

GNC
TOTAL LEAN®

LEAN SHAKE™

Burn

Energyizing meal replacement clinically proven to improve weight loss[^]
As much caffeine as an 8-oz. cup of **GLUTEN & LACTOSE FREE***

CALORIES
170

PROTEIN
25G

CAFFEINE
100MG



VANILLA LATTE
NATURAL & ARTIFICIAL FLAVORS

4-14 FL OZ (414 ML) BOTTLES—(56 FL OZ)(1.65 L)
4 SERVINGS

CODE 449945

FTG

DIRECTIONS FOR USE: SHAKE WELL BEFORE DRINKING. Use as a meal replacement or convenient snack. Chill before drinking. Refrigerate after opening. Do not take before bedtime.

Nutrition Facts

4 Servings Per Container

Serving Size One Bottle 14 fl oz. (414 mL)

Amount Per Serving

Calories **170**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 330mg **14%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 25g **50%**

Vitamin D 5mcg (200 IU) 25% • Calcium 500mg 40%

Iron 5mg 25% • Potassium 410mg 8%

Vitamin A 225mcg 25% • Vitamin C 23mg 25%

Vitamin E 4mg 25% • Vitamin K 30mcg 25%

Thiamin 0.3mg 25% • Riboflavin 0.3mg 25%

Niacin 4mg 25% • Vitamin B-6 0.4mg 25%

Folate 100mcg DFE 25% • Vitamin B-12 0.6mcg 25%

(60mcg Folic Acid)

Biotin 7.5mcg 25% • Pantothenic Acid 1.3mg 25%

Phosphorus 600mg 50% • Iodine 38mcg 25%

Magnesium 100mg 25% • Zinc 2.8mg 25%

Selenium 14mcg 25% • Copper 0.2mg 25%

Manganese 0.6mg 25% • Chromium 9mcg 25%

Molybdenum 11mcg 25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Filtered Water, Diafiltered Skim Milk, Proprietary Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), and less than 2% of: Coffee, Sunflower, Safflower and/or Canola Oil, Maltodextrin, Vitamin & Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Amino Acid, Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, D-calcium Pantothenate, Chromium Chloride, Copper Amino Acid, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin, Manganese Sulfate), Lactase, Natural & Artificial Flavors, Cellulose Gel, Cellulose Gum, Acesulfame Potassium, Salt, Decaffeinated Green Tea Extract, Caffeine, Datem, Sucralose, Carrageenan.

CONTAINS: MILK.

*Contains a trivial amount of lactose. Suitable for individuals following a lactose-free diet. Contains lactase, a natural enzyme that breaks down lactose so you can digest dairy without discomfort.

NOTICE: Use in conjunction with the Total Lean® Meal and Exercise Plan found on www.totallean.com. Do not use in diets supplying less than 400 calories per day without medical supervision. This product contains 100mg of caffeine.

[^] A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake™ 25 Ready to Drink in conjunction with a meal & exercise plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet & exercise plan alone. This study resulted in nearly twice as much total weight loss (-7.6 vs. -3.9 pounds), along with improvements in Body Mass Index (BMI) among the Lean Shake™ 25 RTD users at the end of 12 weeks. Meal & exercise plan available at www.totallean.com.

GNC Total Lean® - a simple plan for living leaner:

- Meal replacements & meal and exercise plan
- Energy & metabolism support
- Cleansing & detox
- Vitamins & on-the-go snacks

For your customized Total Lean® experience, visit www.totallean.com.



Store in a cool, dry place.

For More Information:
1-888-462-2548

GNC.com
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