

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

Chocolate Peanut Butter

Natural & Artificial Flavors



NET WT 29.3 OZ (1.83 LB) 832 G



CODE 933387

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	20%
Total Fat 3g	% Daily Value†	
Saturated Fat 1.5g	Magnesium	20%
Trans Fat 0g	Zinc	20%
Cholesterol 70mg	Selenium	20%
Sodium 280mg	Copper	20%
Potassium 320mg	Manganese	20%
Total Carbohydrate 17g	Chromium	20%
Dietary Fiber 8g	Molybdenum	20%
Soluble Fiber 5g		
Sugars 3g		
Protein 25g		
Vitamin A	20%	Calories: 2,000 2,500
Vitamin C	60%	Total Fat Less than 65g 80g
Calcium	50%	Sat Fat Less than 20g 25g
Iron	20%	Cholesterol Less than 300mg 300mg
Vitamin E	20%	Sodium Less than 2400mg 2400mg
Thiamin	20%	Potassium 3500mg 3500mg
Riboflavin	20%	Total Carbohydrate 300g 375g
Niacin	20%	Dietary Fiber 25g 30g
Vitamin B-6	20%	Protein 50g 65g
Folic Acid	20%	
Vitamin B-12	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:

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, Cocoa (Processed with Alkali), 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, Niacinamide, 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, Salt, Lecithin, Sucralose.

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:

- Chocolate Peanut Butter Banana
- ✓ 2 Scoops (1 Serving) of Lean Shake™ 25
- Chocolate Peanut Butter Powder
- ✓ 1/2 Medium Banana
- ✓ 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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Pittsburgh, PA 15222 USA