

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop)(48 g) with 8 fl. oz. of cold water. Mix well. Drink two shakes daily while following a healthy weight management program.

Nutrition Facts

16 Servings Per Container

Serving Size

One Heaping Scoop (48g)

Amount Per Serving

Calories

150

% Daily Value*

| | | | | | | |
|-------------------------------|------------|-----|---|------------|----------------------------------|------------|
| Total Fat 2g | | | | | | 3% |
| Saturated Fat 0.5g | | | | | | 3% |
| Trans Fat 0g | | | | | | |
| Cholesterol 5mg | | | | | | 2% |
| Sodium 290mg | | | | | | 13% |
| Total Carbohydrate 31g | | | | | | 11% |
| Dietary Fiber 8g | | | | | | 29% |
| Total Sugars 6g | | | | | | |
| Includes 2g Added Sugars | | | | | | 4% |
| Protein 9g | | | | | | 18% |
| Vitamin D | 0mcg | 0% | * | Calcium | 470mg | 35% |
| Iron | 5mg | 30% | * | Potassium | 300mg | 6% |
| Vitamin A | 300mcg RAE | 35% | * | Vitamin C | 30mg | 35% |
| Vitamin E | 3mg | 20% | * | 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 | 1.2mcg | 50% | * | Biotin | 60mcg | 200% |
| Pantothenic Acid | 2mg | 40% | * | Phosphorus | 190mg | 15% |
| Iodine | 75mcg | 50% | * | Magnesium | 125mg | 30% |
| Zinc | 3mg | 25% | * | Selenium | 15mcg | 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: Maltodextrin, Milk Protein Concentrate, Nonfat Dry Milk, Cocoa Powder (Processed with Alkali), Oat Bran, Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Tocopherols, Tricalcium Phosphate), Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Cellulose Powder, Resistant Corn Starch, Fructooligosaccharides, Calcium Carbonate, Salt, Magnesium Oxide, Tricalcium Phosphate, Vitamin & Mineral Blend (Vitamin A Acetate, Sodium Ascorbate, dl-alpha Tocopheryl Acetate, Thiamin Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium d-Pantothenate, Ferric Orthophosphate, Potassium Iodide, Zinc Oxide, Sodium Selenite, Copper Oxide, Manganese Sulfate, Chromium Chloride, Sodium Molybdate, Maltodextrin), Acesulfame Potassium, Sucralose.

CONTAINS: Milk.

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

Contains a bioengineered food ingredient.

NOTICE: Use in conjunction with the Total Lean® meal and exercise plan found on www.totallean.com.

Significant product settling may occur.