

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

# Nutrition Facts

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

**Amount Per Serving**  
**Calories** **170**

					% Daily Value*
<b>Total Fat</b>	6g				<b>8%</b>
Saturated Fat	1g				<b>5%</b>
Trans Fat	0g				
<b>Cholesterol</b>	20mg				<b>7%</b>
<b>Sodium</b>	330mg				<b>14%</b>
<b>Total Carbohydrate</b>	6g				<b>2%</b>
Dietary Fiber	3g				<b>11%</b>
Total Sugars	2g				
Includes 0g Added Sugars					<b>0%</b>
<b>Protein</b>	25g				<b>50%</b>
Vitamin D	5mcg (200 IU)	25%	•	Calcium	500mg 40%
Iron	5mg	30%	•	Potassium	310mg 6%
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 20%
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, Proprietary Protein Blend (Milk Protein Concentrate, Milk Protein Isolate, Whey Protein Concentrate, Calcium Caseinate), and less than 2% of: Sunflower, Safflower and/or Canola Oil, Maltodextrin, Vitamin & Mineral Blend (Magnesium Phosphate, Potassium Citrate, Sodium Hexametaphosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Aspartate, dl-alpha Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, d-Calcium Pantothenate, Chromium Chloride, Copper Amino Acid Chelate, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin, Manganese Sulfate), Natural & Artificial Flavors, Caramel Color, Cellulose Gel, Cellulose Gum, Sucralose, DATEM, Salt, Lactase, Acesulfame Potassium, Carrageenan.

**CONTAINS:** Milk.

**Distributed by:**  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

**California Residents Only:**

**WARNING:** Cancer and Reproductive Harm - www.P65Warnings.ca.gov.

**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.

**Store in a cool, dry place.**

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



**GNC**  
TOTAL LEAN®

# LEAN SHAKE™ 25

Clinically proven to improve  
weight loss & BMI^

GLUTEN & LACTOSE FREE\*

CALORIES

170

PROTEIN

25G

SUGAR

2G

Girl Scout Cookie™  
Inspired Flavors



girl scouts **COCONUT CARAMEL**  
NATURAL & ARTIFICIAL FLAVORS

14 FL OZ • 1 SERVING

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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.

\*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.

^ 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](http://www.totallean.com).

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