

The Lean Shake™ that started it all!

- Clinically proven results[^]
- Helps you feel fuller, longer
- Includes high-quality protein & fiber
- Fortified with vitamins & minerals
- Supports cholesterol levels that are already in the normal range
- Fuels metabolism & supports lean muscle
- 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.

[^]A randomized clinical study consisting of 98 healthy participants compared the use of Lean Shake™ in conjunction with the Meal and Exercise Plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet alone. This study resulted in nearly twice as much total weight loss among the Lean Shake™ users upon completion of 12 weeks.

▲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.



Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com

GNC
 TOTAL LEAN®

LEAN SHAKE™ Classic

CALORIES 150	PROTEIN 9G	FIBER 8G	VITAMINS & MINERALS 23
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Fuels metabolism & supports lean muscle
 Clinically proven nearly 2X more weight loss[^]



SWISS CHOCOLATE
 NATURAL & ARTIFICIAL FLAVOR

NET WT 27.1 OZ (1.69 LB) 768 G • 16 SERVINGS

CODE 370111

IVG

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop)(48g) with 8 fl oz of cold water. Mix well. Drink two shakes daily while following a healthy weight management program.

Nutrition Facts

16 Servings Per Container

Serving Size

One Heaping Scoop (48g)

Amount Per Serving

Calories

150

% Daily Value*

Total Fat 2g				3%
Saturated Fat 0.5g				3%
Trans Fat 0g				
Cholesterol 5mg				2%
Sodium 290mg				13%
Total Carbohydrate 31g				11%
Dietary Fiber 8g				29%
Total Sugars 6g				
Includes 2g Added Sugars				4%
Protein 9g				18%
Vitamin D 0mcg	0%	•	Calcium 470mg	35%
Iron 5mg	30%	•	Potassium 300mg	6%
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 1.2mcg	50%	•	Biotin 60mcg	200%
Pantothenic Acid 2mg	40%	•	Phosphorus 190mg	15%
Iodine 75mcg	50%	•	Magnesium 125mg	30%
Zinc 3mg	25%	•	Selenium 15mcg	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: Maltodextrin, Milk Protein Concentrate, Nonfat Dry Milk, Cocoa Powder (Processed with Alkali), Oat Bran, Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Tocopherols, Tricalcium Phosphate), Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Cellulose Powder, Resistant Corn Starch, Fructooligosaccharides, Calcium Carbonate, Salt, Magnesium Oxide, Tricalcium Phosphate, 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), Acesulfame Potassium, Sucralose.

CONTAINS: Milk.

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

NOTICE: Use in conjunction with the Total Lean® meal and exercise plan found on www.totallean.com. Significant product settling may occur.