

Calories: **200** | Protein: **25g** | Fiber: **8g** | Sugar: **3g**

## A SIMPLE PLAN FOR LIVING LEAN

Add these great Total Lean® products to enhance your nutrition program.

### BALANCED NUTRITION

- Lean Shake™ 25 Ready-To-Drink • Lean Bar

### ESSENTIAL NUTRIENTS

- A Premium GNC Multi-Vitamin

### METABOLISM SUPPORT

- CLA • L-Carnitine • Burn 60™



# LEAN SHAKE™ 25

CALORIES **200** | PROTEIN **25G** | FIBER **8G**

Great-tasting, hunger-satisfying meal replacement suitable for a low-carb diet

## French Vanilla

Natural & Artificial Flavors



NET WT 29.3 OZ (1.83 LB) 832 G



CODE 933377

DIRECTIONS: As a meal replacement, mix one serving (52g) with 8-10 fl. oz. of cold water. Mix well. Drink two shakes daily in conjunction with a healthy weight management program.

FRG

## Nutrition Facts

Serving Size Two Scoops (52g)  
Servings Per Container 16

Amount Per Serving	Amount Per Serving	% Daily Value†
Calories 200	Biotin	20%
Calories from Fat 30	Pantothenic Acid	20%
	Phosphorus	20%
	Iodine	40%
	Magnesium	20%
	Zinc	20%
	Selenium	20%
	Copper	20%
	Manganese	20%
	Chromium	20%
	Molybdenum	20%
	† 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 2400mg 2400mg
	Potassium	3500mg 3500mg
	Total Carbohydrate	300g 375g
	Dietary Fiber	25g 30g
	Protein	50g 65g
	Calories per gram:	
	Fat 9	• Carbohydrate 4 • Protein 4
Total Fat 3g		
Saturated Fat 1.5g		
Trans Fat 0g		
Cholesterol 60mg		
Sodium 120mg		
Potassium 250mg		
Total Carbohydrate 17g		
Dietary Fiber 8g		
Soluble Fiber 5g		
Sugars 3g		
Protein 25g		
Vitamin A		20%
Vitamin C		60%
Calcium		50%
Iron		20%
Vitamin E		20%
Thiamin		20%
Riboflavin		20%
Niacin		20%
Vitamin B-6		20%
Folic Acid		20%
Vitamin B-12		20%

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Cellulose Powder, Oat Bran, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Resistant Starch, Fructooligosaccharides), Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Polysorbate 60, Monoglycerides, Artificial Flavor, Riboflavin), Natural and Artificial Flavors, Vitamin and Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sodium Ascorbate, Maltodextrin, Ferric Orthophosphate, dl-alpha Tocopheryl Acetate, Nicotinamide, Zinc Oxide, d-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Cupric Oxide, Thiamin Hydrochloride, Vitamin A Acetate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Cyanocobalamin), Nonfat Dry Milk, Titanium Dioxide, Lecithin, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans.

NOTICE: Use only as directed in conjunction with the enclosed meal plan. Significant product settling may occur.

Store in a cool, dry place.

## Lean Shake™ 25 – Healthy Weight Management Support

This great-tasting meal replacement is well-balanced with high-quality protein, fiber to help you feel full longer, and 22 vitamins and minerals.

- Hunger-satisfying and suitable for a low-carb diet
- Healthy, high protein addition to your daily meal plan
- Convenient portion control, the key to success in a weight management program

Combine just two delicious shakes per day with a calorie-controlled meal and exercise plan, and you can be on your way to living a lean and healthier life.

### Try this Delicious Recipe:

- Cinnamon Roll
- ✓ 2 Scoops (1 Serving) of Lean Shake™ 25
- French Vanilla Powder
- ✓ 1 T Cinnamon
- ✓ 2 Servings Graham Crackers (crushed)
- ✓ 1 Packet No Calorie Sweetener (optional)
- ✓ 8-9 oz Cold Water
- ✓ 4-6 Ice Cubes

DIRECTIONS: Combine these ingredients in a blender and mix well for 30 seconds. For the ultimate nutrition shake, add 1-2 scoops of Mega Men® or Women's Ultra Mega® multivitamin powders.



ARE YOU UP TO THE CHALLENGE?  
Visit GNC.com/TLC for more information.



For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

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