

CODE 449946

FTG

**DIRECTIONS FOR USE:** SHAKE WELL BEFORE DRINKING. Use as a meal replacement or convenient snack. Chill before drinking. Refrigerate after opening. Do not take before bedtime.

# Nutrition Facts

12 Servings Per Container

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

**Amount Per Serving**  
**Calories** **170**

		<b>% Daily Value*</b>
<b>Total Fat</b> 6g		<b>8%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 20mg		<b>7%</b>
<b>Sodium</b> 330mg		<b>14%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 2g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 25g		<b>50%</b>

Vitamin D	5mcg (200 IU)	25%	•	Calcium	500mg	40%
Iron	5mg	25%	•	Potassium	410mg	8%
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: Coffee, 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, Salt, Decaffeinated Green Tea Extract, Caffeine, Datem, Sucralose, Carrageenan.

**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.

This product contains 100mg of caffeine.

^ 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).

**FPO - Stamp Area**  
**Do Not Print**

Available in these great-tasting flavors



Vanilla Latte

Chocolate Mocha

### 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.