

VEGAN LEAN SHAKE™ 25

CALORIES 180 **PROTEIN** 25G **FIBER** 9G **NON GMO[^]**
GLUTEN FREE
SOY FREE

Hunger-satisfying, easy-to-digest, plant-based meal replacement

Natural Vanilla Flavor

No Artificial Sweeteners or Flavors

6 PACKETS
NET WT 9.95 OZ (282 G)



Goodness from Whole Foods, Veggies & Grains

Easy to Digest

Includes enzymes to ease digestion, which may support less bloating.

Complete Protein Source

Complete amino acid profile from 4 non-GMO vegan proteins.

Hunger Satisfying

9g of fiber to satisfy your hunger and help you feel fuller longer.

VitaVeggie® Blend

Packed with antioxidants from a healthy blend of vegetables.

Vitamins & Minerals

Provides 22 vegan vitamins and minerals.

Plant-Based Nutrition

Delicious, wholesome vegan meal to fuel your healthy lifestyle!

CODE 269635

BRG

Directions: As a meal replacement, add one packet (47g) to 8 fl. oz. of cold water, almond milk, coconut milk or your favorite beverage. Mix well. Drink 1-2 shakes daily while following a healthy weight management program.

Nutrition Facts

Serving Size One Packet (47g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	
Calories from Fat 25	
% Daily Value†	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Potassium 50mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 9g	36%
Soluble Fiber 7g	
Sugars 2g	
Protein 25g	
Vitamin A	25%
Vitamin C	25%
Calcium	15%
Iron	50%
Vitamin E	8%
Thiamin	40%
Riboflavin	25%
Niacin	25%
Vitamin B-6	25%

Amount Per Serving	% Daily Value†
Folic Acid	25%
Vitamin B-12	25%
Biotin	25%
Pantothenic Acid	25%
Phosphorus	35%
Iodine	25%
Magnesium	10%
Zinc	25%
Selenium	15%
Copper	10%
Manganese	35%
Chromium	40%
Molybdenum	80%

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Non-GMO Protein Blend (Brown Rice Protein, Pea Protein, Whole Grain Quinoa, Navy Bean Powder), Inulin, Natural Flavors, Medium Chain Triglycerides, Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Zinc Gluconate, Ascorbic Acid, Ferric Orthophosphate, Niacinamide, D-Calcium Pantothenate, d-alpha Tocopheryl Acetate, Copper Gluconate, Vitamin A Palmitate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Cyanocobalamin), Xanthan Gum, Acacia (Gum Arabic), Crystalline Fructose, Guar Gum, Reb A (Stevia Leaf Extract), VitaVeggie® Vegetable Powder Blend (Broccoli Sprout Concentrate, Onion Extract, Tomato, Broccoli, Carrot, Spinach, Kale, Brussels Sprouts), Natural Vanillin, Apple Pectin, Papain, Bromelain.

NOTICE: Use only as directed in conjunction with a reduced calorie meal and exercise plan. Significant product settling may occur.

[^]Our products are tested by an independent third party lab for genetically modified material and test below a 0.9% threshold.



ARE YOU UP TO THE CHALLENGE?

Visit GNC.com/TLC for more information.



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Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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