

UNICITY LEAN COMPLETE



Everyone knows that it's important to kick start your day energy and studies show that those who eat breakfast lose more weight than those that don't.

However, many of us feel we are too busy to eat breakfast, and so skip it. We then eat a large lunch and an even larger dinner, and these meals are usually bereft of nutrients but loaded with fat and sugar. This leads to large blood glucose spikes during meal time and causes our body to store more food as fat.

Stop the vicious cycle of adding fat, by starting your day right with Lean Complete;

a high-protein, low-carbohydrate meal replacement that provides needed nutrients and helps to keep you full until your next meal.

It's crucial to a healthy weight-loss program that you avoid large amounts of high-glycemic foods such as rice, pasta, and sweets. Not only is Lean Complete a good substitute for sugary cereals, it tastes good too! Lean Complete has a rich vanilla-flavor that caters to your taste buds while providing the energy you need to make it through the day.

FEATURES & BENEFITS

- Delicious low calorie, convenient meal to jump start metabolism*
- Protein helps build and maintain lean muscle mass
- Provides fuel for prolonged energy without a blood-sugar spike*
- One serving contains 10 gms of high quality protein
- Packed with 5 gms of fiber, vitamins and minerals

Nutrition Facts

Serving size 1 sachet (22 g)
Serving per container 25 sachets

Amounts per serving		%daily value*
Energy	77.77 kcal	
Protein	10.0 g	
Total Carbohydrate	3.5 g	
Sugar as Sucrose	0.341 g	
Total fat	1.53 g	
Dieter Fiber	5.0 g	
Vitamin C	30 mg	75 %
Vitamin B3	10 mg NE	83.33 %
Vitamin E	10 mg	100 %
Vitamin B5#	4 mg	80 %
Vitamin B1	1 mg	100 %
Vitamin B2	1 mg	91 %
Vitamin B6	1 mg	50 %
Vitamin A	578 mcg	96.33 %
Folic Acid	100 mcg	100 %
Biotin#	30 mcg	100 %
Vitamin D	3.7 mcg	37.5 %
Vitamin B12	1 mcg	100 %
Sodium	24 mg	1.26 %
Zinc	2.9 mg	29 %

%RDA as per WHO/FAO

%RDA as per sedentry work women.

Appropriate overages of vitamins added to compensate loss on storage.

RECOMMENDED USE

1 Sachet (22g) of Lean Complete with 250-300ml of water or skimmed milk and enjoy. Substitute Breakfast/Lunch or for better results, may be substituted for dinner. Do not replace more than two meals per day. For above 12 years(age) group only.

INGREDIENTS

Soya Protein Isolate, Whey Protein Concentrate, inulin, Ground Nut Fat Powder, Gum Arabic, Oat Fiber, Xanthum Gum, Sucrose, MCT Oil, Whey Protein Isolate, Skimmed Milk Powder, Potassium Chloride, Colloidal Silicon Dioxide, Sodium Chloride. L-Ascorbic Acid, Sucralose, Maltodextrin Powder, Sodium Carboxy Methyl Cellulose. DL-Alpha Tocopheryl, Soya Lecithin Powder, Zinc Gluconate, Carrageenan, Nicotinamide, Vitamin A Acetate, Calcium - D - Pantothenate, Riboflavin, Thiamine Mononitrate, Pyridoxine Hydrochloride, Cyanocobalamin, n-pteroyl-l-glutamic acid, D- Biotin, Ergocalciferol.