GNC
TOTAL LEAN®

LEAN SHAKE™ 25

Clinically proven to improve weight loss & BMI^
Low-carb friendly

GLUTEN & LACTOSE FREE◆

CALORIES 170 | PROTEIN 25G | SUGAR 2G

STRAWBERRIES & CREAM

NATURAL & ARTIFICIAL FLAVORS

4-14 FL OZ (414 ML) BOTTLES—(56 FL OZ)(1.65 L)

4 SERVINGS

CODE 449933 **FTG**

DIRECTIONS FOR USE: SHAKE WELL BEFORE DRINKING. Use as a meal replacement or convenient snack. Chill before drinking. Refrigerate after opening.

Nutrition Facts

4 Servings Per Container

Serving Size **One Bottle 14 fl oz. (414 mL)**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 330mg	**14%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 3g	**11%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 25g	**50%**

Vitamin D	5mcg (200 IU)	25%	•	Calcium	500mg	40%
Iron	5mg	25%	•	Potassium	310mg	6%
Vitamin A	225mcg	25%	•	Vitamin C	23mg	25%
Vitamin E	4mg	25%	•	Vitamin K	30mcg	25%
Thiamin	0.3mg	25%	•	Riboflavin	0.3mg	25%
Niacin	4mg	25%	•	Vitamin B-6	0.4mg	25%
Folate	100mcg DFE (60mcg Folic Acid)	25%	•	Vitamin B-12	0.6mcg	25%
Biotin	7.5mcg	25%	•	Pantothenic Acid	1.3mg	25%
Phosphorus	600mg	50%	•	Iodine	38mcg	25%
Magnesium	100mg	25%	•	Zinc	2.8mg	25%
Selenium	14mcg	25%	•	Copper	0.2mg	25%
Manganese	0.6mg	25%	•	Chromium	9mcg	25%
Molybdenum	11mcg	25%				

*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.

INGREDIENTS: Filtered Water, Diafiltered Skim Milk, Proprietary Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), and less than 2% of: Sunflower, Safflower and/or Canola Oil, Maltodextrin, Natural & Artificial Flavors, Cellulose Gel, Cellulose Gum, Sucralose, Salt, Vitamin & Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Amino Acid, Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, D-calcium Pantothenate, Chromium Chloride, Copper Amino Acid, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin, Manganese Sulfate), Lactase, Carrageenan, Acesulfame Potassium, Datem, Red 3, Blue 1.

CONTAINS: Milk.

◆Contains a trivial amount of lactose. Suitable for individuals following a lactose-free diet. Contains lactase, a natural enzyme that breaks down lactose so you can digest dairy without discomfort.

Gf GLUTEN FREE

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.

^ A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake™ 25 Ready to Drink in conjunction with a meal & exercise plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet & exercise plan alone. This study resulted in nearly twice as much total weight loss (-7.6 vs. -3.9 pounds), along with improvements in Body Mass Index (BMI) among the Lean Shake™ 25 RTD users at the end of 12 weeks. Meal & exercise plan available at www.totallean.com.

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

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

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