



# THE WEIGHT IS OVER®

## HERE'S THE SKINNY...

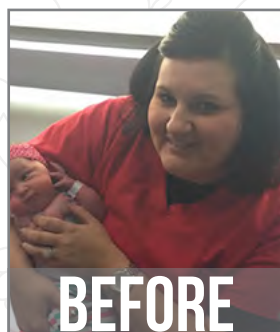
Featuring four of the highest-grade proteins on the market, LIMU LEAN® Protein Shake Mix is the complete, balanced solution to your weight-loss, weight management and fitness goals. Tip the scale and get in top-notch physical shape!



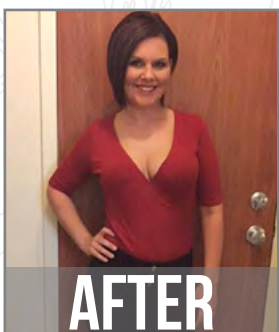
BEFORE



AFTER



BEFORE



AFTER

These results are not typical. Weight-loss results vary with each individual and are based on diet, metabolism and physical activity.



Certified Organic  
Seaweed Blend



Certified Non-GMO  
Seaweed Blend



Voted Best New  
Consumer Product

PubMed

Scientifically Studied  
Supernutrient

## POWER UP, POUNDS DOWN

Nourish your body, fuel your transformation and shed unwanted pounds on the go with a host of healthy, performance-driven ingredients to help your body boost metabolism, build muscle and get fit quick!

## WHEY TO GO

Perfectly formulated to get you in peak physical shape, LIMU LEAN's whey-focused protein blend is available in convenient, single-serve packets that fit seamlessly into your active lifestyle.

## FLEX ON 'EM

LIMU LEAN won the People's Choice for Best New Consumer Product in the 2018 American Business Awards®, better known as The Stevie® Awards.



## Nutrition Facts

1 Serving Per Container  
Serving Size 1 packet (36g)

Amount Per Serving  
**Calories 120**

	% Daily Value*
<b>Total Fat 1.5g</b>	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	18%
<b>Sodium 50mg</b>	2%
<b>Total Carbohydrate 11g</b>	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	40%
Vitamin D 7mcg	35%
Calcium 460mg	35%
Iron 0.2mg	1%
Potassium 130mg	3%
Vitamin A 315mcg	35%
Vitamin C 32mg	35%
Vitamin E 5.2mg	35%
Vitamin K 42mcg	35%
Thiamin 0.4mg	33%
Riboflavin 0.45mg	35%
Niacin 5.6mg	35%
Vitamin B6 0.6mg	35%
Folate 140mcg	35%
Vitamin B12 0.8mcg	33%
Biotin 10mcg	33%
Pantothenic Acid 1.7mg	34%
Magnesium 156mg	35%
Zinc 3.8mg	35%
Selenium 19mcg	35%
Copper 0.3mg	33%
Manganese 0.8mg	35%
Chromium 12mcg	34%

\*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:** Proprietary Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate, Egg Albumen), Soluble Corn Fiber, Natural Flavor, Calcium Carbonate, Xanthan Gum, Magnesium Oxide, Stevia rebaudiana Leaf Extract, Soy Lecithin, GanedenBC<sup>30</sup> (Bacillus coagulans GBI-30 6086), Proprietary Certified Organic LIMU Seaweed Blend™ (Fucus vesiculosus, Undaria pinnatifida), Ascorbic Acid (Vitamin C), Niacin, DL-Alpha Tocopheryl Acetate, Zinc Oxide, Manganese Sulfate Monohydrate, Copper Gluconate, Selenium Citrate, Calcium D-Pantothenate, Pyridoxine HCl, Thiamine HCl, Riboflavin, Retinyl Acetate, Folate (Folic Acid), Chromium Polynicotinate, Phytanadione, Biotin, Cholecalciferol, Cyanocobalamin

