

# 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

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

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



**FRENCH VANILLA**  
NATURAL & ARTIFICIAL FLAVORS  
22.01 OZ. (1.38 LB.) 624 G  
12 SERVINGS

CODE 267979

**DIRECTIONS:** As a meal replacement, mix one serving (one heaping scoop) (52 g) with 8-10 fl. oz. of cold water. Mix well. Drink two shakes daily in conjunction with a healthy weight management program.

BWG

# Nutrition Facts

12 Servings Per Container

Serving Size		One Heaping Scoop (52g)	
Amount Per Serving			
<b>Calories</b>		<b>180</b>	
		% Daily Value*	
<b>Total Fat</b> 3g			4%
Saturated Fat 2g			10%
Trans Fat 0g			
<b>Cholesterol</b> 60mg			20%
<b>Sodium</b> 140mg			6%
<b>Total Carbohydrate</b> 19g			7%
Dietary Fiber 8g			29%
Total Sugars 3g			
Includes 0g Added Sugars			0%
<b>Protein</b> 25g			50%
Vitamin D	0mcg	0%	• Calcium 500mg 40%
Iron	3.6mg	20%	• Potassium 200mg 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, Coconut Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a Milk Derivative], Mono- & Diglycerides, Dipotassium Phosphate, Sodium Silico Aluminate), Natural & Artificial Flavors, Whey Protein Isolate, Cellulose Powder, Oat Bran, Nonfat Dry Milk, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Tricalcium Phosphate, Calcium Carbonate, Resistant Corn Starch, Fructooligosaccharides, Magnesium Oxide, Vitamin & Mineral Blend (Vitamin A Acetate, Sodium Ascorbate, dl-Alpha Tocopherol 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 Treenuts (Coconut).

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

Contains a bioengineered food ingredient.

**⚠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.