

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 & meal and exercise plan
- Energy & metabolism support
- Vitamins & on-the-go snacks

For your customized Total Lean® experience, visit www.totallean.com.

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WARNING: Cancer and Reproductive Harm – 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. Do not use in diets supplying less than 400 calories per day without medical supervision.

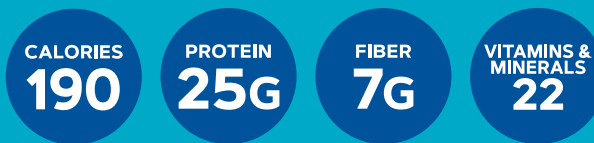
Significant product settling may occur. Store in a cool, dry place.

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



GNC
TOTAL LEAN®

LEAN SHAKE™ 25



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



Girl Scout Cookie™
Inspired Flavors



GIRL SCOUT
THIN MINTS®
NATURALLY FLAVORED

NET WT 29.9 OZ (1.87 LB) 848 G • 16 SERVINGS

CODE 414812

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop [53g]) with 8-10 fl. oz. of cold water. Mix well. Drink two shakes daily in conjunction with a healthy weight management program.

CWG

Nutrition Facts

16 Servings Per Container

Serving Size

One Heaping Scoop (53g)

Amount Per Serving

Calories

190

% Daily Value†

Total Fat 2.5g					3%
Saturated Fat 1g					5%
Trans Fat 0g					
Cholesterol 55mg					18%
Sodium 200mg					9%
Total Carbohydrate 15g					6%
Dietary Fiber 7g					25%
Soluble Fiber 3g					
Total Sugars 2g					
Includes 0g Added Sugars					0%
Protein 25g					50%
Vitamin D 0mcg	0%	•	Calcium 550mg	40%	
Iron 4mg	20%	•	Potassium 330mg	8%	
Vitamin A 210 mcg RAE	25%	•	Vitamin C 15mg	15%	
Vitamin E 4mg	25%	•	Thiamin 0.02mg	2%	
Riboflavin 0.2mg	15%	•	Niacin 4mg	25%	
Vitamin B-6 0.4mg	25%	•	Folate 125mcg DFE (75mcg Folic Acid)	30%	
Vitamin B-12 0.2mcg	8%	•	Biotin 55mcg	180%	
Pantothenic Acid 1.5mg	30%	•	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: Whey Protein Concentrate, Milk Protein Concentrate, Maltodextrin, Cocoa Powder (Processed with Alkali), Natural Flavors, Whey Protein Isolate, Mint Chocolate Micro Cookie Gems (Rice Flour, Sugar, Tapioca Starch, Cocoa [Processed with Alkali], Palm Oil, Salt, Sunflower Lecithin, Sodium Bicarbonate, Natural Flavor, Xanthan Gum), Oat Bran, Vitamin and Mineral Blend (Calcium Carbonate, Tricalcium Phosphate, Magnesium Citrate, Dipotassium Phosphate, Potassium Citrate, Sodium Ascorbate, Ferric Orthophosphate, DL-Alpha-Tocopherol Acetate [Vitamin E], Niacinamide, Zinc Oxide, D-Calcium Pantothenate [Pantothenic Acid], Manganese Sulfate, Retinyl Acetate [Vitamin A], Pyridoxine Hydrochloride [Vitamin B6], Cupric Oxide, Thiamine Hydrochloride [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid, Potassium Iodide, Biotin, Sodium Molybdate, Sodium Selenite), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate [a Milk Derivative], Tricalcium Phosphate, Mono- and Diglycerides, Mixed Tocopherols [Antioxidant]), Nonfat Dry Milk, Partially Hydrolyzed Guar Gum, Resistant Corn Starch, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Fructooligosaccharides, Salt, Cellulose Gum, Sucralose, Acesulfame Potassium.

CONTAINS: Milk, Soy and Wheat. Manufactured in a facility that processes tree nuts.

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

Contains a bioengineered food ingredient.