan. It is packed with satisfying protein and fiber so you are less tempted to make impulsive, unhealthy food choices. Plexus has provided a sample meal plan for you to try which is available on the Virtual Office. The meal plan is a guide for choosing healthier, lower-calorie meals while incorporating Plexus Lean Vegan to support your weight loss goals.[^]

Is Plexus Lean vegan?

Yes, 100% Vegan.

Does Plexus Lean Vegan include sources of Vitamin B12, Vitamin D2, and Omega-3 fatty acids?

Yes, the Vitamin B12 source is methylcobalamin, the Vitamin D2 source is ergocalciferol, and the Omega-3 fatty acid source is Flax Seed Powder (*Linum usitatissimum*) and all are 100% vegan.

If I'm not vegan, can I still enjoy Plexus Lean Vegan?

Yes, Plexus Lean Vegan is a great plant-based protein meal replacement for anyone looking for natural, wholesome nutrition free of major allergens. With 20 grams of protein when mixed as directed, and a delicious Natural Vanilla flavour, Lean Vegan helps you stay satisfied and helps you lose weight[^], with no compromise.

We also offer Lean Vegetarian and Lean Whey options to make it easy for you to add high-quality protein and highly advanced vitamins and minerals into your diet.

Are there vitamins or minerals in Plexus Lean Vegan?

There are 23 highly advanced vitamins and minerals including Folate (L-methylfolate), Calcium, Zinc, Vitamins A, C, E and more!

Why does Lean Vegan include Folate (L-methylfolate) instead of Folic Acid?

Up to 39% of the population cannot utilize absorbed Folic Acid. Plexus Lean is formulated with Folate (L-methylfolate), Folic Acid is a form of vitamin B9.

Is Plexus Lean Vegan safe?

Yes, Plexus Lean is safe. It contains no stimulants, artificial flavours, colours or preservatives, and is free from common allergens like soy,

[^] As part of an energy-reduced diet.

Frequently Asked Questions

dairy and gluten.

Is it safe to take Plexus Lean Vegan™ while pregnant or breastfeeding?

If you are pregnant or nursing you should consult your physician prior to beginning any new supplementation, diet or exercise program.

Can Plexus Lean Vegan be used by children under the age of 18?

Plexus Lean is not recommended for use by children under 18 because the product was formulated to meet the nutritional needs of adults.

What flavour is the Plexus Lean Vegan?

Plexus Lean Vegan is a delicious, creamy Natural Vanilla flavour.

Is there caffeine or any other stimulants in Plexus Lean?

Does Plexus Lean Vegan contain any allergens (Dairy, Egg, Peanut, Soy, Shellfish, Tree-Nut, Fish, Sesame, Mustard, Sulphites, and Wheat)?

No.

What is used to sweeten Plexus Lean Vegan?

Plexus Lean Vegan is free from artificial sweeteners. We use organic, sustainably grown coconut palm sugar, stevia leaf extract, and natural flavours to create a delicious Natural Vanilla flavour.

Can I take Plexus Lean Vegan with other Plexus® products?

Absolutely! Lean Vegan is a great addition to any Plexus regimen. The effects of this combination are very beneficial to your overall health, and help you lose weight[^] while building strong muscle.

Ingredient Glossary

A Word About Proteins

Before describing the details of our protein blend, a brief primer on the world of proteins may be helpful in order to gain a better understanding.

Protein

In the simplest terms, proteins are biological molecules made of chains of amino acids. The body uses amino acids to produce its own proteins which act as structural components of muscle and other tissues. Proteins also participate in a wide range of essential processes that include enzyme function, cell growth, and cell signaling. Proteins can come from both animal and plant sources.

Protein Concentrate

A form of supplemental protein powder made from a specific source, which contains 70-80% protein content. Protein concentrates are the most popular protein supplements on the market.

Protein Isolate

A purified version of a protein concentrate powder that contains 90% or more protein.



[^] As part of an energy-reduced diet.

Ingredient Glossary

Plexus® Protein Blend:

Pea (Isolate and concentrate): Pea protein is a well digested plant-based protein and is the primary source of protein in Plexus Lean™ Vegan. Plexus Lean contains both isolate and concentrate sources. Pea protein has the added benefit of being a comprehensive plant-based protein source that avoids the potential allergen concerns associated with more commonly used soy-based protein sources.

Rice (Isolate): Rice protein complements pea protein to ensure an optimally balanced protein composition that is entirely plant based.

