

DATE STAMP AREA

12g from  
Ultra PakGNC  
TOTAL LEAN®LEAN  
SHAKE™Hunger satisfying meal replacement clinically  
proven to improve weight loss & BMI<sup>†</sup>

Low-carb friendly

CALORIES  
170PROTEIN  
25GSUGAR  
1GSWISS CHOCOLATE  
NATURAL & ARTIFICIAL FLAVORS

11 FL. OZ. (325ML) • 1 SERVING

CWG

DIRECTIONS FOR USE: Shake well before drinking. Use as a meal replacement or convenient snack. Chill before drinking. Refrigerate after opening.

Nutrition  
Facts

1 Serving Per Container

Serving Size 1 Carton (325 mL)

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 1g	
<b>Cholesterol</b> 20mg	<b>7%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>	<b>Protein</b> 25g	<b>50%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Calories per serving** 170

Vitamin D 5mcg (200IU) 25% Calcium 500mg 40% Iron 5mg 30% Potassium 400mg 8% Vitamin A 225mcg RAE 25% Vitamin C 25mg 25% Vitamin E 4mg 25% Vitamin K 30mcg 25% Thiamin 0.5mg 25% Riboflavin 0.2mg 25% Nicotin-Amg 25% Vitamin B-6 0.4mg 25% Folate 400mcg DFE 60mcg Folic Acid 25% Vitamin B-12 0.9mcg 25% Biotin 15mcg 25% Panthoic-Acid 13mg 25% Phosphorus 600mg 50% Iodine 38mcg 25% Magnesium 100mg 25% Zinc 28mg 25% Selenium 4mcg 25% Copper 0.2mg 20% Manganese 0.6mg 25% Chromium 5mcg 25% Molybdenum 15mcg 25%

**INGREDIENTS:** Water, Milk Protein Concentrate, Milk Protein Isolate and Less than 2% of: Cocoa (Processed with Alkali), Sunflower, Safflower and/or Canola Oil, Calcium Caseinate, Natural & Artificial Flavors, Whey Protein Concentrate, Vitamin and Mineral Blend (Magnesium Phosphate, Potassium Citrate, Sodium Hexametaphosphate, Ferric Orthophosphate, Niacinamide, dl-Alpha Tocopheryl Acetate, Zinc Aspartate, Sodium Ascorbate, Calcium D-Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Vitamin A Palmitate, Copper Amine Acid Chelate, Folic Acid, Potassium Iodide, Sodium Selenite, Phytonadione, Chromium Chloride, Biotin, Sodium Molybdate, Cholecalciferol, Cyanocobalamin, Maltodextrin), Cellulose Gum, Cellulose Gel, Maltodextrin, Sucralose, Salt, Lactase, Acesulfame Potassium, Carrageenan, DATEM.

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

⚠ **WARNING:** Cancer and Reproductive Harm - www.P65Warning.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Discontinue two weeks prior to surgery.

**NOTICE:** Use in conjunction with the Total Lean® Meal and Exercise Plan found on [www.totallean.com](http://www.totallean.com)

**Store in a cool, dry place.****For More Information:****1-888-462-2548****GNC.com**

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<sup>†</sup> A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake® Ready to Drink in conjunction with a meal & exercise plan (total daily caloric intake of 1,500 calories) to a 1,500-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® RTD users at the end of 12 weeks. Meal & exercise plan available at [www.totallean.com](http://www.totallean.com).



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