

DIRECTIONS FOR USE: SHAKE WELL BEFORE DRINKING. Use as a meal replacement or snack. Chill before drinking. Refrigerate after opening.

Nutrition Facts

Serving Size One Bottle 14 fl oz (414 mL)
Servings Per Container 12

Amount Per Serving		% Daily Value†
Calories	170	
Calories from Fat	50	
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 330mg		14%
Potassium 310mg		9%
Total Carbohydrate 6g		2%
Dietary Fiber 3g		12%
Sugars 2g		
Protein 25g		
Vitamin A		25%
Vitamin C		25%
Calcium		50%
Iron		25%
Vitamin D		25%
Vitamin E		25%
Vitamin K		25%
Thiamin		25%

Amount Per Serving		% Daily Value†
Riboflavin		25%
Niacin		25%
Vitamin B-6		25%
Folic Acid		25%
Vitamin B-12		25%
Biotin		25%
Pantothenic Acid		25%
Phosphorus		60%
Iodine		25%
Magnesium		25%
Zinc		25%
Selenium		25%
Copper		25%
Manganese		25%
Chromium		25%
Molybdenum		25%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Filtered Water, Diafiltered Skim Milk, Proprietary Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), and less than 2% of: Sunflower, Safflower and/or Canola Oil, Maltodextrin, Natural and Artificial Flavors, Cellulose Gel, Cellulose Gum, Carrageenan, Sucralose, Salt, Vitamin & Mineral Blend (Potassium Citrate, Magnesium Phosphate, Potassium Phosphate, Sodium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Amino Acid, Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, d-Calcium Pantothenate, Chromium Chloride, Copper Amino Acid, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamine, Manganese Sulfate), Lactase, Carrageenan, Acesulfame Potassium, Datem, FD&C Red 3, FD&C Blue 1.

CONTAINS: Milk.

Suitable for individuals following a lactose-free diet. Contains lactase, a natural enzyme that breaks down lactose so you can digest dairy without discomfort.

NOTICE: Use in conjunction with the Total Lean™ Meal and Exercise Plan found on gnc.com.



GLUTEN FREE

^ A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake™ 25 Ready to Drink in conjunction with a meal & exercise plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet & exercise plan alone. This study resulted in nearly twice as much total weight loss (-7.6 vs. -3.9 pounds), along with improvements in Body Mass Index (BMI) among the Lean Shake™ 25 RTD users at the end of 12 weeks. Meal & exercise plan available at www.gnc.com/totallean.

Available in 3 other great-tasting flavors



Vanilla Bean

Swiss Chocolate

Banana Cream

OUR QUALITY COMMITMENT TO YOU
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.

Please recycle this box.

Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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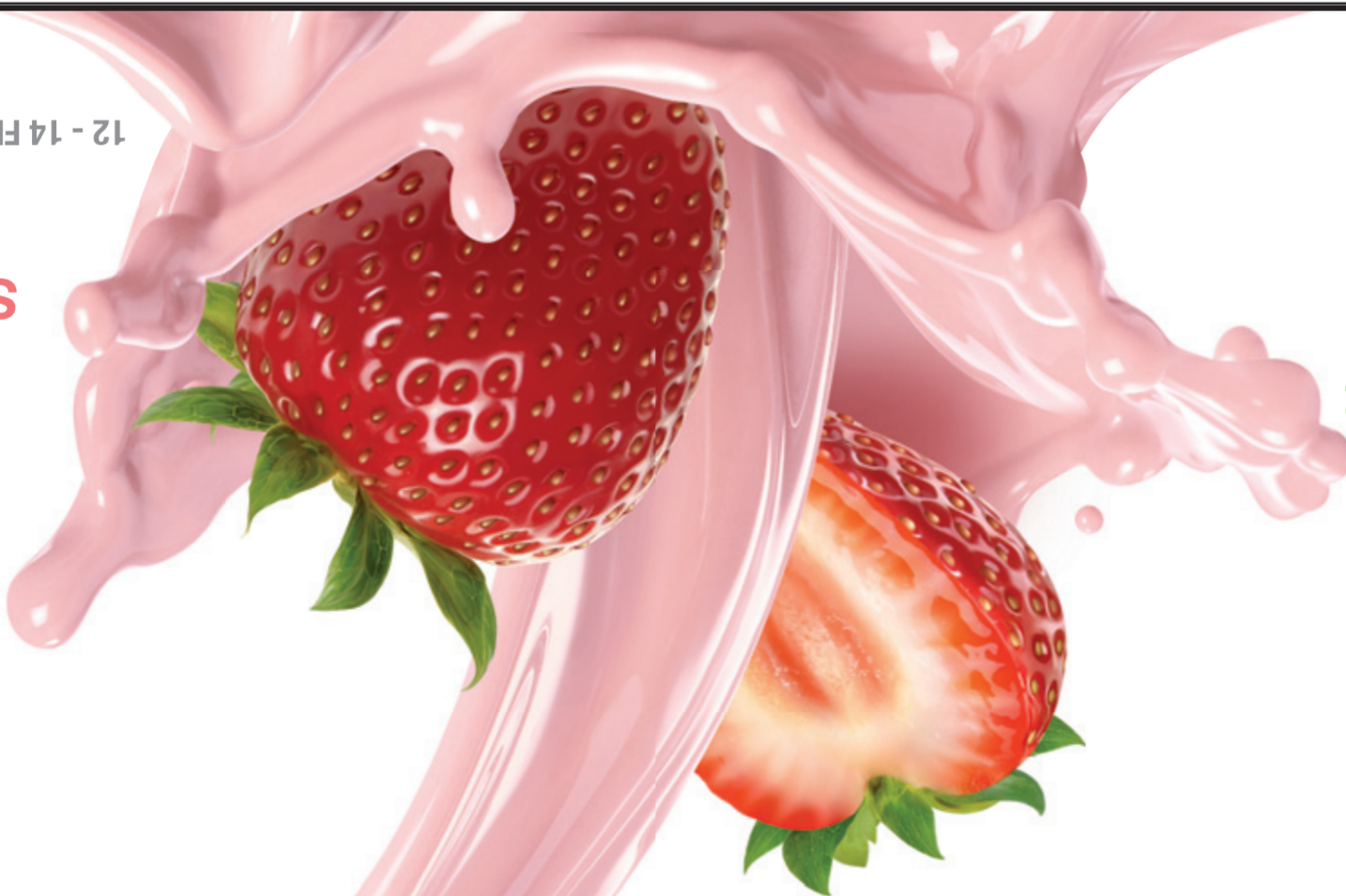
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12 - 14 FL OZ (414 mL) BOTTLES
168 FL OZ (4.96 L)

Natural & Artificial Flavors

Strawberries & Cream



Clinically proven to improve weight loss & BMI
Low-carb friendly

CLINICALLY RESEARCHED

GLUTEN FREE LACTOSE FREE

170 CALORIES	25g PROTEIN	3g FIBER
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LEAN SHAKE™ 25