

# Plexus Lean™ Vegan

Eat healthy. Feel energized. Lose weight<sup>^</sup>.

Give your weight loss<sup>^</sup> 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 loss<sup>^</sup>, energy, and muscle support—all with a creamy texture and an irresistible Natural Vanilla flavor option!



## 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 weight or maintain your healthy lifestyle 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 loss<sup>^</sup> benefits, and energy—all with a smooth, creamy texture and delicious Natural Vanilla flavor.

Power packed with 20 grams of ultra-pure plant-based protein, Plexus Lean Vegan will satisfy your hunger while helping to promote weight loss<sup>^</sup>. Add to that 23 essential vitamins and minerals (including Folate, 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 5 grams of dietary fiber per serving including prebiotic fiber, to support gut health and digestion. Plexus Lean also contains digestive enzymes and plant-based Omega-3 fatty acids.

With plenty of protein and fiber to help you feel satisfied, you're on your way to better health! Plexus Lean Vegan can help you reach your weight loss<sup>^</sup> 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 flavor, Lean Vegan is about to become your new favorite vegan-friendly meal, snack, or anytime treat.

## What's Inside?

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

### Here's what made the cut:

- 20 grams of ultra-pure, plant protein when mixed with water
- Vegan protein from pea, rice, and ancient grains
- Contains all 9 essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine)
- Powered with highly bioavailable forms of 23 vitamins and minerals, like Folate (L-methylfolate calcium), Calcium, Zinc, Vitamins A, C, E, and more
- Contains digestive enzymes
- Plant-based Omega-3 fatty acids
- Contains protein and fiber
- Rated low on the Glycemic Index (GI)
- 100% Vegan
- Delicious Natural Vanilla flavor

## 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 flavors, artificial colors, 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, Feeding America®—the nation's largest domestic hunger relief organization. A serving for you = a donation to Feeding America® to help provide a meal\*\* for a child or family in need. It's that simple.

Here's how it works:

1. For every serving of Plexus Lean you purchase
2. Plexus and Plexus Charities gives a contribution to Feeding America
3. Feeding America partners with over 200 member food banks to help people in need

## Advanced Bioavailability

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 calcium)—that are designed to be more bioavailable than standard vitamins, so they're easily assimilated and can deliver maximum benefit to the body.

## A Healthy Gut With Every Glass

Plexus Lean contains five grams of dietary fiber including prebiotic fiber from guar gum that supports digestion and gut health. Prebiotics work to selectively feed beneficial microbes in your gut microbiome. It's gut health, in a glass.

## Lean Vegan's Primary Benefits

- Delivers a complete, nutritious meal in the form of a delicious shake
- Lose weight<sup>^</sup> with a shake for breakfast, a shake for lunch, or a healthy dinner
- A nourishing snack that helps you avoid temptation between meals
- Promotes weight loss<sup>^</sup> while providing healthy nutrition
- A convenient, healthy alternative to fast food
- Satisfies and controls hunger and contains protein and fiber
- Supports gut and digestive health with prebiotic fiber and digestive enzymes
- Helps cut calories and lose weight<sup>^</sup> while providing healthy

nutrition

- Use twice a day for weight loss<sup>^</sup> or once a day for weight maintenance
- Protein to help support and maintain lean muscle
- Leaves you feeling energized and satisfied
- Supports feelings of satiety, helping to curb cravings

## The Lean Advantage

- Amazing taste (Natural Vanilla flavor)
- 5 grams dietary fiber per serving
- Bioavailable forms of 23 vitamins and minerals for easy assimilation and maximum benefit
- 100% ultra-pure vegan protein
- Non-GMO
- Free from soy, dairy, and gluten
- Free from artificial flavors, artificial colors, 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<sup>^</sup> 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 or maintaining weight<sup>^</sup> because it helps to build lean muscle—and it's more satisfying than simple carbohydrates. Lean Vegan provides 20 grams of protein from pea, rice, and ancient grains. Lean Vegan also contains all nine essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine). These ingredients fuel your body with what it needs to function at its best every single day.

<sup>^</sup> When combined with a reduced calorie weight loss diet plan.

