

**DIRECTIONS:** As a meal replacement, mix one serving (one heaping scoop) (53.5 g) with 8-10 fl. oz. of cold water. Mix well. Take one serving twice daily and use in conjunction with the diet and exercise plan available at [www.totallean.com](http://www.totallean.com). Do not consume more than two servings per day. Do not take before bedtime.

# Nutrition Facts

20 Servings Per Container

Serving Size

One Heaping Scoop (53.5g)

Amount Per Serving

**Calories**

**190**

% Daily Value\*

<b>Total Fat</b> 3g						<b>4%</b>
Saturated Fat 1g						<b>5%</b>
Trans Fat 0g						
<b>Cholesterol</b> 60mg						<b>20%</b>
<b>Sodium</b> 280mg						<b>12%</b>
<b>Total Carbohydrate</b> 18g						<b>7%</b>
Dietary Fiber 6g						<b>21%</b>
Soluble Fiber 5g						
Total Sugars 3g						
Includes 0g Added Sugars						<b>0%</b>
<b>Protein</b> 25g						<b>50%</b>
Vitamin D	0mcg	0%	•	Folate	100mcg DFE	25%
Calcium	550mg	40%	•		(59mcg Folic Acid)	
Iron	2.4mg	15%	•	Biotin	45mcg	150%
Potassium	250mg	5%	•	Pantothenic Acid	1.5mg	30%
Vitamin A	110mcg	10%	•	Phosphorus	295mg	25%
Vitamin C	25mg	30%	•	Iodine	45mcg	30%
Vitamin E	2mg	15%	•	Magnesium	65mg	15%
Thiamin	0.2mg	15%	•	Zinc	2.2mg	20%
Riboflavin	0.15mg	10%	•	Selenium	10mcg	20%
Niacin	22mg	140%	•	Copper	0.3mg	35%
Vitamin B-6	0.3mg	20%	•	Manganese	0.3mg	15%
				Molybdenum	10mcg	20%

\*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:** Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Sunfiber® [Partially Hydrolyzed Guar Gum], Maltodextrin, Oat Bran, Resistant Corn Starch, Orafit P95 [Oligofructose, Fructooligosaccharides]), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate [A Milk Derivate], Silicon Dioxide, Monoglycerides, Mixed Tocopherols [Antioxidant]), Galactooligosaccharides (as Bimuno®), Natural and Artificial Flavors, Vitamin & Mineral Blend (Calcium Carbonate, Tricalcium Phosphate, Magnesium Citrate, Dipotassium Phosphate, Potassium Citrate, Sodium Ascorbate, Ferric Orthophosphate, Dicalcium Phosphate, all rac- $\alpha$ -Tocopheryl Acetate [Vitamin E], Niacinamide, Zinc Oxide, Calcium D-Pantothenate [Pantothenic Acid], Manganese Sulfate, Pyridoxine HCl [Vitamin B-6], Cupric Oxide, Vitamin A Acetate, Thiamin Hydrochloride [Vitamin B-1], Riboflavin [Vitamin B-2], Folic Acid, Potassium Iodide, Biotin, Sodium Molybdate, Sodium Selenite), Nonfat Dry Milk, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Slimvance® (Moringa oleifera Leaf Extract, Murraya koenigii Leaf Extract, Sodium Alginate, Curcuma longa Rhizome Extract, Citric Acid, Silicon Dioxide, Potassium Hydroxide, Monoammonium Glycylrrhizinate, Stevia Extracts), Sunflower Lecithin, Titanium Dioxide, Salt, Thermogenic Blend (Piperine, Capsicum Extract [as Capsimax®], Niacinamide), Sucralose, Acesulfame Potassium, FD&C Red #40.

**CONTAINS: Milk and Soy.**

**Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA**

**Contains a bioengineered food ingredient.**