

The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Enriched 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.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

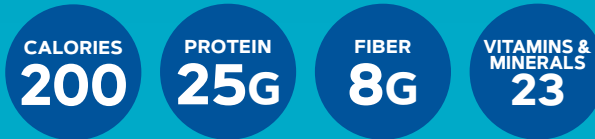
General Nutrition Corporation

Pittsburgh, PA 15222 USA

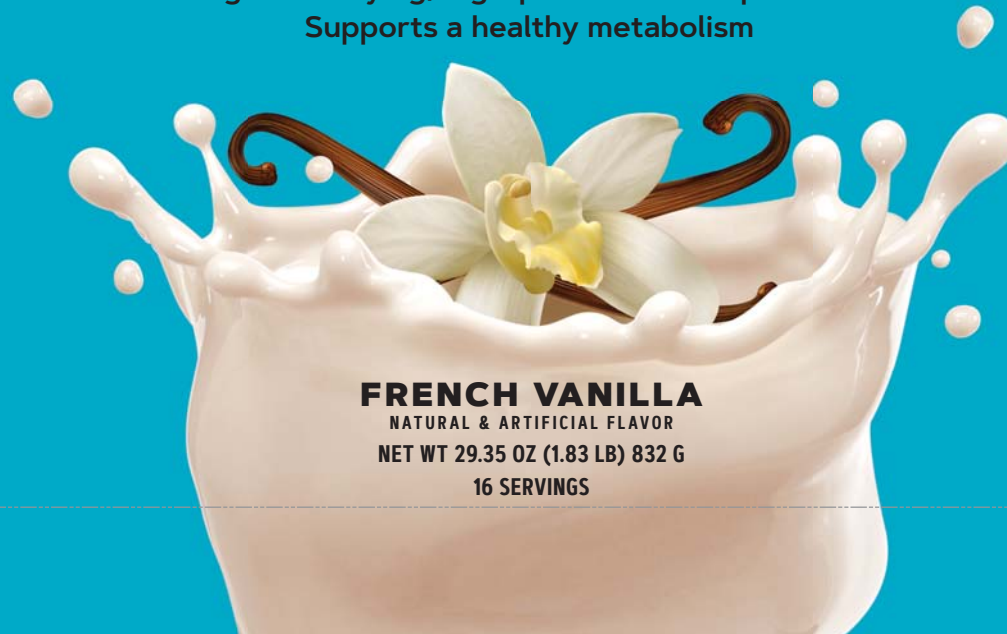


GNC
TOTAL LEAN®

LEAN SHAKE™ 25



Hunger-satisfying, high-protein meal replacement
Supports a healthy metabolism



FRENCH VANILLA

NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 269689

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.

FTG

Nutrition Facts

16 Servings Per Container

Serving Size

One Heaping Scoop (52g)

Amount Per Serving

Calories

200

% Daily Value*

Total Fat	3g			4%	
Saturated Fat	2g			10%	
Trans Fat	0g				
Cholesterol	55mg			18%	
Sodium	120mg			5%	
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	35%	• Vitamin C	30mg	35%
Vitamin E	4mg	25%	• 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	1.7mcg	70%	• Biotin	60mcg	200%
Pantothenic Acid	2mg	40%	• Phosphorus	300mg	25%
Iodine	24mcg	15%	• 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: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Cellulose Powder, Oat Bran, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Fructooligosaccharides, Resistant Corn Starch), Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Natural & Artificial Flavor, 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), Nonfat Dry Milk, Titanium Dioxide, Lecithin, 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. Do not use in diets supplying less than 400 calories per day without medical supervision. Significant product settling may occur.