

GNC | TOTAL LEAN™

Calories: Protein: Fiber: Sugar:
190 | 25g | 8g | 4g

SHAKE THINGS UP!
 Try mixing a serving of Lean Shake™ 25 into your other favorite foods for additional variety!
 ✓ Greek Yogurt
 ✓ Oatmeal
 ✓ Smoothies
 ✓ Almond Milk
 Also, visit GNC.com/TotalLean for additional recipe ideas, and share your favorites on Social Media using #GNCTotalLean.

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

- Live Lean & Fit Pak • A Premium GNC Multi-Vitamin

METABOLISM SUPPORT

- CLA • L-Carnitine • Burn 60™



Store in a cool, dry place.

For More Information:
 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
 General Nutrition Corporation
 Pittsburgh, PA 15222



LEAN SHAKE™ 25

CALORIES

190

PROTEIN

25G

FIBER

8G

GLUTEN FREE

Naturally delicious, hunger-satisfying meal replacement suitable for a low-carb diet

SCIENTIFICALLY FORMULATED

Natural FLAVORS & SWEETENERS

Sweetened with Stevia

Natural Vanilla

Natural Flavors and Sweeteners



NET WT 28.45 OZ (1.78 LB) 808 G

CODE 269606

HQG

DIRECTIONS: As a meal replacement, mix one serving (50.5 g) with 8 fl. oz. of cold water. Mix well. Drink two shakes daily while following a healthy weight management program.

Nutrition Facts

Serving Size Two Scoops (50.5 g)
 Servings Per Container 16

Amount Per Serving	Amount Per Serving	% Daily Value†
Calories 190	Biotin	20%
Calories from Fat 20	Pantothenic Acid	20%
	Phosphorus	20%
	Iodine	20%
Total Fat 2g	Magnesium	20%
Saturated Fat 0.5g	Zinc	20%
Trans Fat 0g	Selenium	20%
Cholesterol 55mg	Copper	20%
Sodium 75mg	Manganese	20%
Potassium 160mg	Chromium	20%
Total Carbohydrate 17g	Molybdenum	20%
Dietary Fiber 8g		
Soluble Fiber 5g		
Sugars 4g		
Protein 25g		
Vitamin A	20%	
Vitamin C	60%	
Calcium	50%	
Iron	20%	
Vitamin E	20%	
Thiamin	15%	
Riboflavin	20%	
Niacin	20%	
Vitamin B-6	20%	
Folic Acid	20%	
Vitamin B-12	20%	
	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

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Inulin, Cellulose Powder, Xanthan Gum, Polydextrose, Resistant Starch, Fructooligosaccharides), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Natural 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, Dried Cane Syrup, Lecithin, Erythritol, Reb A (Natural Stevia Leaf Sweetener).

CONTAINS: Milk and Soybeans.

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



Lean Shake™ 25 – Clean Weight Management Support

GNC Total Lean™ Lean Shake™ 25 Natural Vanilla is made with no artificial flavors or sweeteners for a naturally delicious and well-balanced blend of high-quality protein and fiber, plus 22 vitamins and minerals.

- Great-tasting meal replacement to fuel a healthy metabolism
- 25 grams of high-quality protein to support lean muscle tone
- 8 grams of fiber to help you feel fuller and support healthy blood sugar levels
- Suitable for a low-carb diet
- Convenient and effective way to exercise portion control, an essential component of a successful weight loss program

Combine Lean Shake™ 25 with a calorie-controlled meal plan and fat-burning exercise routine, and with just two delicious shakes per day plus a few simple lifestyle changes, you can be on your way to living a lean and healthier life!



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