

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.

Officially licensed by Girl Scouts of the USA (GSUSA), a nonprofit. GSUSA's licensing program powers life-changing experiences for girls.

The GIRL SCOUTS® name, mark, and all associated trademarks and logotypes, including GIRL SCOUT COOKIES® and the Trefoil Design, are owned by Girl Scouts of the USA.

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.



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

CALORIES 190	PROTEIN 25G	FIBER 7G	VITAMINS & MINERALS 22
------------------------	-----------------------	--------------------	----------------------------------

Hunger-satisfying, high-protein meal replacement
Supports a healthy metabolism



Girl Scout™ Cookie Inspired Flavors



COCONUT CARAMEL
NATURAL FLAVORS

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

CODE 414810

KUG

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop [57.3g]) 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 (57.3g)	
Amount Per Serving		Calories		190	
				% Daily Value*	
Total Fat 4g					5%
Saturated Fat 2.6g					13%
Trans Fat 0g					
Cholesterol 55mg					18%
Sodium 220mg					10%
Total Carbohydrate 21g					8%
Dietary Fiber 7g					25%
Soluble Fiber 3g					
Total Sugars 3g					
Includes 0g Added Sugars					0%
Protein 25g					50%
Vitamin D 0mcg	0%	•	Calcium 630mg	50%	
Iron 4mg	20%	•	Potassium 330mg	8%	
Vitamin A 200mcg	20%	•	Vitamin C 16mg	20%	
Vitamin E 4mg	25%	•	Thiamin 0.02mg	0%	
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%	
		•	Phosphorus 220mg	20%	
Iodine 2mg	40%	•	Magnesium 65mg	15%	
Zinc 45mcg	30%	•	Selenium 30mcg	50%	
Copper 3mg	25%	•	Manganese 0.6mg	25%	
Molybdenum 0.4mg	45%	•			
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, Fructooligosaccharides, 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, dl-alpha Tocopheryl Acetate [Vitamin E], Niacinamide, Zinc Oxide, D-Calcium Pantothenate [Pantothenic Acid], Manganese Sulfate, Retinyl Acetate [Vitamin A], Pyridoxine HCl [Vitamin B-6], Cupric Oxide, Thiamin HCl [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), Mono- and Diglycerides, Mixed Tocopherols, Tricalcium Phosphate), 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) ingredients, Tree Nuts (Coconut), and Wheat.

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA