

The Lean Shake™ that started it all!

- Clinically proven results[^]
- Helps you feel fuller, longer
- Includes high-quality protein & fiber
- Enriched with vitamins & minerals
- Supports healthy, normal cholesterol levels
- 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.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA



GNC
TOTAL LEAN®

LEAN SHAKE™ Classic



Clinically proven nearly 2X more weight loss[^]
Fuels metabolism & supports healthy cholesterol levels



VANILLA BEAN
NATURAL & ARTIFICIAL FLAVOR
NET WT 27.1 OZ (1.69 LB) 768 G
16 SERVINGS

CODE 269687

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.

JTG

Nutrition Facts

16 Servings Per Container
Serving Size **One Heaping Scoop (48g)**

Amount Per Serving
Calories 170

				% Daily Value*	
Total Fat	2g				3%
Saturated Fat 0.5g				3%	
Trans Fat 0g					
Cholesterol	5mg				2%
Sodium	100mg				4%
Total Carbohydrate	30g				11%
Dietary Fiber 8g				29%	
Total Sugars 4g					
Includes 1g Added Sugars				2%	
Protein	9g				18%
Vitamin D	0mcg	0%	•	Calcium	490mg 40%
Iron	4.1mg	25%	•	Potassium	200mg 4%
Vitamin A	300mcg	35%	•	Vitamin C	31mg 35%
Vitamin E	4mg	25%	•	Thiamin	0.3mg 25%
Riboflavin	0.4mg	30%	•	Niacin	4.5mg 30%
Vitamin B-6	0.4mg	25%	•	Folate	135mcg DFE 35%
				(80mcg Folic Acid)	
Vitamin B-12	1.3mcg	50%	•	Biotin	60mcg 200%
Pantothenic Acid	2.2mg	45%	•	Phosphorus	290mg 25%
Iodine	31mcg	20%	•	Magnesium	105mg 25%
Zinc	3.9mg	35%	•	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: Carbohydrate Blend (Maltodextrin, Oat Bran, Cellulose Powder, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Resistant Starch, Fructooligosaccharides), Milk Protein Concentrate, Nonfat Dry Milk, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Vitamin & Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, dl-alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Cupric Oxide, Thiamin Hydrochloride, Vitamin A Acetate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Cyanocobalamin), Natural & Artificial Flavor, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Soybeans. May contain Wheat.

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