Amaranth: Amaranth is an ancient grain and was a staple crop of the native people of South America. Commonly recognized by its distinct purple colour in some species, amaranth is rich in the essential amino acid lysine, which is not found in adequate amounts in other cereal grains like corn and wheat.

Quinoa: Quinoa is an ancient grain in the same family of amaranth native to northwest South America. The protein found in quinoa is considered a complete plant-based protein source.

Buckwheat: Buckwheat is an ancient grain native to southeast Asia and an important staple in regions with poor soil quality.

Millet: Millet is an ancient grain and an important protein source in the semi-arid regions of Asia and Africa. Millet protein is rich in essential amino acids except lysine. When millet is complemented by buckwheat and amaranth proteins, which are rich sources of lysine, it rounds out the protein nutritional profile.

Chia: Chia is an ancient grain native to central America. The protein found in chia is considered a complete plant-based protein source.

Vitamin and Mineral Blend:

Vitamin A (as beta carotene and retinyl palmitate): Vitamin A is a fat-soluble vitamin involved in a range of functions in the body. Once inside the body, our body only converts as much vitamin A from beta-carotene as it needs which means beta-carotene is considered a safe source of vitamin A.

Vitamin C (as ascorbic acid and ascorbyl palmitate): Vitamin C

is an essential water-soluble vitamin that promotes a wide range of functions in the human body.

Iron (as ferric pyrophosphate): Iron is an essential mineral found in the body. Most of the body's iron is found in the hemoglobin of red blood cells.

Vitamin D2 (as ergocalciferol): Vitamin D is a fat-soluble vitamin that has a variety of roles involving nearly every system of the body. There are several forms of vitamin D but the non-animal source form is ergocalciferol (vitamin D2).

Vitamin E (as d-alpha tocopherol): Vitamin E is an essential nutrient. The vitamin E in Plexus Lean is derived from non-GMO sunflower oil.

Vitamin B1; Synonyms: Thiamine (as thiamine mononitrate): Vitamin B1 is a cofactor in numerous enzymes in our bodies.

Vitamin B2; Synonyms: Riboflavin (as riboflavin 5-phosphate): Vitamin B2 is a co-enzyme.

Niacin; (as niacinamide): Nicotinamide is a non-flushing form of Vitamin B3.

Vitamin B6; Synonyms: Pyridoxine (as pyridoxal 5-phosphate and pyridoxine hydrochloride): Vitamin B6 is a cofactor for enzymes.

Vitamin B9: Folate (L-methylfolate): Folic acid is the supplemental form of Folate (L-methylfolate). Typical dietary Folate (L-methylfolate) and folic acid must first be converted by our body to tetrahydrofolate (THF), and then finally into folate (L-methylfolate) before it can be used. By using Folate (L-methylfolate) in Plexus Lean™, we skip the conversion steps, making it easier for your body to utilize.

Vitamin B12; Synonyms: Methylcobalamin: Methylcobalamin is a bioactive and advanced form, immediately ready to be used by our body, and is vegan friendly.

Biotin; Synonyms: Vitamin B7 (as d-biotin): Biotin has an important role in metabolic function, and is a cofactor for enzymes.

Pantothenic Acid; Synonyms: Vitamin B5: (as D-calcium pantothenate): Pantothenic acid has a role as a cofactor for enzymes.

Ingredient Glossary

Calcium (as calcium citrate): Calcium is the most abundant mineral in our body. Calcium citrate is a highly absorbable form of calcium.

Magnesium (as magnesium hydroxide): Magnesium is one of the most abundant minerals in the human body, with half of magnesium located in the bones and teeth. Our magnesium is from natural marine source, which also contains over 50 trace minerals from the Irish Sea.

Zinc (as zinc citrate): Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions.

Selenium (as l-selenomethionine): L-selenomethionine consists of selenium chelated to the amino acid methionine and is biologically active in humans, providing a highly advanced form of selenium.

Copper (as copper citrate): Copper is an essential trace mineral. Copper citrate is a highly advanced form of copper.

Iodine (as potassium iodide): Iodine is an essential mineral nutrient. Potassium iodide is a common form of iodine that readily dissolves and is well absorbed.

Manganese (as manganese citrate): Manganese is an essential trace mineral. Manganese citrate is a highly advanced form of manganese.

Molybdenum (as molybdenum glycinate): Molybdenum is an essential trace mineral. Molybdenum glycinate is a highly absorbable form of molybdenum.

Phosphorus (as monosodium phosphate): Phosphorus is the second most abundant mineral in the body. Most of it is associated with calcium in our bones. Standard diets are abundant in phosphorus/phosphates obtained from meat, eggs, and dairy, but the predominant form of phosphorus in plants are not absorbable to humans. Because of this, phosphorus (as monosodium phosphate) is added to increase the content of this essential nutrient that can be low in vegan diets.

