GNC TOTAL LEAN®

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

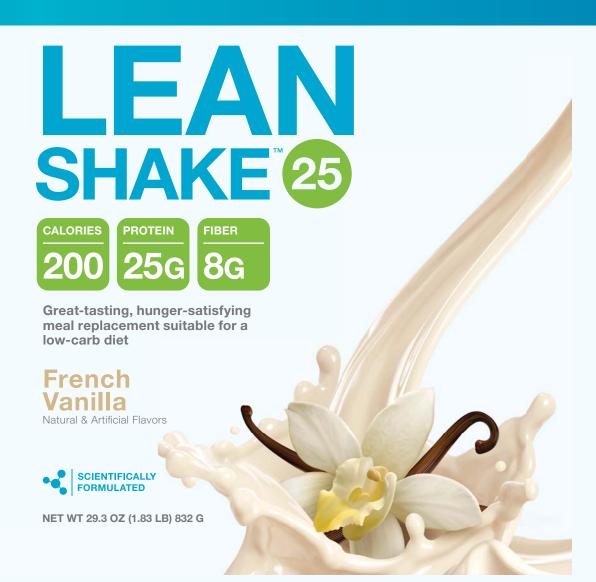
METABOLISM SUPPORT

• CLA • L-Carnitine • Burn 60™





For More Information: 1-888-462-2548 SHOP NOW @ GNC.COM Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA



200 25g 8g 3g

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.

Nutrition Facts Serving Size Two Scoops (52g) Servings Per Container 16 **Amount Per Serving Amount Per Serving** % Daily Valuet Calories 200 Calories from Fat 30 Pantothenic Acid % Daily Valuet 40% Total Fat 3g 8% Magnesium Saturated Fat 1.5g 20% Trans Fat Og 20% Cholesterol 60mg 20% Selenium 20% Sodium 120mg 5% Copper Potassium 250mg 7% Manganese 20% Total Carbohydrate 17g 6% Chromium 32% Molybdenum Dietary Fiber 8g Soluble Fiber 5a Percent Daily Values are based on a 2,000 calorie diet. Sugars 3g Your Daily Values may be higher or lower depending on your Protein 25g calorie needs: 2.000 2.500 Vitamin A 20% Calories: 60% Total Fat Vitamin C Less than 65a Calcium 50% Sat Fat Less than 25g 20g 20% | Cholesterol 300ma 300ma Less than Iron 20% Sodium Less than 2400ma 2400ma Vitamin E Potassium 3500mg 3500mg 20% Total Carbohydrate Thiamin 3750 300a Riboflavin 20% Dietary Fiber 25a 20% Niacin Protein 50g Vitamin B-6 20% Calories per gram: Folic Acid

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milik 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, 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, Titanium Dioxide, Lecithin, Sucralose, Acesulfame Potassium.

Carbohydrate 4

CONTAINS: Milk and Sovbeans.

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

Store in a cool, dry place.

Vitamin B-12

FRG 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 Ro

- √ 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.