

GNC
TOTAL LEAN®

LEAN SHAKE™ 25

Clinically proven to improve weight loss & BMI*
Low-carb friendly

GLUTEN & LACTOSE FREE*

CALORIES
170

PROTEIN
25G

SUGAR
2G



SWISS CHOCOLATE
NATURAL & ARTIFICIAL FLAVORS

4-14 FL OZ (414 ML) BOTTLES—(56 FL OZ)(1.65 L)
4 SERVINGS

CODE 449939

FTG

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

Nutrition Facts

4 Servings Per Container

Serving Size One Bottle 14 fl oz. (414 mL)

Amount Per Serving

Calories **170**

		% Daily Value*	
Total Fat	6g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	390mg		17%
Total Carbohydrate	6g		2%
Dietary Fiber	3g		11%
Total Sugars	2g		
Includes 0g Added Sugars			0%
Protein	25g		50%
Vitamin D	5mcg (200 IU)	25%	- Calcium 500mg 40%
Iron	5mg	25%	- Potassium 475mg 10%
Vitamin A	225mcg	25%	- Vitamin C 23mg 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 (60mcg Folic Acid)	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%
Selenium	14mcg	25%	- Copper 0.2mg 25%
Manganese	0.6mg	25%	- Chromium 9mcg 25%
Molybdenum	11mcg	25%	

*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: Filtered Water, Diafiltered Skim Milk, Proprietary Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), and less than 2% of: Sunflower, Safflower and/or Canola Oil, Cocoa (Processed with Alkali), Maltodextrin, Vitamin & Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Amino Acid, Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, D-calcium Pantothenate, Chromium Chloride, Copper Amino Acid, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin, Manganese Sulfate), Lactase, Natural & Artificial Flavors, Cellulose Gel, Cellulose Gum, Acesulfame Potassium, Datem, Sucralose, Carrageenan, Salt.

CONTAINS: Milk.

*Contains a trivial amount of lactose. Suitable for individuals following a lactose-free diet. Contains lactase, a natural enzyme that breaks down lactose so you can digest dairy without discomfort.

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.

^ A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake™ 25 Ready to Drink in conjunction with a meal & exercise plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet & exercise plan alone. This study resulted in nearly twice as much total weight loss (-7.6 vs. -3.9 pounds), along with improvements in Body Mass Index (BMI) among the Lean Shake™ 25 RTD users at the end of 12 weeks. Meal & exercise plan available at www.totallean.com.

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
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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.

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