

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



COOKIES & CREAM
 NATURAL & ARTIFICIAL FLAVOR
 NET WT 29.35 OZ (1.83 LB) 832 G
 16 SERVINGS

CODE 269691 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
Serving Size **One Heaping Scoop (52g)**

Amount Per Serving
Calories **200**

				% Daily Value*	
Total Fat	3g				4%
Saturated Fat	2g				10%
Trans Fat	0g				
Cholesterol	55mg				18%
Sodium	170mg				7%
Total Carbohydrate	19g				7%
Dietary Fiber	8g				29%
Total Sugars	4g				
Includes 1g Added Sugars					2%
Protein	25g				50%
Vitamin D	0mcg	0%	•	Calcium	500mg 40%
Iron	4.5mg	25%	•	Potassium	210mg 4%
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 (80mcg Folic Acid) 35%
Vitamin B-12	1.7mcg	70%	•	Biotin	60mcg 200%
Pantothenic Acid	2.1mg	40%	•	Phosphorus	300mg 25%
Iodine	24mcg	15%	•	Magnesium	105mg 25%
Zinc	3mg	25%	•	Selenium	14mcg 25%
Copper	0.4mg	45%	•	Manganese	0.4mg 15%
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

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Cellulose Powder, Oat Bran, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Fructooligosaccharides, Resistant Corn Starch), Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Natural & Artificial Flavor, 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, Cookie Crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Palm & Palm Kernel Oil Blend, Cocoa [Processed With Alkali], High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Lecithin, Titanium Dioxide, Salt, Sucralose, Acesulfame Potassium.

CONTAINS: Milk, Wheat and Soybeans.
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.