

GNC  
TOTAL LEAN®

# LEAN SHAKE™ 25

12-14 FL. OZ. (414 ML) BOTTLES—(168 FL. OZ.)(4.97 L) • 12 SERVINGS

Hunger-satisfying, high-protein  
meal replacement  
Clinically proven to improve weight loss<sup>†</sup>

**ZERO ADDED SUGAR<sup>†</sup>**

**25G**  
PROTEIN

**3G**  
FIBER

**170**  
CALORIES

<sup>†</sup>Not a low calorie food.  
See Nutrition Facts  
for sugar and  
calorie content.



**COCONUT CARAMEL**  
NATURAL & ARTIFICIAL FLAVORS

Please recycle this box.



Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
GNC.com



Try these other great flavors.

**FPO - Stamp Area  
Do Not Print**

For your customized Total Lean® experience, visit [www.totallean.com](http://www.totallean.com).  
• Meal replacements & protein  
• On-the-go snacks  
• Appetite, metabolism & other specialty support  
• Vitamins  
• Meal & exercise plans

**GNC Total Lean® - a simple plan for living leaner:**



**GNC.com**  
For More Information: 1-888-462-2548  
Store in a cool, dry place.  
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.

**WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)  
**California Residents Only:**  
Gluten Free.  
Pittsburgh, PA 15222 USA  
Distributed by:  
GNC Holdings, LLC  
GNC Holdings, LLC  
Pittsburgh, PA 15222 USA

**CONTAINS: Milk.**  
Maltodextrin, Whey Protein Concentrate,  
Hydrochloride, Riboflavin, Thiamin Mononitrate, Manganese Sulfate,  
Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine  
Chromium Chloride, Copper Amino Acid Chelate, Cyanocobalamin, Sodium  
Niacinamide, Phytomenadione, Potassium Iodide, d-Calcium Pantothenate,  
Aspartate, dl-Alpha Tocopheryl Acetate, Biotin, Vitamin A Palmitate,  
Hexamethosphosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc  
Canola Oil, Vitamin Blend (Magnesium Phosphate, Potassium Citrate, Sodium  
Natural & Artificial Flavors, Salt, Sucralose, Sunflower, Safflower and/or  
Carrageenan, Cellulose gum, DATM, Lactase, Maltodextrin,  
and Less than 2%: Acesulfame Potassium, Calcium Caseinate, Caramel Color,  
INGREDIENTS: Filtered Water, Milk Protein Concentrate, Milk Protein Isolate

**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.

Nutrition Facts	
12 Servings Per Container	
One Bottle 14 fl. oz. (414 mL)	
Serving Size	
Amount Per Serving	
<b>170</b>	
% Daily Value*	
Total Fat 6g	
	Saturated Fat 1g
	Trans Fat 0g
	Cholesterol 20mg
	Sodium 330mg
	Total Carbohydrate 6g
	Dietary Fiber 3g
	Total Sugars 2g
	Includes 0g Added Sugars
	Protein 25g
	Calcium 500mg (40%)
	Iron 5mg (30%)
	Vitamin A 225 mcg RAE (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%)
	Biotin 7.5mcg (25%)
	Pantothenic Acid 1.3mg (25%)
	Phosphorus 600mg (50%)
	Iodine 38mcg (25%)
	Magnesium 100mg (25%)
	Zinc 2.8mg (25%)
	Copper 0.2mg (20%)
	Selenium 14mcg (25%)
	Chromium 0.6mcg (25%)
	Manganese 0.6mcg (25%)
	Molybdenum 11mcg (25%)

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