

Lean Mass Plus

High Quality Protein and Fiber for weight loss, athletic performance and optimal health

Unknowingly, many of us are protein deficient, which ultimately produces weakness, allows muscle deterioration with aging, loss of functional living and an inability to make antibodies to fight infection. The Adëeva Lean Mass Plus - Protein + Fiber Shake, can be an important part of healthy aging, weight management and/or the enhancement of athletic performance for many individuals.

Let's be honest; the problem with most protein shakes on the market is that they generally have a chalky taste and/or contain artificial sweeteners, which leave you with a nauseating after-taste or headache (not to mention the unknown safety of artificial sweeteners, especially for kids).

Adëeva Lean Mass Plus shakes are available in two delicious flavours – Double Chocolate and Natural Vanilla, that are rich, creamy and have no chalky aftertaste! Not only do the Lean Mass Plus Shakes taste exceptional, but they contain no artificial sweeteners, are gluten free and have a healthy profile that is unmatched in the industry.

Each serving of Lean Mass Plus contains:

- 25 grams of undenatured, highly purified whey protein isolate – for optimal lean mass preservation and development, as well as immune system support
- 5-8 grams of fiber – containing both cholesterol-lowering and colon-cleaning fiber (up to 1/3 of your daily fiber requirement)
- No artificial sweeteners, with only 190-200 calories per serving.
- Low in total fat, with virtually no saturated fat, trans fats or cholesterol.

A simple, yet reliable method to determine your daily protein requirement:

- Sedentary person – 1g of protein per kg of body weight (a person weighing 80 kg, requires 80 grams of protein per day).
- Endurance exercise 3-4 times per week for 30-45 mins, or a patient engaged in weight training 4-5 times per week – 1.25g of protein per kg of body weight.
- Endurance exercise more than 4 times per week for more than 30 mins, and resisted training on at least 3 days per week (or heavy body building schedule) – 1.5g of protein per kg body weight.
- Professional athletes undergoing intensive training for 3 hours per day or longer (football, hockey, body building, lacrosse, soccer etc) – up to 2 grams of protein per kg of body weight.

For a complete list of low fat foods and their associated protein content, visit the Healthy Living Centre on the Meschino Health Facebook page (Facebook.com/MeschinoHealth).

Active Ingredients

	Natural Vanilla	Double Chocolate
Calories	200	190
Fat/Lipides	2.5g	1g
Saturated/saturésés	0.5g	0.4g
+Trans/trans	0g	0g
Cholesterol/Cholestérol	5g	5g
Sodium/Sodium	75mg	75mg
Carbohydrate/Glucides	20g	20g
Fiber/Fibres	5g	8g
Sugars/Sucres	11g	11g
Protein/Protéines	25g	25g

Amounts per 50g serving (2 scoops), 20 servings per container



Other Ingredients

Natural Vanilla:

Undenatured, highly purified whey protein isolate, calcium caseinate, fructose, gum arabic, lecithin, guar gum, xanthan gum, vanilla flavour. Contains milk and soy ingredients. Gluten free.

Double Chocolate:

Undenatured, highly purified whey protein isolate, calcium caseinate, fructose, gum Arabic, coca powder, guar gum, xanthan gum, chocolate flavour. Contains milk and soy ingredients. Gluten free.

Clinical Applications:

Breakfast Shake:

Use with water and ice cubes or add some fruit juice and/or real fruit, as a high-protein breakfast option for "on-the-go" individuals who usually lack optimal protein in their daily diet. Recommended usage 2-4 scoops per day.

Weight Loss Shake:

As part of a well-balanced weight management program use this shake to replace one or two meals per day, as a sure-fire way to drop extra pounds without feeling hungry. The fiber content of these shakes provides satiety for long periods between meals, and the protein content will preserve their lean mass as you burn fat throughout the day. Recommended usage 2-4 scoops per day.

Athletic Patients:

Athletes involved in strength training, and other athletic endeavours, require extra protein each day to replace the muscle protein broken down during exercise, and to achieve anabolic growth, strength and explosive power in muscles tissue. Recommended usage 3-4 scoops per day to enhance muscle power, lean mass, and recovery.

Contraindications & Considerations

- Liver Disease¹
- Renal Failure¹
- Pregnant¹
- Breast Feeding¹
- Organ Transplant Recipient¹
- Cancer¹

¹ Requires approval from specialist/physician