

CODE 370121

IVG

DIRECTIONS: As a meal replacement, mix one serving (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

1 Serving Per Container

Serving Size

One Packet (52g)

Amount Per Serving

Calories

180

% Daily Value*

Total Fat	3g				4%
Saturated Fat	2g				10%
Trans Fat	0g				
Cholesterol	60mg				20%
Sodium	140mg				6%
Total Carbohydrate	19g				7%
Dietary Fiber	8g				29%
Total Sugars	3g				
Includes 0g Added Sugars					0%
Protein	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 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 (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 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), Sunflower Lecithin, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Coconut.

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

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.

⚠ 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.
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.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