\*\*Every bag of Plexus Lean sold contributes a donation equivalent to 14 meals to Feeding America®, providing at least 1.5 million meals annually. \$1 helps provide at least 10 meals secured by Feeding America® on behalf of local member food banks.

## 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 calcium), 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<sup>^</sup>, highly bioavailable 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<sup>^</sup>, or reach their fitness goals without sacrificing taste or convenience.

The Plexus Lean Family offers a shake for everyone. With four mouth-watering flavors and whey, vegan, and vegetarian options, Lean shakes can be used twice a day for weight loss<sup>^</sup>, once a day to maintain a healthy weight, or anytime as a delectably-delicious snack.

### When is the best time to take Plexus Lean Vegan?

Anytime! Plexus Lean Vegan is the easy, tasty way to control 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<sup>^</sup>, once a day for weight maintenance, or whenever as a delectably delicious snack.

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 water makes for a perfectly satisfying morning commute. You can also try Lean Vegan as an afternoon snack to ward off the dreaded 'crash' 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?

For a meal, blend or stir 2 scoops with 8 fl. oz. of water. For a snack, blend or stir 1 scoop with 4-6 fl. oz. of water. If you prefer to add ice and fruit, you can also use a blender.

### 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 water.

### Do I have to add water to Plexus Lean Vegan or can I add another beverage?

Feel free to substitute your plant-based milk of choice for water 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<sup>^</sup>, once a day for maintenance, 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.

### How does Plexus Lean Vegan support my gut health and digestion?

Plexus Lean Vegan contains 5 grams of dietary fiber including prebiotic fiber, and digestive enzymes to support digestion and gut health.

### 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 maintaining strong muscle and Plexus Lean Vegan provides 20 grams of plant-based protein, not to mention it contains all nine essential amino acids including branched chain amino acids like leucine, isoleucine and valine for muscle support.

### 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.<sup>^</sup> If you are trying to lose weight<sup>^</sup>, 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

<sup>^</sup> When combined with a reduced calorie weight loss diet plan.

## Frequently Asked Questions

healthier, lower-calorie meals while incorporating Plexus Lean™ Vegan to support your weight loss goals.<sup>^</sup>

### 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, all nine amino acids, and a delicious Natural Vanilla flavor, Lean Vegan helps you curb cravings and manage your weight<sup>^</sup>, 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 bioavailable vitamins and minerals into your diet.

### Are there vitamins or minerals in Plexus Lean Vegan?

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

### What's the advantage of bioavailable ingredients?

The vitamins and minerals found in Plexus Lean are in highly bioavailable forms so they are more easily absorbed and better utilized by the body.

### Why does Lean Vegan include folate (L-Methylfolate calcium) instead of Folic Acid?

Up to 39% of the population cannot utilize absorbed Folic Acid. Plexus Lean is formulated with folate (L-methylfolate calcium), because it's the most bioactive form that everyone can utilize. Folic Acid is a form of vitamin B9.

### Is Plexus Lean Vegan safe?

Yes, Plexus Lean is safe. It contains no stimulants, artificial flavors, colors or preservatives, and is free from common allergens like soy, 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 flavor is the Plexus Lean Vegan?

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

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

No.

### Is there caffeine or any other stimulants in Plexus Lean?

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 flavors to create a delicious Natural Vanilla flavor.

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

Absolutely! Lean Vegan is a great addition to any Plexus regimen. We highly recommend using it with our TriPlex combo and MetaBurn. The effects of this combination are very beneficial to your overall health, and help you lose weight<sup>^</sup> while supporting muscle.



<sup>^</sup> When combined with a reduced calorie weight loss diet plan.

## 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 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.

### Plexus® Protein Blend:

**Pea (Isolate and concentrate):** Pea protein is a well digested and highly bioavailable 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. Pea protein is a “complete protein”- meaning it contains all 9 essential amino acids and has a high protein quality score of .93 (93% bioavailability) on the PDCAAS scale.

**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 color 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 has all 9 essential amino acids and 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 seeds has all 9 essential amino acids and 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 succinate): Vitamin E is an essential nutrient. The vitamin E in Plexus Lean is derived from non-GMO sunflower oil.

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

## Ingredient Glossary

**Vitamin B2; Synonyms: Riboflavin** (as riboflavin 5-phosphate sodium): 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.

