

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.

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

CALORIES 180	PROTEIN 25G	FIBER 8G	VITAMINS & MINERALS 23
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Hunger-satisfying, high-protein meal replacement
Helps keep you fuller, longer



MIXED BERRY
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 370115

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		One Heaping Scoop (52g)	
Serving Size		Amount Per Serving	
		Calories	
		% Daily Value*	
Total Fat 3g			4%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 140mg			6%
Total Carbohydrate 18g			7%
Dietary Fiber 8g			29%
Total Sugars 3g			
Includes 0g Added Sugars			0%
Protein 25g			50%
Vitamin D 0mcg	0%	Calcium 500mg	40%
Iron 4mg	20%	Potassium 170mg	4%
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, Milk Protein Concentrate, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk derivative), Mono- & Diglycerides, Dipotassium Phosphate, Sodium Silico Aluminate), Whey Protein Isolate, Cellulose Powder, Natural & Artificial Flavors, Oat Bran, Nonfat Dry Milk, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Malic Acid, 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, FD&C Red #40, FD&C Blue #1.

CONTAINS: Milk and Coconut.

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

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.