

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

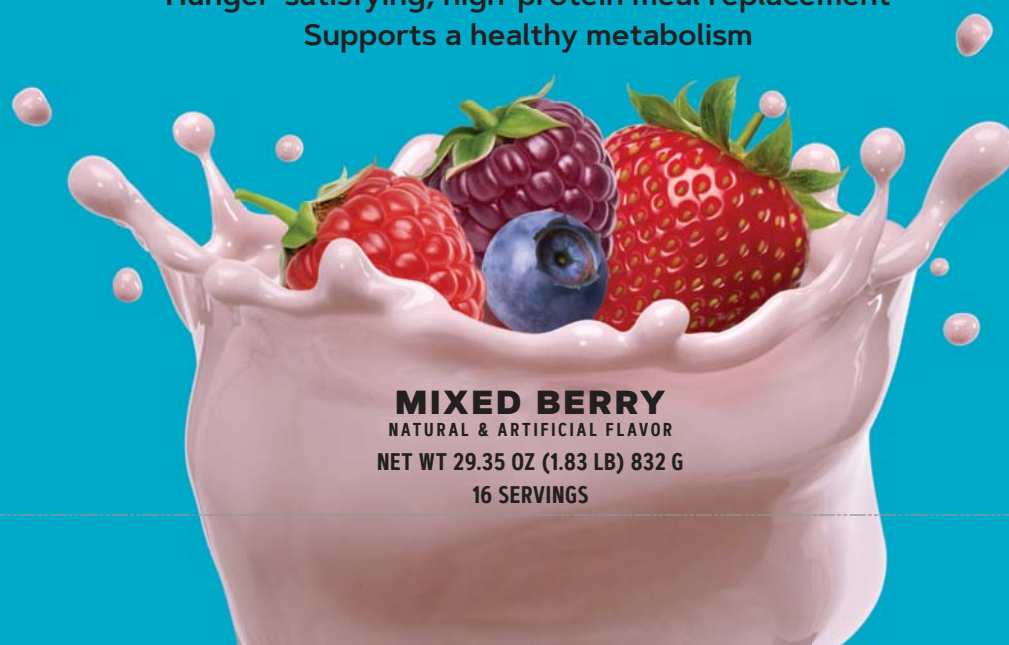
CALORIES
210

PROTEIN
25G

FIBER
8G

VITAMINS &
MINERALS
23

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



MIXED BERRY
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 269690

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		One Heaping Scoop (52g)			
Serving Size		Amount Per Serving			
		Calories			
		210			
		% Daily Value*			
Total Fat	3g		4%		
Saturated Fat	2g		10%		
Trans Fat	0g				
Cholesterol	55mg		18%		
Sodium	120mg		5%		
Total Carbohydrate	20g		7%		
Dietary Fiber	8g		29%		
Total Sugars	3g				
Includes 0g Added Sugars			0%		
Protein	25g		50%		
Vitamin D	0mcg	0%	Calcium	500mg	40%
Iron	3.6mg	20%	Potassium	200mg	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	2mg	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, Malic Acid, Lecithin, Sucralose, Acesulfame Potassium, Blue 2, Red 40.

CONTAINS: Milk and Soybeans. May contain Wheat.

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.