

# The Lean Shake™ that started it all!

- Clinically proven results<sup>^</sup>
- Helps you feel fuller, longer
- Includes high-quality protein & fiber
- Fortified with vitamins & mineral
- 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](http://www.totallean.com).

<sup>^</sup>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](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.



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

**GNC**  
 TOTAL LEAN®

# LEAN SHAKE™ Classic

<b>CALORIES</b> <b>160</b>	<b>PROTEIN</b> <b>9G</b>	<b>FIBER</b> <b>8G</b>	<b>VITAMINS &amp; MINERALS</b> <b>23</b>
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Fuels metabolism & supports lean muscle  
 Clinically proven nearly 2X more weight loss<sup>^</sup>



**VANILLA BEAN**  
 NATURAL & ARTIFICIAL FLAVOR

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

CODE 370112 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		<b>Serving Size</b>		<b>One Heaping Scoop (48g)</b>	
<b>Amount Per Serving</b>		<b>Calories</b>		<b>160</b>	
				<b>% Daily Value*</b>	
<b>Total Fat</b>	2g				<b>3%</b>
Saturated Fat	0.5g				<b>3%</b>
Trans Fat	0g				
<b>Cholesterol</b>	5mg				<b>2%</b>
<b>Sodium</b>	120mg				<b>5%</b>
<b>Total Carbohydrate</b>	31g				<b>11%</b>
Dietary Fiber	8g				<b>29%</b>
Total Sugars	5g				
Includes 1g Added Sugars					<b>2%</b>
<b>Protein</b>	9g				<b>18%</b>
Vitamin D	0mcg	0%	•	Calcium	490mg 40%
Iron	4mg	20%	•	Potassium	150mg 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	190mg 15%
Iodine	70mcg	45%	•	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:** Maltodextrin, Milk Protein Concentrate, Nonfat Dry Milk, Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Tocopherols, Tricalcium Phosphate), Oat Bran, Cellulose Powder, Natural & Artificial Flavors, Resistant Corn Starch, Fructooligosaccharides, Calcium Carbonate, Tricalcium Phosphate, Magnesium Oxide, 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), Sucralose, Acesulfame Potassium.

**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](http://www.totallean.com). Significant product settling may occur.