**Folate, Vitamin B9** (as L-methylfolate calcium): Folic acid is the supplemental form of folate. Typical dietary folate and folic acid must first be converted by our body to tetrahydrofolate (THF), and then finally into L-methylfolate (5-MTHF) before it can be used. By using L-methylfolate calcium in Plexus Lean™, we skip the conversion steps, making it easier for your body to utilize.

**Vitamin B12; Synonyms: Methylcobalamin** (as methylcobalamin): Methylcobalamin is a bioactive and bioavailable 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.

**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 bioavailable form of selenium.

**Copper** (as copper citrate): Copper is an essential trace mineral. Copper citrate is a highly bioavailable 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 bioavailable 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 flavor with its sweetness to naturally enhance flavor while helping to contribute to a balanced carbohydrate composition found in a complete meal.

**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 Flavors:** Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences, or extracts.



# Ingredient Glossary

**Flax Seed Powder:** Flax seeds are an abundant source 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.

**Prebiotic Fiber:** Prebiotics promote the growth of beneficial bacteria, both those that are already established in the colon, as well as those externally administered as probiotic bacteria. Prebiotics are parts of food which are indigestible in the upper gastrointestinal tract and reach the colon, helping to selectively promote the growth and/or activity of certain bacteria in the colon that provide general wellbeing.

**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:** 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-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.

## Natural Vanilla Flavor

<b>Nutrition Facts</b>	
14 servings per bag	
Serving size	2 Scoops (47 g)
Amount per serving	
<b>Calories</b>	
<b>180</b>	
% Daily Value*	
<b>Total Fat</b> 6 g	<b>8%</b>
Saturated Fat 1 g	5%
Trans Fat 0 g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 3 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 440 mg	<b>19%</b>
<b>Total Carbohydrate</b> 15 g	<b>5%</b>
Dietary Fiber 5 g	<b>18%</b>
Total Sugars 7 g	
Includes 5 g Added Sugars	<b>10%</b>
<b>Protein</b> 20 g	<b>25%</b>
Vitamin D 1.25 mcg 6%	● Calcium 276 mg 20%
Iron 8 mg 45%	● Potassium 335 mg 8%
Vitamin A 250 mcg 30%	● Vitamin C 13 mg 15%
Vitamin E 3 mg 20%	● Thiamin 0.3 mg 25%
Riboflavin 0.4 mg 30%	● Niacin 8 mg 50%
Vitamin B <sub>6</sub> 0.4 mg 25%	● Folate 102 mcg DFE 25%
Vitamin B <sub>12</sub> 0.3 mcg 15%	● Biotin 25 mcg 80%
Pantothenic Acid 1 mg 20%	● Phosphorus 279 mg 20%
Iodine 40 mcg 25%	● Magnesium 62 mg 15%
Zinc 3 mg 25%	● Selenium 10 mcg 20%
Copper 0.5 mg 60%	● Manganese 1 mg 45%
Molybdenum 20 mcg 45%	

\*The % Daily Value 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 (pea protein isolate, rice protein isolate, pea protein concentrate, amaranth, quinoa, buckwheat, millet, chia), organic coconut palm sugar, sunflower oil powder, hydrolyzed guar gum, vitamin and mineral blend [calcium (calcium citrate), phosphorus (monosodium phosphate), potassium (dipotassium phosphate), magnesium (magnesium hydroxide), vitamin C (ascorbic acid, ascorbyl palmitate), vitamin A (beta carotene, retinyl palmitate), zinc (zinc citrate), iron (ferric pyrophosphate), niacin (niacinamide), iodine (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 sodium), vitamin B6 (pyridoxal 5-phosphate, pyridoxine hydrochloride), vitamin D2 (ergocalciferol), thiamin (thiamine mononitrate), folate (L-methylfolate calcium), vitamin B12 (methylcobalamin)], natural flavors, sunflower lecithin, flaxseed powder, guar gum, protease enzyme blend (*Aspergillus niger*, *Aspergillus oryzae*), xanthan gum, stevia leaf extract, and medium chain triglyceride oil powder.

\*When combined with a reduced calorie weight loss diet plan.