

BERRY LEAN

Slim Down with an Antioxidant-Rich blend of Raspberries, Strawberries, Blackberries, Blueberries, Banana, Flax Seed Oil & 'Get Lean'

PROMOTES
WEIGHT LOSS

RASPBERRIES

BLACKBERRIES

FLAX SEED OIL

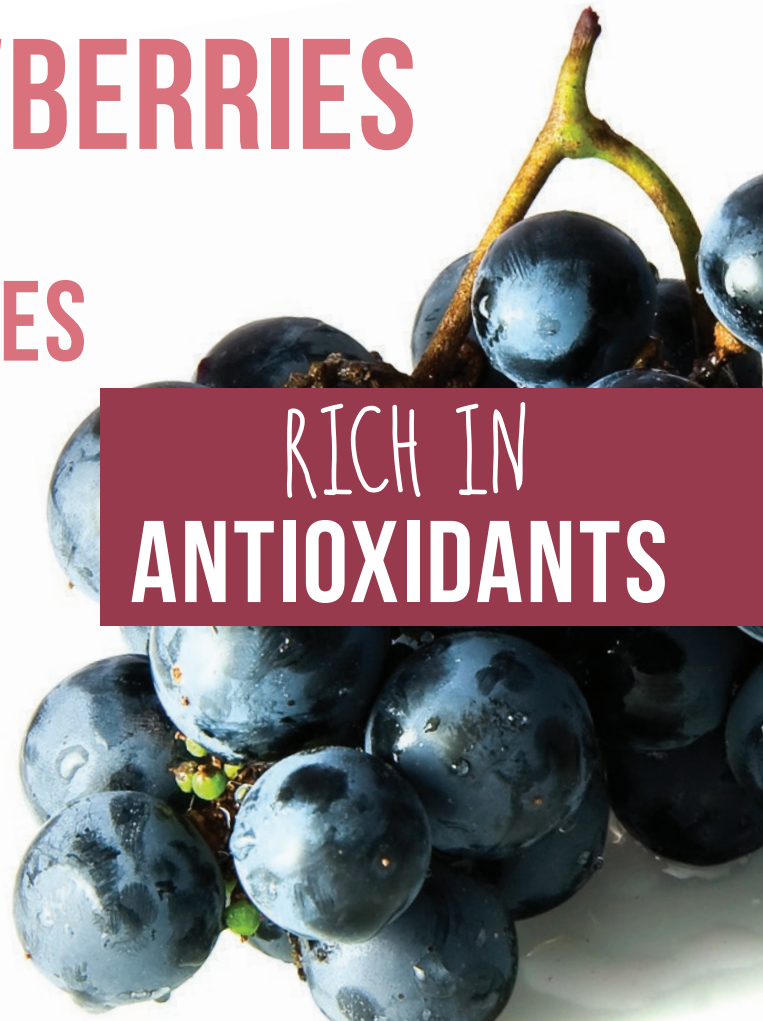
STRAWBERRIES

BLUEBERRIES

BANANA

GET LEAN

RICH IN
ANTIOXIDANTS



“BERRY LEAN”

- 8 OZ DR. SMOOTHIE FOUR BERRY PURÉE/WATER MIX
- 4 FREEZE-DRIED BANANA PIECES (OR 3" FRESH BANANA)
- 1 SCP GET LEAN
- 1 TSP FLAX SEED OIL
- 16 OZ ICE
- 1 SCP BLUEBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 360	Calories from Fat 45		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 79g			26%
Dietary Fiber 4g			16%
Sugars 67g			
Protein 2g			
Vitamin A 2%		Vitamin C 45%	
Calcium 4%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			