

# mct.lean

## VEGAN PROTEIN BLEND

FDA cGMP Guaranteed,  
NSF GMP Registered, and  
NSF GMP Certified for Sport

Our unique 100% plant-based blend is a delicious, non-GMO, high-fiber functional food that is free of gluten, dairy, lactose, soy, and corn.



MCTFOODS

Distributed by:  
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Orders may be placed at  
[www.mctLean.com](http://www.mctLean.com)

## Discussion

**Vegan Protein Blend** is MCT Lean's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, taurine, and SGS™ broccoli seed extract. This broccoli seed extract is a super-vegetable boasting the highest level of glucoraphanin - enhancing cell detoxification through free radical elimination. Our blend also contains Aminogen®, a patented, natural, plant-derived enzyme system clinically proven to increase protein digestion and amino acid absorption - boosting nitrogen retention, aiding in the synthesis of muscle mass, and promoting deep muscle recovery.

**Pea protein isolate** features a well-balanced amino acid profile, including the highest lysine, arginine, and branched-chain amino acid (BCAA) content of all commercially available plant-based protein sources. Lysine speeds up muscle recovery time, while also playing a key role in muscle building and nitrogen level preservation. Arginine increases blood flow to allow muscles to receive nutrients and oxygen faster, thus promoting fat loss, encouraging lean muscle growth and development, and improving muscle recovery. BCAAs, which are absorbed directly into and metabolized quickly by muscle tissue, are essential for maintenance and growth.

**Rice protein concentrate**, popular among vegetarian athletes, contains a moderate supply of BCAAs and an amino acid profile that pairs well with pea protein.

**Glutamine** is important for replenishing amino acid stores, especially after exercise and periods of high stress. Glutamine also aids in intestinal cell proliferation, thereby preserving gut and intestinal health.

**Glycine**, an inhibitory (calming) neurotransmitter, is an important constituent of collagen, which supports skin health. It is also a building block for other substances such as CoA, nucleic acids, creatine phosphate, purines, bile, and other amino acids.

**Taurine**, a derivative of sulfur-containing cysteine, supports stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.

**Inulin**, from non-GMO chicory supports bone health by enhancing the absorption of calcium and magnesium, immune function by encouraging a healthy intestinal environment to benefit prebiotic intestinal flora, and digestion by promoting a healthy pH in the lower gastrointestinal tract. Additionally, it contributes to the normal development of epithelial tissue and has been shown to decrease serum VLDL levels.

## Clinical Applications

- Contains **20g of protein**
- Contains MCTs that aid in weight loss & muscle maintenance
- Only **6 grams net carbs** per serving (Cocoa flavor. Vanilla has 7g)
- Supports the following:
  - Lean body composition
  - Immune health
  - Cardiovascular health
  - Healthy blood insulin/glucose levels
  - Gastrointestinal health

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## Natural Vanilla

<b>Nutrition Facts</b>	
Serving Size: 2 Scoops (39.9g)	
Servings Per Container: About 14	
Amount Per Serving	
<b>Calories</b> 160	Calories From Fat 20
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	-
<b>Protein</b> 20g	<b>40%</b>
Calcium 14mg	1%
Phosphorous 247mg	25%
Not a significant source of <i>trans</i> fat, cholesterol, vitamin A, vitamin C, or iron.	
*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
Sat 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

**INGREDIENTS:** Vegan protein blend (pea protein isolate, glycine, Aminogen®, rice protein concentrate, taurine, and L-glutamine), organic evaporated cane juice, inulin, natural flavors, sunflower oil, medium-chain triglycerides, xanthan gum, potassium citrate, sodium chloride, SGS™ broccoli seed extract, and stevia leaf extract.

## Natural Cocoa

<b>Nutrition Facts</b>	
Serving Size: 2 Scoops (45.6g)	
Servings Per Container: About 14	
Amount Per Serving	
<b>Calories</b> 160	Calories From Fat 20
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 6g	-
<b>Protein</b> 20g	<b>40%</b>
Calcium 26mg	3%
Iron 1.8mg	10%
Phosphorous 230mg	23%
Not a significant source of <i>trans</i> fat, cholesterol, vitamin A, or vitamin C.	
*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
Sat 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

**INGREDIENTS:** Vegan protein blend (pea protein isolate, glycine, Aminogen®, rice protein concentrate, taurine, and L-glutamine), cocoa powder, organic evaporated cane juice, inulin, natural flavors, sunflower oil, medium-chain triglycerides, xanthan gum, potassium citrate, sodium chloride, SGS™ broccoli seed extract, and stevia leaf extract.

## Profile

Typical Amino Acid Profile  
per serving (mg): **Vanilla** **Chocolate**

Alanine	979	912
Arginine	1975	1839
Aspartic Acid	2608	2428
Cysteine	229	213
Glutamic Acid	3818	3556
Glycine	2932	2868
Histidine	568	529
Isoleucine	1022	951
Leucine	1908	1777
Lysine	1629	1516
Methionine	255	238
Phenylalanine	1249	1163
Proline	1022	951
Serine	1203	1120
Threonine	885	825
Tryptophan	227	211
Tyrosine	866	807
Valine	1138	1060

## Suggested Use

Mix two scoops (about 6 tablespoons) into 10 oz. of cold filtered water or plant-based milk alternative and enjoy. Use as a healthy snack alternative, an occasional meal replacement, a pre/post workout shake, or as directed by your healthcare practitioner. Visit our website at [mctLean.com](http://mctLean.com) for some great tasting smoothie recipes.

Consult your healthcare practitioner before use. Keep out of reach of children.

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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.