

CODE 449937

FTG

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

Nutrition Facts			
12 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, 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. 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.

Available in 4 great flavors.



Vanilla Bean

Strawberries & Cream

Swiss Chocolate

Banana Cream

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.