Potassium (as dipotassium phosphate): Potassium is an essential mineral.

Coconut Palm Sugar (Organic): Palm sugar is a natural sugar derived from the sap of the flower bud stem of the coconut palm. According to the Sydney University Glycemic Index Research Service, coconut sugar has a glycemic index of 54, qualifying it

as a low glycemic sweetener. Coconut palm sugar imparts a distinct caramel flavour with its sweetness to naturally enhance flavour while helping to contribute to a balanced carbohydrate composition found in a complete meal.

Other Ingredients:

Sunflower Oil Powder: Sunflower oil is extracted from the seeds of the sunflower and is a neutral tasting plant oil rich in healthful unsaturated fatty acids. Sunflower oil provides a healthy source of dietary fats necessary to round out the balanced nutritional composition of a complete meal.

Natural Flavours: Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours are taken from essential oils, resins, essences, or extracts.

Flaxseed Powder: Flax seeds are an abundant source of plant based Omega-3 fatty acids and help to augment the healthy lipid profile in Plexus Lean™.

Sunflower Lecithin: Lecithins are naturally occurring plant fats used to help ensure an even, balanced, smooth texture, and to help all the healthful ingredients in Plexus Lean to dissolve and blend well.

Guar Gum: Guar gum is a naturally occurring polysaccharide derived from guar beans that is a soluble fiber. Due to its attraction to water, it is used in small quantities to both thicken and improve the texture of liquids.

Hydrolyzed Guar Gum: Partially hydrolyzed guar gum is a source of galactomannan fiber from cluster beans. It is an indigestible prebiotic fiber.

Stevia Leaf Extract (reb A): Stevia is a perennial native to South America that has been used for centuries as a medicinal herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A, the sweetest molecular compound in stevia. The extract is then purified by filtration and crystallized into a powder that is typically 200 times sweeter than table sugar and has zero calories. Plexus® uses a 100% pure, Non-GMO Stevia rebaudiana.

Xanthan Gum: Xanthan gum is a naturally occurring polysaccharide made from the fermentation of sugars. Small quantities help to stabilize solutions that are mixtures of water-

Ingredient Glossary

soluble and fat-soluble ingredients to ensure an even consistency.

Medium Chain Triglyceride Oil Powder: Medium chain triglycerides naturally occur in coconut oil. These shorter chain fats aid with the blending of other lipids like the flax seed and sunflower oil found in Plexus Lean.

Protease Enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*): Medium chain triglycerides naturally occur in coconut oil. These shorter chain fats aid with the blending of other lipids like the flax seed and sunflower oil found in Plexus Lean.

Directions: Blend or stir 2 scoops (47 g) with 240 mL of almond milk.
Mode d'emploi: Mélanger ou remuer 2 mesures (47 g) dans 240 ml de lait d'amande.

Nutrition Information / Valeur nutritive

	Per 2 Scoops (47 g) Pour 2 mesures (47 g)	Per 2 Scoops (47 g) with 240 mL almond milk Pour 2 mesures (47 g) avec 240 mL lait d'amande
Servings Per Bag 14		
Portions par sac 14		
Calories	180 (750 kJ)	240 (1000 kJ)
	Amount	Amount
	Teneur	Teneur
	% Daily Value*	% Daily Value*
	% valeur quotidienne*	% valeur quotidienne*
Fat / Lipides	6 g	8 g
	8 %	11 %
Saturated / saturés	1 g	1 g
+ Trans / trans	0 g	0 g
	5 %	5 %
Polysaturated / polysaturés	2 g	2.5 g
Linoleic Acid / acide linoléique	1 g	1 g
n-3 Linolenic Acid / n-3 acide linoléique	0.2 g	0.2 g
Monounsaturated / monoinsaturés	3 g	4.5 g
Carbohydrate / Glucides	15 g	23 g
Fibre / Fibres	5 g	6 g
	18 %	21 %
Sugars / Sucres	7 g	14 g
	7 %	14 %
Protein / Protéines	20 g	21 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium	440 mg	590 mg
	19 %	26 %
Potassium	360 mg	500 mg
	7 %	11 %
Calcium	300 mg	750 mg
	17 %	58 %
Iron / Fer	7.5 mg	8.5 mg
	42 %	47 %
Vitamin A / Vitamine A	300 mcg	300 mcg
	33 %	33 %
Vitamin C / Vitamine C	13 mg	13 mg
	14 %	14 %
Vitamin D / Vitamine D	1.5 mcg	4 mcg
	8 %	20 %
Vitamin E / Vitamine E	2.5 mg	2.5 mg
	17 %	17 %
Thiamine	0.3 mg	0.3 mg
	25 %	25 %
Riboflavin / Riboflavine	0.4 mg	0.45 mg
	31 %	35 %
Niacin / Niacine	8 mg	8 mg
	50 %	50 %
Vitamin B6 / Vitamine B6	0.4 mg	0.4 mg
	24 %	24 %
Folate	100 mcg DFE / EFA	100 mcg DFE / EFA
	25 %	25 %
Vitamin B12 / Vitamine B12	0.25 mcg	0.25 mcg
	10 %	10 %
Biotin / Biotine	25 mcg	25 mcg
	83 %	83 %
Pantothenate / Panthothénate	1.3 mg	1.3 mg
	26 %	26 %
Phosphorous / Phosphore	300 mg	300 mg
	24 %	24 %
Iodide / Iodure	40 mcg	40 mcg
	27 %	27 %
Magnesium / Magnésium	60 mg	80 mg
	14 %	19 %
Zinc	3 mg	3 mg
	27 %	27 %
Selenium / Sélénium	10 mcg	10 mcg
	18 %	18 %
Copper / Cuivre	0.51 mg	0.55 mg
	57 %	61 %
Manganese / Manganèse	1.05 mg	1.05 mg
	46 %	46 %
Molybdenum / Molybdène	20 mcg	20 mcg
	44 %	44 %

