

# The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Fortified with 22 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 & protein
- On-the-go snacks
- Appetite, metabolism & other specialty support
- Vitamins
- Meal & exercise plans

For your customized Total Lean® experience, visit [www.totallean.com](http://www.totallean.com).

**GNC**  
TOTAL LEAN®

# LEAN SHAKE™ 25

CALORIES  
**190**

PROTEIN  
**25G**

FIBER  
**5G**

VITAMINS & MINERALS  
**22**

Hunger-satisfying, high-protein meal replacement  
Helps keep you fuller, longer



**COCONUT CARAMEL**  
NATURALLY FLAVORED

NET WT. 32.3 OZ. (2.02 LB.) 917 G • 16 SERVINGS

CODE 414860

BZG

**DIRECTIONS:** As a meal replacement, mix one serving (one heaping scoop [57.3 g]) 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     |     | One Heaping Scoop (57.3g) |            |
|-------------------------------|-----|---------------------------|------------|
| Serving Size                  |     | One Heaping Scoop (57.3g) |            |
| Amount Per Serving            |     |                           |            |
| <b>Calories</b>               |     | <b>190</b>                |            |
|                               |     | % Daily Value*            |            |
| <b>Total Fat</b> 4g           |     |                           | <b>5%</b>  |
| Saturated Fat 2.6g            |     |                           | <b>13%</b> |
| Trans Fat 0g                  |     |                           |            |
| <b>Cholesterol</b> 55mg       |     |                           | <b>18%</b> |
| <b>Sodium</b> 220mg           |     |                           | <b>10%</b> |
| <b>Total Carbohydrate</b> 21g |     |                           | <b>8%</b>  |
| Dietary Fiber 5g              |     |                           | <b>18%</b> |
| Soluble Fiber 3g              |     |                           |            |
| Total Sugars 3g               |     |                           |            |
| Includes 0g Added Sugars      |     |                           | <b>0%</b>  |
| <b>Protein</b> 25g            |     |                           | <b>50%</b> |
| Vitamin D 0mcg                | 0%  | • Calcium 630mg           | 50%        |
| Iron 4mg                      | 20% | • Potassium 330mg         | 8%         |
| Vitamin A 200mcg RAE          | 20% | • Vitamin C 16mg          | 20%        |
| Vitamin E 4mg                 | 25% | • Thiamin 0.02mg          | 2%         |
| Riboflavin 0.2mg              | 15% | • Niacin 4mg              | 25%        |
| Vitamin B-6 0.4mg             | 25% | • Folate 125mcg DFE       | 30%        |
|                               |     | (75mcg Folic Acid)        |            |
| Vitamin B-12 0.5mcg           | 20% | • Biotin 55mcg            | 180%       |
| Pantothenic Acid 2mg          | 40% | • Phosphorus 220mg        | 20%        |
| Iodine 45mcg                  | 30% | • Magnesium 65mg          | 15%        |
| Zinc 3mg                      | 25% | • Selenium 30mcg          | 50%        |
| Copper 0.4mg                  | 45% | • Manganese 0.6mg         | 25%        |
| Molybdenum 20mcg              | 45% |                           |            |

\*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, Oat Bran, Sunfiber [Partially Hydrolyzed Guar Gum], Resistant Corn Starch, Oligofructose, Fructo-oligosaccharides), Cocoa (Processed with Alkali), Natural Flavors, Coconut, Vitamin and Mineral Blend (Calcium Carbonate, Tricalcium Phosphate, Magnesium Citrate, Dipotassium Phosphate, Potassium Citrate, Sodium Ascorbate, Ferric Orthophosphate, Dicalcium Phosphate, all-rac-a-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), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate [a Milk Derivative], Silicon Dioxide, Monoglycerides, Mixed Tocopherols [Antioxidant]), Vanilla Micro Cookie Gems (Sugar, Rice Flour, Buckwheat Flour, Palm Oil, Oat Flour, Natural Flavors, Sodium Bicarbonate, Salt, Sunflower Lecithin), Nonfat Dry Milk, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Cellulose, Salt, Acesulfame Potassium.

**CONTAINS: Milk, Soy (Lecithin), Tree Nuts (Coconut) and Wheat.**  
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA  
Contains a bioengineered food ingredient.

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**WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov). Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test.

**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.

Significant product settling may occur.

Store in a cool, dry place.

For More Information:  
1-888-462-2548  
GNC.com

