

**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**



**VANILLA BEAN**  
NATURAL & ARTIFICIAL FLAVORS

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

CODE 449936

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 25% • Vitamin B-12 0.6mcg 25%

(60mcg Folic Acid)

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, 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, Natural & Artificial Flavors, Cellulose Gel, Cellulose Gum, Acesulfame Potassium, Datem, Sucralose, Carrageenan, Salt.

**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.

**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.

\* 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](http://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](http://www.totallean.com).

**Gf**  
GLUTEN  
FREE

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

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### 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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