

# 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

<b>CALORIES</b> <b>180</b>	<b>PROTEIN</b> <b>25G</b>	<b>FIBER</b> <b>8G</b>	<b>VITAMINS &amp; MINERALS</b> <b>23</b>
-------------------------------	------------------------------	---------------------------	---

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



**COOKIES & CREAM**  
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 370116 IVG  
**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			
		<b>Calories</b>	<b>180</b>		
		% Daily Value*			
<b>Total Fat</b>	3g		<b>4%</b>		
Saturated Fat	2g		<b>10%</b>		
Trans Fat	0g				
<b>Cholesterol</b>	60mg		<b>20%</b>		
<b>Sodium</b>	190mg		<b>8%</b>		
<b>Total Carbohydrate</b>	19g		<b>7%</b>		
Dietary Fiber	8g		<b>29%</b>		
Total Sugars	3g				
Includes 0g Added Sugars			<b>0%</b>		
<b>Protein</b>	25g		<b>50%</b>		
Vitamin D	0mcg	0%	• Calcium	500mg	40%
Iron	4mg	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		Protein 4	
		Carbohydrate 4			

**INGREDIENTS:** Whey Protein Concentrate, Maltodextrin, Milk Protein Concentrate, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Mono- & Diglycerides, Dipotassium Phosphate, Sodium Silico Aluminate), Whey Protein Isolate, Cellulose Powder, Oat Bran, Natural & Artificial Flavors, Nonfat Dry Milk, Cookie Crumbs (Milk Protein Isolate, Chicory Root Fiber, Palm Oil, Sugar, Alkalized Cocoa Powder, Ground Flax Seed, Sunflower Lecithin, Natural Flavors), 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), Salt, Sunflower Lecithin, Sucralose, Acesulfame Potassium.

**CONTAINS:** Milk and Coconut.  
**Distributed by:** GNC Holdings, LLC, Pittsburgh, PA 15222 USA

**⚠️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.