## Nutrition Facts

1 Serving Per Container  
Serving Size 1 packet (37g)

Amount Per Serving  
**Calories 120**

	% Daily Value*
<b>Total Fat 1.5g</b>	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	18%
<b>Sodium 60mg</b>	3%
<b>Total Carbohydrate 11g</b>	4%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 20g</b>	40%
Vitamin D 7mcg	35%
Calcium 460mg	35%
Iron 1mg	6%
Potassium 210mg	4%
Vitamin A 315mcg	35%
Vitamin C 32mg	35%
Vitamin E 5.2mg	35%
Vitamin K 42mcg	35%
Thiamin 0.4mg	33%
Riboflavin 0.45mg	35%
Niacin 6mg	38%
Vitamin B6 0.6mg	35%
Folate 140mcg	35%
Vitamin B12 0.8mcg	33%
Biotin 10mcg	33%
Pantothenic Acid 1.7mg	34%
Magnesium 167mg	40%
Zinc 3.9mg	35%
Selenium 19mcg	35%
Copper 0.4mg	44%
Manganese 0.8mg	35%
Chromium 12mcg	34%

\*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:** Proprietary Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate, Egg Albumen), Soluble Corn Fiber, Dutch Process Cocoa, Natural Flavor, Calcium Carbonate, Magnesium Oxide, Xanthan Gum, Stevia rebaudiana Leaf Extract, Soy Lecithin, GanedenBC<sup>30</sup> (Bacillus coagulans GBI-30 6086), Proprietary Certified Organic LIMU Seaweed Blend™ (Fucus vesiculosus, Undaria pinnatifida), Ascorbic Acid (Vitamin C), Niacin, DL-Alpha Tocopheryl Acetate, Zinc Oxide, Manganese Sulfate Monohydrate, Copper Gluconate, Selenium Citrate, Calcium D-Pantothenate, Pyridoxine HCl, Thiamine HCl, Riboflavin, Retinyl Acetate, Folate (Folic Acid), Chromium Polynicotinate, Phytanadione, Biotin, Cholecalciferol, Cyanocobalamin

## BACKED BY SCIENCE

Each pouch is power-packed with our proven Fucoidan seaweed supernutrient, which has been the subject of over 1,900 independent, third-party, unsolicited scientific research studies available for public review in the U.S. National Library of Medicine at the National Institutes of Health, better known as PubMed.

## GET YOUR LEAN ON

With 20g of premium protein, 22 essential vitamins and minerals, plus clinically backed GanedenBC<sup>30</sup>® probiotics and fiber to support immune function and digestive health, LIMU LEAN helps your body burn fat, control your appetite and reduce your cravings, while increasing lean tissue. Plus, our proprietary, Fucoidan-infused, certified organic, non-GMO LIMU Seaweed Blend™ adds an array of unique health benefits.

## RE-UP

Finish off your workout with a delicious Dutch Chocolate or Creamy Vanilla shake to recover, replenish and reenergize with cutting-edge, low calorie nutrition.

## RECOMMENDED USAGE

Mix one packet of LIMU LEAN Protein Shake Mix with 8 oz. of cold water. Shake vigorously to blend. For a creamier shake, use almond or coconut milk.



Fucoidan-Rich



Performance-Driven



Quality Nutrition



Immune Support



Clean Ingredients



Gluten-Free

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

\*Clean Ingredients™ refers to no artificial colors, flavors or sweeteners.

Applicable to U.S. and Canada only. © 2020 ARIIX. All Rights Reserved. Revised 060120







## FREQUENTLY ASKED QUESTIONS

### WHAT MAKES UP THE LIMU LEAN FITNESS AND WEIGHT MANAGEMENT LINE?

This unique line is composed of products that work together to promote healthy weight loss and fitness while delivering optimal nutrition and faster recovery after workouts. The easy-to-use LIMU LEAN line includes two products that are designed for synergistic use: LIMU LEAN Protein Shake Mix and LIMU LEAN BURN, a healthy appetite suppressant and weight-loss accelerator.

