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

0 48107 19427 7

FPO

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

CODE 269692 **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

Serving Size **One Heaping Scoop (52g)**

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 4g	
Includes 1g Added Sugars	**2%**
Protein 25g	**50%**

Vitamin D	0mcg	0%	•	Calcium	500mg	40%
Iron	3.6mg	20%	•	Potassium	220mg	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	2.1mg	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, Lecithin, Malic Acid, Acesulfame Potassium, Sucralose, Yellow 5.

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.