

The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Enriched with 23 vitamins & minerals
- Suitable for a low-carb diet
- Delicious & healthy addition to your daily meal plan

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

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA



GNC
TOTAL LEAN®

LEAN SHAKE™ 25

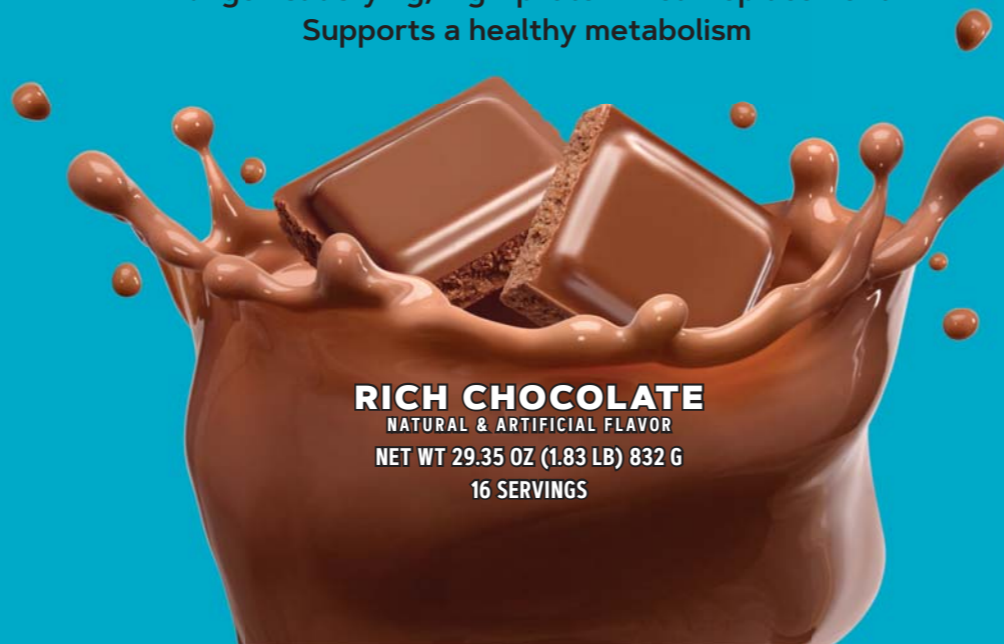
CALORIES
200

PROTEIN
25G

FIBER
8G

VITAMINS &
MINERALS
23

Hunger-satisfying, high-protein meal replacement
Supports a healthy metabolism



RICH CHOCOLATE
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 269688

FTG

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop) (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

16 Servings Per Container		One Heaping Scoop (52g)			
Serving Size		Amount Per Serving			
Calories		200			
		% Daily Value*			
Total Fat 3g			4%		
Saturated Fat 2g			10%		
Trans Fat 0g					
Cholesterol 55mg			18%		
Sodium 290mg			13%		
Total Carbohydrate 18g			7%		
Dietary Fiber 8g			29%		
Total Sugars 4g					
Includes 2g Added Sugars			4%		
Protein 25g			50%		
Vitamin D	0mcg	0%	• Calcium	500mg	40%
Iron	4.5mg	25%	• Potassium	350mg	8%
Vitamin A	300mcg	35%	• Vitamin C	30mg	35%
Vitamin E	4mg	25%	• Thiamin	0.3mg	25%
Riboflavin	0.3mg	25%	• Niacin	4mg	25%
Vitamin B-6	0.4mg	25%	• Folate	135mcg DFE	35%
				(80mcg Folic Acid)	
Vitamin B-12	1.7mcg	70%	• Biotin	60mcg	200%
Pantothenic Acid	2mg	40%	• Phosphorus	330mg	25%
Iodine	23mcg	15%	• Magnesium	130mg	30%
Zinc	3.9mg	35%	• Selenium	14mcg	25%
Copper	0.4mg	45%	• Manganese	0.6mg	25%
Chromium	24mcg	70%	• Molybdenum	15mcg	35%

*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.

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

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INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Oat Bran, Cellulose Powder, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Fructooligosaccharides, Resistant Corn Starch), Cocoa (Processed with Alkali), Natural & Artificial Flavor, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Vitamin & Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sodium Ascorbate, 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, Acesulfame Potassium.

CONTAINS: Milk and Soybeans. May contain Wheat.

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.

Significant product settling may occur.