

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
- 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®

LIMITED EDITION

LEAN SHAKE™ 25

CALORIES 180	PROTEIN 25G	FIBER 8G	VITAMINS & MINERALS 23
------------------------	-----------------------	--------------------	----------------------------------

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



PEPPERMINT MOCHA
NATURAL FLAVORS

NET WT. 29.3 OZ. (1.8 LB) 832 G • 16 SERVINGS

CODE 370157

DYG

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		180			
		% Daily Value*			
Total Fat	3g		4%		
Saturated Fat	2g		10%		
Trans Fat	0g				
Cholesterol	60mg		20%		
Sodium	290mg		13%		
Total Carbohydrate	18g		7%		
Dietary Fiber	8g		29%		
Total Sugars	4g				
Includes 1g Added Sugars			2%		
Protein	25g		50%		
Vitamin D	0mcg	0%	• Calcium	450mg	35%
Iron	4.5mg	25%	• Potassium	220mg	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	35%
			(80mcg Folic Acid)		
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 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: Whey Protein Concentrate, Maltodextrin, Milk Protein Concentrate, Whey Protein Isolate, Cellulose Powder, Oat Bran, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Mono & Diglycerides, Dipotassium Phosphate & Sodium Silico Aluminate) and Less than 2%: Acesulfame Potassium, Calcium Carbonate, Cocoa (Processed with Alkali), Dried Decaffeinated Coffee, Fructooligosaccharides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin (Sunflower and/or Soy), Magnesium Oxide, Natural Flavor, Nonfat Dry Milk, Peppermint Pieces (Sugar, Corn Syrup, Degermed Corn Grits [Heat Treated], Corn Starch, Palm Oil, Natural Flavor, Red #40, Caramel Color), Resistant Corn Starch, Salt, Sucralose, Tricalcium Phosphate, Vitamin Mineral Blend (Vitamin A Acetate, Sodium Ascorbate, dl-Alpha Tocopheryl Acetate, Thiamin Hydrochloride, Riboflavin, Nicotinamide, 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).

CONTAINS: Coconut, Milk and Soy.

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

Contains a bioengineered food ingredient.

⚠️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.