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

> VITAMINS & MINERALS PROTEIN FIBER **25**G **9**G 23

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

CALORIES

200

CHOCOLATE PEANUT BUTTER ARTIFICIALLY FLAVORED NET WT 29.35 OZ (1.83 LB) 832 G **16 SERVINGS**

CODE 269693

16 Servings Per Container

Serving Šize

Amount Per Serving Calories

Total Fat 3.5g						
Saturated Fat 2.5g						
Trans Fat Og						
Cholesterol 55mg						
Sodium 330mg						
Total Carbohydrate 18g						
Dietary Fiber 9g						
Total Sugars 3g						
Includes Og Added Sugars						
Protein 25g						
Vitamin D (
Iron 4						
Vitamin A 300						
Vitamin E						
Riboflavin 0						
Vitamin B-6 0						

Vitamin B-12 1.7m Pantothenic Acid 21 23m lodine Zinc Copper 04 24m Chromium

calories a day is used for general nutrition advice. Calories per gram: Fat 9

CONTAINS: Milk and Soybeans. May contain Wheat.

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.



One Heaping Scoop (52g)

	200				00	
% Daily Value*						
					4%	
					13%	
					18%	
					14%	
					7%	
					32%	
					0%	
					50%	
mcg	0%	•	Calcium	500mg	40%	
5mg	25%	•	Potassium	350mg	8%	
mcg	35%	•	Vitamin C	30mg	35%	
4mg	25%	•	Thiamin	0.3mg	25%	
3mg	25%	•	Niacin	4mg	25%	
4mg	25%	•	Folate	135mcg DFE (80mcg Folic Acid)	35%	
mcg	70%	•	Biotin	60mcg	200%	
.1mg	40%	•	Phosphorus	320mg	25%	
mcg	15%	•	Magnesium	120mg	30%	
3mg	25%	•	Selenium	14mcg	25%	
4mg	45%	•	Manganese	0.4mg	15%	
mcg	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

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), Cocoa (Processed with Alkali), Creamer (Coconu 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, Salt, Lecithin, Sucralose, Annatto (Color), Turmeric (Color).

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.