

## The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Fortified with 23 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
- Cleansing & detox
- Vitamins & on-the-go snacks

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

**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:**

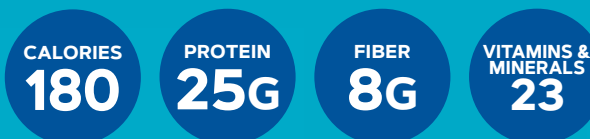
**1-888-462-2548**

**GNC.com**



**GNC**  
TOTAL LEAN®

# LEAN SHAKE™ 25



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



**RICH CHOCOLATE**  
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 370113

IVG

**DIRECTIONS:** As a meal replacement, mix one serving (one heaping scoop) (52g) 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  
Serving Size **One Heaping Scoop (52g)**

Amount Per Serving  
**Calories 180**

Amount Per Serving		% Daily Value*	
<b>Total Fat</b>	3g		<b>4%</b>
Saturated Fat	2g		<b>10%</b>
Trans Fat	0g		
<b>Cholesterol</b>	60mg		<b>20%</b>
<b>Sodium</b>	290mg		<b>13%</b>
<b>Total Carbohydrate</b>	18g		<b>7%</b>
Dietary Fiber	8g		<b>29%</b>
Total Sugars	4g		
Includes 2g Added Sugars			<b>4%</b>
<b>Protein</b>	25g		<b>50%</b>
Vitamin D	0mcg	0%	• Calcium 450mg 35%
Iron	5mg	30%	• Potassium 350mg 8%
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	1.3mcg	50%	• Biotin 60mcg 200%
Pantothenic Acid	2mg	40%	• Phosphorus 250mg 20%
Iodine	75mcg	50%	• Magnesium 105mg 25%
Zinc	3mg	25%	• Selenium 14mcg 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:** Whey Protein Concentrate, Maltodextrin, Cocoa Powder (Processed with Alkali), Milk Protein Concentrate, Natural & Artificial Flavors, Whey Protein Isolate, Oat Bran, Cellulose Powder, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Mono- & Diglycerides, Dipotassium Phosphate, & Sodium Silico Aluminate), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Nonfat Dry Milk, Salt, Tricalcium Phosphate, Calcium Carbonate, Resistant Corn Starch, Fructooligosaccharides, Magnesium Oxide, 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), Sunflower Lecithin, Sucralose, Acesulfame Potassium.

**CONTAINS: Milk and Coconut.**

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

**⚠ 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.