### WHAT MAKES LIMU LEAN DIFFERENT THAN OTHER WEIGHT MANAGEMENT LINES?

LIMU LEAN is the only weight management line that includes the supernutrient Fucoidan. You can enjoy some of the benefits you get from LIMU ORIGINAL® while using our LIMU LEAN line to help improve your fitness and manage your weight. We also encourage you to continue drinking LIMU ORIGINAL for your overall wellness. In addition, the proteins and formulas used in the shake mixes and LIMU LEAN BURN are specifically engineered to make you healthier even while you're losing weight.

### CAN I STILL EAT WHILE USING LIMU LEAN?

Absolutely! In fact, we recommend that you eat a sensible meal and three healthy snacks each day. Starving yourself won't help you lose weight, but our LIMU LEAN products, in conjunction with the right nutrition and activity plan, will! Just remember to count your calories and maintain a reasonable eating plan.

### HOW DOES THE PROTEIN SHAKE HELP ME?

Each Protein Shake provides a healthy balance of nutrients, including 20g of high-quality protein and 35% of the Recommended Daily Allowances for many important vitamins and minerals. It's perfect for supplementing meals to help you stay satisfied throughout the day. We recommend drinking shakes to recover energy faster and stay fit while achieving peak workout-fueled weight loss. The shake contains an optimum balance of protein sources for a lean and toned lifestyle and offers an easy way to keep portion size under control.

### DOES THE PROTEIN SHAKE CONTAIN ANY PRESERVATIVES?

LIMU LEAN Protein Shake Mix contains no preservatives.

### DOES THE PROTEIN SHAKE REPLACE MY DAILY CONSUMPTION OF LIMU ORIGINAL OR BLU FROG®?

Our Protein Shakes are formulated to assist in weight loss and fitness. You should continue drinking 2–4 fl. oz. of LIMU ORIGINAL a day for optimal health and continue drinking BLU FROG® whenever you need a boost of extra energy.

### CAN CHILDREN USE THE LIMU LEAN PROTEIN SHAKE MIX?

Yes. The ingredients in our Protein Shake Mix are nutritious, healthy and designed for use by both adults and children.



## FREQUENTLY ASKED QUESTIONS

### CAN YOU GIVE ME SOME GUIDELINES TO FOLLOW FOR MY SENSIBLE MEAL?

Here are some suggestions to help you make the healthiest food choices possible:

- Fruits and vegetables add fiber, water and vitamins to your meals with relatively few calories. Eat at least five servings of fruit and vegetables per day.
- Choose whole-grain foods more often: wheat or multi-grain breads, brown rice, whole-wheat pastas and high fiber, whole grain cereals.
- Drink 6–8 glasses of water daily. Water is essential to your body and an important element of your weight loss plan.
- Get enough protein in your diet, especially from lean meats, skinless poultry, fish, eggs and beans.
- Limit your added salt, sugar and alcohol intake. Sodium should be limited as part of a healthy weight loss plan, and sugary foods and alcohol contain calories with no nutritional value.
- If you already take vitamin supplements, continue taking them.

### DOES THE PROTEIN SHAKE MIX REQUIRE FDA APPROVAL?

LIMU LEAN is manufactured to safety and quality standards that meet or exceed all government standards. The FDA regulates the quality and safety of dietary supplements, but there is no FDA-specific approval required for dietary supplements.

### HOW LONG WILL IT TAKE ME TO LOSE WEIGHT WITH LIMU LEAN?

Weight loss is different for every person. However, our pre-launch trial study showed most people losing weight after the very first week of integrating the LIMU LEAN lifestyle into their routine. Others lost weight after the first few weeks.

### IS THERE GLUTEN IN ANY OF THE LIMU LEAN PRODUCTS?

No. Every single LIMU LEAN product is gluten-free, as is the entire line of LIMU products.

### DOES THE LIMU LEAN PROTEIN SHAKE MIX CONTAIN SOY?

Yes. The lecithin in the product comes from soybeans, which contributes to the shake's texture and consistency.

### HOW MANY CARBOHYDRATES ARE IN EACH PROTEIN SHAKE?

There are 11g of carbohydrates per shake; however, in the Creamy Vanilla shake, only two of those grams are sugar carbohydrates. The recommended daily limit of sugar carbohydrates for weight loss is about 20g per day.