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Protein blend (pea protein isolate, rice protein isolate, pea protein concentrate, amaranth, quinoa, buckwheat, millet, chia), Organic coconut palm sugar, Sunflower (*Helianthus annuus*) oil powder, Vitamin and mineral blend (calcium (calcium citrate), sodium (monosodium phosphate), phosphate (monosodium phosphate), potassium (dipotassium phosphate), magnesium (magnesium hydroxide), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin A (beta carotene, retinyl palmitate), zinc (zinc citrate), iron (ferrous pyrophosphate), niacin (niacinamide), iodide (potassium iodide), biotin (d-biotin), manganese (manganese citrate), vitamin E (d-alpha tocopherol), pantothenic acid (d-calcium pantothenate), selenium (L-selenomethionine), copper (copper citrate), molybdenum (molybdenum glycinate), riboflavin (riboflavin 5-phosphate), vitamin B6 (pyridoxal 5-phosphate, pyridoxine hydrochloride), vitamin D2 (ergocalciferol), thiamine (thiamine mononitrate), vitamin B12 (methylcobalamin), folate (L-methylfolate), Hydrolyzed guar gum, Flax (*Linum usitatissimum*) seed powder, medium chain triglyceride oil powder, sunflower lecithin, guar gum, protease enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*), xanthan gum, Reb A (stevia extract), natural flavors.

Ingédients: Mélange de protéines (isolat de protéine de pois, isolat de protéine de riz, concentré de protéine de pois, amarante, quinoa, sarrasin, millet, chia), sucre de fleur de coco biologique, poudre d'huile de tournesol (*Helianthus annuus*), mélange de vitamines et de minéraux (calcium [citrate de calcium], sodium [phosphate monosodique], phosphate [phosphate monosodique], potassium [phosphate dipotassique], magnésium [hydroxyde de magnésium], vitamine C [acide ascorbique, palmitate d'ascorbyle], vitamine A [bêta-carotène, palmitate de rétinyle], zinc [citrate de zinc], fer [pyrophosphate ferrique], niacine [niacinamide], iodure [iodure de potassium], biotine [d-biotine], manganèse [citrate de manganèse], vitamine E [d-alpha-tocophérol], acide panthothénique [panthothénate de d-calcium], sélénium [L-sélénométhionine], cuivre [citrate de cuivre], molybdène [glycinate de molybdène], riboflavine [riboflavine 5-phosphate], vitamine B6 [pyridoxal 5-phosphate, chlorhydrate de pyridoxine], vitamine D2 [dovercalciférol], thiamine [mononitrate de thiamine], vitamine B12 [méthylcobalamine], folate [L-méthylfolate]), gomme de guar hydrolysée, poudre de graines de lin (*Linum usitatissimum*), poudre d'huile de triglycérides à chaîne moyenne, lécithine de tournesol, gomme de guar, mélange d'enzymes protéases (*Aspergillus niger*, *Aspergillus oryzae*), gomme de xanthane, rebaudioside A (extrait de stevia), arômes naturels.