

CODE 269694

HTG

**DIRECTIONS:** As a meal replacement, mix one serving (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

1 Serving Per Container

Serving Size

One Packet (52g)

Amount Per Serving

## Calories

## 200

% Daily Value\*

<b>Total Fat</b> 3g					<b>4%</b>
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Saturated Fat 2g					<b>10%</b>
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Trans Fat 0g					
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<b>Cholesterol</b> 55mg					<b>18%</b>
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<b>Sodium</b> 290mg					<b>13%</b>
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<b>Total Carbohydrate</b> 18g					<b>7%</b>
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Dietary Fiber 8g					<b>29%</b>
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Total Sugars 4g					
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Includes 2g Added Sugars					<b>4%</b>
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<b>Protein</b> 25g					<b>50%</b>
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Vitamin D	0mcg	0%	•	Calcium	500mg	40%
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Iron	4.5mg	25%	•	Potassium	350mg	8%
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Vitamin A	300mcg	35%	•	Vitamin C	30mg	35%
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Vitamin E	4mg	25%	•	Thiamin	0.3mg	25%
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Riboflavin	0.3mg	25%	•	Niacin	4mg	25%
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Vitamin B-6	0.4mg	25%	•	Folate	135mcg DFE	35%
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				(80mcg Folic Acid)		
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Vitamin B-12	1.7mcg	70%	•	Biotin	60mcg	200%
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Pantothenic Acid	2mg	40%	•	Phosphorus	330mg	25%
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Iodine	23mcg	15%	•	Magnesium	130mg	30%
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Zinc	3.9mg	35%	•	Selenium	14mcg	25%
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Copper	0.4mg	45%	•	Manganese	0.6mg	25%
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Chromium	24mcg	70%	•	Molybdenum	15mcg	35%
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\*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, Nicotinamide, 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](http://www.totallean.com). Do not use in diets supplying less than 400 calories per day without medical supervision.

Significant product settling may occur.

## 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).

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

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