

## 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](http://www.totallean.com).

**NOTICE:** Use in conjunction with the Total Lean® meal and exercise plan found on [www.totallean.com](http://www.totallean.com). Do not use in diets supplying less than 400 calories per day without medical supervision. Significant product settling may occur.

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  
**7G**

VITAMINS &  
MINERALS  
**23**

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



**ORANGE CREAM**  
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G  
16 SERVINGS

CODE 386613

JTG

**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

Serving Size

One Heaping Scoop (52g)

Amount Per Serving

**Calories**

**200**

% Daily Value\*

|                               |     |   |   |            |
|-------------------------------|-----|---|---|------------|
| <b>Total Fat</b> 3g           |     |   |   | <b>4%</b>  |
| Saturated Fat 1g              |     |   |   | <b>5%</b>  |
| Trans Fat 0g                  |     |   |   |            |
| <b>Cholesterol</b> 75mg       |     |   |   | <b>25%</b> |
| <b>Sodium</b> 150mg           |     |   |   | <b>7%</b>  |
| <b>Total Carbohydrate</b> 18g |     |   |   | <b>7%</b>  |
| Dietary Fiber 7g              |     |   |   | <b>25%</b> |
| Total Sugars 3g               |     |   |   |            |
| Includes <1g Added Sugars     |     |   |   | <b>1%</b>  |
| <b>Protein</b> 25g            |     |   |   | <b>50%</b> |
| Vitamin D 0mcg                | 0%  | • | Calcium 600mg                           | 45%        |
| Iron 3.6mg                    | 20% | • | Potassium 200mg                         | 4%         |
| Vitamin A 270mcg              | 30% | • | Vitamin C 36mg                          | 40%        |
| Vitamin E 2.7mg               | 20% | • | Thiamin 0.3mg                           | 25%        |
| Riboflavin 0.32mg             | 25% | • | Niacin 4mg                              | 25%        |
| Vitamin B-6 0.4mg             | 25% | • | Folate 133mcg DFE<br>(80mcg Folic Acid) | 35%        |
| Vitamin B-12 1.2mcg           | 50% | • | Biotin 60mcg                            | 200%       |
| Pantothenic Acid 2mg          | 40% | • | Phosphorus 300mg                        | 25%        |
| Iodine 75mcg                  | 50% | • | Magnesium 80mg                          | 20%        |
| Zinc 3mg                      | 25% | • | Selenium 14mcg                          | 25%        |
| Copper 0.4mg                  | 45% | • | Manganese 0.4mg                         | 15%        |
| Chromium 24mcg                | 70% | • | Molybdenum 15mcg                        | 30%        |

\*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

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Oat Bran, Cellulose Gum, Resistant Starch, Fructooligosaccharides, Xanthan Gum, Carrageenan), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Natural & Artificial Flavors, Contains 2% or less of Acesulfame Potassium, Biotin, Calcium Carbonate, Chromium Chloride, Cupric Oxide, Cyanocobalamin, d-Calcium Pantothenate, Dimagnesium Phosphate, dl-alpha Tocopheryl Acetate, FD&C Yellow #6, Ferric Orthophosphate, Folic Acid, Lecithin, Manganese Sulfate, Niacinamide, Nonfat Dry Milk, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Sodium Ascorbate, Sodium Molybdate, Sodium Selenite, Sucralose, Thiamin Hydrochloride, Tricalcium Phosphate, Vitamin A Acetate, Zinc Oxide.

**CONTAINS: Milk and Soybeans.**

**WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).